

Senior News

Senior Office: 763-512-2339

Broadway Bound

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. Instructed by Eric Olson, who has more than seven years of directing experience and holds a degree from the University of Minnesota in Communications and Film.

Brookview Community Center
 Tue/Thur, April 5–May 26
 4–5:15 pm
 \$40 resident/\$43 non-resident
 S3103A
 Register by March 31



Senior Golf League Kick Off

Kick-off the 2016 golf season with Ben Disch, Brookview's golf manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! The 5 league registration is also taken that day. If you are unable to attend the kick-off but want to play in the league, the league fee may be dropped off in the golf office.

The Grill at Brookview
 Thur, April 21
 10 am
 Register by April 18



Senior Lawn Bowling Clinic

You will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. Wear flat-soled shoes, sunscreen and a hat.

Brookview Lawn Bowling Greens \$3/person
 Wed, June 1 S2101A
 10–11:30 am



"Golden Valley Reads," a new joint venture between the City of Golden Valley and Hennepin County Library in 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. Come meet Krueger as he shares the journey that resulted in the writing of this book. Books will be available for purchase and signing.

Brookview Community Center
 Mon, May 9
 7 pm

Pedal Pushers Kick Off

Join Nancy, our fearless leader, as we plan our 2016 Pedal Pusher season. Nancy will show slides of her and Keith's latest adventure, and we will plan the 2016 ride schedule. Donations accepted for refreshments. Call 763-512-2339 to register.

Brookview Community Center
 Tue, May 17
 10 am
 Register by May 13



Minnesota State Band Concert

The Minnesota State Band is the official band of the State of Minnesota and has been in existence for 118 years (since 1898). The 50+ member band is the only remaining state band in the United States. While at one time the band received funding from the State of Minnesota, the band is now operated as a non-profit organization with an all-volunteer membership. The band has represented Minnesota on six International goodwill tours since 1986. This event is free. Donations are welcome.

Crystal Community Center
 Wed, May 18
 7:30–8:30 pm

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the senior office to register in advance so there are treats and coffee for all.

Brookview Community Center 9:45–11:15 am
\$2, payable at the door

WED, APRIL 27 The Art Of Rome

Author Gregory J. Pulles will bring the art of Rome, and the artists who created it, to you. Experience Rome's art in photographs taken by Mr. Pulles. Learn about the Laocoon and the Ludovisi Throne, and travel through all of Rome's museums and the Sistine Chapel. Meet Caravaggio, Donatello, Raphael, Michelangelo, and more. Register by April 25.

WED, MAY 25 China

Phenix is back! Join us as she takes us on a journey of her beloved China and enlightens us about "China's New Silk Road in the 21st Century." The talk will highlight China's rapid development and the problems it is creating. Presented by Phenix Yu. Register by May 23.

Living Wise And Well **FREE**

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No pre-registration. No May meeting.

Calvary Center Cooperative 1–2:30 pm

THUR, APRIL 7 Vertigo

Vertigo is a sensation of spinning. If you have these dizzy spells, you might feel like you are spinning or that the world around you is spinning. It differs from dizziness in that vertigo describes an illusion of movement. Learn the causes, symptoms, and treatment of vertigo. Presented by Rachel and Ann from Park Nicollet Clinic in St Louis Park.

Money Matters

Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. Donations accepted for refreshments. No pre-registration required.

Brookview Community Center 10–11:15 am

THUR, APRIL 21 "The Retirement TRAP!"

Did you know that one in every two Americans has less than \$25,000 saved for retirement? If that's you or a loved one, you may be worried about outliving your savings or becoming a burden to your family. New information is available that can help you avoid five mistakes that can wreck your retirement savings. You'll discover why you could be over-paying the government on taxes and court expenses (and robbing yourself of money you thought you saved), how to keep your children and grandchildren from fighting each other in probate court, the easy way to make sure your retirement savings will support your lifestyle, and the fact that past employers can legally siphon off your retirement savings. Hear how to stop them, and much more. Presented by Jim Bear from J. Allen Financial in Maple Grove.

THUR, MAY 19 The Business Cycle Approach To Sector Investing

Historical analysis of the cycles shows that the relative performance of equity market sectors has tended to rotate as the overall cycle economy shifts from one stage of the business cycle to the next, with different sectors assuming performance leadership in different economic phases. Learn which sectors of the market to avoid and which sectors tend to have the best performance during the business cycle. Presented by Larry Klick, investor and Money Matters member.

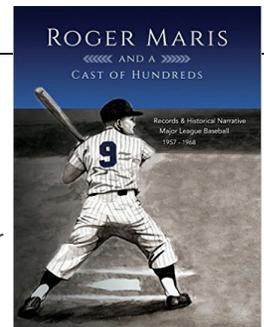
2015-2016 Local Author Series:

Roger Marias And A Cast of Hundreds By Gregory Rom

FREE

In this historical narrative, Gregory Rom describes the events in Major League Baseball (MLB) in the years 1957-1968. This was a simpler time when there were fewer teams playing in MLB. The American and National League pennant pursuits seemed to unfold with more apparent drama over the course of the summer. In his unique approach, Rom reports on individual games of the leading teams in each pennant race. Rom summarizes the key games and player performances of each World Series of the twelve-year period. In the midst of his game-by-game narrative, Rom skillfully interweaves background information to provide a historical baseball context about the most successful players of the era. He even references important historical events in the world, which took place on the same days when some of the important games were played. *Bio: Rom believes that the convergence in time of his twelve years in public school with the twelve-year baseball career of Roger Maris (1957-1968) has in a spiritual way led him to write his narrative.*

Crystal Community Center \$3 at the door, includes presentation and refreshments
Wed, April 13 Register by April 8
7–8:30 pm



Tai Chi Classes With Marie Mathay

The Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes for these classes.

Brookview Community Center
\$45 resident/\$48 non-resident

TAI CHI SPECIAL RATE!
Register for a second class in the same session and pay only \$30 for your second class. Must be purchased together.

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

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!

Tue, April 19–May 3 8:30–9:30 am W2207C

TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

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

Tue, April 19–May 31 9:40–10:40 am W2208C

BEGINNING YANG STYLE TAI CHI

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join Marie in learning the basic “Grasp the Bird’s Tail” sequence and further exploration of the Short Form. Qualifies for special rate.

Thur, April 21–June 2 9–10 am W2209C



INTRODUCTION TO SHIBASHI QIGONG

Cultivate more energy and balance through this series of ancient gentle breathing and moving exercises called Shibashi Qigong, including an easy “follow the leader” style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities. Qualifies for special rate.

Thur, April 21–June 2 10–11 am W2210C

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 the Channel 18 TV show *Yoga on the Go*.

Brookview Community Center Tue, April 5–May 24
\$64 resident/\$68 non-resident 11 am–noon
S2201A

Social Media Basics For Active Adults

Learn social media basics, including Facebook, Twitter, and Instagram, to help you stay connected with friends and family near and far. 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 you might have been missing. Bring your laptop or tablet (optional).

Brookview Community Center

Wed, April 6

1–2:45 pm

\$6 resident/\$7 non-resident

W3101B

Register by April 1



Defensive Driving 4-Hour Refresher

Adults age 55+ can save up to 10% with a three-year discount on car insurance premiums, and become better drivers by taking a state-approved National Safety Council Defensive Driving course. No tests are given, but attendance is required to receive the certificate of completion.

Registration & Certificate of Completion

To guarantee certificate at class completion, register at least seven days in advance with the Minnesota Safety Council. Make checks payable to “Minnesota Safety Council” and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

Brookview Community Center

Thur, April 14, May 12, June 9

9 am–1 pm

\$17/person

Line Dancing

Start your morning off with a smile. Line dancing is recommended as a moderate aerobic exercise that works to improve balance and strengthen heart and bones. This fun class will make you feel confident with any dance line, whether country, Latin, or American. Instructor Annette Fragale is certified by NTA and CWLDA. She has taught for 30 years.

Brookview Community Center

Tue, June 7–28

11 am–noon

\$25 resident/\$27 non-resident

S2404A



Friday Films At Meadow Ridge **NEW**

From Fred Astaire to Steve Zahn, we've got you covered. Enjoy musicals, documentaries, classic movies and more! Refreshments provided to compliment the film. NOTE: Films had not been selected at time of publication. To be placed on the mail or e-mail list and/or to register (by the Wednesday before the film), call 763-512-2339.

Meadow Ridge Senior Living (7475 Country Club Dr)
Fri, March 18, April 15, May 20, June 17, July 15, Aug 19
2 pm
FREE

Blood Pressure Screening **FREE**

Stop by Brookview on the fourth Wednesday of the month for a FREE blood pressure check. Service is provided by Barb Burger, LPN, Ambassador Good Samaritan. No appointment necessary. Service offered first come, first served.

Brookview Community Center
Wed, April 27, May 25, June 22
11–11:30 am

Tax Assistance 2016

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. Tax forms are filed electronically, so please bring a blank check for direct deposit of your refund (used only to verify routing and account information). Service provided by volunteers from AARP programs. Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers. *NOTE: Registration taken at the door the day of the service starting at 9 am.*



Golden Valley Library (830 Winnetka Ave N)
Thur, March 3–April 14
9 am–1:30 pm

Friday Open Painting Studio

Looking for a creative start to the week? 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.

Brookview Community Center
Weekly on Fridays
9–11:30 am
\$1/week payable at the front desk

Card And Game Groups

All groups meet at Brookview Community Center, unless otherwise noted. No pre-registration required. Join us!

GROUP	DAY	TIME
Dominoes	Monday	1 pm
Cribbage	Tuesday	1 pm
Hand & Foot	Tuesday	1 pm
500	Tuesday	6:30 pm
500	Wednesday	1 pm
Euchre	Thursday	1 pm
Bridge	Thursday	6:30 pm
Bridge	Friday	9:30 am

Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can—just drop in.

Davis Community Center
Sundays thru May 22
3–5 pm
\$4/at door, \$28/10-time punch pass

Crystal Community Center
Mondays and Thursdays
9 am–1 pm
\$2/week, payable at the door Limited equipment available. Gym shoes required.



Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Golden Valley Rehab and Care Center, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent and treats!

Brookview Community Center
Mondays (no meeting May 30 & July 4)
9:30–11:30 am



Mary Wanderer Trips

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort! Our trips are planned with you in mind. Trip registrations are taken on a first-come, space-available basis in person, by mail, or online at <https://webtrac.goldenvalleymn.gov>. Use the code number and state your pick-up location and meal choice (if offered) when registering.

Pick-ups available at Calvary Cooperative/Apartments or Golden Valley City Hall.

Cows And Counters

Thur, May 19

Tour the New Sweden Dairy, which is affiliated with the U of M College of Veterinary Medicine. The U of M uses the dairy facilities for housing, teaching, and demonstrations for their veterinary students, continuing education of industry professionals, and researching emerging products and practices. Owned by the Davis Family, the dairy began small in the 1930s. Two generations later it practices some of the most successful and innovative methods in the industry to serve consumers around the world. The dairy manages about 20,000 cows and calves and produces about 60,000 gallons of milk, which results in a daily production of approximately 70,000 pounds of cheese. Lunch will be at Whiskey River Emporium, situated along the Minnesota River, with beautiful views and great bird watching. (Lunch Menu: Half sandwich, cup of homemade soup, beverage, and a small dessert.) The next stop is The Friendly Confines Cheese Shoppe, which offers cheese made locally, regionally, and around the world, including the Davis Family cheese plant. Bring a thermal bag for purchases (on own). Our last stop is Cambria, producer of natural quartz surfaces and another Davis company. Tour the facility and learn about the history and the value of being a family-owned American company in today's increasingly globalized market.

Thur, May 19 Register/cancel by May 1
\$50 Y3202A
8:30 am pick-up
4:20 pm approximate return

TRIP REMINDERS!

COFFEE CONCERT

Thur, April 7

10:10 am bus leave City Hall/Calvary Co-op
 3:15 pm approximate return

BLITHE SPIRIT AT THE OLD LOG THEATER

Wed, April 13

11 am bus leave City Hall/Calvary Co-op
 4:30 pm approximate return

Rochester Trolley Tour

Thur, June 9

Board a vintage red trolley for a narrated tour of Rochester. The open-air vehicles give you an up close view of public parks, gardens, and private homes. Hear the story of Rochester's growth and transformation from a humble Midwestern farm town to a world-famous mecca for the medical arts. You will be delighted by hidden scenic and cultural gems along the route. Some highlights: Downtown Rochester, Peace Plaza, Historic Chateau Theatre, Art Center, Farmer's Market, Assisi Heights, "Pill Hill," and Mayo Clinic Campus. After the trolley ride, arrive in Mantorville for lunch at the historic Hubbell House. After lunch, browse the area and visit Mantorville Square, the Chocolate Shoppe, Memorabilia Shop, and the Antique Store, all within walking distance of the Hubbell House. **Lunch Menu (state choice when registering):** 1) Roast beef, or 2) Hubble baked chicken. Both are served with salad, vegetable, fresh baked rolls/butter, sherbet, and beverage.

Thur, June 9 Register/cancel by May 11
\$61 Y3209A
8 am pick-up
4:20 pm approximate return

The Saints Are Marching In

Wed, June 29

To the CHS field. Join us cheering on the St Paul Saints in their new ballpark, CHS Field. The St Paul Saints belong to the North Division of the American Association of Independent Professional Baseball. Use your "Saint Bucks" for lunch in the ballpark. There are plenty of good ol' ballpark fixings each year. Staples of hotdogs, bratwurst, burgers, steak sandwiches, fresh cheese curds, sub sandwiches, ice cream, and more, along with a variety of beverages. Check out the Saints Team Store for your Saints gear before the 1:05 game against the Sioux Falls Canaries.

Wed, June 29
\$57
11:40 am pick-up
4:15 pm approximate return
 Register/cancel by May 16
 Y3210A



Mary Wanderer Trips (continued...)

Spam Makeover

Fri, July 22

Arrive in downtown Austin to visit the NEW Spam® Museum, reopening spring 2016. The museum features audios, videos, and displays depicting the rich history of Hormel Food. The self-guided tour is interactive, educational, and fun for all ages. The Spam® Museum gift store has collectible memorabilia and Spam® products, even the hard-to-find varieties. Lunch will be at The Old Mill Restaurant, located in the historic Ramsey Flour Mill on the Red Cedar River. **(Lunch Menu:** Grilled chicken breast served on a bed of wild rice blend, house salad with parmesan peppercorn dressing, dinner roll, beverage, and a small dessert.) After lunch, we'll be spending time at the ArtWorks Center and the Rydjour Bike Shop. The ArtWorks Center is a space for the creative community. A clay studio is housed in the lower level. There are exhibits and a retail store on the main floor, and galleries on the second level. Just down the street is the Rydjour Bike Museum, with a collection of vintage and collectible bikes. On display are 84 bikes, antique jerseys, paintings, advertisements, and memorabilia. Other boutiques are located within walking distance.

Fri, July 22

\$54

7:45 am pick-up

4:45 pm approximate return

Register/cancel by June 27

Y3211A



South Pacific At The Guthrie

Wed, Aug 3

Arrive at the Guthrie Theater, visit the gift store, then make your way to our reserved seats in Area 2 (there are some steps to the seats). Sit back and enjoy Rodgers and Hammerstein's "South Pacific," adapted from the Pulitzer Prize-winning novel "Tales of the South Pacific" by James Michener. This enchanting musical romance contains a treasure trove of memorable songs, from "Bali Hai" to "There is Nothin' Like a Dame" to "Some Enchanted Evening." Set in an island paradise during World War II, this classic play tells the story of two couples—a US Navy nurse and a French planter, and a Marine Corps Lieutenant and a young local girl—and how their happiness is threatened by the dangers of war and prejudices of their times.

Wed, Aug 3

\$57

11:55 am pick-up

4 pm approximate return

Register/cancel by May 24

Note: Early deadline date

Y3208A

Glensheen Mansion Tour And Tall Ship Arrival

Thur, Aug 18

Enjoy lunch at the Midi Restaurant in Fitger's Inn, then on to Glensheen Mansion. The docent-led tour will take guests into the family living and work spaces, showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts and Crafts. Stories of the Congdon family and others who lived and worked at Glensheen bring this magnificent mansion to life. The tour includes the basement, first, and second floors. If you are unable to climb stairs, a video is available for viewing. As you stroll through the manicured lakefront grounds of the estate, keep your eye peeled for the possibility of seeing the dozen tall ships expected to arrive in Duluth Harbor that afternoon. Bring your binoculars! (NOTE: Exact schedule of arrival is determined by weather, ship traffic, and the 2016 Tall Ships officials.) Before and after the guided tour, visit the museum store located in the carriage house. As we head home, we'll make a short stop at a fast food restaurant (on own) for a snack.

Lunch Menu (state choice when registering):

1) Lake trout with lemon butter sauce, or 2) Chicken salad with ranch dressing. Both served with fresh green beans, roasted baby red potatoes, petite mini-desserts, and coffee or tea.

Thur, Aug 18

\$77

8:30 am pick-up

7:30 pm approximate return

Register/cancel by July 18

Y3212A

Home Safety Check For Seniors

Elders ages 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. We will check your need for handrails, grab bars, smoke detectors, lighting, and other home safety components. This no-cost home safety check is offered by the Household and Outside Maintenance for Elderly (HOME) Program of Senior Community Services. For more information contact them by phone at 952-746-4046 or email home@seniorcommunity.org.



Community Information

H.O.M.E. **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 age 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
- lawn mowing
- seasonal yard work
- safety device installation
- interior/exterior painting
- 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. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

Senior Linkge Line **1-800-333-2433**

Call us first with your questions. The trained staff and volunteers have access to local, state, and national information. If they cannot answer your question, they will find the number of someone who can.

Senior Dining **763-531-1183**

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between the hours of 9–11:30 am. Menus are available in the kitchen.

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 driver, call Joanne from 9:30–11:30 am for information and menu.

Senior Community Services Outreach Program **952-746-4028**

Experienced licensed social workers help clients age 55+ and their families find 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 (eg, 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 for information or to make an appointment.

Medicare And Health Insurance Counseling

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make a FREE appointment with Marsha, who can answer your Medicare insurance questions, help you with insurance forms, or guide you through supplemental or Part D insurance. She'd love to work with you! Call at least three days in advance.

Brookview Community Center
Thur, May 12 & June 9
Appointment times are 9, 10, and 11 am

Community Phone Numbers

Crystal Community Center.....	763-531-0052
Dinner At Your Door/Senior Dining	763-531-1183
Golden Valley Seniors	763-512-2339
H.O.M.E.....	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

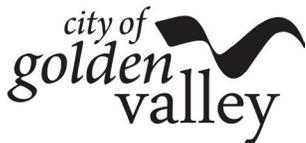


Happy Feet Foot Care Clinic

Conducted by licensed nurses who specialize in routine foot care for elder and diabetic feet. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. **Need to cancel your appointment?** You must call Happy Feet at least 24 hours in advance, or you may be charged a fee.

Brookview Community Center
Every Friday 12–3 pm

\$34, payable day of service
with cash or check only



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

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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____ D.O.B: _____
 E-mail: _____
 Emergency Contact Name & Phone (if different from above): _____
 Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First & Last Name	Trip/Activity Name	Trip/Activity Code	Pick-up Site	Special Requests	Fee
PAY _____ Cash CC # _____ Sec. Code _____ INFO: _____ Check Exp Date _____ 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: _____