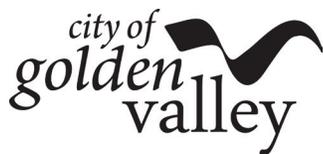


October & November 2018



SENIOR NEWS

763-512-2345

www.goldenvalleymn.gov

Mondays With Mary

Join Mary to make greeting cards, place mats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee, and you bring your time and talent. Donations accepted for refreshments.

Brookview Valley Room South
Every Monday
9:30-11 am

Holiday Tea

Join us for a delightful afternoon with entertainment by Tim Patrick, followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Brookview Bassett Creek Room
Mon, Dec 10
1-2:30 pm
\$9/person
F3301A
Register by Dec 7



Weekly Card & Game Groups

New players are always welcome. Please arrive at least 10 minutes before the scheduled start time to get set up. All groups meet at Brookview in the Valley Room. No pre-registration required. We look forward to seeing you there!

DAY	GROUP	TIME
Monday	Dominoes	1 pm
Tuesday	Cribbage	1 pm
Wednesday	Hand & Foot	10 am <i>(does not meet the 4th Wed of the month)</i>
Wednesday	500	1 pm
Thursday	Euchre & Poker	1 pm
Friday	Bridge	9:30 am



Helping With The Medicare Maze

Going to retire and need your Medicare questions answered? Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Do you need help through the Medicare maze? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms, or guide you through supplemental or Part D insurance. She would love to work with you. Appointments are required at least three days in advance by calling 763-512-2345.

Brookview Rice Lake Conference Room
Thur, Nov 8, or Dec 5
Times are 10 am, 11 am, 12 pm



55+ Newsletter Subscription

You don't want to miss out on all the great 55+ happenings at Brookview!

Subscribe to our bi-monthly newsletter to stay in the know. Subscriptions run January-December and cost \$5 for residents of Golden Valley and \$8 for non-residents (use code Y3200C when registering). That's six newsletters mailed right to your door! Subscriptions need to be renewed each year in December by mail, online, or walk-in at Brookview.

Coffee Talk

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

NOTE: No meeting in November and December.

Brookview Valley Room North

9:45–11 am

\$2 payable at door

WED, OCT 24

"The Law And Legacy Of World War I in MN: How The 'Great War' Still Affects Us Today"

This presentation will review a number of legal cases in Minnesota that were impacted by the war and continue to affect our lives today. Presenter Marshall H. Tanick is an attorney with the law firm of Meyer, Njus, Tanick. He is a graduate of the University of Minnesota and Stanford Law School and is certified as a Senior Civil Trial Specialist by the Minnesota State Bar Association. In addition to his law practice, he is an avid historian and educator on Constitutional law and history. *Register by Oct 23.*

Living Wise And Well **FREE**

It's a fact—people are living longer and healthier! Join us for this free program that offers monthly information for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No pre-registration required. **NOTE: No meeting in November.**



Calvary Center Cooperative Prairie Room

2–3:15 pm

THUR, OCT 4

Dementia

Led by Racheal Von-Reuden, this discussion is informal and includes fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community. The action can be big or small—every action counts!

THUR, DEC 6

Holiday Decorating Made Easy

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



Money Matters **FREE**

With consumer costs rising, finances and investments are of more interest than ever. Join us as we hear speakers working with finances and investments present information important to today's investor. No pre-registration required. **NOTE: No meeting in November.**

Brookview Valley Room North

10–11:15 am

THUR, OCT 18

Discover St Louis Park And Golden Valley

You have probably seen the destination guide and other promotional materials, but do you know what Discover St Louis Park and Golden Valley does in our community? Find out the economic impact and benefits this organization provides from presenter Becky Bakken, president and CEO.

THUR, DEC 20

Elder Financial Abuse Prevention For Seniors And Their Families

Elder financial abuse, also known as financial exploitation, is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and acts of deception to gain control over a senior's money or property. Come and learn about common types of financial abuse, indicators and signs, and how to report and get help.

Defensive Driving

Adults age 55+ can get a three-year discount on car insurance premiums and become better drivers by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests given, but attendance is required to receive the certificate of completion.

Registration & Certificate of Completion

To guarantee a certificate at class completion, register at least seven days in advance with the MN Safety Council. Make checks payable to "MN Safety Council" and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with credit card.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley North Room
Sat, Nov 3 & 10
(must attend both days)
5:30–9:30 pm
\$26/person

4-HOUR REFRESHER COURSES

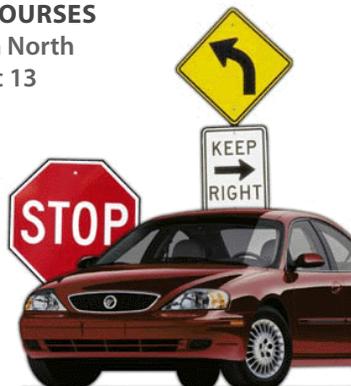
Brookview Valley Room North
Thur, Oct 11, Nov 8, Dec 13
9 am–1 pm
\$18/person

Driver Improvement Programs

This is a Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program for those over 55. Classes are taught by a certified instructor from the Minnesota Highway Safety Center. Minnesota State Law allows a 10 percent reduction in auto insurance premiums for three years upon completion of the course. To register, visit the Minnesota Safety Center call 1-888-234-1294 or visit www.mnsafetycenter.org. Fees collected day of class.

4-HOUR REFRESHER COURSES

Brookview Valley Room North
Wed, Nov 7 or Thur, Dec 13
12:30–4:30 pm
\$22/person



Indoor 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. Equipment available on a limited basis. Gym shoes required.

Davis Gyms
Sundays beginning Sept 16
3–5 pm
\$4/at door, or
\$30/10-time punch pass



VOLUNTEERS NEEDED!

READING PARTNERS

Reading Partners is a national non-profit dedicated to closing the achievement gap by helping elementary students from low-income communities boost their reading confidence and competence. This is done by collaborating with Title I schools and community volunteers to increase the amount of time and personnel available during the school day to deliver data-driven, one-on-one tutoring to students in grades K-5. Reading Partners is seeking to recruit volunteers to help students learn skills necessary to become proficient readers. For information, please visit us online at <http://readingpartners.org>, or email volunteerTC@readingpartners.org.

COVENANT RETIREMENT COMMUNITY

Covenant Retirement Communities is actively recruiting volunteers to assist with our SAIDO Learning® memory support program. Volunteers assist with 30-minute session weekly. Free training provided. For more information, please contact Mary Beth Snyder 763-732-1407 or MBSnyder@covenantretirement.org.



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-up location is at Golden Valley City Hall under the water tower.**

FlyOver America At MOA

Arrive at the Mall of America for "FlyOver America," a must-see virtual flight attraction unlike anything Minnesota has ever seen. Riders are suspended in the air with feet dangling 10 to 40 feet above the ground and immersed in a giant half-spherical dome screen. Special effects, including wind, scents, and mist, make you feel like you're truly flying! After the ride, take time at the Mall of America to shop along the pedestrian walkways featuring hundreds of stores, including American Girl and The LEGO Store. You can also purchase tickets to Nickelodeon Universe and Sea Life Minnesota Aquarium. NOTE: There is considerable walking at the Mall of America. A folding wheelchair, walker, or cane will fit under the motor coach. Meet for lunch at the CRAVE Restaurant Mall of America. **Menu:** Soup and Sandwich Special with Cookie, Soda, Iced Tea or Coffee. Take some additional time after lunch to visit stores all decked out in seasonal array.

Thur, Nov 15 9:20 am pick-up/3:05 pm return Register/cancel by Nov 1 \$50 Y3254A

A Grand Christmas Tour

Take a guided tour of the Alexander Ramsey House and experience the sights, sounds, and tastes of a Victorian Christmas. The Alexander Ramsey House offers visitors a chance to step back in time to the Christmas season of 1875. View original family ornaments and Christmas gifts. Discover how the Ramsey family and their friends, neighbors, and servants prepared for and celebrated the Christmas season. Shop in the Carriage House Gift Store, which features replica Victorian ornaments and other items. Arrive on popular Grand Avenue for lunch at Tavern on Grand in The Lake Room. After lunch, take a guided tour* of the St Paul Cathedral, recognized as a historical landmark. The prominent building sits on Cathedral Hill overlooking downtown St Paul and features a distinctive copper-clad dome. It is the third largest completed church in the United States and the fourth tallest. It is dedicated to Paul the Apostle, who is also the namesake of the City of St Paul. The current building opened in 1915 as the fourth cathedral of the archdiocese to bear this name. The interior is illuminated by 24 stained glass windows featuring angelic choirs. The building was added to the National Register of Historic Places in 1974. The tour begins near the front pews and the center aisle of the Cathedral. After the tour, visit the space at your own pace, and stop by gift kiosks to purchase a memento of your visit. *NOTE: The Cathedral only offers tours at 1 pm, but because it is an active place of worship, it is possible that daily tours may be cancelled in deference to special liturgical events. **Lunch Menu (choose entree when registering):** 1) Walleye basket—a walleye fillet, cut into pieces, battered, and deep-fried, served with seasoned tavern fries, cole slaw, beverage, and ice cream; or 2) Grilled chicken breast, seasoned tavern fries, cole slaw, beverage, and ice cream.

Wed, Dec 12 8:05 am pick-up/3 pm return Register/cancel by Nov 19 \$67 Y3257A

"Irving Berlin's Holiday Inn" At Chanhassen Theater

Begin with lunch, then enjoy the matinee performance of "Irving Berlin's Holiday Inn." Holiday Inn tells the story of Jim, who leaves the bright lights of Broadway—as well as his fiancé dance partner Lila—to settle down at an old farmhouse in Connecticut...but life just isn't the same without a bit of song and dance. Jim's luck takes a turn for the better when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a seasonal inn with show-stopping performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim's best friend, Ted, tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love? Songs include such Irving Berlin all-time classics as "Shaking the Blues Away," "Heat Wave," "Blue Skies," "Cheek to Cheek," "It's a Lovely Day Today," "Easter Parade," and, of course, "White Christmas." **Menu:** Choose from a limited menu of entrées, which will include a salad, vegetable, bread, potato or rice, and beverage.

Wed, Jan 9 10:20 am pick-up/4:45 pm return Register/cancel by Dec 3 \$80 Y3261A

Church Basement Ladies In *You Smell Barn* At Ames Center, Burnsville

Arrive at The Ames Center in Burnsville. Built in 2009, the lobby is two stories tall, all glass, with a sweeping view of Nicollet Commons Park, The Minnesota River Valley, and the Minneapolis Skyline. Have an informal lunch in the second story Atrium area. Menu: Soup and salad bar, turkey breast with gravy, mashed potato, seasonal vegetable, fresh bread and butter, assorted pie, coffee, water, and lemonade. After lunch, take time to enjoy the exhibition in the 2,000-square-foot art gallery. The visual arts center displays a diverse collection of artwork from local emerging and professional artists. Be seated in the Black Box Theater for another Church Basement Ladies performance. *You Smell Barn*, from the basement to the barn, your beloved Church Basement Ladies are back and getting busy with life outside the kitchen. After the last of the hot dish is served, the coffee pot is emptied, and the Jell-O molds are put away, these steadfast, sturdy women head to their farms, peel off their good girdles, and get on with their daily chores. In between picking eggs, milking cows, and dusting knickknacks, they congregate with some of the other lovable folks who inhabit this rural community: Earl, who delivers the mail up and down Rural Route One; Fergus, the hired man; and Tillie, who chronicles the action for the Fish County Weekly.

Thur, Feb 14 10:25 am pick-up/4:05 pm return Register/cancel by Jan 9 \$75 Y3262A

Mobsters In Minneapolis

Meet a costumed Mill City Mobster for a riding tour. This fun adventure will reveal that St. Paul wasn't the only city to host the crime and corruption of the gangsters. Yes Minneapolis had them too! Venture through the crime laden city of Minneapolis and explore the not so wholesome people of this city's past. Visit the sites of the 3rd Northwestern Bank hold-up by the Barker/Karpis gang, the site of Babyface Nelson's traffic violation, and the murder site of journalist Walter Liggitt. Your guide, a two-bit gangster hoodlum or one of their gun molls, will show you how the Twin Towns transformed one of the largest areas of crime in the country during the 1920's and 1930's. After dropping off the guide, arrive in Northeast Minneapolis at the cozy Keegans Irish Pub for a n/a beverage and entree. Keegan's Pub was designed and built by O'Sullivan Interiors in Waterford, Ireland. Irish craftsmen came to Minneapolis to reconstruct the pub in this location. It is authentic and in keeping with the historic preservation district in northeast Minneapolis. The staff invites you to share a bit of Edwardian Dublin with good food in the finest Irish tradition. **Lunch Menu (choose entree when registering):** 1) Beer Crisped Fish-n-Chips - Batter fried icelandic cod with lemon wedge, homemade tartar sauce, and malt vinegar, Keegan's crispy wedge fries. 2) Half Sandwich - Lean corned beef piled high with swiss cheese and Dijon mustard, and chips. Both served with beverage and cookie.

Wed, March 13 10:30 am pick-up/3 pm return Register/cancel by Feb 11 \$74 Y3263A

Hello Dolly At The Orpheum Theatre

The darling of Broadway has returned! With a successful revival lighting up Broadway *Hello, Dolly!* is heading out on a national tour. With four Tony's under its belt, including Best Revival and Best Actress for Better Midler, Jerry Herman's musical comedy is back where it belongs. With memorable classics such as 'Before the Parade Passes By' and 'Put on Your Sunday Clothes,' *Hello, Dolly!* is ready to reclaim the hearts of the American people. Based on Thornton Wilder's play *The Matchmaker* *Hello, Dolly!* was an instant success when it first debuted in 1964. Winning an unprecedented 10 Tonys at that year's ceremony it was soon adapted for the big screen featuring a cast led by Barbra Streisand and a young Michael Crawford. This 2017 revival is directed by four-time Tony winner Jerry Zaks (*Sister Act*) who's talent has brought *Hello, Dolly!* back into the lime light. In 1880's New York a rich and cantankerous widower by the name of Horace Vandergelder is on the lookout for a wife. To help him on his quest he engages the services of professional matchmaker Dolly Gallagher Levi, but little does he know that Dolly has his perfect match in mind from their very first meeting - herself! Now all she has to do is make Horace realize it as well.

Thur, April 25 6:30 pm pick-up/11:45 pm return Register/cancel by Jan 21 \$82 Y3264A

42nd Street At The Ordway Theatre

The Ordway Center in St. Paul will present an Ordway Original, *42nd Street*. Come and hear the brand-new beat. This classic tale of wide-eyed Peggy Sawyer dreaming of tapping her way to Broadway will knock you off your feet. Reimagined for a 21st century audience, they will feature local talent, masterful dancing, and funk-jazz orchestrations of hit songs like "We're in the Money," "Lullaby of Broadway," and of course, its title track. Come and hear the brand-new beat on *42nd Street!*

Tue, Aug 6 6:15 pm pick-up/11 pm return Register/cancel by May 28 \$98 Y3265A

Baby Boomers & Beyond Body & Balance Workouts

Come join us for some fitness fun on Fridays! Nancy Stoneberg, certified personal trainer and Twin Cities Live fitness consultant, has dedicated much of her time to training and educating people age 55+. She helps individuals realize it's never too late to make a positive difference in strength, balance, and overall wellness. These classes are for all levels and abilities. Nancy's motto is "YES, YOU CAN!" Once registered, your punch pass will be available for pick up at your first class. Class schedule will also be available at class.

Call Robbinsdale Parks and Recreation at 763-531-1278 or visit www.robbinsdalemn.com to register.

Robbinsdale Police & Fire Building
(41st & Hubbard Ave)
Every Friday
9-9:45 am
\$30/5 class punch pass



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.

Brookview Wirth Lake Room
Tue, Nov 27-Dec 18
11 am-noon
\$32 resident, \$35 non-resident
F2201B

Pilates-Inspired Workout With Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance, and posture, and maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Many elements of yoga are included. Please bring an exercise mat. Annette is host of award-winning TV show (Channel 20 or Channel 859) *Yoga on the Go*.

Brookview Wirth Lake Room
Mon, Nov 26-Dec 17 (no class Oct 29)
6-7 pm
\$32 resident, \$35 non-resident
F2202B

Tai Chi Classes With Marie Mathay

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient Tai Chi exercises designed to enhance physical and mental well-being. Wear loose, comfortable clothing and flat shoes.

TAI CHI SPECIAL! Register for a second class in the same session for only \$37 for the second class. Classes must be purchased together.

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

Great for beginners, Sun style Tai Chi introduces basic Tai Chi and Qigong principles and movements, activates internal energy, and promotes the calming harmony of body, mind, and breath. All ages and abilities welcome.

Brookview Wirth Lake Room
Tue, Nov 6-Dec 18
8:30-9:45 am
\$56 resident/\$60 non-resident
F2207B

TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

This advanced class is for those who have learned the first half of the form in our Basic class. We will continue our Tai Chi journey through the full 41 set of movements.

Brookview Wirth Lake Room
Tue, Nov 6-Dec 18
9:45-10:45 am
\$56 resident/\$60 non-resident
F2208B

SHIBASHI QIGONG

Cultivate more energy and promote better health by practicing these 36 ancient Chinese exercises that coordinate moving with breathing and inner concentration. Meant for healing and enhancing health, these gentle follow-the-leader movements do not require memorizing choreography, yet still promote and strengthen the flow of chi, or energy, throughout the body. No experience necessary. All ages and abilities welcome. *Qualifies for special reduced rate pricing.

Brookview Wirth Lake Room
Thur, Nov 8-Dec 20 (no class Nov 22)
10:15-11:15 am
\$48 resident/\$51 non-resident
F2210B

Community Information

Senior Community Caregiver Services **612-770-7005**

Senior Outreach and 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 ones, 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.

Jewish Family and Children's Service of Minneapolis **952-546-0616**

JFCS moved from Minnetonka to Golden Valley in February. For more than a century, JFCS has provided programs, services, and support for thousands in the Jewish and broader communities. JFCS provides help in areas including aging services, career services, children and family services, community engagement, and counseling and mental health support. Some programs highlighted for seniors are:

50+ Platinum Program

Adults 50+ living in Hennepin County who want to retool and re-enter the workforce to achieve career success are assisted by the Platinum Program. Assistance includes employment plan development, résumé assistance, coaching in networking, job search, interview skills, and more. Services are offered at no cost to those who meet eligibility requirements. To learn more, call our Career Services intake line at 952-417-2111.

Jacob Garber Transportation

Convenient, reliable transportation for ambulatory adults age 60+ living in our service area. To register to become a rider, call our intake department at 952-546-0616. Rides are available Mon–Fri from 8 am to 3:30 pm. Make reservations at least one business day in advance.

H.O.M.E. **952-746-4046**

Household and Outside Maintenance for the Elderly provides affordable services that help seniors continue to live independently in their homes. The core staff, along with skilled workers and volunteers, provides homemaking and home maintenance services for residents age 60+ in Golden Valley. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments, as well as, the Elderly Waiver and the Alternative Care Grant. Services provided are:

- housekeeping
- laundry
- minor maintenance repairs
- snow shoveling
- lawn mowing
- seasonal yard work
- safety device installation
- interior/exterior painting
- window washing

Each year H.O.M.E. receives a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, snow removal, lawn mowing, basement cleaning, and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. The volunteer opportunities are flexible and great for individuals as well as groups. Call or email us today at HOME@seniorcommunity.org.

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 9–11:30 am. Ask a friend to join you for a great meal at a reasonable cost.

Help At Your Door **651-642-1892**

Help at your door is a non-profit providing services for senior and people with disabilities. They provide assistance, home support, transportation, and bundled services. Call or visit www.helpatyourdoor.org.



Golden Valley Library Programs

Book Club 2nd Mon each month, 6:30 pm

Audiobook Club 4th Mon each month, 6:30 pm

Poetry Lovers Converge 1st Wed each month, 6:30 pm

Meditation For Beginners 3rd Wed each month, 6:30 pm

History Discussion Club 3rd Thur each month, 10 am

For more information, visit www.hclib.org or call 612-543-6375.



Parks & Recreation Department
 316 Brookview Pkwy S
 Golden Valley, MN 55426
 763-512-2345

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: _____