

PARK RIDGE PARK DISTRICT
SENIOR CENTER

SEPTEMBER 2011

100 SOUTH WESTERN AVENUE

847-692-3597

WWW.PRPARKS.ORG

*30th Anniversary
of the Steak Fry and Variety Show
is coming up this month!!*

We hope everyone purchased their tickets for this year's event. On Saturday, September 24, the meal will be held from 4pm-5:30pm with the show at 6pm. Be prepared for a filling meal followed by our Senior Center cast in one of our best shows ever, "Was That Really a Dream?" Sunday, September 25, you can eat from 3pm-4:30pm with the show at 5pm. The Men's Club kindly reminds everyone not to wait until the last minute to come to dinner as steaks are not prepared after 5:15pm on Saturday and 4:15pm on Sunday.

See you all there!

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Membership

Dues are now being collected for the new membership year beginning July 1, 2011

If you have not paid your dues for the new year yet, now is the time! If you would like to receive the newsletter on an uninterrupted basis and be informed of all the Center offers, be sure to send or bring in your renewal now.

Membership dues are:

Single - \$45 resident/\$63 nonresident

Couple - \$68 resident/\$97 nonresident

(couples must be living at the same address)

Membership at the Senior Center is open year-round. New and prospective member meetings are held quarterly.

CLUB NEWS

“Book Worms”

“Book Worms” book discussion is back on the schedule for fall. The group meets monthly to discuss a book that was distributed and read the month before. The date is the first Thursday of the month; September 1 at 1pm in the Senior Center library. This is a great opportunity to read a variety of types of books and hear what others think about them. There is no charge. Terry Caldroni is the group leader.



Genealogy Group

This enthusiastic group meets monthly. Join us Monday, Sept. 12 at 10am. New or experienced genealogists are invited to attend. Come with questions or information to share. Barb Ingolia is the moderator.

Duplicate Bridge

Duplicate Bridge Group plays on Friday mornings at 9am. Partners are required. If you would like to join the group, call Gil Powell at 847-696-1816. The charge is \$2 per couple and prizes are given weekly.

Chorus

Senior Center Chorus will begin rehearsals for the year on Friday, September 9 at 1pm under the direction of Regina Kucharik. There are no auditions ... all men and women are invited to join the group.

Money Matters with Chris Valentine

Information concerning finances and getting the most from your money is important to everyone today. Chris Valentine from Edward Jones will be at the Center on Monday, Sept. 19 at 10am, providing this information. There is no charge to attend and guests are welcome.

Opera-Arts with Leo Rizzetto

All programs begin at Noon. Please be on time. A luncheon is provided after all programs.

Thursday, Sept. 8: Cherubini’s “Medea”. A magnificent production from 2008 at the Teatro Regio in Torino, with an all-Italian cast headed by Anna Caterina Antonacci. Based on the tragedy of Euripides of Jason and the Golden Fleece which he secured with Medea’s help, sired two children with her, then abandoning her for Glauce, the King’s daughter, with dire results. English subtitles.

Thursday, Sept. 22: “The Flying Fleet.” A snappy, authentic Silent Era salute to U.S. Navy Flyers. As a special bonus everyone will receive a copy of the program from Pickwick Theater where this production was shown on March 21 & 22, 1929. The program notes stated: “Scenes of heroism and disaster miles in the air. The most amazing flying stunts the screen has ever witnessed!” Starring the pseudo-Valentino, Ramon Navarro.

Camera Club

On Tuesday, Sept. 27, the program will be “The People of the Amazon” by travelers, Eileen and Herb Lange. On Tuesday, Oct. 25, the program will be “Photojournalists” work shown by Jerry Kikisz. All meetings begin at 10am. Our mentor is available to answer questions about digital photography in one-on-one sessions. Please make an appointment during the meeting.

Gamers

Join Gamers on Friday afternoons at 1pm! Most participants play dominos or Hand and Foot, but some play Rummikube or Scrabble. A domino tournament will be held on Friday, September 30. Register in advance by Wednesday, September 28. Fee is \$2 and includes prizes and refreshments. Come join the fun!

Men's Club

September Meetings:

Tuesday, September 6 - Continental breakfast at 8:30am, planning meeting at 9:30am. The agenda for the meeting will include discussion of upcoming meetings and speakers. Details and volunteer assignments will be given for the Steak Fry coming up at the end of the month. All men are invited to attend and offer their suggestions.

Tuesday, September 13 - Continental breakfast at 8:30am, business meeting at 9:30am, program at 10am. Come and learn more about the history of the Senior Center, how it came to be, and what has been accomplished over the past 30 years. It promises to be a very interesting presentation.

If you are unable to attend either of the meetings in September, but could volunteer a few hours during the Steak Fry weekend, be sure to give the Center a call! We need kitchen helpers, bus boys, and clean up crew for both September 24 & 25.

September Event Reminders

September 7 – **James Madison**
Time: 12:30pm Cost: \$14.50

September 12 – **Just Lunch**
Time: 12:30pm Cost: \$6

September 14 – **Women's Club**
Time: 12:30pm Cost: \$14

September 15 – **They're Playing Our Song**
Time: 11:00am Cost: \$75

September 21 – **North Shore Food Fest**
Time: 9:00am Cost: \$78

September 29 – **Monthly Luncheon**
Time: 12:30pm Cost: \$14

FUN & GAMES

Bocce on Wednesday mornings at 10am at the courts just north of the Center. The group is growing, but new participants are always welcome. New or experienced players are invited. Bocce Master is Ken Hewitt.

Bowl at River Rand Bowl in Des Plaines on Thursdays at 1pm. This is not a league and all abilities are welcome. The charge is \$4.50 for two games or \$6.25 for three games.

Wii Bowling is fun and challenging and we would love to have you try it! The dates are Wednesday, September 7 & 21 at 1pm. Come early for a free lesson from Hank Hughes, the Wii expert.

Ladies Golf-Mondays at 8am at Tam Golf Course. It's golf and lunch for \$22 on September 26. September 12 & 19 are "golf only" and the charge is \$16. Register in advance by stopping in at the Senior Center.

Men's Golf-Fridays at Tam Golf Course. Tee times begin at 7:30am and lunch follows at the Senior Center. The fee is \$23 for golf, lunch, & prizes. Register in advance. Guests are welcome to join the men at any time. Golf will continue into October.

Bingo-Wednesday, September 14 is Bingo only at 1pm and the charge is \$1. No reservations are required. Bingo and dinner will be Friday, September 9 at 3:30pm. Reservations are required no later than September 7 and the charge is \$6. On the dinner menu.... sloppy joes with cole slaw.

Jeopardy - Wednesday September 21 at 1pm. Join in this fun and interactive game, hosted by A-Abiding Care and AP Lifeline, with small prizes for winners. Please RSVP if you plan to attend.

SEPTEMBER PROGRAMS

Please call the Center if you plan on attending any of the following programs.

“Four Keys to a More Successful Investment Experience”

Mar Sue Durrbeck has built a reputation for assisting individuals to navigate the complexities of financial and life planning. Included topics are: Why do a growing number of investors prefer passive, asset class investing and how do you identify the investment risks worth taking?

Day	Date	Time	Fee
M	Sep 12	1:00pm	Free

Navigating the Housing Journey... Planning Your Next Move

Join a panel of senior housing experts for an informative discussion of the many options available in the area. Included will be The Heritage in Des Plaines, Advocate Adult Day Services, Intouch Home Care, and St. Matthew Center for Health. Light refreshments will be served.

Day	Date	Time	Fee
Tu	Sep 13	1:00pm-2:30pm	Free

It’s a “Balance Act”

Learn strategies on fall prevention, daily exercises to improve balance and practical solutions for a safe environment. Michele Corrado of the North Shore Senior Center will be presenting the program.

Day	Date	Time	Fee
Tu	Sept 27	1:00pm	Free



CLASSES

Yoga

New 8-week session begins Sept. 15. Instructor is Doug Erickson. Newcomers may try the first class for free.

Level	Day	Time	Fee
All levels	Th	1:30am	\$40

Art Workshop

Everyone is welcome to participate in this art class with the talented artist, Rae Penzin. This 8-week class begins Sept. 19.

Level	Day	Time	Fee
All levels	M	10:00am-Noon	\$60

Ukulele

This class is for Beginners with one or less sessions of instruction. Peg Mistak leads this 8-week session beginning Sept. 8. You must provide your own ukulele.



Level	Day	Time	Fee
Beg.	Th	2:30pm	\$22

Tai Chi

A gentle approach to fitness ideal for arthritis, diabetes, chronic conditions, and more. Can be done standing or seated. 16-week class begins Sept. 6.

Level	Day	Time	Fee
All levels	Tu	5:00pm-5:45pm	\$99

Theatre Games to Energize the Spirit

Each class features a combination of improv games and oral interpretation of literature. No drama background or memorization is required. Deb Schmidt is the instructor. Session begins Sept. 21. 8 participants required.

Level	Day	Time	Fee
All Levels	W	1:00pm	\$35

SERVICES

These services are offered to any area senior, members and nonmembers.

Blood Pressure and Blood Sugar screening will be on September 16 from 9am-10:15am. No appointments necessary and no charge. Blood pressure will be taken by Nurse Nora and blood sugar taken by Katie from St. Matthews.

Free Notary Service is available weekdays by appointment. Bring proper identification and the document to be notarized.

Rules of the Road Review is scheduled for September 6 from 9am-11am at the Senior Center. It is an excellent class that will prepare you for taking your driver's license test. There is no charge but call if you plan to attend.

Driver Safety, sponsored by AARP, is a defensive driving course, that upon completion may entitle you to a discount on your automobile liability insurance. The class dates are September 27 & 29 from 9am-1pm. The charge is \$12 for AARP members; \$14 for nonmembers. Make checks payable to AARP. Pre-registration required. Call 847-692-3597.

Cynthia Phon, social worker, is at the Center on Wednesday's from 9:30am-Noon. Cynthia has a wealth of resource information that can assist you in any concerns. Appointments are not taken and there is no charge. Cynthia will not be available September 28.

Senior Center Lending Closet has canes, walkers, shower benches, wheelchairs, and other items. If you are in need of a short-term equipment loan, give us a call.

COMMUNITY PROJECTS

New Program for Fall!

We are collecting items to send to soldiers serving in the Middle East. Suggested items include:

Food: Gum, nuts, granola bars, raisins, Wheat Thins, snack size cookies, crackers and pretzels, dried fruit, and individually wrapped hard candy. All food must be in the manufacturer's original packaging. No chocolate, please.

Entertainment: AA & AAA batteries, craft kits, books (mysteries, action, drama, science fiction), magazines (new/nearly new), playing cards, crossword puzzles, and CDs/DVDs.

Necessities: Shampoo, conditioner, lotion, wet wipes, eye drops, toothpaste, soap, body wash, sunblock, and foot powder.

Please drop these items off at the Senior Center in the bin under the table near the front door.

We are continuing to collect the **box tops and labels for education**. The list of products is on the table in the entry way of the Senior Center.

Keep bringing the pop tabs! They are very much appreciated by the Ronald McDonald House. They can be deposited in the can in the kitchen that is marked for "Pop Tabs."

At this time we are not collecting food for the food pantry. Watch the newsletter for information when we will be starting it again.

Thank you all for the wonderful response on the prescription bottles!! Please note that we not collecting them any longer!!!

Thank you for your support of these projects that help members of our community!

SEPTEMBER BIRTHDAYS

Helen Gray	1
Geraldine Meyer	1
Cathy Sell	1
Shirley Swanson	1
Dorothy Besler	4
Jane Maxouris	4
Richard Swanson	4
Carol Taylor	4
Alyce Brunke	6
Joy Hamrin	6
Rosemary Porcaro	6
James Jackson	7
Maureen Lenke	7
Chester Rychlewski	7
Evelyn Carlson	8
Tony George	8
Eugenia Norlock	8
Joan Pagano	8
Roberta Stevens	8
Christine Willis	8
Joan Bohannan	9
Theresa Gersten	9
Dorcel Spengler	9
Lorraine Stukenberg	9
Raymond Frank	10
Robert Kuhn	10
Walter Kurpiewski	10
Judy Pirok	10
Renate Andersen	11
Karen Cassin	11
Ardene Ejnik	11
Libby Krtous	12
Stanley Szylo	12
Kay Coyne	13
Lillian Stan	13
Mary McIntrye	14
Bonnie Ruzicka	14
Dorothy Ryan	14
Susan Tobias	14
Lyn DeMeo	15
Don Kash	15

Elsie Siewerth	15
Mary Sorquist	15
Herb Lorenz	16
Judy Narowski	16
Nancy Rivera	17
Ramona Black	18
Lillian Hall	18
William Nesbit	18
Elizabeth Peters	18
Judith Tritz	18
Harry Krampitz	19
Barbara Ingolia	20
Elaine Orlando	20
Mary Lou Tardi	20
Anita Austin	21
Jeanne Hansen	21
Art Hoffmann	21
Elmer Nichols	21
Shirley Anderson	22
Sylvia Corcoran	23
Nancy Schutz	23
Irene Starzak	23
Stefana Trippiedi	23
Julia Kaucich	24
Donna Kuhn	24
Barbara Linsner	24
Cathy Lovelace	24
Marian Turk	24
Jeanne Wells	24
Kathleen A McMahan	25
Margaret Morris	25
Theresa Scimeca	25
Geraldine Zorn	25
Lucille Abt	26
John Brunke	26
Joyce Byron	26
Virginia Clark	26
Arlene George	26
Marilyn Johnson	26
Joan Linzing	26
Jim Sybula	26
Margaret DeSerio	27
Norma Pasma	27
Jim Sveinsson	27

Ed Fennelly	28
Patricia Fragale	28
Bernadine Reckert	28
James Cushing	30
Isabel Franzen	30
Carole Hogan	30
Jerry Kenney	30
Rita Malek	30
Edward Numrych	30
Jeanie Wagner	30



Get your Cookbooks!

We have a few Senior Center 30th Anniversary Cookbooks left.

Consider buying them as gifts for the holidays or birthdays. They are \$12 and include favorite recipes from fellow members. Don't be left out! Buy one (or several) today.

Be sure to mark your calendar for our Annual Fall Bazaar.

The date is Saturday, November 5 from 10am-3pm. We are now collecting any items you would like to donate for the white elephant sale. Pick out your favorite recipes and donate baked goods to the sale, also.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

September 2011

4	5 <i>Labor Day</i> <i>Center Closed</i>	6 8:30 - Men's B'fast 9 - Rules of the Road 9:30 - Men's Planning	7 12:30 - James Madison 1 - Wii Bowling	8 12:30 - Opera 1 - Couple's Bridge	9 1 - Chorus 3:30 - Bingo & Dinner	10
11	12 10 - Genealogy 12:30 - Just Lunch 1 - Pinochle 1 - Successful Investment	13 8:30 - Men's B'fast 9:30 - Men's Club 1:30 - Housing Options	14 12:30 - Women's Club 1 - Bingo	15 11 - They're Playing Our Song 1 - Pinochle	16 9 - Blood Pressure & Blood Sugar Screening 1 - Pinochle	17
18	19 10 - Money Matters 11 - Writer's Workshop	20 9 - Police Breakfast	21 9 - North Shore Food Fest 1 - Bridge Mixer 1 - Wii Bowling 1 - Jeopardy	22 12:30 - Opera	23 No Chorus Rehearsal	24 4 - Steak Fry 6 - Variety Show
25 3 - Steak Fry 5 - Variety Show	26 10 - Senior Senate 1 - Bridge Mixer	27 9 - Driver Safety 10 - Camera Club 1 - "Balance Act"	28	29 9 - Driver Safety 12:30 - Monthly Luncheon	30 1 - Domino Tournament	
<i>Sunday</i> 1—Bridge Mixer	<i>Monday</i> 8—Ladies Golf 9 & 10:30—Exercise 9:30—Ceramics 10—Art Workshop 2:30—Uketones	<i>Tuesday</i> 9—Walkers 9:30—Ceramics 11:30—Yoga Noon—Cards 1—Table Tennis	<i>Wednesday</i> 9 & 10:30—Exercise 9:30—Social Work'r 10—Discussion Gr'p 1—Table Tennis	<i>Thursday</i> 9—Computer Club 9—Woodcarving 9:30—Diet Club 10:15—Humanities 1—Table Tennis/ Bowling 1:30—Yoga 2:30—Ukulele Class	<i>Friday</i> 7:30—Men's Golf 9 & 10:30—Exercise 9—Duplicate Bridge 10—Bazaar W'ks'p 1—Gamers	<i>Saturday</i> 1—Pinochle

Tidbits From Teresa

Thanks to the Senior Center Ceramic classes who sponsored our July event for the 30th Anniversary. The “Bastille Day” Party was a huge success from the fabulous meal to the Eiffel Tower table decorations to the piano music and French songs by Ester Hana. A great time was had by all.

Don't wait to buy your tickets for our Annual Steak Fry and Variety Show! This is always a sell-out. The dates are Saturday and Sunday, September 24 & 25. The Men's Club prepares the meal and the cast of Center members are ready for the 30th annual show, “Was That Really a Dream?”

Congratulations to Center members who participated and were medal winners in the Six County Senior Olympics. Twenty-five members competed in a number of events including swimming, golf, table tennis, track, basketball free throw, and bowling.

Please be aware that the Senior Center will be closed on Labor Day, Monday, September 6. Also, there will be no bridge or pinochle during the weekend of September 24 & 25. The Center is busy that weekend with the set-up and the holding of the Steak Fry.

Teresa Grodsky

PARK RIDGE POLICE BREAKFAST CLUB

This monthly program is brought to us by the Park Ridge Police Department. Topics are of current interest to seniors. Breakfast is provided free and begins at 9am. The program follows. There is no charge, but please let us know if you plan to attend. The September date is Tuesday, September 20.

OCTOBER PROGRAMS

Reservations are required in advance and should be made according to our current registration policy.

Women's Club

Ellie Carlson, curator of costumes for the Winnetka Historical Society will be presenting “Speaking of Unmentionables: The Rise and Fall of Ladies Underwear.” This novel presentation will unveil some myths about women's unmentionables. Participants will also view actual examples of historical underwear. Sorry, no men invited! There will be a lunch before the program. The entree is Chicken Marsala.

Day	Date	Time	Fee
W	Oct 19	12:30pm	\$14.50

Book Review by *Barbara Rinella*

Lunch precedes the review. The menu will be a grilled chicken breast sandwich on a croissant with pesto and provolone. Please call the Center for the name of the book Barbara will be reviewing. Guests are welcome to attend.

Day	Date	Time	Fee
Tu	Oct 25	12:30pm	\$15

Mark your Calendar

October 4th • 9am-Noon

Free flu shot clinic provided by the Respiratory Health Association of Chicago. There is no charge for those with Medicare Part B. No appointments taken.

OCTOBER EVENTS

Reservations are required in advance and should be made according to our current registration policy.

Just Lunch

As we go into the cooler weather, our menu in October will be a favorite. We will serve mild chili with salad and dessert. Please remember that registration is limited to 60 participants. Stay and visit or play cards after lunch.

Day	Date	Time	Fee
M	Oct 3	12:30pm	\$6

Variety Show III

There will be a matinée performance of our 30th Anniversary Show, "Was That Really a Dream?" in October. Our Senior Center member cast and crew will entertain you with song, dance, and comedy. Light refreshments follow the performance.

Day	Date	Time	Fee
Sun	Oct 9	2:00pm	\$8

Octoberfest

Join us for one of our favorite special events of the year. The day features a lunch of bratwurst with German potato salad, corn on the cob, apple slice, and beverage. A three-piece German band will entertain us. It's a festive afternoon and a great opportunity to get together with friends. Guests are welcome.

Day	Date	Time	Fee
Sun	Oct 16	12:30pm	\$14

Oktoberfest



OCTOBER TRIPS

Reservations are required in advance and should be made according to our current registration policy.

"Guys and Dolls" at Theatre at the Center

The show, a musical fable of Broadway, is set in Damon Runyon's mythical New York City. It is considered by many as the perfect musical comedy and includes music that is well-known and enjoyable to all. Lunch precedes the show. Menu includes soup, your choice of roast loin of pork or veal parmesan with bow tie pasta, Italian green beans, and cheesecake. Theatre at the Center is located in Munster, Indiana. Fee includes lunch, show, and motorcoach transportation.

Day	Date	Time	Fee
Th	Oct 13	10:45am	\$82

Exploring Milwaukee

A busy and fun-filled day is planned in Milwaukee. Our first stop will be at the Jelly Belly factory for a warehouse tour (on a tram). Once in Milwaukee, we will have a tour at The Cathedral of St. John the Evangelist and visit the Harley-Davidson Museum. Lunch at the Capital Grille will be your choice of ribeye steak sandwich, grilled chicken, lobster and crab burger, or sesame seared salmon salad with appetizer and dessert.

Day	Date	Time	Fee
W	Oct 5	8:15am	\$85

Reminder

If you make reservations for an event, we will need your payment within 3 business days. If we don't receive it by that time, you may lose your reservation. Please remember to fill out the registration form completely with your name and phone number. We try to be flexible and accommodate everyone, and appreciate your cooperation. Let us know if you have any questions. Thanks for your help.

WRITER'S WORKSHOP

OUR SONG

By Jerry Warych

Back in the day of our youth it was common for couples to have what was called "our song." It was something that was significant to both and intended, upon hearing it, to remind one of the other. My fiancé chose what she felt should be "our song." Now I've long ago admitted to my lack of musical talent, with the radio being the only instrument I could play, and on occasion I found the AM/FM selection process troublesome. To make a long story short, I seldom (never) seemed to recognize "our song" when it was being played. This caused more than a bit of stress especially on our honeymoon, with weeping and gnashing of teeth prevalent. I tried to explain my musical shortcomings to no avail. We all have to play the hand we're dealt, and my bride chose someone whose hand had no face cards. If you play poker, that remark will make sense to you.

One song that did appeal to my tin ear was the "September Song." We were married in September, and I tried to sell it on that basis. The end result was a stalemate. I don't believe my bride ever bought into that argument.

I'm not sure at what point I became aware of the "September Song" It's been around since 1938, but the really popular version by Frank Sinatra didn't come out until 1965. What struck me wasn't so much the title as the lyrics. I came to realize, even in the naiveté of my youth, that the lyrics took us on a journey, with the reference to the months as a simile for the stages of life. Now this was pretty deep thinking for someone in their twenties, especially when all I was trying to do was remember a song.

Unfortunately some are called away before they get to December . . . which begs the next question. Do we all really reach December, but with fewer weeks in some of the months? I do so love getting philosophical!



Lee & Jerry Warych

The next Writer's Workshop meeting is Monday, September 19, 2011, at 11am until Noon in the PRSC Library. Articles for the October newsletter are due September 5. For more information call 1-847-685-9044 or e-mail Renatahg@msn.com.

REGISTRATION

NAME _____ PHONE NUMBER _____

The following information is the procedure for trip and special event registration. Please have a separate check for each event. Failure to do so may delay your request.

Event	Day	Date	Cost	# of People
Just Lunch	Monday	Oct 3	\$6.00	
Exploring Milwaukee	Wednesday	Oct 5	\$85.00	
Variety Show III	Sunday	Oct 9	\$8.00	
Guys and Dolls	Thursday	Oct 13	\$82.00	Pork___ Veal___
Octoberfest	Sunday	Oct 16	\$14.00	
Women's Club	Wednesday	Oct 19	\$14.50	
Book Review	Tuesday	Oct 25	\$15.00	

Registration must not be mailed until the 10th of the month. If the 10th falls on a Sunday, the 11th becomes the mail date. "Postmarks" prior to mail date, will be placed at bottom of stack for 2 days. We will process mail as we receive it—as stacked and bundled by the carrier, top letter first. **WALK-IN OR PHONE-IN REGISTRATION BEGINS MONDAY, SEPTEMBER 22**

Make checks payable to: PARK RIDGE SENIOR CENTER • 100 S. Western, Park Ridge, IL 60068

Credit Card Payment: _____ Visa _____ Master Card

(PRSC reserves the right to change a payment to reflect the correct fee)

Account Number: _____ Expiration Date: _____

Cardholder Name _____ Authorized Signature _____

Be aware that in signing up and participating in this program/trip/outing, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damage or loss which you might sustain as a result of participating in any or all activities connected with and associated with the above trips and events. (including transportation services and vehicle)

I agree to waive and relinquish all claims I may have as a result of participating in the program(s) against the Park Ridge Park District and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I may accrue to me on account of my participation in the program(s). I further agree to indemnify and hold harmless and defend the PRPD and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, or in any way associated with the activities of the program(s). I have read and fully understand the above Program Details and Waiver Release of all Claims. **WAIVERS MUST BE SIGNED BY PARTICIPANT(S).** Facsimile signatures will be considered as original by the District.

PARTICIPANTS NAME _____

DATE _____



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Visit our website to view
our monthly program
calendar or follow us on
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