

Gilford Parks & Recreation Department  
2024 Senior Moment-um Program

Participant's Name \_\_\_\_\_

Are you over 50 years of age?    YES        NO    If no, please state age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

Telephone # \_\_\_\_\_

In case of emergency, contact: Name \_\_\_\_\_

Telephone # \_\_\_\_\_

Please list any medical/health problems \_\_\_\_\_

\_\_\_\_\_

**Program:** Schedule through the year to include but not limited to: meal socials, holiday parties, card games, board games, bingo, various trips, walks, hikes, attendance at shows or concerts and various other activities.

By signing below, I am accepting the assumed risk to participate in the Senior Moment-um Program sponsored by the Gilford Parks and Recreation Department. I understand that my photo may be taken during the course of the program to be used for promotional purposes or to be displayed on the Parks and Recreation Department's website. I understand that various program activities can take place in a variety of conditions that include but are not limited to: exposure to extreme hot and/or cold, rain and wind; and field conditions that may be uneven, rough, wet and/or icy. I understand that some activities may include carpooling with inherent travel risks. Various activities may consist of physical activity with inherent risks that may result in death, hypothermia, heat stroke and injuries including but not limited to: paralysis, muscle pulls and strains, broken bones, sprains, cuts, scrapes and bruising. I also understand that participating in the Senior Moment-um program may subject me to exposure to the COVID-19 virus. I accept all risks inherent to said activities and do hereby release the Gilford Parks and Recreation Department, their staff, carpool drivers and volunteers assisting with this program from any liability arising out of any injury which may occur during the normal course of the above mentioned program.

\_\_\_\_\_

Date

\_\_\_\_\_

Participant's Signature

