



Senior Newsletter

Senior Office • 763-512-2339

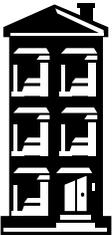
AUGUST SPEAKERS

The Changing Role of a Pharmacist & Safe Disposal of Medications- Thursday, August 1 1PM at Calvary Center Cooperative



Pharmacists are healthcare professionals who practice in the field of health sciences focusing on safe and effective medication use. How did the role shift from the classical "lick, stick, and pour" dispensary role (that is, "lick & stick the labels, count the pills & pour liquids") to being an integrated member of the health care team directly involved in patient care? Also addressed is how to dispose of old prescriptions and medications. Presented by Michael Reiff, Pharm D, Walgreen's of Golden Valley.

SUMMER HOUSING SERIES—Thursday, August 15 10AM at Brookview



Join us for a series on the housing market presented by experts.

Part 3—Co-ops, Condo's and Rentals

Learn the difference between Co-ops, Condos and Rentals. *Presented by Mike Samz, Calvary Center Cooperative*

"Caring for your Senior Pet" – Wed, August 28

9:45 AM Refreshments, 10AM Speaker \$2 payable at the door at Brookview



Learn about the special needs of senior dogs and cats and specific disorders that are common in senior cats, such as chronic kidney disease, hyperthyroidism, and periodontal disease, as well as common diseases in geriatric dogs, such as periodontal disease, Cushing's disease, and arthritis. Common methods of early disease detection and the benefits of early diagnosis and treatment on the quality of life of our senior pet companions will be discussed. All pet lovers are encouraged to attend, even if the pet you care for is not yet a senior citizen. *The speaker, Dr. Jaime Shriver, is a staff veterinarian at VCA All About Pets Animal Hospital in Golden Valley.*

Register by August 26 by calling 763-512-2339.

SEPTEMBER SPECIAL EVENTS

TAI CHI Demonstration



Thursday, September 5, 9:00 AM

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance and flexibility. This program, endorsed by the Arthritis Foundation worldwide, through the teachings of Dr. Paul Lam, 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! Join Certified Instructor Marie Mathay for a demo class to learn the basic moves and terms. Wear comfy clothes. No need to register, just come. Fee: \$2, payable at the door.

Par 3 League Shotgun Tournament and Brunch Thursday, September 12—8:00 AM



Par 3 League players—enjoy the final day of play with a shotgun tournament, putting contest and banquet. Cost: \$9 for brunch + green fees. Register by September 4.

Golden Tones Chorus Kick-off and 1st Practice Thursday, September 19—9:45AM



WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life! Check us out!

9:45-11:30 AM

Calvary Lutheran Church Fireside Room
7520 Golden Valley Road

Pedal Pushers Final Ride—Tuesday, September 24



9:00AM - Midtown Greenway and lunch at Nancy & Keith's.
Call for information.



SEPTEMBER SPEAKERS

Neuropathy – Thursday, September 5



1PM at Calvary Center Cooperative

Peripheral neuropathy, a result of nerve damage, often causes numbness and pain in your hands and feet. People typically describe the pain as tingling or burning, while they may compare the loss of sensation to the feeling of wearing a thin stocking or glove.

Peripheral neuropathy can result from problems such as traumatic injuries, infections, metabolic problems and exposure to toxins. Learn the causes, treatment options and get answers to your questions from *Michelle Meyers of Realief Neuropathy Centers.*

The Competition for Your Donated Items – Thurs, September 19, 10AM at Brookview



You've gotten the call "we have a truck in your area, would you have items to donate?" Many non-profit agencies rely on your donated items to raise funds for their organization.

What do they do with the items you've donated? When and why has it become a big business? *Presented by Callie Butler, Courage Center*

The Songs of Our Lives – Wed, September 25



9:45 AM Refreshments

10AM Speaker

\$2 payable at the door at Brookview

You met Maureen Pranghofer some months ago when she spoke about her Can-Do Canine dog Bentley. She's back in a presentation entitled *The Songs of Our Lives*. Through listening, discussion, name that tune, and perhaps enjoying some of your musical talents as we explore the songs in Maureen's life you will learn about the songs in your lives as well. *Presented by Marie Pranghofer.* Register by September 23 by calling 763-512-2339.

GOLDEN TONES—Our Musical Ambassadors!



Calvary Church Music Room
7520 Golden Valley Road

Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and finish the year with a performance in St. Cloud. Proven fact - Singing and laughing can add years to your life!

Remember When?...with Jan



1:00 p.m.

Dover Hills Apartments
2400 Rhode Island Ave. N

Thursday, August 22 – Remembering the State Fair

Thursday, September 26 –Remembering When We Canned Food

No registration needed-just come!

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.

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.



Brookview will be closed Monday, September 2 for Labor Day.

Classes

TAI CHI for HEALTH & ARTHRITIS CLASSES



**BASIC—Tues, September 10-October 22
8:30-9:40 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.

\$45/Resident, \$50/Non-resident

Code 12235

LEVEL 2—MOVING ON:

Tuesday, September 10-October 22

9:45-10:45 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

\$45/Resident, \$50/Non-resident

Code: 12241

ENHANCEMENT—Thur, September 12-October 24

9-10:00 AM

Add a second day to practice and enhance your Tai Chi experience. Class is for all levels of Tai Chi.

NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

\$35/resident, \$40/non-resident

Code: 12245

Monday Morning Paint with Michelle

Mondays, 9:00-11:00 AM



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 September 2

INTERMEDIATE BRIDGE LESSONS

Friday, September 20-November 8

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: 12286

Joy of Painting® the Bob Ross® Method – Sat, Oct 26



All you need is the desire to make beautiful things happen on canvas.

With the *Bob Ross Wet-on-Wet*

Technique® and a little practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ -hours you will bring home a fall scene ready to frame. Finished painting on display in the senior room. Taught by certified instructor, Kittie Swanson. Min 5/Max 15. Register by Oct. 16.

9:30AM-1:00PM (Code: 12332)

\$60/residents,\$65/non-residents includes all supplies

Defensive Driving Course—4-HOUR COURSE



Thursday, August 8

Thursday, September 12

Thursday, October 10

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 ready to complete registration for the Golden Valley 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.

September 9-October 23 (Code: 12334)

\$30 residents/\$35 non-residents

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

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.

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

Dates & locations:

Tuesday, August 6—Lake Calhoun/Isles/Harriet

Tuesday, August 27—Dakota Rail Trail

Tuesday, September 10—Golden Valley area

Tuesday, September 24—Midtown Greenway and lunch at Nancy & Keith's

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.

No meeting September 2

GOLDEN VALLEY LIBRARY PROGRAMS

Author Guthema Roba - Sat, September 21, 1:00 PM
Hear Roba, poet and librarian at the GV Library, read from his new book of poetry, "Please Come Home. Roba, a native of Ethiopia, celebrates the joy of a life fully lived in this collection of mystical poetry. Books available for purchase/signing. no registration required.

Senior Surf Day—Thursday, September 26, 9-11 AM
Learn Computer basics, how to navigate/search the Internet. Hands-on experience with help from volunteers of Linkage Line®. Registration starts August 29. Call 612-543-6390 or register online at <http://www.hclib.org/pub/events>

Library Laboratory: Gifts from the Kitchen
Saturday, September 28, 1:00 - 2:30 p.m.
Create cookie, soup and dip mixes and turn them into fun gifts with an attractive container. Supplies provided." Presented by Mary Jo Rasmussen of Urban Relish. Registration begins August 31. Call 612-543-6390 or register online at <http://www.hclib.org/pub/events>

FREE BLOOD PRESSURE CHECK

Wednesday, August 28

Wednesday, September 25

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, August 8, September 12, October 10

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, August 13 & 20, September 10 & 17, October 8 & 15, November 12 & 19

Fee: \$34. Payable to *Happy Feet Footcare, Inc.*

Arthritis Foundation Aquatics Program



Tuesdays and Thursdays
September 10-October 17
2:00-2:45 PM at Covenant Village
5800 St. Croix Ave N

Improve range of motion, muscular strength, and a reduced level of joint pain. The warm water pool feels great on joints and muscles and makes it easier to get moving! Taught by Certified Instructor Ally Gish. Bring your swimsuit and towel and meet by the front desk.

\$30/person. Questions? Call 763-732-1515.

The Mary Wanderers One Day Trips

TRIP REMINDER:

GRAPE ESCAPE - FRIDAY, AUGUST 9, 2013

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

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

OLD LOG THEATER - THURSDAY, SEPTEMBER 5



Start the afternoon off with lunch in the NEWLY REMODELED Old Log Theater dining room. Enjoy a delicious meal (Menu TBD by new chef) before heading into the theater to see *Cowgirls*. Jo is in a pickle: She has 24 hours to save Hiram Hall—her father's once-famous country-western saloon in Rexford, Kansas—from foreclosure. Although the place has seen better days, Jo is determined to keep it open. But what will pack in a crowd to make the money she needs? Mickey, Jo's hard-livin', wise -crackin' waitress has been dyin' to get up on that stage and prove she's got what it takes to make it as a country singer, and Mo, Jo's cook/cashier, is right behind her. But Jo has other plans, she's booked the Cowgirl Trio, sure it will save the place. The problem is there is no Cowgirl Trio! A minor misunderstanding on the telephone brings to Rexford the Coghill Trio: Rita, Lee and Mary Lou, classical musicians currently on a reunion tour. Jo isn't looking for classical music but the Coghill Trio show up for a legitimate booking. These six women surely mix like oil and water. Fate must have brought these women together and they side out—it's classical versus country. Can they meet in the middle? Sure thing, and when Jo proudly presents to the public the Cowgirl Trio, you can bet your bottom dollar that it raises the roof and Jo saves her bar!

\$50 (Code: 11562)

11:15 a.m. Leave Calvary Co-op/GV City Hall

4:15 p.m. Estimated return to Golden Valley.

Last day to register/cancel: Wednesday, August 21

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.

9:25 AM Bus at Calvary Coop & Apts

9:30 AM Golden Valley City Hall upper lot

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

Tuesday, September 17—Code 11564

The clue for today's outing is "Round and round we go, where we stop only Mary will know". Register by September 6.

Cost: \$19 includes tour and bus. Lunch and "Mary stops" are on your own.

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

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

Code: 11579

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 (Code: 11582)

10:25 a.m. Leave Calvary Co-op/GV City Hall/3:30 p.m. Estimated return

Last day to register/cancel: September 9

The Mary Wanderers Day & Extended Trips

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

SAVE Wednesday, December 4 for our Holiday Lights Tour. Details in next newsletter

FIDDLER ON THE ROOF – Wed, November 20



CHANHASSEN DINNER THEATER

Enjoy lunch, your choice from the Chanhassen matinee menu, before the show. **Fiddler on the Roof** is a musical story centered on Tevye, the father of five daughters, and his attempts to maintain his family and Jewish religious traditions while outside influences encroach upon their lives. He must cope both with the strong-willed actions of his three older daughters—each one's choice of husband moves further away from the customs of his faith—and with the edict of the Tsar that evicts the Jews from their village. This Tony Award-winning musical is a timeless classic with a rousing and heartwarming score which includes Tradition; Matchmaker, Matchmaker; If I Were a Rich Man and Sunrise, Sunset.

\$ 71 includes lunch, center main floor reserved seating, transportation and escort. (Code: 11566)

10:45 a.m. Leave City Hall/Calvary Co-op

4:30 p.m. Estimated Return

Last day to register/cancel: October 18

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, August 27—*Dangerfield's*. Reservations begins 8/1
T, Sept 24—*Antiquity Rose*. Reservations begin 8/30

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.*

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.*

Bus Fare: 2 punches from the pass card or \$8 cash payable to the driver.

Registration Deadline: Wednesday, August 7

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.

CANCELLATION/REFUND POLICY

Refund requests for classes or trips 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.



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

**PRSRRT STD
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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: _____