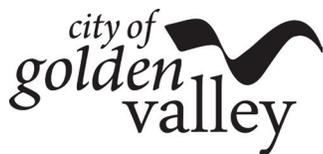


August & September 2018



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

2018 CONCERT IN THE PARK

Brookview Park • 7 pm

Join us for the last two concerts of the season!

AUG 6 **Percolators** (Gazebo)
'60s rock in three-part harmony

AUG 13 **Wondercure** (Gazebo)
Cover tunes from the '70s



Weekly Card & Game Groups

These 55+ adult card and game groups will resume the week of Dec 4 in the new Brookview! 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	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, Aug 9, Sept 13, Oct 18
Times are 10 am, 11 am, 12 pm

Celebrate Oktoberfest At Brookview

Don't miss this celebration of good food and German-style fun. The Cities of Golden Valley, Brooklyn Center, Brooklyn Park, Crystal, New Hope, Plymouth, Robbinsdale, and Robbinsdale Area Schools Community Education will present an Oktoberfest senior lunch and dance featuring entertainer Wes "Squeezy" Miller. A seasoned accordion performer, "Squeezy" will be walk through the crowd to entertain and delight audiences with authentic polka and Oktoberfest tunes. Afterwards, dance or just sit back and listen to the Fridley City Polka band playing a variety of dance music, polkas, and old tyme classics. Fee includes entertainment and luncheon featuring authentic German-style soft pretzel sticks, bratwurst (beef/chicken), sauerkraut, traditional potato salad, apple strudel, water, coffee, and root beer. Beer also available on a cash bar basis.

Brookview Bassett Creek Room Thur, Oct 4 \$12/person
Register by Wed, Sept 26 11:30 am-1:30 pm F3303A



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 Valley Room North

9:45–11 am

\$2 payable at door



WED, AUG 22

Golden Valley's Suburban Evolution

Jason Zimmerman, planning manager for the City of Golden Valley, will share what is in our 2040 Comprehensive Plan update and how Golden Valley is evolving to keep pace with changes in the Twin Cities area. He will touch on some of the more tangible goals and actions of the plan, including our new bike/pedestrian plan and various efforts to spur redevelopment in key locations. *Register by Aug 21.*

WED, SEPT 26

Adopting Senior Pets

Puppies and kittens may have a certain cuteness factor to them, but there is something extra special about senior pets. Animal Humane Society representative Zach Nugent will talk about the benefits of owning a senior animal and the booming industry of senior pet products. *Register by Sept 25.*

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 July meeting.**

Calvary Center Cooperative Prairie Room

2–3:15 pm

THUR, AUG 2

Parkinson's Disease

Approximately one million Americans are currently living with Parkinson's disease, with 50,000 new patients diagnosed each year. This presentation will provide an overview of Parkinson's disease symptoms and current treatment, with time for questions and answers. The speaker will be from Struthers Parkinson's Center, located in Golden Valley, and recognized nationally as a Parkinson Foundation Center of Excellence.

THUR, SEPT 6

How To Protect Your Photos Before Disaster Strikes

As we all know, disasters just do not happen during the spring and summer storm seasons. Most people do not have a disaster plan in place. However, it is a great time for a family to consider how to protect one of its most treasured assets—photos, photo albums, and digital images and files. Beth Gibson Lilja, a professional photo organizer and expert, will discuss the importance of having a plan in place before a disaster hits. Lilja will educate the group on how to get started organizing and protecting these precious family memories.

Money Matters **FREE**

With consumer costs rising, finances and investments are of more interest than ever. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration required.

Brookview Valley Room North

10–11:15 am

THUR, AUG 16

Wills, Trusts, And Other Estate Planning Tools

What is the difference between a will and a trust? Which tools are right for you given your goals and intentions for your estate? This class will review the key planning tools available to you, including wills, trusts, powers of attorney, and health care directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

THUR, SEPT 20

Advanced Health Planning

Have you ever heard the terms health care power of attorney, living will, health care directive, POLST, DNR/DNI? Do you know what the differences are and what you should have? Do you live in another state for part of the year and have you thought through whether your health care documents will be honored in that other state? Is it okay to name all three children as your health care agent? This session will answer all of these questions, and you will leave knowing what you need to ensure your health care and privacy preferences are documented correctly. The speaker, Mary Frances Price, is a local elder care attorney with extensive experience advising on health and privacy matters.



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.

4-HOUR REFRESHER COURSES

Brookview Valley Room North
Thur, Aug 9, Sept 13, Oct 11
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
Mon, Aug 20 or Tue, Oct 2
5:30–9:30 pm
\$22/person

Senior Lawn Bowling League

Take part in the 4th summer season of lawn bowling and join a league. 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. No heeled shoes, flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. Min 4 teams/Max 16 teams. Fee includes six weeks of league play, game equipment, prizes, and official.

Brookview Lawn Bowling Rinks

Wed, Aug 8–Sept 26
10–11 am
\$5 league fee, plus \$3/week
F3302A
Register by Tue, Aug 7



Pedal Pusher Daytime Biking Group

This longtime group bikes to and from various areas in the Twin Cities and usually stops for treats along the way. Rides vary from 6–12 miles. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides are on Tuesdays or Thursdays from May–October, twice a month. New this year, we require a \$5 registration fee to ride and to be put on the mailing list for ride information.

Rides begin at 9 or 9:30 am
\$5/person
S2215A

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.**

Fall Color Great River Road And National Eagle Center In Wabasha

At Pepin Heights Apple Orchard in Lake City, shop for apple products and specialized gifts. Evelyn Courtier, along with her husband Gil, planted the first orchard in 1949. Leave Pepin Heights and arrive at Bluffs at the Coffee Mill Golf Course Restaurant. After lunch, head for the National Eagle Center, a 15,000-square-foot building with plenty of exhibit space and a glassed-in observation deck for eagle watching. Spend time on the platform viewing interesting wildlife, including bald eagles (BRING BINOCULARS FOR BEST VIEWING). Enjoy a classroom presentation on Ambassador Eagles and engage with the staff about these rehabilitated eagles that are used for educational programs. Learn how much an eagle weighs and the size of its wingspan. On the return trip, shop at the Nelson Cheese Factory. The founders of the Nelson Cheese Factory made cheese for more than 100 years. While they no longer make cheese, the offerings have been expanded to include cheese from Wisconsin and around the world as well as fine wines and a gourmet selection of food. Ice cream cones are a favorite with all visitors, along with a selection of fresh and delicious sandwiches, soups, and salads. Leave Nelson and travel home through the small riverside villages on the Wisconsin side of the Mississippi River.

Lunch Menu: Tossed salad, stuffed pork chop, mashed potatoes and gravy, vegetable, roll, dessert, coffee or tea.

Tue, Oct 16	7:35 am pick-up	Register/cancel by Sept 24
\$68	6:25 pm approximate return	Y3255A

St Paul Gangsters And Cave Tour

Start with lunch in the dining room at Wabasha Street Caves, followed by a guided tour of the caves. Explore the sandstone caves where the French immigrants grew mushrooms as early as the 1800s. In the 1930s, it was converted to The Castle Royal, a rambunctious and romantic depression-era nightclub where big bands appeared. Board the coach with a costumed gangster as your tour guide. On a riding tour, you will venture through the streets of St Paul during its roaring hoodlum heyday on an exploration of Crooks, Crime, and Corruption. See sites where the infamous lived, socialized, committed crimes, and where many were brought to justice. Your guide will take you back to the city of St Paul in the 1920s and 1930s when crime and corruption ruled. Drive past the Landmark Center, where some of the FBI's most notorious criminals were tried including Ma Barker and her five sons, Alvin "Creepy" Karpis, Baby Face Nelson, John Dillinger and his gal Evelyn Freschette, and even Machine Gun Kelly.

Lunch Menu: Gangster luncheon served buffet style, including Caesar salad, penne pasta bake with ground beef, penne pasta bake with chicken alfredo, vegetable, garlic bread sticks with butter, cookies and bars, coffee, tea, or water with lemon.

Tue, Oct 30	10:25 am pick-up	Register/cancel by Oct 1
\$70	3:30 pm approximate return	Y3256A

"Evening With Groucho" At Sheldon Theater In Red Wing

After lunch at the St James Hotel, we'll head to the B. Sheldon Theatre, founded in 1904. This "glittering jewel box," as it was called after its 1986 refurbishing, was the first city-owned theater in America. Today, the Sheldon offers year-round events ranging from theatre, music, dance, films, comedy, lectures, and more. Attend the matinee performance of "Evening With Groucho." Frank Ferrante recreates his PBS, New York, and London acclaimed portrayal of legendary comedian Groucho Marx in this fast paced 90 minutes of hilarity with the best Groucho one-liners, anecdotes, and songs, including "Hooray for Captain Spalding," and "Lydia, the Tattooed Lady."

Lunch Menu: Tuscan chicken (grilled chicken breast with sundried tomato and fresh basil), pesto cream sauce served with chef's choice of starch and vegetable, fresh roll, cookie, coffee.

Fri, Nov 9	9:05 am pick-up	Register/cancel by Oct 1
\$87	5 pm approximate return	Y3260A

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. Meet at The Radisson Blu Fire Lake Grill House for a petite luncheon. Take some additional time after lunch to visit stores decked out in seasonal array. NOTE: There is considerable walking at the Mall of America. A folding wheelchair, walker, or cane will fit under the motor coach. **Sample Lunch Menu:** Chicken and mushroom wild rice soup, half club sandwich (rotisserie chicken, rotisserie turkey, pecan bacon, provolone, tomato), field greens, coffee, tea or soda, and a blueberry lemon white chocolate cookie.

Thur, Nov 15 9:20 am pick-up Register/cancel by Nov 1
\$50 3:05 pm approximate return 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 beast, seasoned tavern fries, cole slaw, beverage, and ice cream.

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

Lunch 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 Register/cancel by Dec 3
\$80 4:45 pm approximate return Y3261A

Hula Hoop Fun And Fitness

Get a great workout with hoops. The beloved childhood toy is all grown up! The specially designed 4-lb hoop targets your waistline and core area, plus it is a great cardiovascular exercise. Hoops may be purchased (optional) from instructor for \$15.

Brookview Wirth Lake Room
Sat, Sept 29
Noon–1 pm
\$15 resident, \$17 non-resident
F2211A



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



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, Sept 11–Oct 30 (no class Oct 9)
8:30–9:45 am
\$56 resident/\$60 non-resident
F2207A

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, Sept 11–Oct 30 (no class Oct 9)
9:45–10:45 am
\$56 resident/\$60 non-resident
F2208A

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, Sept 13–Nov 1 (no class Oct 11)
10:15–11:15 am
\$56 resident/\$60 non-resident
F2210A

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.

ANNUAL SENIOR NEWSLETTER SUBSCRIPTION

Don't 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. 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.

\$5 resident
\$8 non-resident
Y3200C

ADDED BONUS >> NEW FOR 2018!
The ever-popular, mini sticky calendars are back!
Subscribe today to receive yours!





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: _____