

Senior News

Senior Office • 763-512-2339

Tax Assistance 2015



Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Trained volunteer tax counselors will help seniors and individuals with low to moderate-income with routine forms. Please bring the following records and information:

- New 2014 tax form booklets
- Copy of 2012 tax returns and claim for property tax refund
- All documents and information concerning 2013 income, adjustments, deductions, credits and payments
- 2014 property tax statement or Certificate of Rent Paid Card with mailing label, if you received one from either the Minnesota Department of Revenue or IRS

Tax forms are filed electronically. Service provided by volunteers from AARP programs. Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers.

Thursdays, February 5-April 9
9:00AM-1:30PM
Golden Valley Library

Registration taken at the door the day of the service starting at 9:00 AM

2015 MEMBERSHIP DONATION



Be the first to see what's happening with the senior program when the newsletter arrives in your mail. Membership is good through December 2015. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code:** 12997.

Send to:
Golden Valley Seniors
200 Brookview Parkway S
Golden Valley, MN 55426.

THANKS FOR YOUR SUPPORT!

FREE BLOOD PRESSURE CHECK



11:00-11:30 AM at Brookview
Wednesday, February 25
Wednesday, March 25

No appointment needed! Provided by Ambassador Care Center staff.

Pickleball Clinics



Davis Community Center
5430 Glenwood Ave
3:30-4:30 PM

Do you play or want to play Pickleball? Here's your chance to learn the game of Pickleball and/or advance your skills. We will have some equipment available but feel free to bring your own paddle if you have one. You **MUST PRE-REGISTER** at least one week prior to the clinic.

Beginner Clinic for All Ages
Sunday, March 22

Intermediate Clinic
Sunday, April 12

Fee: \$5 for residents/\$7 for non-residents

How is Your Hearing? - Monday, March 23



10:30 AM
Golden Valley Library
Community Room

Join us for an educational presentation on the importance of hearing health. Learn how to prevent and treat hearing loss in yourself and your family members. No pre-registration needed.

Presented by the Beltone Hearing Center.



Brookview Community Center is closed on February 16 for President's Day

This is your last newsletter if your membership donation has not been received. Support your program today!

COFFEE TALK



9:45-11:00 AM

Brookview Community Center

Join us for juice, treats and coffee. Call 763-512-2339 to register so there are enough treats for all. \$2.00, payable at the door.

Blood Pressure Check immediately following the program.

The Many Faces of A Firefighter—W, Feb. 25

Becoming a firefighter is no easy task. Today learn why people become firefighters, the recruitment process, training, commitment, the type of calls firefighters respond to, what a typical day is like, and the different styles of fire service.

Presented by Steve Baker, NREMT-P, Fire Education Specialist, City of Golden Valley.

Register by February 23.

Crimes of Opportunity - Wednesday, March 25

In your home, apartment, car, or out and about, how do you protect yourself from a “Crime of Opportunity”? Learn simple tips on keeping you and your loved ones safe. *Presented by officers from the Golden Valley Police Department.*

Register by March 23.

Remember When?...with Jan

1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

Join us for this informal gathering. We use the monthly topic as a guideline for discussion. No registration needed—just come!

Thursday, Feb 26 – Remembering Snowstorms

Thursday, March 26 – Remembering Hobbies



Mondays with Mary—9:30 AM



Join Mary on Mondays to work on items for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, and Golden Valley Seniors. It's “fun art” not

“fine art”. We'll supply the materials and coffee. No meeting on February 16.



LIVING WISE and WELL



1:00-2:15 PM

Calvary Center Cooperative

7600 Golden Valley Rd

FREE. No need to pre-register. Just come!

Keeping Active during the Winter Months

Thursday, February 5

Staying active during the cold and ice of winter is a challenge. Our presenters will guide you through Range of Motion and Light Stretching exercises to prevent injury, maintain mobility and decrease general weakness. *Presented by the Golden Valley Rehab and Care Center Therapy Department staff.*

Meet the Pharmacist - Thursday, March 5

Meet Matthew, the Pharmacist from the Golden Valley Walgreens. He will be presenting information on: How OTC medications mix with prescription drugs, What Immunizations are needed and when, the difference between generic and brand name drugs, and the new services pharmacists provide. *Presented by Matthew Adams, PharmD, Golden Valley Walgreens.*

MONEY MATTERS at Brookview



10-11:15 AM

Treats provided by Golden Valley Rehab & Care Center. No need to pre-register.

Investing 102, the senior version

Thursday, February 19

What works and what doesn't in this changing economic environment? Are ETFs any better than index funds? When might an annuity be better than a managed-payout fund or systematic withdrawals? Are the classic strategies of asset allocation and rebalancing still valid? What investing questions should I ask a financial planner.

Presented by Dale Stenseth, Money Matters member and regular presenter on several topics.

Getting the Best Price for Your Home

Thursday, March 19

Whether you are thinking about selling your home/townhome/condo in six months or in a year, now's the time to get thinking about one of your biggest investments and what it means to your future. This presentation provides you with tools, ideas and resources to start preparing and transforming your home for better marketability and sale-ability.

Presented by Anne Saatela, KellerWilliams.

WRITER'S WORKSHOP—Mondays

Brookview Evergreen (Senior) Room



Writers' Workshop - Start at the Beginning

An idea for a great story has been haunting you for some time. You know you have always had a talent for writing, and now you want to start moving beyond putting the words on paper. Discover how to start becoming a "writer". Code: 13115

Monday, February 2

6:00-7:30 p.m.

Find the Right Publisher

You have your ideas or maybe have even finished an article or book - now is the time to begin finding the publisher for your project. What steps should you take to find the perfect match for your project? Code: 13116

Monday, February 2

7:30-9:00 p.m.

Moving from Hobby to Full-Time

Look at the financial potential of a writing opportunity. What does it take to move from a hobby to a writing career. Look at contracts, publishing terms, and opportunities to do more with your writing interests. Code: 13117

Monday, March 9

6:00-7:30 p.m.

Edit & Complete Your Project

The idea is there, the words are down on paper, and you need that extra motivation to finish. How do you take your project beyond the first draft? Learn the steps to polish and edit your work, then take a look at the self-publishing and e-book options. Code: 13118

Monday, March 9

7:30-9:00 p.m.

Charlene Torkelson is an author/illustrator with over 70 published books and articles. Optional *The Writers' Workbook* (\$10) is available at class.

Fee: \$20 residents/\$25 non-resident per workshop or \$72 resident/\$77 non-resident for entire series

TAI CHI for HEALTH & ARTHRITIS—Tuesdays



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! All Tai Chi classes are taught by Certified Instructor Marie Mathay.

\$45/Resident, \$48/Non-resident (7 classes)

Tuesdays, February 24-April 7

BEGINNERS/BASIC: 8:30-9:30 AM. Code: 12982

LEVEL 2: 9:35-10:35 AM. Code: 12989

BEGINNING YANG STYLE TAI CHI & INTRODUCTION TO QIGONG—Thursdays, 9-10AM

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Learn the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient, gentle breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

\$45/Resident, \$48/Non-resident

Thursdays, February 26-April 9

Code: 12993

More Watercolor and/or Drawing



Wednesdays: February 11-March 4

6:30-8:30 p.m. at Brookview

Fee: \$45/\$50. Code: 13111

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own. Bring your watercolor supplies & containers and/or drawing tools and appropriate paper. Limit: 10. Instructor Carolyn Papke is an artist and retired teacher.

Tips for Aging Creatively

Thursdays: February 5-26

1:00-2:30 p.m. at Brookview

Fee: \$40/45. Code: 13114

Engage in a variety of stimulating, entertaining, and creative activities and learn about ways to nourish the brain as we age. Instructor Carolyn Papke is a retired teacher with experience in perceptual motor development and the arts.

NOTICE! PHONE REGISTRATIONS NO



LONGER ACCEPTED!

Starting January 1st, phone registrations will no longer be accepted. We are required to have a signed and dated

liability waiver for each person/program/trip.

Registration can be done in person, fax and mail.

Find us at www.goldenvalleymn.gov the official website of the City of Golden Valley.

Classes and Interest Groups

MONDAY OPEN STUDIO

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. **\$1 per week starting January 1. Pay Michelle at class or at the front desk. No studio on Feb. 16.**

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, February 12

Thursday, March 12

Thursday, April 9

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

8 HOUR CLASS—Saturday, February 28

9:00 AM-5:00 PM

\$18/person

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. Mention the Golden Valley location when registering.

Confused about Medicare?



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, February 12

Thursday, March 12

Thursday, April 9

PICKLEBALL PLAY



Mondays & Thursdays 9:00 AM –1:00 PM

Crystal Community Ctr, 4800 Douglas Drive

Fee: \$2/visit or one punch from the punch card (10 punches/\$15.00) payable at Crystal

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic ball and paddles are used. It's an easy game to learn. This is not a league, come when you can. Equipment available on a limited basis. Gym shoes required.

Sundays: 3:00-5:00 PM

Davis Community Center, 5430 Glenwood Avenue

\$28 for a 10-time punch pass or \$4 daily drop in.

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, 9AM-1PM at Crystal Community Center, *Additional fee charged.

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

BROOKVIEW GRILL OPEN FOR THE WINTER SEASON

The Brookview Grill is **open** through February 16 offering a wonderful winter food menu, full line of on-sale beverages, a place to warm-up, restrooms & locker rooms and the new outdoor fire pit will be glowing. The Grill is located at Brookview Community Center with perfect access to the new winter multi-use recreation trails. We like to say we are the Hot Chocolate and S'more specialists! Please call 763-512-2300 (press option 2 and then press option 1) for updated Grill information and weather closure updates. The grill will **not** open when the temperature exceeds 10 below zero or a temperature/wind chill exceeding 15 below zero.

Grill Hours: Fridays: 11:00 am – 9:00 p.m., **Saturdays:** 10:00 a.m. – 8:00 p.m.

Sundays: 10:00 a.m. – 5:00 p.m. and **Presidents' Day** 10:00 a.m. – 5:00 p.m.

Mary Wanderer's One Day Trips

TRIP REMINDERS:

"Triple Espresso" - Thursday, February 12, 2015

10:30 AM Bus departs GV City Hall/Calvary Coop
3:30 PM Approximate Return

Gangsters and Grand—Tuesday, April 21



Our costumed guide will take us through the streets of St. Paul. Go back to the 1920's and 1930's when crime and corruption ruled. See sites where the infamous lived, socialized, and committed crimes. Drive past the Landmark Center where some of the FBI's most notorious criminals were tried and brought to justice, including John Dillinger. Lunch will be at the M ST. Café in the St. Paul Hotel. Menu: French Onion Dip-Shaved Roast Beef, Gruyere and Provolone on Soft Baguette with Onion Soup for dipping, Mixed Greens with Balsamic Vinaigrette, Coffee/Soft Drink or Iced Tea. Board the bus for a drive and walk along Grand Avenue, stopping at The Grand Old Creamery for a treat (on your own). Pick up a guide at members businesses. \$60 includes tour guide, lunch, motorcoach transportation and escort.

8:25 AM Bus leaves City Hall/ Calvary Co-op

2:45 PM Approximate Return

Last day to register or cancel: Friday, April 10

Code: 13016

All Aboard (for Bunch)—Thursday, May 21



All aboard the Osceola & St. Croix Railway, a colorful trip back in time. Enjoy a Champagne Brunch with smoked ham slices, cheesy scrambled eggs, Herbed American Fries, Toast with Jam, Champagne and Coffee. The 2-hour ride takes you on the bluffs and the woodlands in the backwaters. On our return, we'll stop at Eichten's Cheese Shop and Deli where you can purchase treats (on your own). Don't forget to bring a cooler to keep your purchases fresh for the trip home.

\$67 includes Champagne Brunch, train ride, stops, motorcoach transportation and escort.

9:25 AM Bus leaves City Hall/ Calvary Co-op

3:00 PM Approximate Return

Last day to register or cancel: Friday, April 24

Code: 13017

"Ring of Kerry" at the Paramount Theater



Friday, March 13

This Friday the 13th will be your lucky day! We'll arrive at Ciatti's Ristorante for lunch. Menu: Chicken Marsala, House Salad, Vegetable, Bread, cookie and soda or coffee. Off to the Paramount Theater, a renovated 700-seat theater. Visit the Visual Arts Center and/or the Gallery and Gift Store before the 1:30 p.m. performance. "Ring of Kerry" is a bursting-with-energy Irish music group that captures the hearts of listeners. All five of its musicians sing and play several instruments. From the thundering sound of the bodhran to the sparkle of the hammered dulcimer; from the lilt of fiddle and guitar to the haunting wails of the flute and penny-whistles, the band has developed a blend that is animated, ruggedly beautiful and fun.

\$70 includes lunch, Ring of Kerry performance, motorcoach transportation and escort.

9:55 AM Bus leaves City Hall/ Calvary Co-op

4:45 PM Approximate Return

Last day to register or cancel: Friday, February 13

Code: 12998

Till the Cows Come Home—Friday, June 19



We arrive at the family-owned Tutti Fruitti Market Farm that features fruit, vegetables, eggs, jams, dressings, honey and maple syrup. A home-cooked luncheon buffet on the farm will delight your taste buds. Then off to the Redhead Creamery Farmstead. Our tour of the 180-milking cow farm includes viewing the dairy calves and heifers, the milking cows, milking parlor and milk holding room before ending in the cheese plant. Here we will learn about their unique cheese making process. Added bonus—you can purchase fresh out of the vat cheese curds, or, if you prefer, aged Cheddar at the on-farm store.

\$58 includes lunch, tour, motorcoach transportation and escort.

8:55 AM Bus leaves City Hall/ Calvary Co-op

4:30 PM Approximate Return

Last day to register or cancel: June 5

Code: 13040

Mary Wanderer's Extended Trip

EXTENDED TRIPS

Join tour escort Mary Odell for these fabulous trips! Details for extended trips with brochures will be available at the Travel Show on January 26 and in the senior office after January 26.

A Summer Adventure in Lake Geneva, Wisconsin – June 24-26



Day 1: Enjoy the colorful drive through Wisconsin to the picturesque village of Lake Geneva. The area was a popular summer retreat for the barons of wealth in lumber, cattle, oil, steel, cement, manufacturing, and durable goods. Check into Harbor Shores on Lake Geneva.



Enjoy dinner at the **Dancing Horses Dinner Theater** before an enchanting **Vegas-style performance**. **Day 2:** Light breakfast before boarding the Lake Geneva **U.S. Mail Boat**, a narrated cruise as postal delivery is made to the beautiful mansions on the lake, built from the 1850's through the heyday of the Roaring 1920's. Enjoy a light lunch before touring the **Ten Chimneys Estate**, created by theatre legends Alfred Lunt and Lynn Fontanne. Board the bus and head to the Holiday Inn in Fort Atkinson. Join the group for the Signature Buffet Dinner at the **Fireside Theatre** in Ft. Atkinson before the side-splitting musical-comedy performance of **"Guys On Ice."** **Day 3:** Enjoy a relaxing breakfast at the hotel before leaving Fort Atkinson. Lunch will be at the historic **Ishnala Supper Club**, nestled in the middle of Mirror Lake State Park before heading home.

Fee: \$595 per person (2 per room)/\$755 per person (1 per room) includes: Lodging for two nights, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Deposit: \$100.00 per person to make a reservation. Space is limited and registrations are taken on a first come basis. **Deposit Due:** Monday, April 27, 2015. **CODE: 13015**

Final Payment: Friday, May 15, 2015

Cancellation: Payments are non-refundable after April 27, 2015

Brochures and travel insurance information available at Brookview. Call 763-512-2339 with questions.

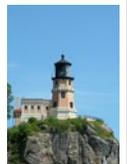
North Shore Fall Colors Tour - September 29 - October 1



DAY 1: Coffee and rolls at Tobies. Stop at **Thompson Hill Visitors Center** for a stunning fall color view of Lake Superior. Arrive at **Lutsen Mountain** and board the Midwest's only **gondola** for a gentle ride at treetop level over the Poplar River Valley. Have **lunch** at the **mountaintop Summit Chalet**, the best vantage point to view the Sawtooth Mountains. Next, visit **Michael Monroe's Log Cabin** in the woods and enjoy a **personal concert**. His music and home has been featured on "On the Road with Jason Davis". Continue to Grand Marais and check into the **Best Western Superior Inn**, a three-diamond property located on the shores of Lake Superior, within walking distance of the shops and restaurants in the charming village of Grand Marais. Have **dinner** at the **Birch Terrace Restaurant**, a former fur trading post converted into a restaurant in a restored 1898 home. **DAY 2:** Have **breakfast** at the hotel before a tour of the **North House Folk School Campus**. Learn about the student projects and discover the story, magic and history that make up the inspirational School. Travel up the North Shore to have **lunch at Naniboujou Lodge**, listed on the National Register of Historic Places. This afternoon take time to enjoy the small town flavor of **Grand Marais**. Shop or stroll along the waterfront. Enjoy dinner on your own. **DAY 3:** Have **breakfast** at the hotel. Take a **guided tour** of the **Split Rock Lighthouse**. Stop at the **Gooseberry Falls Visitors Center** to view the falls. Have **lunch at the New Scenic Café** in Duluth overlooking Lake Superior before heading home.

Fee: \$580 per person (2 per room)/\$745 per person (1 per room) includes: Lodging for two nights, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Deposit: \$150.00 per person to make a reservation. Space is limited and registrations are taken on a first come basis. **Deposit Due:** Monday, June 29. **CODE: 13014**. **Final Payment:** Friday, July 20. **Cancellation:** Payments are non-refundable after June 29, 2015. Brochures and travel insurance information available at Brookview. Call 763-512-2339 with questions.



Community Information

Golden Valley Library Programs



The following programs are held at the Golden Valley Library, 830 Winnetka Ave N. Call 612.543.6390 for more information.

One-on-One Computer Help

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

Mondays & Thursdays: 9 a.m. – 12 p.m.

Tuesdays & Wednesdays: 11 a.m. – 2 p.m.

No appointment necessary. *Please call ahead to be sure a volunteer is available.

Poetry Lovers Converge

**First Wednesdays, Feb. 4, March 4, April 1, May 6
6:30 p.m. – 8:00 p.m.**

You are invited to read an original or favorite poem, or just come and listen. In all languages, for all ages. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required

Focus on Poetry:

**3rd Mondays: March 16, April 20, May 18
6:30—8:00 p.m.**

This venue is where poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required.

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.

Senior Community Services Outreach Program



952-746-4028

Experienced licensed social workers assist you and your family to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes: assessments of needs, strengths, and preferences, service/care plans and more. Call Krystal at 952-746-4028 for information or to make an in-home appointment.



BOWLING AT TEXA-TONKA LANES

8200 Minnetonka Boulevard
12:15 PM every Tuesday. Join us!

Happy Feet Foot Care Clinic—763-560-5136



Pam, our licensed nurse, is specialized in routine foot care for elder and diabetic feet. She works 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.*

Friday, February 6, 13, 20, 27 from 12-3 PM

Friday, March 6, 13, 20, 27 from 12-3 PM

Friday, April 3, 10, 17, 24 from 12-3 PM

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

Senior Dining – 763-531-1183



Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$3.75 is requested, but no one will be denied a meal.

Take out meals are also available. Call from 9:00AM-11:30 AM for reservations and questions.

Dinner At Your Door-763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne at 763-531-1183 from 9:30-11:30 AM for information and menu.

HOME—952-746-4046



Need help around the house? This program matches skilled workers (paid and volunteer) with those who need help with fall yard work, cleaning windows, house cleaning and minor home repairs.

COMMUNITY PHONE NUMBERS

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

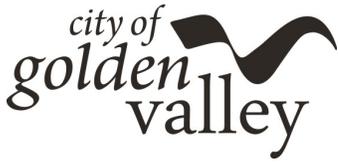
LinkVet Hotline—1-888-546-5838

Senior Dining—763-531-1183

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892



Parks & Recreation Department
 200 Brookview Parkway
 Golden Valley, MN 55426

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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____

Address: _____ **Phone 1:** _____

City: _____ **State:** _____ **Zip:** _____ **Phone 2:** _____

E-mail: _____

Emergency Contact Name & Phone (if different from above): _____

Participant's First & Last Name	Trip/Activity	Trip/Activity Code	Pick-up Site	Special Requests	Fee
_____ Cash _____ Visa or MasterCard # _____ _____ Check # _____ Sign for credit card: _____					TOTAL

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 and its partner cities or other governmental agencies (hereinafter collectively "City") 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 release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ **DATE:** _____