

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



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, June 28, July 12, Aug 9
Times are 10 am, 11 am, 12 pm

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



2018 CONCERT IN THE PARK

Brookview Park • 7 pm

- JUNE 4 Golden Valley Orchestra** (Large Pavillion)
Music of stage and screen, with hits from opera, Broadway, and movies you love
- JUNE 11 Stompin' Dixie** (Gazebo)
A razzmatazz style of bass walking, guitar chunking, and horns riffing
- JUNE 18 Srazhalys** (Gazebo)
Melodic flavors of Eastern Europe and Central Asia merged with Celtic sensibilities and hard-driving rythms
- JUNE 21 Robbinsdale City Band** (Large Pavillion)
Entertainment by one of the longest continuously active community bands in Minnesota
- JUNE 25 Plymouth Concert Band** (Large Pavillion)
Concert band music, with light marches and medleys from popular movies
- JULY 9 John Philip Sousa Band & Ice Cream Social**
A summertime favorite, paired with the annual Ice Cream Social at the large pavillion
- JULY 16 Banjo Boys** (Gazebo)
Variety of pop, swing, blues, country, and ragtime hits, featuring vocal harmony and sing-a-long
- JULY 23 Pan-Handlers Steel Drum Band** (Gazebo)
Instrumental covers of popular tunes on steel drums
- JULY 30 Vinnie Rose** (Gazebo)
Local acoustic guitarist and vocalist playing pop, rock, country, R&B, and blues
- AUG 6 Percolators** (Gazebo)
'60s rock in three-part harmony
- AUG 13 Wondercure** (Gazebo)
Cover tunes from the '70s



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, JUNE 27 Environmentally Friendly Yard

Tom Hoffman, Public Works Project Coordinator with the City of Farmington, will present information on how to make your yard more environmentally friendly. Topics will include drought tolerant species, pollinator habitat, diversifying your yard, and alternatives to fertilizer. What happens on your property is key to what happens to downstream water bodies. This thrilling presentation will give you steps to be a better steward of the land while still maintaining an aesthetic property. *Register by June 26.*

WED, JULY 25 Golden Valley Orchestra

For 30+ years, the Golden Valley Orchestra has devoted its energy to advocating for the arts by bringing music to the community. Meet members of the orchestra, enjoy some music, and learn about this group of talented musicians. *Register by July 24.*

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, JUNE 21 What To Do When Someone Dies

Do you know the important tasks that must be taken care of if someone dies? Estate Planning and Elder Law Attorney, Elizabeth Michaelis, will discuss the practical considerations in handling someone's affairs, as well as the main tasks for settling the estate. This presentation explains the role of the Trustee, Personal Representative (Executor), the family members and others, in an orderly estate administration.

THUR, JULY 19 Housing Update

This presentation will take you step-by-step on how to sell your house and coordinate your move. The speaker will also cover what you need to do to get your home sold and how to keep yourself out of trouble after the sale. A brief discussion of housing options will also be examined. Presenter, Chris Gemlo, has over 20 years experience in the real estate industry. Questions on the home selling process and current market conditions will be discussed.

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, JUNE 7 Protect Yourself From Fraud

A member of the Golden Valley Police Department will share ways to protect yourself from being scammed and protecting your personal and financial information. There will also be a question and answer period at the end of the presentation.

Defensive Driving

Adults age 55+ can save up to 10 percent, 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 are 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, June 14, July 12, Aug 9
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, July 11 or Mon, Aug 20
5:30–9:30 pm
\$22/person

Line Dancing For Fun And Fitness

Start your morning off with a smile. Discover why line dancing is so much fun and such a great workout. Line dancing is recommended as a moderate-intensity aerobic exercise to improve balance and strengthen heart and bones. Learn the steps that will make you feel confident joining any dance line, whether country, Latin, or American. Instructor Annette Fragale is certified as an instructor and dance judge by the National Teacher's Association (NTA) and Country Western Line Dance Association (CWLDA). She has taught and judged throughout the US and Canada for 28 years.

Brookview Wirth Lake Room

Wed, June 20–July 18 (no class July 4)

10–11 am

\$32 resident/\$35 non-resident

S2404A

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, June 19–Aug 7 (no class July 3)

8:30–9:30 am

\$56 resident/\$59 non-resident

S2207B

TAI CHI FOR HEALTH & ARTHRITIS 2 – ADVANCED

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, June 19–Aug 7 (no class July 3)

9:45–10:45 am

\$56 resident/\$59 non-resident

S2208B

SHIBASHI QIGONG AT BROOKVIEW PARK

Join us in Brookview Park on Thursday mornings to practice this subtle yet powerful moving meditation outdoors as originally intended! Enhance your energy and focus in a beautiful, peaceful setting. No experience necessary. All ages and abilities welcome. Bring a water bottle. **Qualifies for reduced rate if purchased with another Tai Chi or Qigong class in this session.*

Brookview Park

Thur, June 21–Aug 9 (no class July 5)

9–10 am

\$56 resident/\$59 non-resident

S2213A

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.**

La Crosse, Wisconsin River Cruise

Arrive at LARK Toys in Kellogg, MN for coffee and a treat (included). This very unique toy store is the largest of its kind in the US. Thousands of visitors pass through its doors each year to see a collection of antique toys, wooden toys, specialty toys, a large hand carved operating carousel (cost: about \$2 per person), and a large bookstore. From Kellogg, enjoy the colorful Great Mississippi River Road, one of the most scenic byways in America, on the way to La Crosse, WI, where you'll board the La Crosse Queen for a Mississippi River cruise with buffet service luncheon in the main cabin. The vessel has a climate controlled main cabin surrounded by windows that seats 80 passengers, as well as a covered upper deck that seats an additional 50 guests. The La Crosse Queen is a modern-day replica of the grand riverboats that plied the Mississippi River in the late 19th Century. She is one of the few authentic Mississippi River paddle wheel riverboats still in operation in the country today. Step back in time to when the most popular means of travel from town to town along the river was by riverboat. Take in the scenic treasures of the Upper Mississippi River, including one of the oldest swing bridges still in operation today, the wild life, the lock and dam system, and other scenic and historic sites. **Lunch Menu:** Swedish meatballs and ham, potato, vegetable, rolls, dessert, and coffee dessert.

Wed, July 11

\$76

8:05 am pick-up

6:45 pm approximate return

Register/cancel by June 11

Y3250A



West Side Story At Guthrie Theater With Lunch At Sea Change

Arrive at the Guthrie Theater and have a light lunch in the Sea Change Restaurant. Then, relax in the Guthrie Theater public spaces and spend time at the gift store before heading to your reserved seats main floor center in the Wurtele Thrust Stage (there are some steps). West Side Story is an iconic American musical set in 1957 when two rival gangs, the Jets and the Sharks, are prowling the streets of Manhattan's West Side. When Tony falls for Maria, the sister of a rival gang member, a rumble is planned. Like Romeo and Juliet, they're caught in an ages-long feud with no escape, even as they pledge their love for each other. Through the genius of Bernstein and Sondheim, incomparable hits like "Maria," "Tonight," "Cool," and "I Feel Pretty," are merged with the greatest love story ever told in this larger-than-life musical. NOTE: Run time is expected to be about two hours and 30 minutes. Sometimes late guest arrivals, technical difficulties, and the bus loading process will delay the actual leave time. **Lunch Menu:** Crab cake BLT with fries, coffee, tea, fountain soda. (Note: A vegetarian omelet with mixed greens can be preordered, but it must be indicated at time of registration.)

Wed, Aug 1

\$81

10:10 am pick-up

4:15 pm approximate return

Register/cancel by June 11

Y3251A

August Schell Brewery And New Ulm

Arrive at the New Ulm Visitor Center to use the facilities. There is self-serve coffee available. Leave Visitor Center and arrive at the historic Lind House (there are four steps into the house), designed by Frederick Thayer in the Queen Anne style. Staff will give a brief introduction before a luncheon served in an elegant Victorian home with lace table linens. After lunch, tour the home that was the center of social, cultural, and state functions during the family's residence from 1887–1901. Next head to the August Schell Museum of Brewing, founded in 1860. Take time to visit the gift store and stroll through the beautiful gardens before starting the tour. The brewery is housed in the original brick building. Learn about the history of the founding family and of the brewery. The tour ends with assorted beer and 1919 Root Beer sampling in the Rathskellar Tap Room. You will go up to the old copper kettle area. A short video will show the production areas and more of the brewing process. Part of the tour is outside, and steps are involved, so wear appropriate footwear. Stop at Jim's Candy Store near Jordan. It is the bright yellow hangar-like building that calls to motorists traveling along Hwy 169. You can purchase candy, fruits, vegetables, and other specialty items. **Lunch Menu:** Stuffed pork loin, herb dressing, mashed potatoes and gravy, glazed carrots, a petite cream puff, water, and coffee.

Tue, Aug 21
\$72

8:35 am pick-up
5:50 pm approximate return

Register/cancel by June 23
Y3252A

Fall Color Gunflint Trail, Wolves, And Bears

DAY 1 - Tue, Sept 25

Leave Golden Valley City Hall at 7:30 am. Have coffee and rolls at Tobies Restaurant. In Two Harbors, dine at the Rustic Inn Café. Enjoy the fall colors along the North Shore of Lake Superior. A private concert is scheduled at Michael Monroe's Log Cabin in the woods. He blends rich vocals, guitars, bamboo and crystal flutes together. His Seaton Acoustic Guitars are made on the Gunflint Trail. They are recycled from rare North Shore woods, including 200-year-old salvaged wood from the bottom of Lake Superior. Spend two nights in Grand Marais at the Best Western Superior Inn, located on the shores of Lake Superior within walking distance of shops and restaurants. Dine at an eatery of your own choosing. [C,L]

DAY 2 - Wed, Sept 26

Spend the day on the Gunflint Trail. Enjoy the colorful drive with a local guide. Hear about the wildflowers, trees, shrubs, birds, fish, and mammals. At the end of the trail is the Chik Wauk Museum and Nature Center. The building is listed on the National Register of Historic Places. It was built in the early 1930s by the Nunstedt family and operated as a fishing resort until 1980. A guide will present the interpretive and interactive displays. Learn about the area's cultural history, from its prehistoric beginnings to the development of today's unique and rural community. A collection of pictures, videos, and other historic material allows you to immerse yourself in the lives of Gunflint Trail pioneers. Start back down the trail to the Gunflint Lodge. It is a classy resort nestled into the heavy forest on the south shore of Gunflint Lake. Have lunch in the rustic dining room. Return to Grand Marais to relax before a special dinner at Naniboujou Lodge (also on the National Register of Historic Places). The lodge was conceived in the 1920s as an ultra-exclusive private club and still reflects the aura of the '20s. [B,L,D]

DAY 3 - Thur, Sept 27

Leave Grand Marais and travel to Ely. Tour the North American Bear Center, the only science and nature museum of its kind. Dedicated to replacing old myths with facts, it lets people learn from the bears themselves about bear behaviour, ecology, and their relations with humans. Have lunch at The Chocolate Moose. Next, tour the International Wolf Center. The observation windows let you look into the den to view the wolf pack. This center advances the survival of wolf populations by teaching about wolves, their relationship to wild lands, and the human role in their future. Meet a naturalist for an introduction to some aspects of basic wolf biology and the Center's ambassador wolves. There are award-winning exhibits to view. Leave Ely and stop for supper at Tobies. Return to Golden Valley at about 8 pm. [B,L,S]

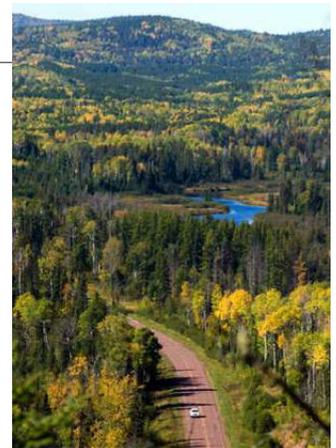
Fee includes: Deluxe motor coach transportation, lodging for five nights, meals as indicated [C-coffee, B-breakfast, L-lunch, D-dinner, S-supper], attractions as outlined in itinerary, tour director Mary Odell from Golden Valley Seniors, and gratuities on included meals and attractions.

Tue–Thur, Sept 25–27

\$644/person (double), \$855/person (single)
\$150 deposit per person is due by July 6

Final payment due by July 23

Payments are non-refundable after July 6
Y3258A



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. Enjoy lunch overlooking the majestic Mississippi Valley with a wonderful panoramic view. 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. Look around the center and gift shop at your own pace, and 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
\$68

7:35 am pick-up
6:25 pm approximate return

Register/cancel by Sept 24
Y3255A



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



Senior Golf Leagues

Call Brookview Golf Course at 763-512-2305 for more information on these and other league offerings.

SENIOR PAR 3 LEAGUE

Men and women age 55 and older are invited to play at the Brookview Par 3 Course on Thursday mornings, May 3–Sept 13. Tee times start at 7:30 am with weekly sign-up. A \$5 league fee is collected at time of registration.

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview Tuesdays, May 1–Aug 28. A \$20 league registration is due before your first week of play. NOTE: You must be a valid Brookview Senior Patron card holder to register and play.

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.



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

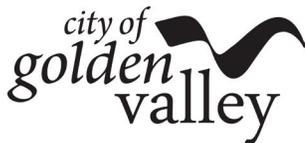
Don't miss out on all the great 55+ happenings at Brookview. Subscribe to our bi-monthly newsletter to stay-in-the know! Subscriptions run January–December. That's six newsletters mailed right to your door!

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

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

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



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

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

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ DATE: _____