



# Senior News

Senior Office • 763-512-2339

## Happy Feet Foot Care Clinic

This clinic is conducted by licensed nurses who specialize in routine foot care for elder and diabetic feet through Happy Feet, Inc. They work on corns, calluses, thick or curled toe nails, and ingrown nails, if they are not well-advanced. 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  
2nd and 4th Friday each month  
(no care Nov 25, Dec 23)  
9 am–3:30 pm  
\$36, payable day of service  
with cash or check only



## 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 an 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 of appointment date.

Brookview Community Center  
Thur, Aug 11 Sept 8, Oct 13  
Appointment times are 9, 10, and 11 am  
(Oct 13 times will be 10 am, 11 am, and 12 pm)

## 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 Sept 5)  
9:30–11:30 am



## 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, Aug 24, Sept 28, Oct 26  
11–11:30 am

## Friday Films At Meadow Ridge **FREE**

Enjoy musicals, documentaries, classic movies and more! Refreshments provided to compliment the film. Please call 763-512-2339 to register by the Wednesday before the film.

Meadow Ridge (7475 Country Club Dr, Golden Valley)  
Movies begin at 2 pm

Fri, Aug 19 – *The Notebook*  
Fri, Sept 23 – *Still Alice*  
Fri, Nov 18 – 1 year anniversary party



## Concerts In The Park **FREE**

Mondays • 7 pm • Brookview Park

Enjoy a free concert at the large shelter. For more information, visit [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov) or call 763-512-2345.



July 25 – St. Peter Street Stompers  
Aug 1 – Prior Lake Windjammers  
Aug 8 – Stompin' Dixie



## 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.

**Calvary Center Cooperative**  
1–2:30 pm

### **THUR, AUG 4 Digestive Issues and Simple Solutions**

There's something about digestive difficulties that makes them hard to discuss in polite company—which leaves many of us suffering one problem or another in silence. What's more, digestive disorders are placing a growing burden on Americans, causing an unprecedented number of clinic visits and hospitalizations. Fixes can be as simple as making informed lifestyle changes or taking over-the-counter remedies. Hear what the most common issues are and simple fixes. Presented by Michael Stockman, MD, and Barb Burger, LPN, Ambassador Good Samaritan Care Center.

### **THUR, SEPT 1 Aging On Your Terms**

You have worked hard during your lifetime; don't let nagging health concerns prevent you from enjoying your carefree golden years. This presentation will focus on practical and natural ways to maintain and improve your health. Life is meant to be lived, and these practices will ensure that you are able to dictate the terms of your life. Presented by Nick Wegleitner, Dr. of Chiropractic at Innate Health Chiropractic.

## Money Matters **FREE**

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, AUG 18 Process For Setting Utility Rates**

AARP advocates for affordable, reliable and safe utility service for our members. AARP will discuss their advocacy work at the MN capitol this year protecting reliable telephone landline service and our "Raise Your Voice" campaign around the Xcel Rate case that could raise your rates by nearly 10%. Learn why we're fighting to make sure you only pay what's fair and reasonable and how your voice can make a difference.

### **THUR, SEPT 15 Financial Benefits For Veterans And Surviving Spouses**

Are you a Veteran or a surviving spouse? You may be eligible for a little-known financial benefit that can help pay for your long-term care needs. You can use the funds for home-care, assisted living, or skilled nursing. Learn eligibility requirements, how to apply, and how to get free assistance in completing the forms. Information on other benefits will be include: home modification grants, medical, long-term care, and burial.

## 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, AUG 24**

**Songs And Stories Of Greenwich Village, 1966**  
Greenwich Village, that magical place of beatniks, characters, and coffee bars before Starbuck's, when folk music dominated. Ardent folklorists made their way to the Deep South and the hills of Appalachia, discovering music and culture. The true Village folk scene was less Michael Row Your Boat Ashore and more discovered music, the kinds people played on their porches and in their parlors before records, and stories of the fascinating time. Presented by John Rogers, musician and storyteller. John has been playing guitar for over 40 years and has recorded two disks of acoustic Blues. John was 2010 finalist in the international Blues Competition in Memphis, Tennessee. His CD Old and New, Borrowed and Blue was a semifinalist in the 2011 Blues Challenge "best CD" contest. Register by Aug 23.

### **WED, SEPT 28**

#### **We Are Building A New**

#### **Brookview Community Center**

In October 2016, the building process will begin for the New Brookview Community Center, which is expected to be completed by the end of 2017. Staff will talk about the process, show plans for the new facility and be available to answer questions. Please join us and share in the excitement. Register by Sept 27.



## 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**  
\$49 resident/\$52 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, Sept 6–Oct 18**  
8:30–9:30 am  
F2207A

### 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, Sept 6–Oct 18**  
9:40–10:40 am  
F2208

## Defensive Driving 4-Hour Refresher Course

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, Aug 11, Sept 8, Oct 13  
9 am–1 pm  
\$17/person Brookview Community Center

## Yoga Flow With Laura

This 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. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

**Brookview Community Center**  
5:30–6:45 pm

**Tue, Sept 6–Oct 25**  
\$80 resident/\$85 non-resident  
F2206A

**Thur, Sept 1–Oct 13**  
(Sept 15 will be held at Calvary Coop Prairie Room)  
\$70 resident/\$74 non-resident  
F2206B



## Ballroom Dancing For Beginners

Learn the most popular partner dances to have you dancing at weddings, parties, and all social events! Learn to dance waltz, foxtrot, swing, hustle, and polka to music commonly played at social gatherings. Confidently enter the dance floor knowing some "real" moves to do together with your partner! FREE make-up and repeat classes at other locations. Teens and adults of all ages welcome. For more information, call instructor Deanna Constantine at 612-240-8329 or visit [www.constantinedance.com](http://www.constantinedance.com).

**Brookview Community Center**  
Sun, Oct 2–23  
4–5:30 pm  
\$55 resident/\$59 non-resident  
F2403A

## 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



## Senior Lawn Bowling League

Lawn bowling is one of the easiest sports to learn to play. It is an excellent sport for all ages, teaching coordination and mental focus. You'll need flat soled shoes that won't damage the surface of the green (you do NOT have to buy special shoes that are just for lawn bowling), sunscreen is an absolute must when bowling, and a sun visor or hat. Game equipment is provided and an official is present during league play. No special clothing is required, however, teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. Register individually or as a team of 4-8 players. Minimum of 4 teams, maximum of 16 teams. Adult family members and friends are welcome to play as well. Fee includes 6 weeks of league play, game equipment, official, and prizes.

### Brookview Lawn Bowling Green

Wed, Sept 7–Oct 12

10–11 am

\$5 league fee, plus \$3/week

Register or cancel by Sept 1

F3302A

## 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	9:00 am

## Golden Valley Library Used Book Sales

612-543-6375 • [www.hclib.org](http://www.hclib.org)

### Children's Books Only

October 15, 10 am–5 pm

October 16, Noon–5 pm

### All Books

October 21, Noon–5 pm

October 22, 10 am–5 pm

October 23, Noon–3 pm



## 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.

### OUTDOOR PICKLEBALL

Medley Park

Tuesdays

9–11 am

Bring your own paddle.

All courts are reserved for

play during this time.

### INDOOR PICKLEBALL

Davis Community Center

Sundays

3–5 pm

\$4/at door, or

\$28/10-time punch pass

play during this time.



## Pedal Pushers

Dust off that bicycle and join us 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 strongly recommended. Call the Park and Recreation office to be placed on the mailing list to receive meeting locations and directions.

### UPCOMING RIDES:

Aug 4–Lake Rebecca

Aug 25–Big River Trail

Sept 8–Big Stone Mini Golf/Sculpture Garden

Sept 20–Golden Valley Police Ride

Oct 4–End of Season Lunch Gathering and Ride

## 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.**

### **Million Dollar Quartet at Old Log Theater**

**Wed, Sept 7**

Join us for the theater performance of *Million Dollar Quartet*. This Tony Award Winning Musical is set on Dec 4, 1956, when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together at Sun Records for one of the greatest jam sessions ever. *Million Dollar Quartet* brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Walk The Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?" "Sixteen Tons," "Folsom Prison Blues," "Hound Dog," and more. Lunch will be in the Old Log Dining Room.

**Menu (state choice when registering):** Beef short ribs with potatoes, tilapia with potatoes, vegetarian pasta with pesto cream sauce, or boneless chicken breast with potatoes. All entrees are served with seasonal vegetable, dinner rolls, coffee, tea, or soft drink, and dessert.

*Million Dollar Quartet, a buoyant new jukebox musical about a day in the history of rock 'n' roll."*

*New York Times*

**Wed, Sept 7**

**\$66**

**10:45 am pick-up**

**4:35 pm approximate return**

**Register/cancel by Aug 8**

**Y3216A**



### **Gull Lake Luncheon Cruise**

**Wed, Sept 21**

Board the sleek North Star yacht on the southeast shore of Gull Lake in the beautiful Brainerd Lakes area. The North Star has a glass-enclosed main deck plus an upper deck patio. The two-hour cruise reveals scenic views and joyful sounds of wildlife as the vessel glides through the water. Enjoy a luncheon buffet with salads, sandwiches, chips, cookies, and beverage. A stop at Thielen's Meat Market in Pierz will finish the day. Thielen's is known around the world for having the very best quality fresh and smoked meats, especially its bacon, which is famous for its leanness and great smoky flavor. You may want to bring a thermal bag to keep your goodies fresh.

**Wed, Sept 21**

**\$71**

**8:50 am pick-up**

**5:30 pm approximate return**

**Register/cancel by Aug 15**

**Y3213A**

### **Fall Colors In Stillwater**

**Tue, Oct 18**

Arrive at the historic Lake Elmo Inn to enjoy the Tuesday buffet. Dine on two feature entrees, a variety of salads and fruit, sautéed vegetables, fresh dinner rolls, award winning mini desserts, coffee or tea. Travel to Stillwater and depart on a narrated tour of the history, folklore and old mansions of the city aboard the colorful old-time trolley. Take a journey back in time to the era of Victorian finery and turn-of-the-century charm. A quick stop at Brine's Meat Market and Deli, with its 110-foot full-service meat, seafood, poultry and deli counters, as well as fresh produce, bakery specialties and aisles of food products. Our final stop of the day is Pine Tree Apple Orchard. Smell the goodness of apples, bakery products, caramel apples and specialty gift items. Bring a cooler for your items!

**Tue, Oct 18**

**\$63**

**10:10 am pick-up**

**5 pm approximate return**

**Register/cancel by Sept 13**

**Y3215A**

## Mary Wanderer Trips (continued...)

### Ozark Jubilee Country Christmas at Treasure Island Event Center

Thur, Nov 10

*Ozark Jubilee* features an all-star cast of Branson's top entertainers. "This dynamic show salutes the music of the great Legends of country music in the first half of the show. The second half of the show is a variety of Christmas music that will touch your heart, from traditional standards such as "Silent Night" and "White Christmas" to more contemporary selections. This show features vocals, comedy, and instrumentals. World-class fiddler Doofus Doolittle presents his unique brand of humor and some of the best fiddle and violin music ever. Enjoy his stories about some of the legendary artists he has performed with. He will salute comedians of yesteryear such as Archie Campbell, String Bean, and Minnie Pearl. Enjoy this holiday musical event with the sounds of laughter, bluegrass, gospel, country, and traditional Christmas music. Treasure Island will extend \$10 per person slot play for those who attend.

Thur, Nov 10

\$73

9:45 am pick-up

5:35 pm approximate return

Register/cancel by Oct 3

Y3221A



### Camelot At The Chanhassen Dinner Theater

Wed, Nov 16

Enjoy lunch and a matinee performance of *Camelot*, the legendary tale of King Arthur, his knights of the Round Table, their valiant adventures, and a love story for the ages. *Camelot* features music, book, and lyrics by the creative duo Alan Jay Lerner and Frederick Loewe (*My Fair Lady*, *Brigadoon*) and is based on the King Arthur legends found in T.H. White's novel *The Once and Future King*. In the story, Guinevere, King Arthur's lovely wife, encourages him to establish the Knights of the Round Table. As the Knights grow in fame, Lancelot, the most celebrated knight of all, becomes friend and confidant to Arthur when rumors begin to circulate about Lancelot and Guinevere. Can Camelot be the idealistic place of Arthur's dreams? Winning multiple Tony Awards, including Best Musical Score, *Camelot* features well-known songs "I Wonder What the King is Doing Tonight," "What Do The Simple Folk Do?," "If Ever I Would Leave You," and the beloved title song, "Camelot." This crowd-pleasing musical is filled with romance, pageantry, humor, and a rich, stirring story that stands the test of time. For lunch, select from a limited menu, which includes a beverage.

Wed, Nov 16

\$74

10:15 am pick-up

4:45 pm approximate return

Register/cancel by Oct 7

Y3220A



### Deck The Halls In Mankato

Fri, Dec 9

The trip begins with a short stop at the Minnesota Landscape Arboretum Gift Store to shop.

Browse through the remodeled store filled with great ideas for Christmas gifts, including a great mix of merchandise produced in Minnesota by local artisans. Upon arrival in Mankato, take a guided tour of the historic Hubbard House, showcasing traditional Victorian Christmas decorations. The mansion was home to the R.D. Hubbard family for 67 years and was built in several stages beginning in 1871. It is one of the finest examples of Victorian-style homes in Mankato. After our time at the Hubbard House, we arrive at Charley's Restaurant, serving Mankato for more than 25 years with fine dining and a family atmosphere. The chef will prepare an early dinner menu with beverage and small dessert. After dinner, it will be time to see the Kiwanis Holiday Lights Display at Sibley Park, at which time everyone will be divided into two groups. The first half of the group will board a horse drawn wagon for a ride through the park, while the second half enjoys activities in the park. Park amenities include paved pathways, concessions for sale in the warming house, heated rest rooms near the entrance, a skating rink with a synthetic surface, live reindeer, and animated choreographed lights. Then the second group will take the wagon ride and the first group will enjoy the park. There are more than one million lights in the park. Older displays were created by volunteers who bended, welded, and molded metals into forms. They then attached color rope lights to the frames to create the display. Displays include the Candy Cane Cottage, the Elves' snowball fight, flying Santa, and the 19-piece Nativity scene.

Fri, Dec 9

11:45 am pick-up

8:20 pm approximate return

\$66

Register/cancel by Nov 14

Y3217A

## Mary Wanderer Trips (continued...)

### **Mamma Mia at Fireside Theatre**

**Sat, Dec 31, 2016–Sun, Jan 1, 2017**

**DAY 1** - Ring in the New Year at the Fireside Theatre in Fort Atkinson, WI. Depart Golden Valley City Hall at 9 am and stop for lunch at the Norske Nook Restaurant in Osseo, WI. Check into the Holiday Inn Express in Fort Atkinson and enjoy a welcome reception. Transfer to the Fireside Dinner Theatre for the annual New Year's Eve feast, while enjoying the theater performance of *Mamma Mia*. The Fireside Theatre brings to life the characters, story, and music that make *Mamma Mia* the ultimate feel-good show! A mother, a daughter, a Greek island paradise, a trip down the aisle you'll never forget, and the story-telling magic of ABBA's timeless songs propel this enchanting tale of love, laughter and friendship, creating an unforgettable show. [L,D]

**Day 2** - Have breakfast at the hotel and travel to Wisconsin Dells for lunch. Enjoy the delectable culinary selection at the Trappers Turn Restaurant. They offer a New Year's Day Hot Buffet with a deluxe salad bar, hot bread station, a variety of desserts and beverages. The estimated return time to Golden Valley is 4:30 pm. [B,L]

**Fee Includes:** Deluxe motor coach transportation, lodging for 1 night, meals as indicated by [C–coffee/rolls, B–breakfast, L–lunch, D–dinner], attractions as outlined, Host Mary Odell from Golden Valley Seniors, and gratuities on included meals and included attractions.

**Sat, Dec 31, 2016–Sun, Jan 1, 2017**

**\$425/person (double)**

**\$495/person (single)**

**\$115 deposit per person due Mon, Oct 31**

**Final payment due Fri, Nov 11**

**Payments are non-refundable after Oct 31**

**Y3219A**

## 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.

### **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:

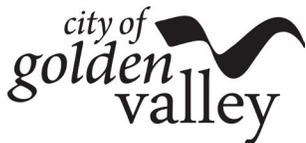
- Performing multidimensional assessments of client needs, strengths, and preferences
- Developing service/care plans
- Connecting clients with a broad range of services
- Monitoring services and helping to resolve problems
- Assisting in identifying financial programs (eg, food stamps, Medical Assistance, 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.

#### **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.



Parks & Recreation Department  
 200 Brookview Parkway  
 Golden Valley, MN 55426  
 763-512-2345

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
<b>PAY</b> _____ Cash    CC # _____ Sec. Code _____ <b>INFO:</b> _____ Check    Exp Date _____ 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: \_\_\_\_\_