

TOWN OF MOUNT PLEASANT
Recreation & Parks Department

914-742-2310

SENIOR



FLASH

December

2023



All residents of the Unincorporated Town of Mt. Pleasant who are at least 55 years old are eligible to participate in senior citizen trips and exercise classes. This monthly flyer detailing upcoming senior activities is available on the first workday of each month at the Recreation Department.

General Information

REGISTRATION POLICY: 914-742-2310

Registration is ongoing for activities listed in this flyer. Payments are taken in Check, Cash, or Credit Card!

**Please make checks payable to:
Town of Mt. Pleasant**

SENIOR CLUBS: 914-742-2310

Please call this number for Senior bus pick up, for Club meetings, Senior exercise class, and Senior registration questions.

NUTRITION: 914-592-6441

Please call this number for information on Home Delivered Meals, Lunch Bunch, Bradhurst Nutrition Program, Health and Support Services and Pick up for Tuesdays shopping trips.

Mount Pleasant Public Library

The Mount Pleasant Branch Library, located in the Community Center offers a variety of reading, viewing, and listening material. The library's collection for adults focuses on new popular material including the latest fiction, nonfiction, and DVDs. Additionally, digital books, audiobooks, music, movies, and TV shows can be downloaded or streamed for free using your library card. We have resumed most of our regular hours and our book drop is available for returning materials 24/7. Access to Wi-Fi, public computers, printing, and photocopying are also available. Please call the library or visit our online calendar for information about any programs for adults and children.

Visit our website: www.mountpleasantlibrary.org or call us at 914-741-0276 to place holds or to get assistance in choosing material. Our staff is here to help you.

Pleasant Seniors of Mt. Pleasant Club Meetings

Club is being held at the **Community Center** on

Thursdays from 11:30 a.m. – 3:00 p.m.

Club Dates: December 7, 21, 2023

December 14 is Senior Holiday Luncheon.

December 28th: No Meeting.

Club includes crafts, cards, and bingo.

Coffee, tea, and refreshments are available!

Group President: Stanley Majdanski: 914-227-4393

New members must sign up between 12:00 p.m. and 1:00 p.m.

For questions regarding senior programs please call:

Elaine Donnelly 914-742-2366

Exercise Programs

The exercise programs below are available to Town Residents 60 years old and above. You may join these programs at any time throughout the year. They are “pay as you participate” programs for **\$3.00 per class**. **Sneakers are required to participate in all exercise programs.**

MONDAYS:

Seniorcize Strengthen & Tone with Lucy

10:00 a.m.-10:45 a.m.

This program helps your body maintain muscle strength, balance, and flexibility. Exercises are done by the chair and includes a stretching segment to achieve a total body workout.

Weights are optional but preferred.

No Class 12/25, 1/15/, 2/19

Chair Yoga with Ellen

11:00 a.m.-12:00 p.m.

Chair yoga will improve balance, strength, stamina, and flexibility. This one hour class features gentle movements done seated and standing. It includes basic exercise, working all muscle groups and incorporates stretching, chair yoga, guided meditation and breath work. The class is appropriate for all levels and is set to fun music. You will feel relaxed yet invigorated! **This class is free thanks to the Westchester Community College. You must fill out a NEW registration form to attend.**

***NEW Session: January 8—March 11

Activity #: 913457 (A)

No Class 12/25, 1/15, 2/19

TUESDAYS:

Fit & Flex with Carol Migliorelli (ISCA/Promise Certified Instructor)

10:00 a.m.-10:45 a.m.

One of the best things you can do for your arthritis is to exercise wisely. A proper balance of exercise can help relieve stiffness and maintain or improve your joint mobility and muscle strength.

No Class 12/26

NEW Strength Training for Seniors With Lauren Byrne

11:00a.m.—12:00 p.m.

In this class will get you stronger, build muscle, and increase range of motion and endurance. It is suitable for all levels. The “resistance” can be anything from your own body weight, to dumbbells, to bands. We will have both seated and standing options. Come get strong with me!

No Class 12/26

Tai Chi Class with Karen Kim

2:45 p.m.-3:45 p.m.

Tai Chi includes mind and body integration, fluid movements, controlled breathing, and mental concentration. Learn sequences to improve balance both mentally and physically, increase muscular strength, and offer arthritis pain relief.

No Class 12/26

WEDNESDAYS:

Qi Gong for Healthy Aging with Nancy

10:45 a.m.-11:45 a.m.

A modified fitness class for older adults that can be practiced sitting or standing. Qi Gong consists of slow breathing, gentle stretching movements, and mindful meditation. It is relaxing yet energizing. Anyone can take this class!

No Class Until further Notice (probably after the New Year)

Musical Chair Yoga with Ellen

11:45 a.m.-12:45 p.m.

This mostly seated yoga class is conducted to great music and is appropriate for all levels and abilities. It includes building strength and stamina, stretching, and guided meditation and breathing. **No Class 12/27**

THURSDAYS:

Seniorize Strengthen & Tone with Lucy

10:00 a.m.-10:45 a.m.

This program helps your body maintain muscle strength, balance, and flexibility. Exercises are done by the chair and includes a stretching segment to achieve a total body workout.

Weights are optional but preferred.

No Class 12/28

****Stay Strong and Fit with Karen Kim**

2:45 p.m.- 3:45 p.m.

The perfect mix of fitness and fun incorporating different exercises to increase heart health, muscular strength, flexibility, and balance. This class is suitable for every fitness level.

Chairs are available for seated or standing support.

This class will be free thanks to the Westchester Community College. You must fill out a NEW registration form to attend.

NEW Session: January 11– March 7

Activity #: 913456 (A)

No Class 12/28, 2/22

FRIDAYS:

Musical Chair Yoga with Ellen

11:00 a.m.-12:00 p.m.

This mostly seated yoga class is conducted to great music and is appropriate for all levels and abilities. It includes building strength and stamina, stretching, and guided meditation and breathing.

No Class 12/1, 12/29, 1/12

Upcoming Events

Neighborhood Holiday Light Tour!

Tuesday, December 19, 2023 at 4:30pm

Take a tour around town to see all the beautiful holiday home Decorations. Recreation and Parks are having a Holiday Home Decorating contest And we want "YOU" to vote on the best 3 decorations.

We will map out the homes in the contest and take you by bus to be amazed by the beautiful holiday decorations. You will be given a card to vote on your favorite 3.

Pizza, salad and Hot Choco will be served following tour.

Where: Bus will leave from the Community Center

Resident Fee: \$5.00

Activity #: 914008 (Z)

If you need a ride to the Community Center, call Recreation Office 914-742-2310.

Wind Creek Casino!

Wednesday, December 13, 2023

Location: Bethlehem, PA

Try your luck at the casino on this day trip! Participants will receive a \$25.00 play card. The bus will leave from the Community Center at 8:30 a.m. and return around 6:00 p.m.

Resident Fee: \$40.00 / Non-Resident Fee: \$48.00

Activity #: 914008 (A)

Maximum of 50 participants.

Upcoming Events

Westchester Community College

Enrichment Courses

This is a 4 week presentation on the topics below:

Week 1

Enslaved, Working Classes, and Disenfranchised Peoples in New York City

Week 2

Historic Properties in the Hudson Valley Region

Week 3

Native American Presentations

Week 4

The American Revolution

Eugene Boesch will present these topics in our winter enrichment program.

Tuesdays, February 27th — March 19 (Snow date if needed , March 26)

12:00—2:00 pm

Community Center

This is a free presentation thanks to the grant from WCC

You must register for this class Activity # 914008 (B)

Westlake High School Tech Crew is offering Tech Support!

The Tech Crew can help with iPhones, Samsung's, iPads, AirPods and computers.

Help is being offered on December 6th at 2:45pm at

Westlake High School.

If you need tech help and would like to make an appointment

or have questions, please contact:

Jake Ferrante at : jake.ferrante@mtplcsd.org

Upcoming Events

**Laughter Yoga with
Dr. Vinodray R Shah
Friday, December 1, 2023
11:00-11:45 a.m.**

Yoga is a unique exercise routine which combines unconditional laughter with yoga breathing. Anyone can laugh without relying on humor, jokes, or comedy. Laughter is initially simulated as a physical exercise while maintaining eye contact with others in the group and promoting childlike playfulness. It soon leads to a real and contagious laughter.

FREE CLASS!



Save The Date

Pleasant Seniors of Mt. Pleasant Holiday Luncheon!

**Thursday, December 14, 2023
12:00p.m. –4:00p.m.**

Come celebrate with us at Tesoro D'Italia for our 52nd Holiday Luncheon! We'll have lots of fun with gifts and prizes, and great food!

We will be accepting reservations on these dates **only: 11/9, 11/16,
and 11/30**

Member Fee: \$30.00

Non-Member Fee: \$55.00

Advance reservations are REQUIRED.

****Parking is limited. Please carpool. Van service available: call 914-742-2310****

Upcoming Events

TOWN OF MT. PLEASANT PRESENTS: BROADWAY AT ITS BEST BACK TO THE FUTURE

It's time to change musical theatre history, Back to the Future: The most spectacular, show ON THE BROADWAY STAGE!! This Jaw-dropping show starts When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown.

He accidentally changes the course of history and now he's in a race against time to fix the present, escape the past, and send himself...back to the future!

Thursday, December 21st

The coach bus will leave the Community Center at 2:30 p.m. sharp!
The show begins at 7:00 p.m. You will have time to have dinner on your own, walk around, or see the Rockefeller Center Tree!

Resident Fee \$120.00 per person / Non-Resident Fee : \$144.00 per person
Activity #: **944007 (A)**

Anastasia!

Friday, December 15, 2023

6:00 p.m. – 9:00 p.m. (show starts at 7:30 p.m.)

Location: White Plains Performing Arts Center

From the Tony Award-Winning creators of the Broadway classic Ragtime, comes this dazzling musical based on the beloved 1997 animated movie. From the twilight of the Russian Empire to the euphoria of Paris in the 1920's, a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and lovable ex-aristocrat to find out if she is indeed Princess Anastasia. Including classic songs from the motion picture like "Journey to the Past" and "Once Upon a December", this show is perfect for the whole family!

Resident Fee: \$55.00 / Non-Resident Fee: \$66.00

Activity #: 944008 (A)

*There will be a \$10 per person fee collected the day of the trip for the bus, but you must sign up in advance by calling the Recreation Department at 914-742-2310. If you drive yourself, you are responsible for parking fees. *

Upcoming Events

Celebrate Westchester's New "Hall of Fame" Inductee:

STAN "THE MAN" MAJDANSKI

Stan will be inducted to the Westchester County Senior Hall of Fame, on December 1, at the Marriott in Tarrytown.

On December 7, 2023, we will celebrate the accomplishments of Stan with a cake, coffee and tea.

**Thursday, December 7, at the Community Center
12:00pm**

"TIPS" Thursdays!

11:00 a.m.-1:00 p.m.

Have your vital signs checked every week by a trained technician. Comprehensive needs assessment services will be available for participants. This is a free service

provided by Westchester County and Pace University. Call the Recreation Department for more information at 914-742-2310.

This will be held at the Community Center

Shred Mobile at the Community Center!

THURSDAY'S

December 21, 2023

January 18, 2024

February 22, 2024

10:00 a.m.-1:00 p.m.

Residents can bring up to four (4) file sized (10"x12"x15") boxes of confidential papers per household. Please remove all large binder clips and covers. Place all materials to be shredded in your trunk and drive up to the shred mobile. For questions about recycling call 914-813-5425.

CULINARY INSTITUTE OF AMERICA

The Culinary Institute of America (CIA) is an American private college and culinary school specializing in culinary, baking, and pastry arts education. The school's primary campus is located in Hyde Park, New York, on the Hudson River.

We are taking a trip to enjoy a day at the
Culinary Institute of America

We will dine on :

Starters:

Pumpkin Apple Soup

Choice of Main Course:

Roasted Pork Loin

Crispy Mushroom Polenta, Merlot Sauce, Sauteed Spinach

Pan Roasted Sea Bass

Grilled Vegetables, Caper Vinaigrette

Dessert

Dark Chocolate Tart

Passion Fruit Caramel, Salted Peanuts, Banana Sorbet

Coffee/Tea

After Lunch we will participate in the CIA experience

Taste, Learn, Tour

Tuesday, January 23, 2024

We will depart from the Community Center at 9:30am and return around 5:00pm.

Resident Fee: \$100.00 per person

Non-Resident Fee\$120.00 per person

I will need your choice of Main Course at registration.

Activity: 914008 (N)

December 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 NO Chair Yoga Laughter Yoga 11:00-11:45am	2
3	4 Strength & Tone 10:00am-10:45am Chair Yoga 11:00am-12:00pm	5 Fit & Flex 10:00am-10:45am Strength Training 11:00—11:45 Tai Chi 2:45pm-3:45pm	6 NO QI GONG Chair Yoga 11:45am-12:45pm	7 Strength & Tone 10:00am-10:45am Mt. Pleasant Seniors 11:30am-3:00pm TIPS Stay Strong & Fit 2:45pm-3:45pm	8 Chair Yoga 11:00am-12:00pm	9
10	11 Strength & Tone 10:00am-10:45am Chair Yoga 11:00am-12:00pm	12 Fit & Flex 10:00am-10:45am Strength Training 11:00—11:45 Tai Chi 2:45pm-3:45pm	13 NO QI GONG Chair Yoga 11:45am-12:45pm WINDCREEK CASINO	14 Strength & Tone 10:00am-10:45am Mt. Pleasant Seniors 11:30am-3:00pm TIPS Stay Strong & Fit 2:45pm-3:45pm SHREDDER 10:00 – 1:00	15 Chair Yoga 11:00am-12:00pm	16
17	18 Strength & Tone 10:00am-10:45am Chair Yoga 11:00am-12:00pm	19 Fit & Flex 10:00am-10:45am Strength Training 11:00—11:45 Tai Chi 2:45pm-3:45pm Neighborhood Holiday light tour	20 NO QI GONG Chair Yoga 11:45am-12:45pm	21 Strength & Tone 10:00am-10:45am Mt. Pleasant Seniors 11:30am-3:00pm TIPS Stay Strong & Fit 2:45pm-3:45pm SHREDDER 10:00 – 1:00	22 Chair Yoga 11:00am-12:00pm	23
24	25 Community Center Closed MERRY CHRISTMAS	26 No Exercise	27 No Exercise	28 No Mt. Pleasant Seniors Meeting No Exercise	29 No Exercise	30
31						



TOWN OF MT. PLEASANT
Office of Elder Americans
MENU SUBJECT TO CHANGE
 Please call two days in advance
 for reservations or to cancel - 592-6441
DECEMBER 2023



				FRIDAY, 1
				Meatloaf, Gravy, Mashed Potatoes, Cauliflower & Peas, Sliced Pears
MONDAY, 4	TUESDAY, 5	WEDNESDAY, 6	THURSDAY, 7	FRIDAY, 8
Knockwurst, Sauerkraut, Baked Beans, Kale & Onions, Pineapple Chunks, Choc Chip Cookie	Honey Garlic Chicken & Broccoli, Brown Rice, Carrots, Seasonal Fruit	Beef Stroganoff, Gravy, Buttered Noodles, Red Cabbage, Seasonal Fruit, German Coffee Cake	Potato Zucchini & Cheese Frittata, Stewed Tomatoes, Green Beans, Mandarin Orange Segments	Sole Florentine, Lentil Pilaf, Tuscan Mixed Vegetables, Sliced Peaches
MONDAY, 11	TUESDAY, 12	WEDNESDAY, 13	THURSDAY, 14	FRIDAY, 15
Cheese Manicotti, Broccoli, Sliced Pears	Beef Brisket, Potato Latkes, Carrot Tzimmies, Applesauce, Noodle Kugel	Baked Flounder, Veracruz Sauce, Red Beans & Rice, Latin Green Beans, Seasonal Fruit	Roast Turkey, Roasted Potatoes, Mixed Vegetables, Tropical Fruit Cocktail	Chicken Chow Mein, Brown Rice, Oriental Vegetable Mix, Mandarin Orange Segments
MONDAY, 18	TUESDAY, 19	WEDNESDAY, 20	THURSDAY, 21	FRIDAY, 22
Italian Chicken Sausage, Tater Tots, Peppers & Onions, Pineapple Chunks	Pork Chop, Piccata Sauce, Mashed Sweet Potatoes, Green Beans, Applesauce	Crispy Baked Fish, Succotash, Collard Greens, Sliced Peaches	Chicken Cordon Bleu, Gravy, Au Gratin Potatoes, Broccoli Florets, Seasonal Fruit, Boston Crème Pie	Stuffed Shells, Tomato Sauce, Tossed Salad w/ Chickpeas, Mediterranean Mixed Vegetables, Pitted Prunes
MONDAY, 25	TUESDAY, 26	WEDNESDAY, 27	THURSDAY, 28	FRIDAY, 29
CLOSED – NO HOME DELIVERED MEALS OR COMMUNITY CENTER LUNCH	Sole Florentine, Lemon Butter Sauce, Lemon Potatoes, Glazed Carrots, Sliced Pears	Jerk Seasoned Chicken, Black Eyed Peas & Rice, Collard Greens, Sweet Potato Pie	Broccoli & Cheese Quiche, Parslied Couscous, Stewed Tomatoes, Sliced Peaches	Meatloaf, Gravy, Mashed Sweet Potatoes, Mixed Vegetables, Birthday Cake

Each meal includes bread, butter and milk.

MENU SUBJECT TO CHANGE.

This program is funded through the Town of Mount Pleasant, the Department of Health and Human Services, the New York State Office for Aging, Westchester County Department of Senior Programs and Services, and participant donations. If you have a food allergy, please call the Office of Elder Americans at 592-6441. The Pleasant Lunch Bunch meets every Monday, Wednesday and Friday at the Community Center for a nutritious lunch, bingo, cards, fun and friendship. Please call 592-6441 two days in advance if you would like to attend. There is a suggested donation of \$3.00 per meal with transportation and \$2.50 per meal without transportation. Van transportation available upon request.

OFFICE OF ELDER AMERICANS

**63 Bradhurst Avenue
Hawthorne, NY 10532**

914-592-6441

OEA Contact: Laurie Gonzalez

MONDAY THRU FRIDAY

8:30 A.M. TO 4:30 P.M.

For information regarding any of the following programs please call the OEA office at 914-592-6441.

The Office of Elder Americans offers support and guidance to individuals and families living within the unincorporated areas of the Town of Mount Pleasant, including Thornwood, Hawthorne, and Valhalla.

The purpose of the Office is to provide services and support that reduce social isolation allowing the individuals to be maintained in their home environment, preserving their dignity and independence.

SERVICES OFFERED 60 YEARS OLD+

NUTRITION PROGRAMS

Please call 2 days ahead if you want to attend or need transportation for these programs.



***Home Delivered Meals**

(5 days/week, Mon-Fri.)

Up to two nutritious meals a day can be provided for any person 60 years or older who are frail, isolated, homebound individuals, unable to meet his/her nutritional needs because of difficulty in shopping and preparing meals. This program is available on a temporary or on-going basis.

***The Pleasant Lunch Bunch**

(3 days/week- M, W, F)

A nutritious hot lunch, nutrition education at the Community Center. 11:00 a.m. to 2:00 p.m.

Activities include Bingo, Cards, and Friendship!

***Bradhurst Nutrition Program – Senior Day Center (2 days/week T, Th)**

Provides socialization, activities, and a hot lunch in a warm, supportive setting. 11:00 a.m. to 2:00 p.m.

CONTRIBUTIONS

For these services, a contribution is requested. Call OEA office for more information. No individual is denied a meal if they are unable or unwilling to meet the suggested contribution.

HEALTH AND SUPPORT SERVICES

Information, referral and, or assistance with issues pertaining to the senior population such as entitlements, benefits, and home health care.

SUPERMARKET SHOPPING

A weekly shopping trip to local supermarkets on Tuesdays.

Please limit your groceries to only two bags.

Should be able to carry them without help

The 1st, 3rd and 5th Tuesday of the month we

shop at Shop Rite.

The 2nd and 4th Tuesday of the month we shop

at ACME.

Reservations for shopping are taken the

TUESDAY before the week you want to shop

on a first come first serve basis.



Blood pressure screening available.

TIPS

Every Thursday at :

The Community Center

11:00am—1:00pm

Office of Elder Americans is funded through the Town of Mt. Pleasant, the Department of Health and Human Services, New York State Office for Aging and the Westchester County Department of Senior Programs & Services.

SENIOR CITIZEN TRIP RESERVATION POLICY

- 1. All residents of the Unincorporated Town of Mount Pleasant, 60 years of age and older are entitled to register for Senior Citizen Trips offered by the Mt. Pleasant Recreation and Parks Department.**
- 2. New trips are announced in the monthly Senior Citizens Flyer, which is available on the first business day of the month at the Recreation and Parks office at Town Hall and at the Mount Pleasant Community Center. If you are unable to get to the sites, you can have the flyer mailed to you. Please call the recreation office for this service at 914-742-2310. Please allow 7-10 days for delivery.**
- 3. Registration for trips are accepted on a first come first served basis starting approximately one week after the flyer is available. The specific date is noted on the flyer. Registrations are accepted at**
TOWN HALL MONDAY –FRIDAY BETWEEN 8:30 A.M. – 4:30 P.M.
- 4. NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.**

SENIOR CITIZEN TRIP CANCELLATION/REFUND POLICY

- 1. If an individual cancels a trip due to illness or a medical emergency and presents a doctors note a credit will be given to be used within the next 6 months.**
- 2. If an individual cancels a trip, and cannot present a doctor's note or does not appear at the bus on the day of the trip no credit will be given.**
- 3. When trips are contracted through an outside contractor/tour group refunds are not guaranteed.**

SENIOR CITIZEN BUS TRIP PROCEDURE

Passengers should arrive 15 minutes prior to the scheduled departure.

All seats will be assigned and passengers must take same seats for the return trip. There is no smoking on the bus at any time. If you eat on the bus, please be sure to clean up. There is no standing on the bus. We ask for your cooperation in following these few simple rules in order to make all our trips as comfortable as possible for everyone. If these rules are ignored, we may be required to revoke traveling privileges for those involved.

COMMUNICABLE DISEASE

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that: I am aware there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof.

I acknowledge my responsibility not to play or practice if I am exhibiting symptoms of COVID-19. If, however, I observe any symptoms during my participation or presence at a game or practice, I will remove myself from participation, and bring such to the attention of my coach or team official immediately.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE TOWN OF MT. PLEASANT**, its officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any **ILLNESS, INJURY, DISABILITY OR DEATH** I may suffer, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age _____ Date _____
Participant's Signature

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do acknowledge my responsibility to restrict my child from play or practice if they exhibit any symptoms of COVID-19, and consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X _____ Date _____
Parent/Guardian Signature Emergency Phone Number(s)