

Senior News

Senior Office • 763-512-2339

Holiday Concert with the Robbinsdale City Band

Thur, Dec 3
7 pm Refreshments/7:30 pm Concert
Crystal Community Center
4800 Douglas Drive N

The tradition continues! Join us for the annual band concert and sing-a-long with the Robbinsdale City Band. Traditional band music plus holiday favorites will be played – there’s something for everyone!
Donation accepted for refreshments

2015-2016 Local Author Series—Thur, Dec 3

6:30 pm at Crystal Community Center
4800 Douglas Drive N
\$3 at the door, for presentation and refreshments.

Join us for this NEW program. Minnesota authors will be featured on 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.

Nalah & the Pink Tiger and Nalah Goes to Mad House City - Anne Sawyer-Aitch

6:30-7:15 pm. Register by Nov 30. 763-512-2339
Children’s book inspired by Anne’s lively little niece.
Stay for the band concert following the talk.

Mary Wanderers Travel Show—Mon, Jan 25

1 pm at Brookview
The adventures begin at Brookview as we kick-off the *Mary Wanderers*, our 2016 travel program with a “meet and greet”. Meet Alice and Mary, our trip planner and escort, plus greet your fellow travelers as you enjoy dessert and coffee/tea. Be the first to hear about our travel adventures of one day and longer trips. Games! Prizes! And More!

\$4
Code: F3103A

Register/cancel by Jan 21

Holiday Tea—Mon, Dec 14



1 pm at Brookview
Join us for a delightful afternoon with entertainment by the ladies singing group “The Happy Notes” followed by a cup of soup, delicious finger foods, desserts and tea. Festive holiday 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

An Afternoon of Laughs with Bob Stromberg



Tues, Dec 8
2 pm
Covenant Village of Golden Valley
5825 St. Croix Avenue
Bob Stromberg is a funny man. For over thirty years he has traveled

the world performing his very unique and perfect blend of standup, story and shtick. He’s the co-author and an original star of the megahit theatrical comedy, *Triple Espresso (A Highly Caffeinated Comedy)*, which has been seen by over two million people from San Diego to the West End of London. The Chicago Sun Times called Bob, “...a mesmerizing physical comedian.” The London Times called him, “...a genuinely funny man.”

Free
Register by Dec 4 by calling 1-877-505-9897

Seasons Greetings from the

Golden Valley Senior Program Staff.
Jeanne, Mary, Jan, Bev and Nancy

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.

No meeting in December.

How To Stay Young Your First 100 Years—Jan 27

Today more and more Americans are living longer. By 2020 over 20% of the population will be over 65 and studies show some people will even be reaching age 150 by 2050! If you plan on living long, wouldn't you like to feel young and healthy along the way? This class gives you information about what you can do to take care of yourself so that you can remain active and feel as young as possible for as long as possible. Oprah said that '60 is the new 40', so strap on those dancing shoes. There's lots of life waiting ahead for you to enjoy! *Presented by Dr. Una Forde, Golden Sun Chiropractic, Golden Valley.*
Register by Jan 25

MONEY MATTERS at Brookview



10-11:15 am

*No need to register.
Donation accepted for refreshments*

Hot Topics—Thur, Dec 17

Bring a hot topic to discuss and help plan the 2016 program.

Tax Changes for 2015—Thur, Jan 21

It's time to think about filing taxes again. Learn what's new for preparing your 2015 Federal and State tax returns. *Presented by Brenda Lutter, H & R Block Golden Valley*

2016 Membership Donation



Be the first to see what's happening with the senior program when the newsletter arrives in your mail. Membership is good through December 2016. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **THANKS FOR YOUR SUPPORT!**
Code: Y3200A

Send completed form to: Golden Valley Seniors
200 Brookview Parkway S
Golden Valley, MN 55426.

LIVING WISE and WELL



1-2:15 pm

**Calvary Center Cooperative
7600 Golden Valley Rd**

FREE. No need to register. Just come!

Holiday Decorating Made Easy—Thur, Dec 3

Frank is back with easy decorating ideas to make your home alive for the holidays. *Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.*

It's More Than Books! - Thur, Jan 7

Did you know that libraries are more than books? Mary Anderson, Sr. Librarian, Hennepin County Library - Golden Valley and Sumner, will introduce you to some of the many library services available to seniors. Learn how to access and download free e-books, and get some ideas for your next great book to read, whether it's on the printed page or on an e-reader, tablet or smartphone. Also, learn first-hand about the Golden Valley library renovation and the new Golden Valley Reads program. *Presented by Mary Anderson, Sr. Librarian*

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.

Wed, Dec 16 – Remembering Holiday Celebrations

Thur, Jan 28 – Remembering Winter Outdoor Activities

Thur, Feb 25—Remembering Favorite Valentines



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.



**Brookview Community Center is closed on: December 24, 25
January 1, 18**



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, Jan 5-Feb 16 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: W2207A*

Tai Chi for Health & Arthritis—Moving On Tues, Jan 5-Feb 16 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: W2208A*

Beginning Yang Style Tai Chi**

Thur, Jan 7-Feb 18 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: W2209A*

****Qualifies for reduced rate.**

Introduction to Shibashi Qigong**

Thur, Jan 7-Feb 18 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: W2210A*

****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.

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

NOTE: This class is also being offered at Crystal Community Center on Tue, Jan 26 at 10 am. Call 763-531-0052 for registration information.

Defensive Driving 4-hour Refresher Course



Thur, Dec 10

Thur, Jan 14

Thur, Feb 11

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.

Check the Golden Valley Recreation brochure for information about these classes: Ballroom Dance, Belly Dancing, Pilates, Yoga, Watercolor and more!

Information and Tax Assistance

FREE BLOOD PRESSURE CHECK

11:00-11:30 am at Brookview

No screening in December

Wednesday, January 27



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

Golden Valley Library

830 Winnetka Ave N. Call 612.543.6390 for information.

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

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.

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

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:

www.goldenvalleymn.gov/Recreation

Click on: Register for Activities.



Mary Wanderer's Trips

Trip Reminder:

Uff Da! Tour—Tue, Dec 15

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

3:30 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



Reminder: Phone registrations are not accepted. Registration can be done in person, fax, mail and online at www.goldenvalleymn.gov/recreation

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.

Sinatra and Company: Music from the Rat Pack Era

Fri, Feb 26



Arrive at the St. James Hotel for lunch in the Summit Room.

Menu: Soup and Sandwich Buffet with Soup of the day, Garden Greens with choice of dressing,

Turkey Breast, Honey Baked Ham, Swiss and Cheddar Cheeses, Sliced Tomatoes and Onions, Leaf Lettuce, Pickles, Condiments, Selection of Breads, served with an assortment of fresh baked Cookies, Coffee/Tea/Milk. On to the Sheldon Theater. Built in 1904 with funds from local businessman T.B. Sheldon, The Sheldon is the country's first city-owned theatre. In 1986 it was gloriously restored to its original grandeur. Described as a "glittering jewel box," it charms performers and audiences alike. Sit back and enjoy a totally entertaining presentation featuring iconic music from the 50s and 60s crooners-guys and gals! You'll hear songs from Frank, Judy, Ella, Marilyn, Dino, Sammy, Dinah, Rosemary and more - all with the spontaneous feel of a Rat-Pack concert. Don't miss this swingin' afternoon!

\$67

9 am Leave Golden Valley City Hall/Calvary Coop

5:05 pm Approximate Return

Code: Y3207A. Register/Cancel by Jan 22

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

Mary Wanderer's Trips

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.



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

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

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

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 on Thur, Dec 3, Jan 14, Feb 11. Call at least 3 days in advance.*

NOTE: Dec 3 is last chance to talk to Marsha BEFORE Medicare enrollment deadline.

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.

SCS Caregiver Services—612-770-7005



Are you a caregiver for a loved one? Let Senior Community Services help! Senior Outreach & Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved one, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. For computer-savvy caregivers, the program also offers an online care team tool – CareNextion – to provide an efficient method of enlisting other family and friends in sharing the care.

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, Dec 4, 11, 18 and Thur, Dec 31

Fri, Jan 8, 15, 22, 29

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.

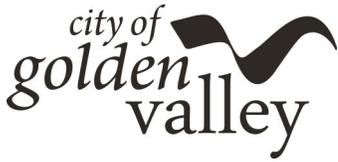
SCS Outreach Program – 952-746-4028



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
<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:** _____