



Senior Newsletter

Senior Office • 763-512-2339

FEATURED CLASS—A Matter of Balance Wednesday June 5-July 31



Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance*, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class. No class July 3.

10:00 AM-12:00 PM

Fee: \$20 includes workbook and refreshments

CODE: 11850

Nordic Walking—June 3 & 10



Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program will be held indoors if inclement weather. Poles provided. Limit of 15.

6:00-7:15 PM

Davis Community Center, 5430 Glenwood Avenue

Fee: \$18 (includes pole rental) Code: 12022

SENIOR PAR 3 GOLF LEAGUE has openings!



Join us on Thursday mornings through Sept. 12. Tee times are 7-9:30 AM. You set the tee time based on your schedule. Golf with friendly people, play for weekly prizes.

\$5 league fee payable in the Golf Office. Green & cart fees payable each week.

CONCERTS IN THE PARK SCHEDULE

Concerts begin at 7 PM at Brookview Park. Bring a lawnchair. Enjoy!



Monday, June 10—Golden Valley Orchestra

Monday, June 17—Calhoun Brass

Monday, June 24—Axis Mundi

Monday, July 8—Rum River Brass

Thursday, July 11—Robbinsdale City Band

Monday, July 15—John Phillip Sousa Band

Monday, July 22—Stompin' Dixie

JUNE SPEAKERS

Diabetes 101 - Thursday, June 6



1PM at Calvary Center Cooperative

25.8 million children and adults in the United States, 8.3% of the population, have diabetes. 10.9 million, or 26.9% of all people, age 65 and older, have diabetes. Learn the risk factors, symptoms, treatment and management of diabetes. *Presented by Karen Palmer, RD, LD, CDE, North Memorial Hospital*

SUMMER HOUSING SERIES—10AM at Brookview



Join us for a series on the housing market presented by experts. Come for one session or all 3!

Session #1—Housing Update - Thursday, June 20

We've heard housing is making a comeback. Hear what's really happening in the housing market.

Presented by Chris Gemlo, Counselor Realty

Tips for Speaking with Someone with Memory Loss



Wed, June 26

9:45 AM at Brookview

You've noticed a difference in your friend or companion when you're talking to them. Maybe they are getting forgetful? Or repeating the same story over and over? Not remembering that you went out for lunch last week? You want to keep the conversation going but how do you talk to them without getting frustrated? Presented by *Susan Farmer and Orlette Tatley*. Call 763-512-2339 by June 24 to register.

JULY SPEAKERS

SUMMER HOUSING SERIES

10 AM at Brookview

Join us for a series on the housing market, presented by experts. Come for one session or all 3!

Session #2—Getting the Best Value for Your Home



Thursday, July 18

Home Inspector, Bruce Blumenthal, will educate us on what a home inspector looks for when inspecting a home for sale.

One Container Recycling – It’s Easier than Ever!



Wednesday, July 24

9:45 AM at Brookview

If your city has single container recycling, this program is for you! Golden Valley Recycling Coordinator, Mark Ray, will be talking about curbside recycling, special collection events, and other recycling resources. Attendees will leave with a basic understanding of recycling, what does “no food waste” really mean, and how successful recycling programs have been.

Senior Resource Fair—Thursday, July 18



Calvary Lutheran Church

1:00-3:00 PM

FREE

Speakers, vendors that assist you in your home and add to the fullness of your life, light refreshments. Visit the Golden Valley Seniors table! Sponsored by Calvary Center Cooperative. Call 763-544-1090 for details.

GOLDEN VALLEY LIBRARY PROGRAMS



830 Winnetka Ave N. Call 612.543.6375 for info.

Computer Help

Volunteers are usually available at the following times to give you one-on-one help with basic computer skills:

Mondays: 11:30AM-2:30PM and 3– 5PM

Tue, Wed and Fri: 11:30AM–2:30PM

No appointments necessary. Call to verify that a volunteer is available.

Remember When?...with Jan



1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, June 27 – Remembering Learning to Swim

Wednesday, July 24 –Remembering Homemade Ice Cream

No registration needed-just come!

Cards & Groups

Mondays with Mary—Mondays, 9:30AM

Bowling—Tuesdays, 12:15 PM at Texa-Tonka Lanes, 8200 Minnetonka Blvd. *Additional fee charged

Bridge: Thursdays, 6:30 PM and Fridays, 9 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Tuesdays, 6:30 PM and Wednesdays, 1 PM

Jigsaw Puzzle during Center hours

Pickleball—Mondays & Thursdays, 9-12 at Crystal Community Center, 4800 Douglas Dr. N. *Additional fee charged.

Groups meet at Brookview except Bowling and Pickleball. Join us.

PICKLEBALL



Mondays, & Thursdays 9:00 am -12:00 pm

Crystal Community Center

4800 Douglas Drive N

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic ball (similar to a whiffle ball) and paddles are used It’s an easy game to learn, and can develop into a quick, fast-paced, competitive game once learned. This is not a league, come when you can.

Equipment available on a limited basis. Gym shoes required. Drop-in Fee: \$2.00 per time or one punch from the punch card (10 punches for \$15.00) payable at the front desk at Crystal.



**Brookview will be closed Thursday, July 4
Have a safe and happy 4th!**



Classes

TAI CHI for HEALTH & ARTHRITIS



Tuesday, June 18-August 27 (no class 7/2)
9:00-10:00 AM

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes. Must have taken at least one session of Tai Chi to participate.

\$45/Resident, \$50/Non-resident—Summer special 8 classes for the price of 7! Code 11770

Monday Morning Paint with Michelle



Mondays, 9:00-11:00 AM

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class.

\$39 for residents/\$44 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class July 1

Nordic Walking Demo—Monday, July 22



6—6:45 pm, Brookview Park Large Shelter

Studies show that by using Nordic Walking poles you increase your heart rate on average 10 to 15 % more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Try this for **free** before the concert. Poles are provided.

SENIOR GOLF CLINICS with DEE



12-1 PM at Brookview Lesson Tee
30 minutes of instruction with 30 minutes of play.

Bunkers & Trees—Wednesday, June 19

Tee Shots—Wednesday, July 17

Fee: \$25/clinic. Call 763-512-2305 to register with VISA or MasterCard.

Defensive Driving Course—4-HOUR COURSE



Thursday, June 13
Thursday, July 11
Thursday, August 8
9 AM-1 PM
\$17/person

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. No tests are given. Attendance is required to receive the certificate

Registrations taken by the MN Safety Council. By phone with a Visa or MasterCard, **651-291-9150** or mail (checks payable to “Minnesota Safety Council”) and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Have your driver’s license information ready to complete registration. Indicate the Golden Valley Brookview location.

ENHANCE FITNESS



Mondays & Wednesdays
11:40 AM-12:40 PM

Designed for older adults, these group classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

June 5-July 17 (no class July 3)

\$30 residents/\$35 non-residents

CODE: 11779

FREE to U Care members. NOTE: U Care ID Number required when registering.

INTERMEDIATE BRIDGE LESSONS



Fridays, June 7-August 2
9-10:30 AM

Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

\$32 residents/\$37 non-residents.

Code: 11777

Groups and Services

PEDAL PUSHERS



Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 a.m. and then bike 6-12 miles, stopping along the way for short breaks to enjoy the scenery and each other. All riding levels are welcome. Helmets are required, water bottles and snacks strongly recommended.

THURSDAY, JUNE 6—MISSISSIPPI MILE

Meet at the Boom Island parking lot 700 Sibley Street NE, 55413. We will bike a circle route along the river, Nicollet Island, Riverplace, Stone Arch Bridge and back to Boom Island. *Register by June 5.*
**Bring \$1-\$3 for parking pay station.

TUESDAY, JUNE 25 – COON RAPIDS DAM

Meet at the Visitor Center, 10360 West River Road, Brooklyn Park. We will bike part of the Rush Creek or Shingle Creek Regional Trail and return to the picnic area. Bring a bag lunch and then enjoy a delicious piece of pie prepared by Loretta. *Register by June 24*

Ride dates (places to be determined)

Tuesday, July 9

Tuesday, July 16

Tuesday, August 6

Call the senior office to be placed on the mailing list to receive meeting locations and directions

Mondays with Mary—9:30 AM



Join Mary on Mondays to work on door decorations, greeting cards and placemats for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee.

Membership Donation. Donation is good through Dec. 2013. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 11758.**
Thanks for your support!



FREE BLOOD PRESSURE CHECK

Wednesday, June 26

Wednesday, July 24

11:00-11:30 AM at Brookview

No appointment needed! Provided by Ambassador Care Center staff.



Confused about Medicare?



Going to retire and need Medicare questions answered? Need help with hospital forms? Make a **free** appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00AM, 10:00AM, 11:00AM.

Thursday, June 13, July 11, August 8

Happy Feet Foot Care Clinic—763-560-5136



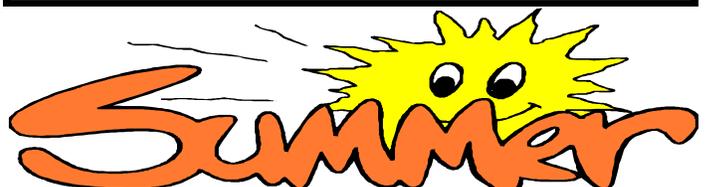
Conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Tuesday, June 11 & 18, July 9 & 16, August 13 & 20
Fee: \$34. Payable to *Happy Feet Footcare, Inc.*

CANCELLATION/REFUND POLICY

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks & Recreation Department. No refunds will be given less than 5 business days prior to the start of a program or after the registration deadline date.



The Mary Wanderers One Day Trips

GLEENSHEEN & (hopefully) PARADE OF SAILS



Thursday, July 25

A quick rest stop before arriving at Glensheen Mansion, Duluth. Enjoy a “buffet style” luncheon of Assorted Sandwiches, Salad, Vegetables, Beverage and Dessert Bars. After lunch, spend time in the Museum Gift Store. Take a docent-led tour of the family living and work spaces including the basement, first, and second floor. Tour the Carriage House and walk through the manicured grounds. Search the horizon across Lake Superior for a glimpse of the 2013 Tall Ship “Parade of Sails” that is scheduled to arrive into the Duluth Harbor this afternoon. Bring your binoculars. About 12 ships are expected to participate. **Note:** *Exact schedule of ship arrival will be determined by the weather, ship traffic and the 2013 Tall Ships officials.* We’ll have a short time to spend in downtown Duluth before leaving and make a fast food stop (on own) on the way home.

\$71 per person (Code: 11586)

8:40 a.m. Leave Calvary Co-op/GV City Hall

7:00 p.m. Estimated return

Last day to register/cancel: June 17.

HARVEST SAMPLES - TUESDAY, SEPTEMBER 10



Start the day at the Yellowstone Cheese Factory with over 40 varieties of cheese made with milk from the farm next door. Hear about the process and taste samples. Off to Cabin Ridge. Board an accessible horse drawn wagon and enjoy the beautiful fall colors before being treated to a delicious Chicken Dinner in the gas lit lodge of Cabin Ridge. Listen as Judy Giles relates over 200 years of family history along the Creek. Arrive at John McIlquham Orchard and Autumn Harvest Winery. The owner will meet us and talk about the history of the orchard and winery before sampling a variety of products. Our last stop is the Leinie Lodge Hospitality Center. (Note: no tour). Visit the gift store and sample the handcrafted beer and other beverages before heading home. \$56 (Code: 11579)

7:55 a.m. Leave Calvary Co-op/GV City Hall

5:30 p.m. Estimated return to Golden Valley.

Last day to register/cancel: Tuesday, August 20

Meandering with Mary

For Golden Valley Senior members (dues must be current) our small bus takes us to special places.

NOTE: Bus is not lift-equipped.

9:15 AM Bus at Calvary Coop & Apts

9:20 AM Golden Valley City Hall

9:30 AM-3 PM Mary stops and return to GV

Tuesday, July 30—Code 11561

Bring cash, a bag, or a cooler, for the fresh, delicious goodies you’ll see between our Mary stops.

Cost: \$10. Register by 7/17

Tuesday, August 20—Code 11565

A “mini escape” is our destination between Mary stops. Cost: \$10. Register by 8/1

Cost is for transportation and escort. All “Mary stops” are on your own.

GRAPE ESCAPE - FRIDAY, AUGUST 9, 2013



The day starts at the nine-acre Millner Heritage Vineyard & Winery near Kingston, MN. Board the trolley pulled by a vintage tractor and ride between the vineyard rows for an up close experience while the guide explains the process of developing and caring for a vineyard. On the tour, hear and see the art of wine making from fresh grapes to completed wine in the bottle. Stroll through the winery before the wine tasting—your chance to taste, smell, and see the varying natures of each wine while staff descriptions will help you understand and appreciate each wine. Be seated in the dining room for a Grilled Chicken Breast dinner. We’ll leave the Millner’s and make a short stop at Mackenthun Sausage & Deli, known for their hand-made smoked meats, sausages, jerky, meat pies, and many other outstanding products, before coming home.

\$58 (Code: 11578)

9:10 a.m. Leave Calvary Co-op/GV City Hall

4:30 p.m. Estimated return to Golden Valley.

Last day to register/cancel Monday, July 15

SAVE THE DATE:

W, November 20—*Fiddler on the Roof* at Chanhassen Dinner Theater

The Mary Wanderers Day & Extended Trips

WHISTLE DOWN THE VALLEY—TH, October 10



Board the train in Osceola, restored and operated by the MN Transportation Museum, for a 2-hour ride. Ride through the bluffs and enjoy the beautiful scenery from Osceola to Marine on the St.

Croix. Enjoy Meatloaf, mashed potatoes, vegetable, bread, beverage and dessert in the dining car before returning to Osceola.

\$65 per person

10:25 a.m. Leave Calvary Co-op/GV City Hall

3:30 p.m. Estimated return

Last day to register/cancel: September 9

Code: 11582

CITY OF LAKES - Wednesday, November 6



Start with a tour of Lakewood Cemetery and its centerpiece, the Memorial Chapel. The presentation highlights Lakewood's history, memorials, gardens, and monuments. Off to lunch at Granite City for a cup of soup, half-sandwich, French fries and beverage. Our on-bus professional guide will tour the Chain of Lakes, a drive through the Kenwood area to see the Sculpture Gardens and Walker Art Center. In downtown, view the buildings that create the skyline, see the historic riverfront area and stop at the I-35 W Memorial.

\$59 per person (Code: 11580)

8:55 a.m. Leave Calvary Co-op/GV City Hall

3:30 p.m. Estimated return

Last day to register/cancel: October 21

Fall in Door County Wisconsin - September 30-October 3.



\$725 per person (2 per room)/\$895 per person (single room) Code 11588

Deposit: \$200/person due June 1. Final Payment due August 1. No refunds after 6/1/13.

Very limited openings. Call for information.

OLD WORLD CHRISTMAS MARKET at the Osthoff Resort—December 10-12



\$510 per person (2 per room)/\$605 per person (single room). Code 12226

Includes: Deluxe coach transportation, 2 nights lodging, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit:**

\$50/person due October 4. Final Payment due November 1, 2013. Cancellation: After 10/4/13 payments are not refundable. Call for brochure and travel insurance information.

DAY 1: Breakfast at the Norske Nook. In Fond du Lac visit the **Kristmas Kringle Shoppe** with 10,000 sq. ft. of exciting glass ornaments, collectibles and gifts for every occasion. Check into the four-diamond **Osthoff Resort** on Elkhart Lake, WI. Relax or explore the property (indoor pool, two whirlpools, fitness center, the Aspira Spa and Gift Shoppe) before a **German "Abendessen" dinner**. This evening a German **Storyteller** will present folklore of the German culture. [B,D]

DAY 2: Have **breakfast** and experience a **"Sheep to Shawl" demonstration**. On to the **Old World Christmas Market**, reminiscent of the centuries-old Christkindlesmarkt of Nüremberg, German. Browse for unique and specialty items among international and regional artisans -Czech blown-glass ornaments, Russian nesting dolls and Santa's, German hand-carved smokers and nutcrackers, stained glass art, alpaca products, Estonia woolens, Plauen lace, fine woodwork, and more! Have lunch (on own) at the Old World Food Court. Enjoy delectable German fare, such as, bratwurst, hot glühwein, sauerbraten, dumplings, Wiener schnitzel, potato pancakes, pulled pork and apple strudel. Father Christmas roams the market merrily greeting children of all ages. This afternoon take a trip to the **Kohler Design Center**. Explore 3 levels of innovative, inspirational kitchen and bath fixtures crafted from lustrous materials and exquisite artistry. Don't miss Kohler's colorful history lesson in the lower level of the Design Center with a look at the beginnings of the company and the Village of Kohler, one of the first planned communities in the United States. Tonight have a group **dinner at the Osthoff Resort**. Continue the winter fun on a horse-drawn hay **wagon ride** through the winding and snow-covered roads of charming Elkhart Lake while singing Christmas carols. [B,D]

DAY 3: Enjoy **breakfast** and leave for the exclusive **Wreath Factory and Gifts** in Plymouth, WI. See a wreath making **demonstration**, then take time to shop. The factory has been in the business of making the holidays a little bit merrier since 1983. Stop at the **Silver Coach Restaurant** in Stevens Point for lunch. Estimated return time is 6:00 PM. [B,L]



5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted. Pre-registration required for all trips. Home pick-ups available on a limited basis. If you have a reservation & cannot attend, please inform the Five Cities office.

Fares are \$5 cash or \$4 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$16 or an 8 round-trip ride pass for \$32. Pay the driver with cash or check made payable to "Prism"

Special Destination fare: \$8 cash for round-trip transportation or two punches from the bus pass. No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information. A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

T, June 25—Maynard's Reservations begin May 31

T, July 23—Sunset's. Reservations begin June 28

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents—do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more. Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$8 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Minnesota Landscape Arboretum- Friday, June 7

Enjoy a narrated tram tour along the scenic 3 mile loop featuring 1,137 acres of public gardens and over 5,000 plant species. After the tour, we'll lunch at the Oswald Visitor Center Restaurant and time to explore on your own. (All purchases including lunch on own.) Fee: \$16 includes tour, tram ride, and escort. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to the deadline date and are subject to a \$5 service fee.** Last day to register/cancel: May 29. 11:00 AM Bus leaves GV City Hall/3:00 PM Return home*

Minneapolis Pops Concert - Wednesday, July 17

The concert will be held at the Nicollet Island Pavilion—indoors, air-conditioned and wheelchair accessible. After the **Free** concert we will stop at a local restaurant for lunch, ordered off the menu. Lunch cost is on your own. Limited apartment pick-ups available. Cost: Special Destination Fare. 9:30 AM Bus leaves Golden Valley City Hall/1:45 PM Return. Register with the 5 Cities office, 763-531-1259

Eiden Farm Homestead and Farmer's Market—Wednesday, August 14

Brooklyn Park's Historical Farm, is a ten-acre living history farm, restored to the period 1890 – 1910. Today, the farm is like a time machine, transporting you back to the turn of the twentieth century. Tour the beautifully restored Victorian home, visit the barn, outbuildings and farm animals. After the tour spend time picking up fresh produce, baked goods and flowers at the farmers market (cash preferred). First stop is the Girvan Grille at Edinburgh USA where you can enjoy lunch overlooking the beautiful golf course, cost on your own. Fee: \$8 includes tour and escort. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed **up to the deadline date and are subject to a \$5 service fee.** Last day to register/cancel: August 7. 11:05AM Bus leaves GV City Hall/4:30PM Return home.*

PRISM Express—763-529-1252

is the door-to-door bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. Fares are based on income. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

SENIOR LINKAGE LINE -1-800-333-2433



Call us first with your questions. Our staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.



**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

**PRSRRT STD
US Postage
PAID
Permit No.1659
Twin Cities, MN**

Golden Valley Registration Form—2013

First & Last Name: _____
Address: _____ **Home Phone:** _____
City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____
Emergency Contact Name & Phone (if different from above): _____
Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:
 Cash Check # _____
 (Checks payable to: City of Golden Valley)
 VISA MasterCard
 Card #: _____
 Expiration Date: _____
 Signature for credit card payment: _____

TOTAL DUE: _____
OFFICE USE ONLY
 FA \$ _____
 GC \$ _____
 Fee Paid: _____
 Date: _____
 Rec'd By: _____