

Senior News

Senior Office • 763-512-2339

FRIDAY FILMS AT MEADOW RIDGE



Meadow Ridge Senior Living
Main Activity Room
7475 Country Club Drive
2 pm

From Fred Astaire to Steve Zahn, we've got you covered. Enjoy top rated musicals, documentaries, classic movies and more! Refreshments served to compliment the film.

Fri, Feb 19—Walk the Line. Legend Johnny Cash's life from his early days on an Arkansas cotton farm to his rise to fame with Sun Records. (Drama 2005)

Fri, March 18—The Secret of Roan Inish. Fiona, a young Irish girl with an unusual family history including a long-missing baby brother, ends up on the small island of Roan Inish. She believes she may have found her little brother living by the sea, near her family's ancestral home. (Drama 1994)

Free

RSVP by the Wed before the film at 763-512-2339.

Broadway Bound at Brookview



Do you have a love for the arts and like to perform? Want to improve

your memory, speech and agility while having a great time? Work alongside your fellow peers as you enrich your creative side through theater!

Through this theater program, you will focus on acting and performance. Additionally, you will have an opportunity to work on creating characters, music, and developing improv skills, which will be showcased in a final performance open to your family and friends. Minimum 6/Maximum 20

Instructed by Eric Olson who has over 7 years of directing experience and holds a degree from the University of Minnesota in Communications & Film.

Tuesday & Thursday afternoons, April 5–May 26
4-5:15 pm.

Fee: \$40 residents/\$43 non-residents

Code: S3103A. Register/cancel by March 31

GOLDEN VALLEY READS



A community that reads together stays together. "Golden Valley Reads," a

new joint venture between the City of Golden Valley and Hennepin County Library – Golden Valley, seeks to encourage Golden Valley residents to read one book together each year. **The book for 2016 will be "Ordinary Grace" by William Kent Krueger.** Krueger will discuss the journey that resulted in the writing of this book on Monday, May 9, 2016 at 7 p.m. at the Brookview Community Center. Books will be available for purchase and signing.

Ordinary Grace: New Bremen, Minnesota, 1961. The Twins were playing their debut season, ice-cold root beers were selling out at the soda counter of Halderson's Drugstore, and Hot Stuff comic books were a mainstay on every barbershop magazine rack. It was a time of innocence and hope for a country with a new, young president. But for thirteen-year-old Frank Drum it was a grim summer in which death visited frequently and assumed many forms. Accident. Nature. Suicide. Murder. Frank begins the season preoccupied with the concerns of any teenage boy, but when tragedy unexpectedly strikes his family, he finds himself thrust into an adult world full of secrets, lies, and betrayal, suddenly called upon to demonstrate a maturity and gumption beyond his years. Told from Frank's perspective, forty years after that fateful summer, *Ordinary Grace* is a brilliantly moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him. It is an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God.

**Brookview Community Center is closed on:
February 15 for President's Day until 5 pm.**

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.

Emergency Services: Are You Prepared?

Wednesday, February 24

Today's presentation will answer the questions: What is a medical emergency? When should I call 911? What is a "File of Life"? What are the symptoms of a Heart Attack and Stroke? What does DNR mean? Steve will also talk about being safe at home, how to control cooking fires and the best smoke alarms. *Presented by Steve Baker, NREMT-P, GV Fire Education Specialist, Paramedic.* Register by Feb 22.

Crimes of Opportunity—Wednesday, March 23

In your home, apartment, car, or out and about, how do you protect yourself from a "Crime of Opportunity"? What are the latest scams affecting residents? Learn simple tips on keeping you and your loved ones safe. *Presented by Joanne Paul, Crime Prevention Specialist, Golden Valley Police Department.* Register by March 21.

MONEY MATTERS at Brookview



10-11:15 am

No need to register.

Donation accepted for refreshments

Investing 103 – 2016 update—Thursday, February 18

Change is continuous and surrounds us. Let's look at the changes in the investment world, and how to deal with them. Index funds and ETFs are increasing in popularity. How does their performance compare? We'll look at test results of actual purchases. Asset allocation is important for investors of all ages. We'll see how to use a spreadsheet program to backtest and optimize various allocations, considering risk. Presented by Dale Stenseth, Money Matters member. Dale enjoys researching topics related to finances and personal privacy and presenting to local senior groups.

The Local Economic Engine of Redevelopment

Thursday, March 17

Economic Development is critical in keeping a community vibrant. Golden Valley has several projects under consideration and construction. Today we will learn why development is advantageous to taxpayers, the programs available to encourage developers to build within a city and the process to get approval. *Presented by Jason Zimmerman, Planning Manager, City of Golden Valley.*

LIVING WISE and WELL



1-2:15 pm

Calvary Center Cooperative

7600 Golden Valley Rd

FREE. No need to register. Just come!

Medical Practices and Procedures during the Civil War—Thursday, February 4

Medical practices and procedures have come a long way since the 1860's. Learn what the common ailments were during the Civil War and how soldiers were treated medicinally and surgically. *Presented by Dr. Steven Johnson, Civil War re-enactor with Battery I 1st US Artillery*

Massage Therapy: Is it for me? - Thursday, March 3

Geriatric massage can be especially helpful for maintaining and improving overall health as we age. Did you know the techniques can help enhance blood circulation, combat depression, relieve anxiety, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage overall well-being? Learn about the training a therapist receives, the massage experience and benefits. *Presented by Karen Montanez of Massage Envy, Golden Valley.*

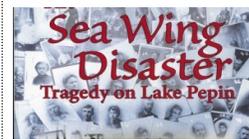
2015-2016 Local Author Series—Wed, Feb 10

7-8:30 pm at Crystal Community Center

4800 Douglas Drive N

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

The Sea Wing Disaster: Tragedy on Lake Pepin



Author: Frederick Johnson

The July 13, 1890, capsizing of the steamer Sea Wing and the death of 98 of its passengers horrified Minnesota and the nation. Residents of Red Wing suffered through four days of anguish. In terms of lives lost; the wreck of the Sea Wing ranks among the most deadly accidents on the nation's inland waters. Red Wing native Frederick L. Johnson has to his credit ten books about Minnesota history along with numerous magazine articles in respected journals. *Call 763-512-2339 to register by Feb 5.*

Roger Maris and a Cast of Hundreds

Author: Gregory Rom

Wednesday, April 13, 2016. 7 – 8:30 pm

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, Mar 1-April 12 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!

\$45/Resident, \$48/Non-resident *Code: W2207B*

Tai Chi for Health & Arthritis—Moving On Tues, Mar 1-April 12 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.

\$45/Resident, \$48/Non-resident *Code: W2208B*

Beginning Yang Style Tai Chi**

Thur, Mar 3-April 14 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.

\$45/Resident, \$48/Non-resident . *Code: W2209B*

**Qualifies for reduced rate.

Introduction to Shibashi Qigong**

Thur, Mar 3-April 14 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.

\$45/Resident, \$48/Non-resident . *Code: W2210B*

**Qualifies for reduced rate.

Daytime Yoga with Annette

**Tue, Feb 2-Mar 22
11 am-12 noon**



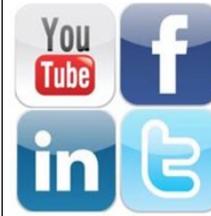
Improve flexibility, balance, posture, circulation, digestion plus strengthen you muscles.

Annette's classes are always easy to follow, non-intimidating, and fun. Bring your own yoga/exercise mat.

\$64/residents, \$68 non-resident

Code: W2201A

Social Media Basics for Active Adults—Thur, Feb 11



1-2:45 pm

Stay connected with friends and family near and far. In this class you will learn social media basics including Facebook, Twitter and Instagram. We will cover security

and privacy settings, publishing content, responding appropriately and how to participate and contribute to social networking sites. This course is a great introduction, and will help you easily understand in greater detail all the positive aspects of the social landscape that you might have been missing. Bring your Laptop or tablet (optional).

\$6 resident, \$7 non-resident

Code: W3101A

Next class is Wed, Apr 6 from 1-2:45 pm

\$6 resident, \$7 non-resident

Code: W3101B

Defensive Driving 4-hour Refresher Course



Thur, Feb 11

Thur, March 10

Thur, April 14

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.

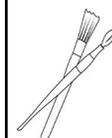
Defensive Driving 8-hour Course

Sat, Mar 12 from 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.

FRIDAY OPEN STUDIO—NEW DAY!!!!



Fridays, 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.

Information and Tax Assistance

FREE BLOOD PRESSURE CHECK

11:00-11:30 am at Brookview

Wednesday, February 24

Wednesday, March 23



No appointment needed! Provided by Barb Burger, LPN, Ambassador Care Center.

Tax Assistance 2016

Thur, Mar 3-April 14

9 am-1:30 pm

Golden Valley Library, 830 Winnetka N

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:

- Last year's tax returns
- Social Security cards for all taxpayers/dependents
- Photo ID
- All income statements: a. W-2's (Wages received in 2015) b. 1099's (Pension and Distributions from IRA's received in 2015) c. SSA-1099 (Social Security benefit received in 2015) d. 1099-INT (Interest received in 2015) e. 1099-DIV (Dividends received in 2015) f. Statement of Unemployment compensation received in 2015 g. Any other income information received during 2015
- Self employment information for 2015
- Mortgage interest paid in 2015
- Real Estate taxes paid in 2015 or Hennepin County 2015 Property Tax Statement
- Certificate of Rent Paid in 2014
- Hennepin County 2016 Property Tax Statement (not available until March 2016)
- Verification of Health Insurance for 2015

Bring a blank check for Direct Deposit of your refund (used only to verify routing and account information) 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.

Registration taken at the door the day of the service starting at 9 am



GV REC CONNECT. Set up your own account and PIN number plus register for programs, events, classes and trips! Safe, secure and easy! Check it out:

<http://webtrac.goldenvalleymn.gov>

Cards & Groups

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

Mondays with Mary—Mondays, 9:30 am

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.

PICKLEBALL



Sundays 3-5 pm

Davis Community Ctr, 5430 Glenwood Ave

\$4 visit or \$28/10-time punch pass. Purchase your pass 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.

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.

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



Mary Wanderer's Trips

Trip Reminder:

Sinatra & Company—Fri, Feb 26

9 am Bus leaves City Hall/ Calvary Co-op

5:05 pm Approximate Return

Tasting Irish Treats: A Progressive Lunch-Mar 8



The first course for this progressive Irish Tasting tour starts with a cup of soup prepared by the chef at O'Gara's Irish Grill. Service is amidst unique Irish décor. The mural of leprechaun cobblers on the wall was done from a creation by founder, Jim O'Gara. The shillelagh over the all-wood bar comes from County Sligo, home of the first O'Gara clan. The next stop is O'Malley's Irish Pub in Woodbury. Most of the walls, floors, the fireplace and the bar were built by hand, in memory of Tim O'Malley, by family, friends, and neighbors. Meals include a non-alcoholic beverage.

Menu choice (state choice when registering):

1) Homemade Sheppard's Pie: Diced choice sirloin and vegetables in savory gravy, topped with homemade potatoes and parmesan cheese.

2) Fish and Chips: Cod in O'Malley's Harp beer batter. Served with "chips", tarter and coleslaw. We will conclude the Irish Tasting Tour at the elegant Lake Elmo Inn with hot coffee and some delicious Bread Pudding topped with Irish Whiskey. With an escort named Mary Margaret Odell, you can count on some Irish surprises along the way.

\$69

10:25 am Leave GV City Hall/Calvary Coop

3:15 pm Approximate Return

Code: Y3206A. Register/Cancel by Feb 15

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

Coffee Concert at Orchestra Hall—Thur, April 7



Enjoy coffee and donuts in the renovated lobby of Orchestra Hall. Then rediscover the best of Rogers and Hammerstein's marvelous musicals on film with the Minnesota Orchestra delivering the soundtrack live as highlights from these unforgettable stories are shown on the silver screen, in utterly perfect synchronization. Great moments from the world's greatest musicals, gorgeous music performed by the best: get ready for your heart to be stolen all over again with the music of *South Pacific*, *Carousel*, *The King and I*, *The Sound of Music* and *Oklahoma*. Oh, What a Beautiful Concert! After the concert, we'll have lunch at the Hen House Eatery, formerly Peter's Grill. Menu: Cup of Soup made from scratch, choice of 1) Chicken Salad Sandwich or 2) Corned Beef and Swiss Sandwich, Cookie and Beverage. NOTE: Sandwich can be chosen at the restaurant.

\$70

10:10 am Leave Golden Valley City Hall/Calvary Coop

3:15 pm Approximate Return

Code: Y3205A. Register/cancel by Feb 16

Disney's *The Lion King* at the Orpheum Theatre



Tue, July 12

Register/cancel by Mar 21

Note early deadline date.

Children and grandchildren are welcome to join you to experience the phenomenon of *Disney's The Lion King*. Winner of six Tony Awards®, including Best Musical, Tony Award® winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. *The Lion King* also features some of Broadway's most recognizable music, crafted by Tony Award® winning artists Elton John and Tim Rice. Join us for this unforgettable theater experience.

\$79

6:30 pm Bus leaves GV City Hall/Calvary Coop

10:30 pm Approximate Return

Code: Y3204A. Register/cancel by Mar 21



Reminder: Phone registrations are not accepted. Registration can be done in person, fax, mail and online at <http://webtrac.goldenvalleymn.gov>



Mary Wanderer's Trips

Blithe Spirit at the Old Log Theater—Wednesday, April 13



Arrive at the Old Log for lunch. Menu (state choice when registering):

- 1) Beef Short Rib, potatoes, vegetable
- 2) Tilapia, potatoes, vegetable
- 3) Vegetarian Pasta with pesto cream sauce, vegetable
- 4) Boneless Chicken Breast, potato, vegetable

All entrees served with dinner rolls, dessert, coffee or tea.

Into the theater for the Noel Coward play "Blithe Spirit". Researching for his new novel, Charles Comdomine invites the implausible medium Madame Arcati to his house for a séance. While consumed in a trance, Madame Arcati unwittingly summons the ghost of Charles' dead wife Elvira. Appearing only to Charles, Elvira soon makes a play to reclaim her husband, much to the chagrin of Charles' new wife Ruth. If he wants his latest marriage to stand a GHOST of a chance, he'd better conjure up a solution quickly. One husband, two feuding wives and a whisper of mischief in the air – who will win in Coward's unworldly comedy.

\$66.50

11 am Leave Golden Valley City Hall/Calvary Coop/ 4:30 pm Approximate Return

Code: Y3203A

Register/cancel by Mar 16

Pella Tulip Time Festival: Thursday, May 5-Friday, May 6, 2016

Day 1 – Thur, May 5: Leave Golden Valley at approximately 7:15 am. Arrive in Albert Lea for breakfast at Trumbles Restaurant (included). Spend the afternoon in downtown Pella. Take time for lunch (on own). Experience specialty Dutch foods offered by vendors, organizations, and restaurants. We have **reserved**



bleacher seats for the **Grandstand Street and Stage Performance** followed by the **Volks Parade**. Enjoy Dutch dancing and singing, Parade of Provinces, Dutch costume style show, presentation of the Queen and her Court, the famous street scrubbing and the presentation of the colors. Check into the Country Inn & Suites in Pella. The property has an indoor pool, exercise room, elevator and in-room coffee service. This evening have a **traditional Dutch meal** (included) at Central College Graham Conference Center. After dinner, return to downtown to enjoy some local entertainment and see the lighted Volks parade.

Day 2 – Fri, May 6: Enjoy a self-serve hot breakfast (included) at the Country Inn & Suites. Tour the Pella Historical Village and Vermeer Mill. The buildings replicate the Dutch heritage, boyhood home of Wyatt Earp and the largest working grain windmill in the U.S. After the tour, take free time to visit a variety of attractions in downtown Pella. There is a Quilt Show, Flower Beds, Antique Displays, the historic Scholte House, Craft Markets, Wagon Tours, Dutch Bakeries, Meat Markets and Shopping. Have lunch (included) at the famous Tulip Tea Room. Leave Pella early afternoon, and make a rest stop at The Trails Travel Center in Albert Lea (on own).



\$345 per person (2 per room)/\$425 per person (1 per room)

7:15 am Bus leaves Golden Valley City Hall on May 5 (approximate)

6 pm Return on May 6 (approximate). Code: Y3201A

Deposit due: Mon, March 7. \$115.00 per person is required to make a reservation. Space is limited and registrations are taken on a first come basis. **Final Payment due: Mon, March 21.** **NOTE:** Payments are not refundable after March 7. Travel insurance is available through Travel Guard. Call Travel Guard 800 826 1300 – ARC # 49317 (Silver Plan) or Medicine Lake Tours at 952 829 0644. Tour documents are sent approximately two weeks prior to departure from Medicine Lake Tours.

Community Information

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*

Thur, Feb 11, March 10, April 14.

Call at least 3 days in advance.

HOME—952-746-4046



Do you or a loved one need a little help around the house? Senior Community Services' Household and Outside Maintenance for Elderly (HOME) program may be able to provide you with relief. The HOME program provides affordable housekeeping and handyman services for seniors 60 and older. Their network of skilled workers is pre-screened to ensure that you feel safe and confident about the services you receive. HOME can help with: Housekeeping, Laundry, Minor maintenance repairs, Snow shoveling, Seasonal yard work, Safety device installation, interior and exterior painting, and window washing. Older adults contribute to the cost of these services based on their monthly income and ability to pay – making HOME the only program serving all of suburban Hennepin County that provides these services on a sliding fee scale. If you are a senior, a caregiver, or know someone who could use some assistance with household chores or maintenance repairs, call the HOME program at 952-746-4046.

SENIOR LINKAGE LINE - 1-800-333-2433



Call first with your questions. The staff and volunteers have access to local, state and national information about everything senior related.

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

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, Feb 5, 12, 19, 26

Fri, March 4, 11, 18, 25

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 \$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.

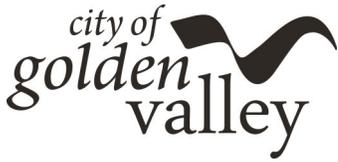
SCS Outreach Program – 952-746-4028



Experienced licensed social workers assist older clients (55+) and their families to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes:

- Performing multidimensional assessments of client needs, strengths, and preferences
- Developing service/care plans
- Connecting clients with a broad range of services
- Monitoring services and helping to resolve problems
- Assisting in identifying financial programs e.g. food stamps, Medical Assistance, etc.
- Facilitating caregiver education and support groups
- Providing caregiver consultation/coaching as a member of Eldercare Partners. Practical and emotional concerns are addressed.

Call Krystal at 952-746-4028 for information or to make an in-home appointment.



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 # _____ Sec. Code _____ _____ 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:** _____