

Senior News

Senior Office • 763-512-2339

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.

*Program held at the Crystal Community Center
4800 Douglas Drive N*

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

The Last Keeper At Split Rock Lighthouse

Mike Roberts—Wed, Oct 14

7-8:30 pm. Register by Oct 9. 763-512-2339

Stories of life at Split Rock, of Lake Superior and of making ends meet on the North Shore.

Nalah & the Pink Tiger and Nalah Goes to Mad

House City - Anne Sawyer-Aitch—Thur, Dec 3

6:30-7:15 pm. Register by Nov 30. 763-512-2339

Children's book inspired by Anne's lively little niece.

Honoring Our Veteran's—Wed, Nov 11



Westphal American Legion

3600 France Avenue North

Robbinsdale

9:30-11 am

Free

Today is a day to remember and honor our Veteran's. The Beyond the Yellow Ribbon Committee and the Westphal Legion will start the morning with coffee and a short ceremony. Our guest speaker is **Marcus Kuboy**. Sergeant Kuboy, an Army medic, speaks about his experiences while deployed in Iraq and how being hit by a road side bomb while riding in a Humvee has effected his life. After the accident he spent 14 months hospitalized in Walter Reed and the Minneapolis VA and at this time was presented with the choice to get "bitter" or "better". Through many struggles, Marcus has made an amazing recovery and speaks about how the choices he has made impacted his life. Marcus's personality and positive attitude shines through as he touches on the topic of choice during tough times. *Sponsored by the Beyond the Yellow Ribbon Committee of Crystal, Golden Valley, New Hope and Robbinsdale, Westphal Legion, and the City of Golden Valley.*

Medicare Advantage & Medicare Part D



Wed, Oct 28

10 am

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on Oct 15, 2015 and ends on

Dec 7, 2015 with selections effective on Jan 1, 2016.

Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered by Senior Community Services, a non-profit agency.

\$2, payable at the door

Last day to register/cancel: Oct 26. 763-512-2339.

Holiday Tea—Mon, Dec 14



1 pm

Join us for a delightful afternoon with entertainment by the ladies singing group "The Happy Notes" followed by delicious finger foods, desserts and tea. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

\$9 includes goodies, entertainment, prizes

Last day to register/cancel: Dec 7

Code: F3301A

COFFEE TALK at Brookview



9:45-11 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.

Medicare Advantage & Medicare Part D Wed, Oct 28

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on Oct 14, 2015 and ends on Dec 7, 2015 with selections effective on Jan 1, 2016. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered by Senior Community Services, a non-profit agency. Last day to register/cancel: Oct 26

MONEY MATTERS at Brookview



10-11:15 am

*No need to register.
Donations accepted for treats.*

Insurance: Too Much, Too Little or Just Right? Thur, Oct 15

Do you know what insurance is required by law? What other insurance should you carry? Is your insurance coverage adequate? What questions should you ask before selecting an agent? What is the difference between an independent agent/agency vs. a State Farm/Allstate agency? *Presented by Joe Wozniak, Young Insurance Agency.*

Financial and Health Care Legal Powers – What is new for 2015? - Thur, Nov 19

Join attorney Elizabeth Michaelis, who practices in the areas of Estate Planning and Elder Law, when she details the financial Power of Attorney, which underwent significant changes last year. We will also take a close look at the Minnesota Health Care Directive and compare it with the POLST and other "Compassionate Care" documents appearing on the scene in 2015. Examples will be provided. Bring your questions! *Presented by Elizabeth Michalis, J.D., MBA, Guardian Counsel Law Office.*

LIVING WISE and WELL



1-2:15 pm

**Calvary Center Cooperative
7600 Golden Valley Rd**

FREE. No need to register. Just come!

The Eyes Have It—Thur, Oct 1

Dr. Tim Ehlen will present and lead a discussion where the most common eye and ocular conditions will be explored. The presentation and discussion will include an updated review of the development, diagnosis of, treatment and expected outcomes of common eye conditions including eyelid abnormalities, corneal degenerations, cataract, diabetic retinopathy and other vascular conditions, age-related macular degeneration, and glaucoma. An open-forum format will be used so that questions can be asked and discussion can be generated at any time. *Presented by Dr. Tim Ehlen, a surgical ophthalmologist who has been practicing for over 18 years at Northwest Eye Clinic.*

Excuse Me – What Did You Say? - Thur, Nov 5

Have you noticed that you need to turn up the volume on the radio or television? Or you're not hearing the entire conversation around you? Learn the signs of a hearing loss, how hearing loss is detected, how tinnitus and vertigo affect your hearing and treatment options available. *Presented by Subhadra Chereddy, MD, Hennepin County Medical Center Clinic, Golden Valley.*

Remember When?...with Jan

1 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 need to register.

Thur, Oct 22 – Halloween Treats and Costumes

Thur, Nov 19 – Remembering Favorite Games



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 supply the materials and coffee.

**No activities on Nov 3-Election Day (per state law).
Brookview Community Center is closed on Nov 11
for Veteran's Day, Nov 26 & 27 for Thanksgiving.**

TAI CHI



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

Tai Chi for Health & Arthritis—Basic

Tues, Oct 27-Dec 15 from 8:30-9:30 am

This program 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! No meeting Nov. 3.

\$45/Resident, \$48/Non-resident *Code: F2207B*

Tai Chi for Health & Arthritis—Moving On

Tues, Oct 27-Dec 15 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. No meeting Nov 3.

\$45/Resident, \$48/Non-resident *Code: F2208B*

Beginning Yang Style Tai Chi

Thur, Oct 29-Dec 17 from 9-10 am

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. No meeting Nov 26.

\$45/Resident, \$48/Non-resident . *Code: F2209B*

**Qualifies for reduced rate.

Introduction to Shibashi Qigong

Thur, Oct 29-Dec 17 from 10-11 am

Cultivate more energy and balance through this series of ancient, gentle breathing and moving exercises. Qigong. An easy "follow the leader" style of 18 movements meant for healing and restoring health. Suitable for all ages/abilities. No meeting Nov 26.

\$45/Resident, \$48/Non-resident . *Code: F2210B*

**Qualifies for reduced rate.

MONDAY OPEN STUDIO

Mondays, 9-11:30 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.

Defensive Driving 4-hour Refresher Course



Thur, Oct 8

Thur, Nov 12

Thur, Dec 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.

Defensive Driving 8-hour Course

Sat, Oct 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 Scenes



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 or cancel: Oct 2

Code: F3101A

Winter Scene Class—Sat, Nov 14

1-4:30 pm

Code: F3101B

Last day to register or cancel: Nov 6

Reminder: Phone registrations no longer accepted. Registration can be done in person, fax, mail and online at www.goldenvalleymn.gov/recreation

Daytime Yoga With Annette



Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and improving balance, posture, circulation, and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat. Annette is the host of award winning Channel 18 TV show, *Yoga on the Go*.

11 am-12 pm

Tues, Oct 6–Dec 1 (no class Nov 3). Code F2201A

\$64 resident/\$68 non-resident

Yoga Flow With Laura



This 70-minute, non-competitive class combines yoga postures, targeted core work, and breathing awareness and ends with a blissful guided relaxation.

Appropriate for beginners to yoga as well as those who already practice. Benefits include increased strength, flexibility, body awareness, and mental clarity. Wear comfortable clothes and bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

5:30-6:45 pm

Tue, Nov 10-Dec 22. Code: F2206C

Thur, Oct 29-Dec 17. Code: F2206D (no class 11/26)

\$70 resident/\$74 non-resident

Watercolor Basics



For beginners or people who want to renew their watercolor skills, this course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Advanced students will have optional exercises. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) Bring your own supplies (supply list provided). Taught by Carolyn Papke, artist and retired teacher

Thur, Oct 15-Nov 19

6:30-8:30 pm

\$55 resident/\$59 non-resident

Code: F2302A

Pilates-Inspired Workout With Annette



When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance, and posture and maximize your mental and physical health.

Exercises are appropriate for all fitness levels.

Annette's classes are always easy to follow, non-intimidating, and fun. Many elements of yoga are included. Bring an exercise mat. Annette is host of award winning Channel 18 show, *Yoga on the Go*.

Mon, Oct 5-Nov 30

6-7 pm.

\$64 resident/\$68 non-resident

Code: F2202A

Beginning Belly Dancing



Beginner classes are structured to benefit participants with no previous dance experience and focus on core muscle toning, body coordination, and overall body muscle strengthening while teaching dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too! It is a low-impact workout in a fun and relaxed environment. Taught by Tatyana Butkova.

Wed, 7-8:30 pm

Nov 11-Dec 30. Code: F2401B

\$64 resident/\$68 non-resident

Intermediate Belly Dancing

Intermediate class teaches how to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscle strengthening, coordination, and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

Mon, 7-8:30 pm

Nov 9-Dec 28. Code: F2402B

\$80 resident/\$85 non-resident



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:

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



Sundays 3-5 pm

Davis Community Ctr, 5430 Glenwood Ave

\$4 visit or \$28/10-time punch pass. Buy at Davis.

Mondays & Thursdays 9 am –1 pm

Crystal Community Ctr, 4800 Douglas Drive

Fee: \$2/visit or \$15/10 punch pass. Buy 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.

Gym shoes required.

Cards & Groups

Mondays with Mary—Mondays, 9:30 am

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, 1 pm

Euchre—Thursdays, 1 pm

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

Hand and Foot— Tuesdays, 1 pm

Pickleball—Mondays & Thursdays, 9 am-1 pm at Crystal Community Center, Sundays, 3-5 pm at Davis Community Center. *Additional fee charged.

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

Golden Valley Library

830 Winnetka Ave N. Call 612.543.6390 for information.

NOTE: Library is closed for renovation Sept 14-Jan 22.

Ballroom Dancing—Thursdays



1 – 3:30 p.m. at Lenox Community Center

6715 Minnetonka Blvd, St. Louis Park

Dance and sing-a-long from Waltzes, Mixers, Polkas, and more! Large hardwood dance

floor. No partner necessary. Questions??? Call 952-928-6444. \$7 at the door includes refreshments

*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:

Glensheen at the Minnesota History Theater Thur, Oct 8

8:50 am Bus leaves City Hall/ Calvary Co-op
2:30 pm Approximate Return

Discover Grapes and Hops—Wed, Oct 14

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. Call for openings

Geritol Frolics—Fri, Oct 23

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. Call for openings

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

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

Mary Wanderers Travel Show



Monday, January 25
1 pm

Brookview Community Center

The adventures begin as we kick-off the *Mary Wanderers*, our 2015 travel program with a "meet and greet". Be the first to preview our travel adventures. Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy desert, and coffee/tea. Games! Prizes!
\$4

Last day to register/cancel: Jan 21
Code: F3103A

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:
www.goldenvalleymn.gov/Recreation
Click on: Register for Activities.

Community Information

FREE BLOOD PRESSURE CHECK

11-11:30 am at Brookview

Wed, Oct 28

No screening in Nov or Dec

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 or infected. A foot soak and massage provided with each visit. **Bring a towel** and your medical history with medications.

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.*

Fri, Oct 2, 9, 16, 23

Fri, Nov 6, 13, 20

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 am, 10 am, 11 am. *Call at least 3 days in advance.*
Thur, Oct 8, Nov 12, Dec 10

2015 Raking Blitz in Golden Valley



Between Fri, Oct 23 and Fri, Nov 6, volunteers will be assigned to assist Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will rake, bag leaves and take them to the curb. Raking dates and times will be arranged with the individual homeowners, based on the volunteer's availability. The residents must provide recyclable/compostable leaf bags to the volunteers. The Raking Blitz is a cooperative program with Senior Community Services HOME Program, Calvary Lutheran Church, and the City of Golden Valley. Call HOME at 952-746-4046 by Oct 1 if you are a homeowner in need of assistance with raking.

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, snow removal, cleaning windows, house cleaning and minor home repairs.

COMMUNITY PHONE NUMBERS

Crystal Community Center—763-531-0052

Dinner At Your Door/Senior Dining—763-531-1183

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

LinkVet Hotline—1-888-546-5838

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

Senior Dining – 763-531-1183



Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested, but no one will be denied a meal. Take out meals are also available. Call from 9-11:30 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.

Old-Fashioned Festival



Calvary Center Cooperative

7600 Golden Valley Rd.

Saturday, November 7th, 2015

9 am - 2 pm

Bake Sale, Household and Christmas Craft Sale, White Elephant Sale and Lunch for Sale.

Golden Valley Historical Society

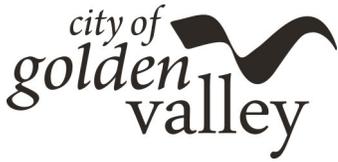


Invites you to join the historical society in the "Little White Church", 6731 Golden Valley Road. Interesting programs are held on the 2nd Thursday of the month, Sept-May at 7:00 PM. Refreshments and social time follows each program. Dues are \$20/year for a single membership and \$25 for a family. For information call Betty Crews at 763-544-6382.

Meadow Ridge Senior Living, 7475 Country Club



Dr, is opening in November. A community for Assisted Living and Memory Care. Call 651-706-3591 for information and tours.



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
<input type="checkbox"/> Cash <input type="checkbox"/> Visa or MasterCard # _____ <input type="checkbox"/> 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:** _____