

# Senior News

Senior Office • 763-512-2339

## \*Lawn Bowling League



Brookview Lawn Bowling Rinks  
Wed, Sept 9-Oct 14  
10-11 am

Lawn bowling is one of the easiest sports to learn to play. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration.

All you will need is flat soled shoes, so that you don't damage the surface of the green, sunscreen and a sun visor or hat. Game equipment is provided and an official is present during league play. No special clothing is required, however persons competing in white top and white or khaki bottoms receive 1 point before match play begins. Register individually.

\$5 league fee + \$3/week includes 6 weeks of league play, game equipment, prizes and official.

Last day to register/cancel: Sept 3. Code F3302

## 2015-2016 Local Author Series



Join us for this NEW program. Four Minnesota authors will be featured on Oct 14, Dec 3, Feb 10, and April 13.

Sponsored by the cities of Brooklyn

Center, Crystal, Golden Valley, New Hope, Robbinsdale and District 281 Community Education.

### *The Last Keeper At Split Rock Lighthouse*

**Mike Roberts**

Crystal Community Center

4800 Douglas Drive N

Wed, Oct 14, 2015 from 7-8:30 pm

\$3 at the door, for presentation and refreshments.

Register by Oct 9



**Brookview Community Center is closed on September 7 for Labor Day.**

## Concerts in the Park at Brookview



7:00 pm at the large shelter  
Bring a blanket or lawn chair

M, August 3—Wendy's Wiggle, Jiggle and Jam!  
Children's music

M, August 10—Choo Choo Bob Show  
Skits and train-inspired music

M, August 17—One the Air  
Rock music from the 60s, 70s, & 80s

## Alive & Kickin' in Concert



Covenant Village of Golden Valley  
Thur, Sept 10  
2 pm

This inspirational group of high-spirited, charismatic seniors ages 65+ spread their musical message

through contemporary music. Their mission is to give voice to seniors through personal story and popular song, empowering its members to entertain and enlighten multi-generational audiences and to surprise, reward and rethink/break stereo-types. You'll be captivated by their enlightening and entertaining performance.

Free

Register by Sept 7 by calling 1-877-505-9897



## Having Fun with Brain Fitness

Tues, Sept 15-Oct 6

10-11:30 am

Let's learn and practice techniques to keep our brains sharp through activities that include the senses, movement, memory, creativity, etc. Highly useful at any age, but especially around retirement when one's lifestyles are changing. Bring a pencil. Taught by Carolyn Papke.

\$40/resident, \$43/Non-resident

Code F3102A

Last day to register/cancel: Sept 8

**COFFEE TALK at Brookview**



**9:45-11:00 AM**

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.

**Tablets & Smartphones: What to Buy and How to Use Them - August 26**

Whether you are thinking about buying a tablet or have one and want to learn more about it, join Ron Timm for this fun and informative class! Learn the difference between Android or Apple operating systems, size, the difference between 4G and 3G and storage. Learn about apps, where to find them and which ones are fun and useful as well as which ones are compatible with your system. Learn how to avoid and detect viruses, how to download books and videos, how to listen to music, take a picture and so much more. Register by Aug 24

**Roots of American Music - Blues, Ballads and Rags September 23**

“Roots of American Music” started life as “Blues in the Schools” in Florida and graduated to the story of how that most American music, Blues, came to be and to influence popular music. *Presented by John Rogers.* John has given performances to over 4,000 people, ranging from Kindergarten to very senior. John has recorded two disks of acoustic Blues, and was a 2010 finalist in the International Blues Competition in Memphis, Tennessee. Register by Sept 21

**MONEY MATTERS at Brookview**



**10-11:15 AM**

*Treats provided by Golden Valley Rehab & Care Center. No need to pre-register. Donations accepted for coffee.*

**The Corporate Tax Structure – Aug 20**

Minnesota is the home base for several national and international companies. We hear that companies are moving their offices and staff out of state or out of the country because of Minnesota’s tax rate, yet some companies are moving operations to Minnesota. What are the tax advantages and/or disadvantages for companies in Minnesota and how does that affect us as taxpayers? *Presented by Pam Ricker, C.P.A., Ricker and Associates.*

**Should It Stay or Should It Go? - Sept 17**

Professional Organizer, Karen Bumgardner, will walk us through how to set up and organize a filing system, what papers need to be kept (and for how long), how to label the files, how to maintain the files once organized, and the importance of shredding personal documents. *Presented by Karen Bumgardner, CEO, GYST Now!.*

**LIVING WISE and WELL**



**1:00-2:15 PM**

**Calvary Center Cooperative  
7600 Golden Valley Rd**

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

**Meditation Made Simple—Aug 6**

Learn what meditation is and what it is not. Join us for an hour of learning, doing and fun! You'll leave with a solid understanding of meditation, and will have the opportunity to partake in a meditation (or not!). *Presented by Laura Lazowski, certified yoga instructor and meditation coach.*

**Choosing a Rehab Facility – Sept 3**

With hospital stays shorter and shorter, a rehabilitation facility is usually the next step before returning home. Learn what questions to ask about rehab facilities, what are your choices as a consumer, and more BEFORE you need one. *Presented by Barb Burger, LPN, Ambassador Good Samaritan.*

*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!*



Thur, Aug 27 –Remembering A Prized Possession

Thur, Sept 24—Remembering Favorite Movies

**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.

**GV REC CONNECT**



Set up your own account and PIN number plus register for programs, events and trips! Safe, secure and easy! Check it out at:

[www.goldenvalleymn.gov/Recreation](http://www.goldenvalleymn.gov/Recreation)

Register for Activities. Note: Activities with an \* accept online registrations.

**\*TAI CHI**



Endorsed by the Arthritis Foundation. Wear comfortable clothing. *Taught by Certified Instructor Marie Mathay.* \*\*Reduced Rate Pricing! Register for a 2<sup>nd</sup> class and pay only \$30. Second class must meet during the same session and be purchased together.

**\*Tai Chi for Health & Arthritis—Basic  
Tues, Sept 8-Oct 20 from 8:30-9:30 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!

\$45/Resident, \$48/Non-resident *Code: F2207A*

**\*Tai Chi for Health & Arthritis—Moving On  
Tues, Sept 8-Oct 20 from 9:40-10:40 am**

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

\$45/Resident, \$48/Non-resident *Code: F2208A*

**\*Beginning Yang Style Tai Chi**

**Thur, Sept 10-Oct 22 from 9-10 am**

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Join instructor Marie Mathay in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form.

\$45/Resident, \$48/Non-resident . *Code: F2209A*

\*\*Qualifies for reduced rate.

**\*Introduction to Shibashi Qigong**

**Thur, Sept 10-Oct 22 from 10-11 am**

Cultivate more energy and balance through this series of ancient, gentle breathing and moving exercises called Shibashi Qigong. An easy "follow the leader" style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities.

\$45/Resident, \$48/Non-resident . *Code: F2210A*

\*\*Qualifies for reduced rate.

**MONDAY OPEN STUDIO**



**Mondays, 9:00-11:00 AM**

Bring your favorite medium and project to class. Painters assist each other through their projects in watercolors, acrylics and oil led by Michelle Basman. \$1 per week. Pay at the front desk. **NO CLASS Mon, Sept 7**

**Defensive Driving 4-hour Refresher Course**



**Thur, Aug 13  
Thur, Sept 10  
Thur, Oct 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.

**Defensive Driving 8-hour Course**

**Saturday, October 24**

**9 AM-5 PM.  
\$18/person**

*Register for your class in advance with the Minnesota Safety Council by calling 651-291-9150 with a Visa or MasterCard or by mail. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103.*

**\*Joy of Painting® the Bob Ross® Method Fall Scene  
Sat, Oct 10**

**1-4:30 pm**

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated 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. Taught by certified instructor, Kittie Swanson. Fee covers all materials. Min 5/Max 15

*\$60/residents, \$65/non-residents*

*Last day to register/cancel: Oct 2*

*Code: F3101A*

Winter Scene Class—Sat, Nov 14.

Code: F3101B

Last day to register/cancel: Nov 6

**Reminder: Phone registrations no longer accepted. Registration can be done in person, fax, mail and on-line at [www.goldenvalleymn.gov/recreation](http://www.goldenvalleymn.gov/recreation)**

## Interest Groups and Holly and Ivy Trip

### Pedal Pushers



Join Nancy as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:30 am 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 are strongly recommended. Ride dates are:

Aug 6 – LRT North

Aug 25-Big Rivers Trail

Sept 17 – Ride with the Golden Valley Police

Sept 29 – Dakota Rail Regional Trail

Oct 13 – Midtown Greenway

Call the senior office and be placed on the mailing list for meeting locations and directions.

### PICKLEBALL



**Mondays & Thursdays 9:00 AM –1:00 PM**

**Crystal Community Ctr, 4800 Douglas Drive**

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. Gym shoes required. *Fee: \$2/visit or one punch from the punch card (10 punches/\$15.00) payable at Crystal.* **NOTE: Gyms will be closed July 27-end of August for refinishing.**

### 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

**Hand and Foot**— Tuesdays, 1 PM

**Pickleball**—Mondays & Thursdays, 9AM-1PM at Crystal Community Center, \*Additional fee charged.

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

### 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!**

### \*Holly & Ivy Christmas Tour—December 4 & 5

**Day 1: Coffee and rolls at Trumbles.** Arrive at Des Moines Botanical Gardens for a light lunch. Tour **Terrance Hill**, Historical Landmark and the Governor's Residence, decorated for Christmas. Des Moines presents distinctive and historic homes adorned by the finest local decorators on the Holly & Ivy Tour of Homes. Take a self-guided tour of the **Salisbury House**, the family home of cosmetic magnate Carl Weeks, modeled after the King's House in Salisbury England. Check into the Country Inn & Suites. **Dinner** at The Machine Shed. Enjoy the drive through the magical **Jolly Holiday Lights Display** at Water Works Park, a 3.5 mile riding tour of magical lights, to benefit Make-A-Wish, Iowa. [C, L, D]



**Day 2:** Enjoy **breakfast** before the **Holly and Ivy tour**. Each year the spectacular tour has carefully selected homes decorated for Christmastime. Conclude at the **Central Presbyterian Holiday Market**. Enjoy a bowl of **homemade soup** and visit the craft sale. Say good-bye to Des Moines as we travel to Trumble's for **dinner** before returning home. **NOTE:** The tour requires guests to walk and stand for over 30 minutes at each stop. Very limited or no seating options are available. Some homes are decorated on more than one level. [B, L, D] **Fee: \$335 per person (2 per room)/\$390 per person (1 per room)** includes: Lodging for one night, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell. **Deposit: \$75.00** per person to make a reservation. **CODE: S3206.** Space is limited and registrations are taken on a first come basis. **Deposit Due: Mon, Oct 12. Final Payment: Nov 2.**



**Cancellation:** Payments are non-refundable after October 12, 2015. Brochures and travel insurance available.

## Mary Wanderer's Trips

### Trip Reminders:

#### **Mary Poppins at the Chanhassen Dinner Theater Wed, Aug 5**

10:25 AM Bus leaves City Hall/ Calvary Co-op  
4:45 PM Approximate Return

#### **Shoji Tabuchi Show – Tues, Aug 11**

10:25 am Bus leaves City Hall/Calvary Coop  
4:45 pm Bus returns

#### **Heirlooms in Hutch – Thur, Aug 13**

8:35 AM Bus leaves City Hall/ Calvary Co-op  
5:00 PM Approximate Return

### \*Discover Grapes and Hops—Wed, October 14



Arrive at the New Ulm Visitors Center for a cup of coffee. On to the August Schell Museum of Brewing. Hear the history of the family and the brewery, founded in 1860.

You will go up to the old copper kettle area, see a short video of the production areas and the brewing process. The tour ends with assorted beers and 1919 Root Beer sampling in the Rathskeller Tap Room. NOTE: Part of the tour is outside, with steps. Please wear appropriate footwear. Time is allowed to visit the gift store or stroll through the beautiful gardens. On to experience the Glockenspiel which stands 45 feet high. Walk down the street (about one block) to Veigel's Kaiserhoff Restaurant for lunch. Menu: Vienna Style Schnitzel, Red Cabbage, Spaetzles & Gravy, Rye Bread, Beverage and Dessert. [Optional menu: Grilled Chicken Filet, Rice Pilaf, Green Beans, Rolls, Beverage, and Dessert. Optional menu must be ordered when registering for the trip].

Arrive at Morgan Creek Vineyards for a tour and tasting. Established in 1993, the vineyard enjoyed its first vintage season in 1998 and the opening of Minnesota's only underground winery. The underground earth shelter provides perfect cellar temperature for wine production and aging, creating an inviting atmosphere for the tasting room and gift shop. Our last stop is the Emma Krumbie Orchard in Belle Plaine where apples and apple products are in abundance.

7:35 am Bus leaves City Hall/ Calvary Co-op  
6 pm Approximate Return  
\$70 includes tours, lunch, motorcoach transportation and escort.

Last day to register or cancel: Sept 30

Code: S3210A

### \*Cruising the St. Croix—Thursday, September 17



We're traveling to Stillwater to board one of the modern vessels from the St. Croix Boat and Packet Company fleet, climate controlled and fully accessible for our 2-hour cruise. Table seating is available on the first floor. Relax and enjoy the sights (hopefully beautiful fall colors) of the St. Croix River. A deli luncheon is served buffet style during the cruise. Enjoy a variety of meats, cheeses, salads and dessert bars. Coffee and soft drinks included. As we leave Stillwater we'll make a short stop at Pine Tree Apple Orchard. The orchard has hundreds of acres with many apple varieties and their bakery! Homemade pies, donuts, rollovers, caramel apples and more-YUM!  
\$54 includes lunch, theater ticket, transportation and escort.

9:55 AM Bus leaves City Hall/ Calvary Co-op  
3:30 PM Approximate Return

Last day to register or cancel: August 24

Code: S3203

### \*"Glensheen" at the Minnesota History Theater Thursday, October 8



Arrive at the Minnesota History Theater to attend the world premiere of "Glensheen", that uncovers the murder mystery at the Glensheen Mansion in Duluth. This American tragedy was one of the most intriguing and public stories in Minnesota history. The playwrights explore the complex nature of the investigation and the bizarre behavior of the accused murderer, Roger Caldwell, and his wife Marjorie. *Glensheen* is a dark musical with a crackling satirical edge – in the vein of Broadway favorites *Sweeney Todd* or *Chicago*. After the show, we will enjoy lunch at Tavern on Grand. Menu choice (indicate choice when registering):

Walleye Basket

Grilled Chicken Breast

Both entrees are served with seasoned Tavern Fries, Cole Slaw, Beverage, and Ice Cream

8:50 am Bus departs City Hall/Calvary Cooperative

2:30 pm Approximate Return

\$70 includes theater ticket, lunch, tax and gratuity, motorcoach and escort

Last day to register/cancel: Tues, Sept 8

Code: S3212A

## Mary Wanderer's Trips

### \*Geritol Frolics—Friday, October 23



Arrive in Baxter at the Christmas Point Wild Rice Company, a family owned and operated store with three floors of home décor, gourmet foods, casual clothing, a coffee bar and more. Enjoy lunch at the

Prairie Bay Restaurant. Menu: Garden Salad, Balsamic Glazed Chicken Breast, Garlic Mashed Potatoes, Caramel and Apple Bread Pudding, Beverage. On to the Franklin Arts Center for a matinee performance of "Geritol Frolics 2015". This Variety Show, where all 50 performers are 50+ years old, has singing, dancing and comedy. On the ride home, we'll make a short stop at the Travel Plaza in Little Falls for a snack (on your own).

8:50 am Bus leaves City Hall/ Calvary Co-op

8:30 pm Approximate Return

\$70 includes lunch, theater ticket, motorcoach transportation and escort.

Last day to register or cancel: Sept 25

Code: S3207A

### \*Hormel Holiday Tea—Friday, November 20



The historic Hormel Home, decorated for the holidays, is a great way to start the season. Enjoy a traditional English Tea as strolling musicians and orators entertain visitors. Built in 1871 and the home of the Hormel family from 1901-1926, the house was donated to the YWCA in 1926 and is annually decorated for the holiday season by local merchants, florists, designers, and collectors. Our final stop is the Russell Stover Candy Kitchen, a good time to purchase holiday gifts and goodies. We are hoping to make a short stop at \*Hope Creamery, an independently owned creamery that churns out butter in small batches the old-fashioned way. \*Waiting for confirmation from Hope Creamery.

9:50 am Bus leaves City Hall/ Calvary Co-op  
5:15 pm Approximate Return  
\$53 includes Holiday Tea, motorcoach transportation and escort.

Last day to register or cancel: Oct 27

Code: S3208A

### \*Uff Da! Tour—Tuesday, December 15



Begin the day at Ingebretsen's Scandinavian Center filled with gifts, clothing, baked goods, and traditional Nordic Foods just in time for the holidays. On to the American Swedish Institute for a tour of the new Nelson Cultural

Center and lunch. Enjoy a Smörgåsbord of traditional Swedish dishes including Meatballs, Gravlax, Potatoes, Rye Bread/butter, Beet Salad, Cucumber Salad, Dessert and Beverage. After lunch, spend time in the Bokhandel Gift Shop with Swedish Crystal and Glass, Collectibles, Jewelry, candy and more. Take a guided tour of the Turnblad Mansion and the American Swedish Institute. Learn about the fascinating Turnblad family, the art and architecture of the exquisite 33-room mansion, and the history of early Minneapolis.

10:10 am Bus leaves City Hall/ Calvary Co-op

3:30 pm Approximate Return

\$69 includes tour, lunch, motorcoach transportation and escort.

Last day to register or cancel: Nov 19

Code: S3209A



### December 4 - 5,

#### 2-Day Motor Coach Tour

**\$335/person (double) \$390/person (single room)**

#### Includes:

Deluxe motor coach transportation

Lodging for 1 night

Meals: 1-coffee, 1-breakfast, 2-lunch, 2-dinner

Attractions: Christmas Home Tours, Des Moines Botanical Gardens, Terrace Hill Governor's Residence, Salisbury House, Jolly Holiday Lights Display, Central Presbyterian Christmas Market

Tour Director, Mary Odell

Gratuities on included meals and attractions

\$75 deposit due October 12. **Code: S3206**

Call for brochure. 763-512-2339

See information on page 4

# Community Information

## FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wed, Aug 26

Wed, Sept 23

No appointment needed! Provided by Ambassador Care Center staff.



## Happy Feet Foot Care Clinic—763-560-5136



The 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, August 7, 14, 21, 28

Friday, September 4, 11, 18, 25

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

## 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.

Thur, Aug 13, Sept 10, Oct 8

## SENIOR LINKAGE LINE



1-800-333-2433

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

## HOME—952-746-4046



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

## Store to Door – 651-642-1892



Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer Order Takers call clients from their homes each week and enter orders into an online ordering system. Volunteer shoppers work in partnership with several metro area Cub Foods and work to shop and prepare orders for weekday morning deliveries. Call 651-642-1892 or visit [www.storetodoor.org](http://www.storetodoor.org)

## 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.

## COMMUNITY PHONE NUMBERS

Crystal Community Center—763-531-0052

Dinner At Your Door—763-531-1183

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

## Golden Valley Library Programs

830 Winnetka Ave N. Call 612.543.6390 for information.

**NOTE:** Library is closed for renovation Sept 14-Jan 23.

### One-on-One Computer Help

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: Aug 5, Sept 2

6:30 p.m. – 8:00 p.m.



### Focus on Poetry:

3rd Mondays: Aug 17, Sept 21

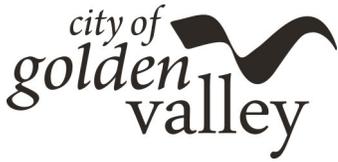
6:30—8:00 p.m.



## BOWLING AT TEXA-TONKA LANES

8200 Minnetonka Boulevard

12:15 PM every Tuesday. Join us!



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:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**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: _____					<b>TOTAL</b>

***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:** \_\_\_\_\_