

RELEASE AND WAIVER OF LEGAL LIABILITY

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately. This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

1) GENERAL RELEASE: I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

2) ASSUMPTION OF RISK: I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.

3) MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

4) INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.

5) PHOTOGRAPHIC RELEASE: I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Applicant Signature _____

Date: _____

About Active Older Adults

The YMCA of Greensboro seeks to serve a diverse population of ages.

Across all seven of our branches, we serve a large population of active older adults.

Because of this we seek to offer activities to continue to be successful serving you!

We look forward to having you participate in our events and trips! If you have an idea of a good group trip or activity please let your "AOA" (Active Older Adults) representative know!

Have a great idea,



Let us know!

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

Upcoming Events & Trips

The Greensboro YMCA boasts a large population of Active Older Adults and we love it!

Back by popular demand we are offering events and trips every month!

Please see inside for our schedule!

120 years
STRONG
YMCA OF GREENSBORO

Our Mission: To put Judeo-Christian principles into practice through programs that build programs that build a healthy spirit, mind and body for all.

REIDSVILLE YMCA

Contact: Melissa Ragland 342-3307

Luncheons are the third Tuesday of every month. All are welcome.

Future trips to Shatley Springs Inn and a Christmas Trip are in the works. Please contact Melissa for details.

RAGSDALE YMCA

Contact: Takeela Reddrick 882-9622

November: Nov. 17th the Ragsdale YMCA will be taking a trip to the ***Southern Christmas Show*** in Charlotte. Admission and YMCA Bus transportation included in the price. Price TBA.
Nov. 20th from 11:30 to 1pm the Ragsdale YMCA will have a ***Thanksgiving Potluck***.

December: Dec. 15th 11:30am to 1pm will be the ***Holiday Lunch and Cookie Exchange***. It is \$7 and your favorite Cookies per person!

BRYAN YMCA

Contact: Elizabeth Minehart 478-9622

October: Oct. 19th at 12Noon the "Brown Bag Lunch Series" will present ***Aging Healthfully*** with Nutritionist Laura Watson about the changing nutritional needs of the older population.

November: Nov. 11th at 12Noon the Brown Bag Lunch Series" continues with ***So What do I do now?*** Terri Powell Herlica will be here to talk about the Medicare choices for the up coming annual open enrollment period.

Nov. 13th at 6pm we will be going to the Carolina Theater to see ***The Wizard of Oz***. Tickets are \$18 a person and you must be registered by Oct. 15th.

December: Dec. 16th from 11:30am to 1pm the Bryan YMCA will have a ***Holiday Potluck*** open to everyone. Bring your favorite dish to share of \$2 without a dish. Register at the front desk.

SPEARS YMCA

Contact: Lesley Watts 387-9622

October: Oct. 15th at noon the "Ask" Series will kick back off with Tracy Marsh of Northwestern Mutual Financial Network talking about ***Seven Financial Habits of Healthy People***.

Oct. 28th at 10am the "Ask" Series continues with ***So What do I do now?*** Terri Powell Herlica will be here to talk about the Medicare choices for the up coming annual open enrollment period.

November: Nov. 4th at noon the Heritage Club will present Greg Williams, attorney with Carruthers & Roth, discussing ***Estate Tax Law Update***. RSVP to Nancy Calkins at 854-8410 by October 30th.

Nov. 13th at 6pm we will be going to the Carolina Theater to see ***The Wizard of Oz***. Tickets are \$18 a person and you must be registered by Oct. 15th.

Nov. 18th at noon the "Ask" Series will Dave Britten of Aging In Place Specialists, LLC talking about ***How to make your house a home for a lifetime***.

**All "Ask" Series lectures are for educational purposes only and contain no sales pitches.*

HAYES-TAYLOR YMCA

Contact: Andrea Wright 272-2131

October: Oct 13th at 10:30am ***Bingo & Table Game Fun*** & Catered Lunch

November: Nov. 10th at 10:30am Guest Speaker: ***How to Improve Cholesterol & Glucose Levels*** & Catered Thanksgiving Lunch

December: Dec. 8th at 10:30am Community Service Project – preparing ***wrapped gifts for nursing home*** & Catered Lunch

**Meetings are held the 2nd Tuesday of each month, 10:30am in the Dudley Room. Catered lunches are paid in advance (the month before) at a charge of \$7.00 per lunch.*

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

Active Older Adult Registration form

Event/Activity Registering for:

Participant Information:

First Name: _____

Last Name: _____

Phone: () _____

Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: _____ Age: _____

Email: _____

Circle: Male Female

Member or Potential Member

Important Medical Information: _____

Emergency Contact: _____

Home #: _____ Cell #: _____