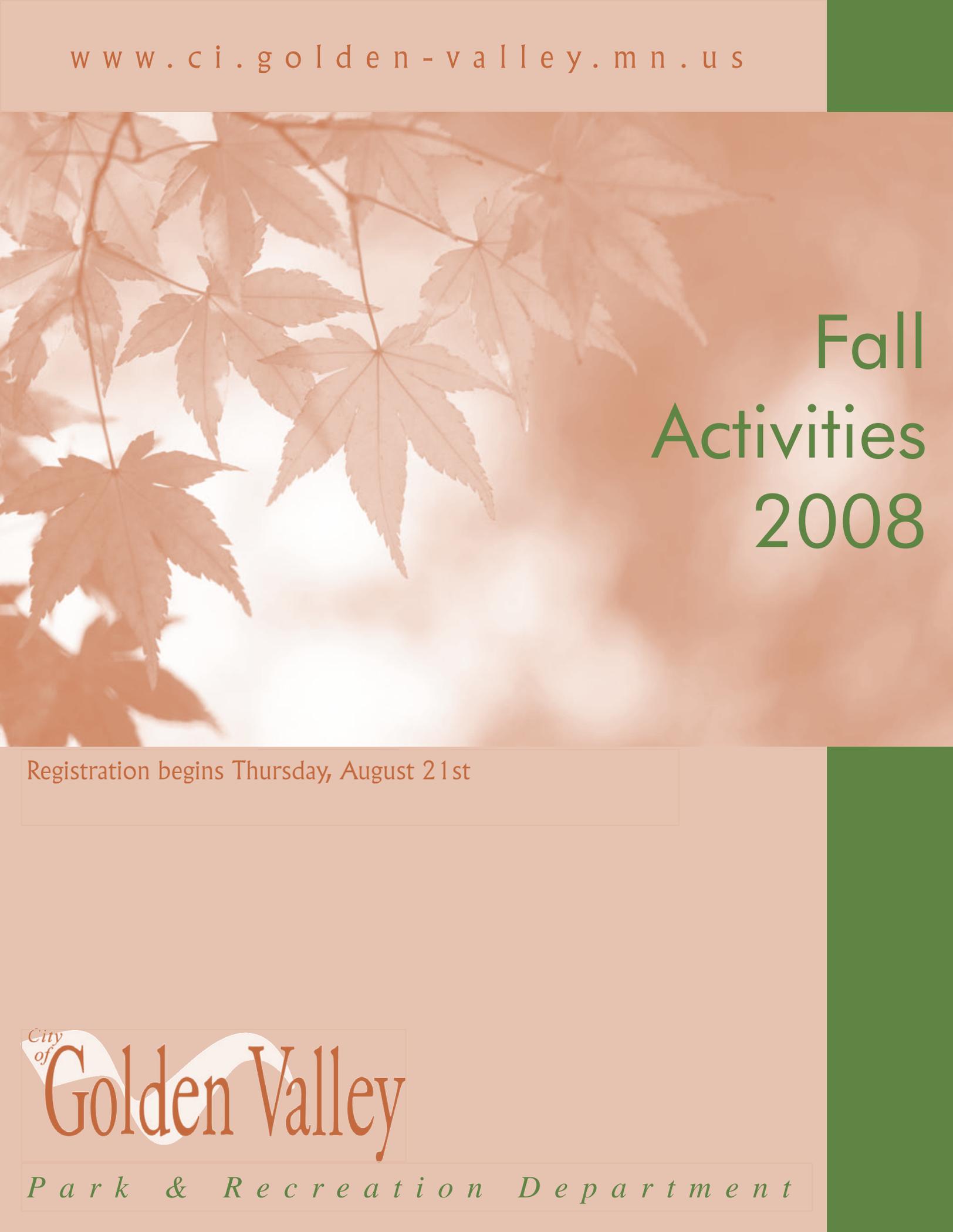


www.ci.golden-valley.mn.us



Fall Activities 2008

Registration begins Thursday, August 21st

City
of
Golden Valley

Park & Recreation Department

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Park & Recreation Office

200 Brookview Parkway, Golden Valley, Minnesota 55426
 Phone: 763-512-2345
 Fax: 763-512-2344
 Activity Cancellation Line: 763-512-2350

Park & Recreation Office Hours

Monday-Friday, 8:00 a.m.-5:00 p.m.

Brookview Golf Course

Phone: 763-512-2300
 Fax: 763-512-2311
 Tee Times: 763-512-2330
 Par 3 Course: 763-512-2333
 Cancellation Line: 763-512-2300



Main City Offices

7800 Golden Valley Road, Golden Valley, Minnesota 55427
 Phone: 763-593-8000

City Offices Closed

September 1 - Labor Day
 November 27-28 - Thanksgiving
 December 24-25 - Christmas
 January 1 - New Year's

Mission Statement

The mission of the Golden Valley Park and Recreation Department shall be to provide and maintain sufficient, attractive parks and scenic areas for the beauty and leisure time activities of the community, and to provide wholesome recreation for the entire family. Consistent with this mission, every opportunity shall be afforded, with financial limits, to plan, procure, develop and maintain parks and recreation resources.



Golden Valley has been designated a Governor's Fit City

The Governor's Fit City Program recognizes Minnesota cities that are committed to creating and maintaining a city environment supportive of active living. A Minnesota city making this commitment is providing opportunities for physical activity to people who live, work and play within the city.



This document is available in alternate formats upon a 72-hour request. Please call 763-593-8006 (TTY: 763-593-3968) to make a request. Examples of alternate formats may include large print, electronic, Braille, audiocassette, etc.



Youth Special Events

Monster Mash Teen Dance *Grades 5-7*

Are you ready to have a ghoulish time at this annual event? There will be music, contests, prizes and fun. Music provided by a DJ from KIDSDANCE/Total Entertainment. Wear a costume and receive a treat! Participate in the Costume Contest and you could win a Target Gift Certificate. Please note-inappropriate costumes and/or behavior at the event will not be allowed. Event is co-sponsored with Crystal and New Hope. Save money by registering in advance!

Site: Crystal Community Center

Date: Fri, Oct 24

Time: 7:00-9:30 p.m.

Fee: \$5 if paid by Oct 23, \$8 at the door

Code: 9240



Spooktacular *Ages 4-10*

Join the fun in celebrating this holiday with games, prizes, dancing and treats.

Please note there are separate options, based on age. Costumes are optional - don't bring any costume props which could get lost! All participants will be assigned a group when they arrive. Check-in times listed. If you wish to be in the same group with someone, please check in at the same time. Co-sponsored with Crystal and New Hope.

Site: Crystal Comm Center **Date:** Sat, Oct 25 **Fee:** \$6 if paid by Oct 24, \$10 at the door

Ages 4-6 with Adult

Check-in: 9:40-9:55 a.m. **Time:** 10:00-11:30 a.m. **Code:** 9242

Ages 7-10

Check-in: 12:40-12:55 p.m. **Time:** 1:00-2:30 p.m. **Code:** 9243

Mailbox to the North Pole *December 1-19, 2008*

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply to each one.



Supper with Santa

Ages 2+ with an adult

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus! All children must be accompanied by an adult. No fee for children under the age of 2.

Site: Brookview Community Center

Time: 6:00-7:30 p.m.

Date: Fri, Dec 5

Fee: \$10/child, \$5/adult for dinner

Code: ♦9244

Youth Activities

Music, Mom/Dad & Me

Ages 2-3 with an adult

With Instructor, Ellie Borkon, your child's favorite nursery rhymes come to life with circle games,



expressive movement, appealing melodies and simple instruments designed for this age group. Parents come with their children to learn music resources for continued use at home. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

Site: Brookview Community Center

Date: Tue, Sep 23-Oct 28

Time: 9:30-10:15 a.m.

Fee: \$45/Res \$50/Non-Res

Code: ♦9245

About the Instructor...

Lisa London

Lisa has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club since 1996.

Kids' Club *Ages 3-5*

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts.

Site: Brookview Community Center

Time: 9:30-11:00 a.m.

Fee: \$38

Monday & Wednesday

Date: Sep 8-Oct 20 (No Oct 1)

Code: 9250

Date: Oct 22-Dec 3 (No Nov 26)

Code: 9252

Tuesday & Thursday

Date: Sep 4-Oct 23

(No Sep 9, 30 & Oct 9)

Code: 9251

Date: Oct 28-Dec 16

(No Nov 4, 11 & 27)

Code: 9253

Youth Activities continued...

Parent/Child Art Making *Ages 3-6 with an adult*

Use a variety of art methods and materials to explore fun art making activities with your pre-schooler. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Community Center

Time: 6:30-7:30 p.m. **Fee:** \$20/class



Halloween Art - Wed, Oct 22 - Code: 9259

Paint a silly or scary face on a mini pumpkin. Fold, paint and collage paper to make a Halloween mask or decoration for your front door.

Polar Express & Thomas the Train Adventure - Tue, Dec 2 - Code: 9260

Cut/paste paper, draw and paint to make a Train Adventure Picture Book all about snow storms, presents, forest wolves, the North Pole and Mr. Santa. Paint a box for a 'magic bell.'

Art Skool Classes *Ages 3-6*

Learn all about drawing with shapes, painting with color, and collaging paper to experience fun art making. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Comm Center **Time:** 10:30-11:30 a.m. **Fee:** \$32/class

About the Instructor...

Gin Weidenfeller is an artist educator with extensive experience guiding children in the creative arts.

Little People of the Woods - Wed, Sep 17 & 24 - Code: 9255

Folk lore has delighted in imagining fairies, elves and little people helpers. Fold paper and paint colorful designs to make a 3-D paper castle. Cut, paste, draw and paint to create a Fairy Adventure Picture Book.

Fall Art Making - Wed, Oct 22 & 29 - Code: 9256

Make a colorful leaf print and leaf rubbing designs. Paint a funny face on a 'mini' pumpkin. Fold, paint and collage paper to make a fierce or silly Halloween mask or puppet. Draw and paint imaginative creatures to make a Friendly Witch & Friends Picture Book.

Super Hero Adventure Book - Wed, Nov 12 & 19 - Code: 9257

Make a Scooby Doo or Spiderman Picture Book. Draw, paint and collage Scooby and the Mystery Gang's adventures with zombies, Big Foot Monster, fierce pirates treasure maps, and sailing ships. We'll read and illustrate Spiderman's adventure with Professor Spider, magic potions and science labs.

All Aboard Trains - Wed, Dec 3 & 10 - Code: 9258

Make a Train Adventure Book. Paint a blue Thomas carrying colorful presents to people in a big snow storm. Hop on the Polar Express for a midnight ride to the magical North Pole. Cut, paste, draw, and paint forest wolves, polar bears, elves, a silver bell and Mr. Santa.



Happy Birthday Party *Ages 3 & up*

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer. She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 2-hours at Brookview for 12 children, including the birthday child (\$5/add'l child). Call 763-512-2345 for information.

Cheer America *Ages 4-16*

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. This program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the conclusion of the program, students will perform a group recital. Each student receives a certificate and medal.

Registration Date: Tue, Sep 23

Site: Davis Community Center

Time: 6:00-6:45 p.m. - Ages 4-8

7:00-7:45 p.m. - Ages 9-16

Dates: Tue, Sep 30-Dec 16

Fee: \$4 Enroll fee, \$6/night at door



Chess for Parent/Tot - Level I

Ages 3-6 with an adult

Through rhymes, song, mini-games and lots of lively fun, Chess Teacher Ms. Daa will teach basic chess concepts. Prior knowledge of the game of chess is not needed and chess sets and boards will be supplied for class time. If interested, additional sets and boards will be available for purchase from the instructor. Resident fee applies to New Hope, Crystal, Golden Valley and Robbinsdale. *Deadline to register is October 22.*

Site: New Hope Ice Arena
(4949 Louisiana Ave N)

Date: Wed, Oct 29-Dec 10
(No Nov 26)

Time: 10:00-11:00 a.m.

Fee: \$25/Res \$30/Non-Res

Code: 9235

Pre-School Science Explorers

Ages 3½-6 with an Adult

Discover science with your child in our hands-on parent/child classes. You and your child will explore, participate, and learn about science together. Each class will include an experiment, music, stories and an art project to take home. Resident fee applies to New Hope, Crystal, Golden Valley and Robbinsdale. *Deadline to register is one week prior to each class.*

Site: Crystal Community Center (4800 Douglas Dr)
Time: 9:30-10:30 a.m.
Fee: \$10/child per class

Kitchen Science

Sat, Sep 20 Code: 9232

Our kitchens can be an amazing science lab. Join us as we experiment with things you can find in your kitchen. Be sure to dress so you can get messy.

African Safari

Sat, Oct 18 Code: 9233

Let's explore the grasslands of the Savannah and the amazing animals that live there as we camp beside a Savannah waterhole.

Lost in Space

Sat, Nov 15 Code: 9234

Journey into outer space and learn about our home - the Earth, the star that gives us warmth and light - the Sun and the other planets in our solar system.



Tap & Ballet Ages 4+

Students will have fun while learning dance routines to a variety of music. Basic dance skills will be taught in the beginning and intermediate classes. Experienced dancers work on more advanced tap, ballet and jazz routines. Please wear comfortable clothing such as a leotard and tights. Students provide their own tap and ballet shoes. Students must participate in sessions 2 and 3 to perform in the spring recital. There will be a costume fee for the recital. Parent viewing will be the last lesson of each session only. Each session is eight weeks. Instructed by Toni Nelson and Nicki Cullen.



Site: Brookview Community Center **Fee:** \$36/session

Session 1 - Sat, Sep 13-Nov 8 (No Oct 18)

Session 2 - Sat, Nov 15-Jan 24 (No Nov 29, Dec 27 & Jan 3)

Session 3 - Sat, Jan 31-Mar 21 (Dates may change due to the recital date)

Ballet		*Instructor approval required.		
	Time	Session 1	Session 2	Session 3
Beginner (Ages 4-6)	8:00-8:30 a.m.	9275	9276	9277
Intermediate (Ages 7+)	9:00-9:30 a.m.	9278	9279	9280
Advanced*	10:00-10:30 a.m.	9281	9282	9283
Master*	11:00-11:30 a.m.	9284	9285	9286
Tap Dance				
Beginner (Ages 4-6)	8:30-9:00 a.m.	9263	9264	9265
Intermediate (Ages 7+)	9:30-10:00 a.m.	9266	9267	9268
Advanced*	10:30-11:00 a.m.	9269	9270	9271
Master*	11:30 a.m.-Noon	9272	9273	9274

About the Instructors...

Toni Nelson has taught tap and ballet in Golden Valley since 1974.

Nicki Cullen is Toni's daughter and has been teaching with Toni since 1992.

Rink Rat Hockey for Boys & Girls Ages 5-12

This program consists of two pre-season practices with instructional games every Friday evening and Sunday afternoon. There are 10 game nights with 50% of the games played in other communities including: Minnetonka, New Hope, St. Louis Park, Golden Valley, Robbinsdale, Plymouth, Crystal, Brooklyn Park and Edina. Coaches instruct/officiate with no goalies, just goal covers. Games are not rescheduled due to inclement weather. Jerseys and participation awards provided. Partial teams may be merged with other communities. Schedules mailed to all participants mid-December. **Mandatory Equipment:** Skates, hockey stick, helmet w/mask, mouth guard, shin pads, hockey gloves, elbow pads and protective cup.

Site: Wesley Park
Date: Sun, Jan 4-Fri, Feb 14
Time: TBD
Fee: \$35

Code: Ages 5/6 - 9325
Code: Ages 7/8 - 9326
Code: Ages 9/10 - 9327
Code: Ages 11/12 - 9328



Armstrong Youth Hockey Association - Ages 5-14

For information contact: Matt Deterding at 763-557-5809 or mite.coordinator@armstronghockey.com or visit www.armstronghockey.com

Youth Activities continued...



Family Gym Time

Youth of all ages with Adult

Grab a ball, play a game or just hang out with other parents and their children. No instruction provided. Fee includes parents and children. Purchase family punch passes at the Park and Recreation office at Brookview. **NO BASKETBALL TEAM PRACTICES ALLOWED.**

Site: Davis Community Center

Fee: \$30/8-time family punch pass or \$5/family/day, at door

Available Times:

Date: Sat, Oct 4-Dec 13 **Time:** 1:00-3:00 p.m.

Date: Sun, Oct 5-Dec 14 **Time:** 5:00-6:30 p.m.

Little Tiger Self Defense *Ages 3-5*

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future.

Site: Hamel (147 Hamel Road, Hamel)

Date: Mon, Sep 8-Oct 13 **Code:** 9318

Date: Mon, Oct 20-Dec 1 (No Nov 24) **Code:** 9319

Time: 10:00-10:40 a.m.

Fee: \$59



Kid Smart Self Defense & Safety Training

Ages 5-12

Don't know what to do when approached by a stranger or the local bully - Master Malone, will teach you quick responses to 'no win' situations. Learn how to get out of holds, what to say, how to take action, be confident and take control of the situation. All participants will receive courage medals and a self defense booklet.

Site: Brookview Community Center **Time:** 1:00-3:00 p.m.

Date: Sat, Dec 6 **Fee:** \$37 **Code:** 9324

Tae Kwon Do *Ages 5+*

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

Site: Beacon Academy (12325 Hwy 55, Plymouth)

Date: Tue, Sep 9-Oct 14 **Code:** 9261

Date: Tue, Oct 21-Dec 2 (No Nov 25) **Code:** 9262

Time: 6:00-6:45 p.m.

Fee: \$59

About the Instructor...

Master Tom Malone

Tom is a former martial arts state champion with over 15 years experience in the martial arts.

Create a Photo Album with Mommy or Daddy

Ages 6+ with an adult

You and your child will create an album with 12 of the child's favorite photos. They will learn how to crop photos, journal in their albums, and how to use the tools provided. We'll watch as they decorate with paper and stickers that coordinate with their album. Tools for attaching pictures, stickers and journaling provided. Materials fee for album and paper - \$15.



Site: Brookview Community Center

Date: Sat, Nov 15

Time: 1:00-2:30 p.m.

Fee: \$15/child (adult included)

Code: 9227

Skateboarding Camp at



Ages 6-16

Designed for beginner to intermediate skaters. Experienced instructors will teach participants tricks like the ollie, kickflip, heel flip, ramp riding and more. For beginners, learn the basics; balance, pushing, skatepark safety and more. All will receive a 2008 skate camp shirt. Participants are welcome to stay after 12:00 for open skate. For more information, visit website: www.3rdlair.com.

Equipment needed: Skateboard and helmet, knee pads, elbow pads and wrist guards. Limited equipment is available at 3rd Lair.

Site: 3rd Lair Skatepark
(850 Florida Ave S)

Time: 9:00 a.m.-12:00 p.m.

Date: Wed-Fri, Oct 15-17

Fee: \$144/lunch \$132/no lunch

Code: ♦9289

Date: Fri, Nov 21

Fee: \$48/lunch \$44/no lunch

Code: ♦9290

Music For Everyone Program *Ages 7+*

Music For Everyone offers music lessons and group activities for students of all ages. The cities of Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth coordinate this program. Resident fee applies to all residing in these cities. Call Anna Shmidov at 763-531-5198 to establish a lesson time.



Private Piano Lessons

Course includes thirteen 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing.

Site: Brookview Community Center

Fee: \$260/Res \$270/Non-Res

Instructed by Ella Gerbuz

Date: Tue, Sep 16-Dec 16 (no Nov 4)

Time: Between 6:00-8:30 p.m.

Code: ♦9291

Instructed by Mila Maron

Date: Wed, Sep 10-Dec 3

Time: Between 3:30-8:30 p.m.

Code: ♦9292

About the Instructors...

Ella Gerbuz has a Bachelor's Degree in Music from the U of M. She's a music teacher in the Minneapolis Public School District and has been teaching MFE piano for 15 years.

Mila Maron has a Bachelor's Degree in Music and a Master's in Arts with an emphasis on Piano. She's a member of MMTA and has been teaching MFE piano for 16 years.

Art Expo *Ages 6-12*

Explore a variety of art materials and 'how to' methods to motivate creativity. Selected authors and artists will be used for inspiration. All materials provided. Select one or both sessions. Instructed by Gin Weidenfeller.

Site: Brookview Comm Center **Time:** 6:30-8:00 p.m. **Fee:** \$20/class

Narnia, Prince Caspian - Tue, Oct 14 - Code: 9287

We'll read excerpts from Narnia, Prince Caspian. Explore a variety of art methods and materials to illustrate the amazing characters and events in the land of Narnia. Make realistic, imaginary or abstract drawings/paintings to capture this exciting story. Study examples from major artists/illustrators for inspiration.

Simply Drawing - Wed, Nov 12 - Code: 9288

Learn how drawing can be simplified. Transform basic shapes to draw 3-D contemporary characters. We'll also explore shape, line and texture to draw realistic faces, animals and nature subjects. Use graphite, colored pencils, pastels, pen/brush/tempera paint to create a portfolio of fantastic drawings.



Guitar Lessons *Ages 10+*

Have fun while learning to play the guitar with Instructor Ellie Borkon. Learn chords and melodies. Each course runs 4 weeks, ½ hour per meeting. Lesson day, time and site need to be arranged with the instructor before registering. Call the Recreation office for instructor's phone number.



Fee: \$65/4-week session

Month: Sep
Code: ♦9320

Month: Oct
Code: ♦9321

Month: Nov
Code: ♦9322

Month: Dec
Code: ♦9323

Drama Club *Ages 8-14*

Our fall Drama Club will continue its long history of exciting productions! The club will develop performance sketches, as well as work on acting technique, costumes and make-up. Final show is Monday, November 17 at 7:00 p.m. All participants must be able to participate in the final performance.

Site: Noble Elementary School

Date: Mon, Sep 22-Nov 17

Time: 6:00-7:30 p.m.

Fee: \$46

Code: 9332

Shoot Some Buckets

Ages 7+ with an adult

Bring an adult and shoot free throws, play one-on-one or just shoot buckets. Many different size balls available. Tennis shoes (no rollers) required. Punch passes can be purchased at Brookview Community Center.

NO TEAM BASKETBALL PRACTICES ALLOWED.

Site: Davis Community Center

Fee: \$10/12-time punch pass or \$1/person/day, pay at door

Available Times:

Dates: Sun, Oct 5-Dec 14

Time: 1:00-3:00 p.m.

Dates: Mon, Oct 6-Dec 15

Time: 6:00-8:00 p.m.

Dates: Sat, Oct 4-Dec 13

Time: 10:00 a.m.-12:00 p.m.

Cardio Kickboxing *Ages 16+*

A fun, exciting workout for men and women that provides overall physical conditioning and toning. Increase your balance, endurance, strength and flexibility through this non-contact, high-intensity cardiovascular workout. Wear loose, comfortable clothing that allows you to move easily.

Site: Hamel (147 Hamel Road, Hamel)

Time: 7:30-8:15 p.m.

Fee: \$59

Date: Mon, Sep 8-Oct 13

Code: 9314

Date: Mon, Oct 20-Dec 1 (No Nov 24)

Code: 9315

Youth Activities continued...



American Red Cross Babysitting Training Course

Ages 11-15

Course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Must be 11 years old by day of class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing;

First Aid: Every babysitter needs to know what to do if an accident happens;

Leadership: How do you have fun with the kids, but stay in control;

Professionalism: What should you ask during a babysitting interview? **Please bring a lunch and snack.**

Site: Brookview Community Center

Date: Sat, Sep 6 **Code:** 9329

Time: 8:00 a.m.-4:00 p.m.

Date: Sat, Sep 13 **Code:** 9330

Fee: \$65

Date: Sat, Sep 20 **Code:** 9331

Etiquette & First Impressions Training Class *Ages 10-16*

Discover the importance of proper etiquette and first impressions. You will learn proper introductions, communication tips, and table manners. You will also learn how to set a formal table setting and be a gracious guest and host. Knowing proper etiquette and how to make a good first impression will benefit you in every situation.

Site: Brookview Community Center

Fee: \$75

Date: Sat, Oct 25

Code: 9316

Time: 2:00-4:00 p.m.



Self Improvement Session *Ages 10-16*

Every child could use a confidence booster! This class will help you discover the gifts and talents that you have. It is very interactive with the instructor and other students. You will have a blast learning tips on how to help improve your self-image.

Site: Brookview Community Center

Fee: \$75

Date: Sat, Nov 8

Code: 9317

Time: 2:00-4:00 p.m.

**These classes offered by Kharisma Finishing School.
Visit www.kharimaschool.com for more information.**

Basketball Winter Warm-up *Grades 2-6*

Looking to improve your skills and fundamentals before the season starts? Offense, defense, dribbling, passing, shooting and sportsmanship are all key elements to basketball. Coach, Ron Behl, will help get you ready for the up coming league using these principals. It is also a great time to learn the game of basketball for the first time. Run in cooperation with Golden Valley/Crystal and Hoopstars.

Grades 2-3

Site: Davis Community Center
(5430 Glenwood Ave, GV)

Date: Tue, Nov 11-Dec 16

Time: 6:00-7:30 p.m.

Fee: \$40 **Code:** 9338

Grades 4-6

Site: Forest Elementary School
(6800 47th Ave N, Crystal)

Date: Mon, Nov 10-Dec 15

Time: 6:00-7:30 p.m.

Fee: \$40 **Code:** 9339



Youth Basketball *Grades 2-6*

This is a recreational basketball league. Most games will be on Saturday afternoons. However, a few weeknight games may be necessary. **Coaches will call team members after January 6th with practice times.** Teams will be formed randomly. Two players may request to be together. Coaches will be assigned with his/her child. There is a limit of two coaches per team. Grade levels may be combined if registration is not sufficient. This program is co-sponsored with the City of Crystal, and includes teams from both cities. Mouth guards are recommended for all participants. **Players must sign up for the grade they are currently in. Participants may play up one level if ability merits the move.**

Practices

Played at Noble Elementary and/or Meadowbrook School beginning mid-January. Day/time will vary due to gym and coach availability.

Games

Played at Crystal Community Center (4800 Douglas Drive) and Davis Community Center.

Date: Sat, Jan 24-Mar 21

Time: Afternoons (TBD)

Fee: \$45

Grade: Boys 2 **Code:** 9333

Grade: Boys 3 **Code:** 9334

Grade: Boys 4-6 **Code:** 9335

Grade: Girls 2-3 **Code:** 9336

Grade: Girls 4-6 **Code:** 9337

HEY PARENTS!

Help get youth basketball off to a great start! Volunteer parent coaches are necessary for the success of this program.

Be a volunteer coach!!

Target Center & Xcel Energy Center Events



The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for upcoming events at both the Target Center and Xcel Energy Center.

Please arrive at least ½ hour early to each event. Participants provide their own transportation and will be notified when tickets are available for pick-up at the Recreation office.

Cirque du Soleil at the Target Center

SALTIMBANCO is a signature **Cirque du Soleil** show with a style that borrows from theatre, dance and music and where spectacular costumes, lighting and make-up take pride of place. During its 14 year tour, there have been more than 4,000 performances before a combined audience of 10 million people. Full of color, amusement and amazement, this is a fun show for the whole family to enjoy! Ages 2+ need a ticket.

Date: Sun, Sep 28
Time: 1:00 p.m.
Fee: \$39 (reserved, section 233)

Deadline: Aug 27 (or until spaces fill)
Code: 9236

Playhouse Disney at the Xcel Center

You're invited to the Mickey Mouse Clubhouse as Mickey plans a spectacular music party for his friends including the Little Einstein's and Rocket; Pooh, Tigger and Darby; along with Handy Manny and his team of tools. Laugh, sing and play along with your favorite Playhouse Disney pals! Ages 1+ need ticket.

Date: Sun, Oct 12
Time: 3:30 p.m.
Fee: \$26 (reserved, section 114)

Deadline: Sep 29 (or until spaces fill)
Code: 9238

2008 Minneapolis Shrine Circus at the Target Center

Presenting the ultimate in exciting entertainment! From the moment the lights go down, you'll thrill to the spellbinding feats of the acrobats and the delightful antics of the Shriner clowns and more. You won't want to miss one exciting moment of this magical family show. Ages 2+ need a ticket.

Date: Sat, Oct 18
Time: 10:30 a.m.
Fee: \$16 (lower level reserved seating)

Deadline: Sep 22 (or until spaces fill)
Code: 9237

Radio City Rockettes at the Target Center

Don't miss the World Famous Radio City Rockettes along with their signature eye-high kicks and precision choreography featured in multiple show-stopping numbers including the legendary "Parade of the Wooden Soldiers" and "New York at Christmas," a dynamic holiday celebration. Families will be delighted and touched as Santa flies high above the crowd, snow falls inside and the true meaning of Christmas comes to life in the awe-inspiring "Living Nativity." Age 2+ need a ticket.

Date: Sat, Nov 8
Time: 3:30 p.m.
Fee: \$49 (upper level reserved)

Deadline: Oct 13 (or until spaces fill)
Code: 9239

Adaptive Programs



REACH is an adaptive recreation program run in cooperation with the cities of Brooklyn Park, Brooklyn Center, Crystal, Golden Valley, Maple Grove, New Hope, Plymouth, Robbinsdale and REACH for Resources. REACH is an agency, which serves individuals with developmental disabilities and their families in the West and Northwest metro area. For more information on these programs or other adaptive programs, call Tara or Becca at 952-988-4177.

Inclusion Facilitators

REACH provides inclusion facilitators for youth and adults who would like to participate in their city recreation programs. We require a minimum of two weeks notice for a successful inclusion.

Leisure Education

This program focuses on leisure awareness and social skill development. Meets weekly to learn and practice leisure and life skills which focus on individual goals.

Northwest Community Support Program

A free service provided by Hennepin County for adults with serious mental illness. Located at 5510 W. Broadway in Crystal. Call 763-535-6069 for more information.

Courage Center

Offers programs for people with physical disabilities of all ages and abilities, including social activities, competitive and recreational sports. Call 763-588-0811 for information.

Adult Activities

Hypnosis For Sleep Problems

Most people experience sleep difficulty at some point in their lives. Self-hypnosis techniques can help! In this class, we will discuss what hypnosis is, how/why it works, and how it feels as it is a natural occurring state of our mind. We will discuss, practice and utilize many different types of self-hypnosis techniques, cues and open eye techniques for ways of going to sleep, as well as address the deeper issues about what might be keeping you up? Instructed by Amy Zilka.

Site: Brookview Community Center
Date: Wed, Sep 24 **Fee:** \$18
Time: 6:30-7:30 p.m. **Code:** 9296



Tuning Forks-What Are They?

They are another form of vibrational healing using sound waves of your ears, bones, tissues and cells. They combine science and sound. They can be used for many things such as increased focus, stress relief and balancing of body, mind & spirit. You will gain an understanding of how, when and for what to use them. There will be forks available for purchase along with handouts.

Instructed by Amy Zilka.

Site: Brookview Community Center **Date:** Wed, Oct 8
Fee: \$16 **Time:** 6:30-7:30 p.m. **Code:** 9294

What are Flower Essences?

How do they work? How can they help humans heal on all levels? How are they made? What types are available? You will learn this, plus walk away with an in-depth understanding of Flower Essences as a very powerful healing agent. There will be test bottles, books and a take home hand-out. Instructed by Amy Zilka.

Site: Brookview Community Center **Fee:** \$16
Date: Wed, Oct 29 **Code:** 9293
Time: 6:30-7:30 p.m.



Solutions Support Group

This group will talk, participate in sharing, as well as offering solutions, of examples of what worked for them with issues of job loss, transitions of any kind, anger, fear, anxiety issues, stress, depression, chronic pain, PTSD's, and addictions. We will go deeper into what might be causing or driving some of these unconscious emotions, as well as actions/non-actions that are not working for you or keeping you stuck. You'll see that you are not alone, and trusting you have power to change. There will be a handout exercise. Instructed by Amy Zilka.

Site: Brookview Community Center **Time:** 6:30-7:30 p.m.
Date: Mon, Nov 17 **Fee:** \$18 **Code:** 9313

About the Instructor...

Amy Zilka

Amy has her M.A. in Psychology/ Psychotherapy and is a Certified Regression Hypnotherapist, Acupuncturist, Herbalist, Reiki I & II Practitioner, Nutritionist, Flower Essence's, Homeopathy and Tuning Forks Practitioner.

About the Instructor...

Cynthia Gilbertson

When it comes to knitting, Cynthia has tried it all—Fair Isle, intarsia, cables lace, socks—and she enjoys sharing what she's learned from her experience. She believes everyone should have the chance to try this hobby.

Introduction to Knitting

If you've never learned, or maybe you have learned and just haven't held a knitting needle in years, this class will get you started. Instructor Cynthia Gilbertson will teach you a variety of basic knitting skills including knitting, purling and changing colors in stripes. By the end of this class, you will be knitting scarves with confidence and have the skills to tackle patterns for simple hats and sweaters. Please bring your own supplies. A supply list is available at Brookview.

Site: Brookview Community Center
Date: Thu, Sep 18-Oct 30 (No Oct 16)
Time: 7:00-8:00 p.m.

Fee: \$35
Code: 9340

Knit a Sweater, or Whatever!

This is a class for knitters who already know the basics and want to expand their skills. If you knew you'd have help every week for four weeks, what would you want to make? A sweater? Socks? Mittens? Whatever it is, this is your opportunity to make it a reality. Bring in the pattern of your choice and your materials and this class will get you started and help you along the way. Instructor Cynthia Gilbertson will be available before the first class for telephone consultation if you need advice about selecting a project.

Site: Brookview Community Center
Date: Thu, Nov 6-Dec 4 (No Nov 27)
Time: 7:00-8:00 p.m.

Fee: \$25
Code: 9341



Yoga & Pilates

Yoga is a time to pause, feel, and tune in.... taking a healing break from our hurried lives. This class of yoga, with a sprinkling of pilates, creates flexibility, strength and healthy posture through a combination of breathing awareness, postures, and a guided relaxation. Appropriate for all levels. Bring a yoga mat and, if you'd like, a small pillow and blanket for relaxation. Instructed by Laura Lazowski.



Site: Brookview Community Center
Date: Tue, Sep 2-Oct 28 (No Sep 9) **Fee:** \$72 **Code:** 9300
Date: Tue, Nov 11-Dec 23 **Fee:** \$63 **Code:** 9301
Time: 5:30-6:30 p.m.

Power Yoga & Pilates

This class consists of breathing awareness, yoga poses, pilates work, light weight work and a guided relaxation. Previous experience with yoga is helpful, however, beginners are welcome to try it out! Bring a yoga "sticky" mat, light hand weights of 1-5 lbs. (optional) and a small pillow and blanket for relaxation (optional). Instructed by Laura Lazowski.

About the Instructor...

Laura Lazowski

Laura is a certified yoga instructor and teaches in the hatha yoga style. She has practiced yoga for 25 years.

Site: Brookview Community Center
Date: Tue, Sep 2-Oct 28 (No Sep 9) **Fee:** \$88 **Code:** 9302
Date: Tue, Nov 11-Dec 23 **Fee:** \$77 **Code:** 9303
Time: 6:40-8:10 p.m.

Digital Photo Organization

Are all of your digital photos stored in your camera or in a file on your computer? This new software is your one-stop photo library and digital workshop. Learn how to import your images from a scanner, digital camera or existing files, then edit and enhance your photos with color correction, red eye, cropping and more. You will learn how to design layouts, print your photos and share your images via email. Supply fee of \$45 (paid to instructor at class) is for the software. **Bring your laptop computer and digital photos to class. We will load the software onto your laptop.**

Site: Brookview Community Center **Fee:** \$15
Date: Tue, Sep 16 **Code:** 9225
Time: 6:30-9:30 p.m.



Digital StoryBook

Create your own bound, hard-back book that shows off your digital photos. In this hands-on class, you will load StoryBook Creator software onto your laptop, select from several themes and then drag and drop your images into themed "pages". Edit your photos, add journaling and select the font color to match your photos. Later at home, you will upload your StoryBook to have it printed and mailed to you. Materials fee of \$39.95 (paid to instructor at class) gets you the basic 20 page book. Add tax, shipping and any additional pages when you place your order online. **Bring your laptop computer with photos loaded or on a CD.**

Site: Brookview Community Center **Time:** 6:30-9:30 p.m.
Date: Thu, Oct 16 **Fee:** \$15 **Code:** 9226

About the Instructor...

Barbara Tillman

Barbara has been working in technology for 10+ years and a Creative Memories consultant for 3+ years helping customers preserve their memories in traditional albums and digital albums. She believes it is important to preserve your digital photos as well as your traditional photos.

Power Sort & Organize Your Photos

Instructed by Barbara Tillman, this class is designed to teach you how to sort and organize years worth of photos. We'll start assessing what you have, assigning categories and labeling dividers. Then, you'll get started with the process you can continue at home. A materials fee of \$40 (pay to instructor) gets you an organizing box that is flexible, easy to use and photo safe. Bring sticky notes, paper, pencil with eraser and your photos.

Site: Brookview Community Center
Date: Wed, Nov 19
Time: 6:30-9:00 p.m.
Fee: \$15
Code: 9228

Yoga

A gentle, non-religious approach to Yoga taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Site: Brookview Community Center
Date: Tue, Oct 7-Dec 9
(No Nov 4 & 11)
Time: 11:00 a.m.-12:00 p.m.
Fee: \$56
Code: 9298

Pilates-Inspired Workout

This beginner friendly class, taught by Annette Fragale, is a workout that will lengthen your muscles, relax your joints, build better posture and strengthen your entire body. Bring a small pillow/towel, and a mat.

Site: Meadowbrook School Cafeteria
Date: Mon, Oct 6-Dec 1
Time: 6:30-7:30 p.m.
Fee: \$63
Code: 9299

Adult Activities continued...

Hoop it up!

If you have never been able to keep a hula-hoop up and spinning, this fun-filled class guarantees results along with a fantastic workout. You will be stretching, strengthening, and toning your entire body. Hoops are provided and can be purchased. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Wed, Sep 17
Time: 6:30-7:30 p.m.
Fee: \$12
Code: 9297

About the Instructor...

Annette Fragale

She is a member of the National Teachers Association and Country Western Line Dance Association. She's certified with NDEITA, ACE, Stott Pilates and more. Annette is also Host/Producer of the popular cable TV show "Yoga on the Go!"



Beginning Belly Dancing

Have you always wanted to learn to belly dance? Come learn this beautiful and exotic dance form instructed by Tatyana Butkova. Be prepared to have fun while enjoying a low impact workout. Wear comfortable clothing and bring a scarf.

Site: Brookview Community Center
Time: 7:00-8:30 p.m.
Fee: \$56/session
Date: Thu, Sep 4-Oct 23 (No Sep 11) **Code:** 9305
Date: Thu, Oct 30-Dec 18 (No Nov 27) **Code:** 9306

Intermediate Belly Dancing

Instructor Tatyana Butkova will expand on the basics for more challenge and fun! Previous belly dance experience required.

Site: Brookview Community Center
Fee: \$64/session

Saturdays

Time: 10:30 a.m.-12:00 p.m.
Date: Sat, Sep 6-Oct 25 **Code:** 9307
Date: Sat, Nov 1-Dec 20 **Code:** 9308

Mondays

Time: 7:00-8:30 p.m.
Date: Mon, Sep 8-Oct 27 **Code:** 9309
Date: Mon, Nov 3-Dec 22 **Code:** 9310

About the Instructor...

Tatyana Butkova

Tatyana has been studying the art of belly dancing since 2002. In January 2004, she began studying at Cassandra School of Belly Dance and in 2006 joined Jawaahir Dance Company. In spring 2007, Tatyana started her teaching career by teaching classes at Cassandra School.

No-Stress Basic Chess For Adults - Level 1

This course will cover the basic moves and terminology of chess; mini games which make the full game easy to learn and some sneaky chess moves. Professional Chess Teacher Ms. Daa has been teaching chess for over 25 years. Ms. Daa has specially designed this course as a no-stress, slow-pace, pleasant experience. Resident fee applies to New Hope, Crystal, Golden Valley and Robbinsdale. *Deadline to register is October 22.*



Site: New Hope Ice Arena (4949 Louisiana Ave N)
Date: Wed, Oct 29-Dec 10 (No Nov 26)
Time: 11:30 a.m.-12:30 p.m.
Fee: \$25/Res \$30/Non-Res
Code: 9229

About the Instructor...

Dean Constantine

Dean has been teaching Swing & Social Ballroom Dance for over 30 years. In 2006, Dean was awarded the USA Dance Minnesota Lifetime Achievement Award.

Swing & Social Ballroom Dance for Beginners

Instructed by the Twin Cities' leading dance instructor Dean Constantine and his daughter Deanne. They will give you an introduction to Social Ballroom, 50's Lindy Swing, Latin, Salsa and Polka. Walk-ins welcome. Free repeat lessons for two months. Have questions or interested in intermediate lessons? Call Dean at 952-938-8583 or 952-476-4044.

Site: Brookview Community Center
Date: Sun, Nov 16-Dec 7
Time: 7:30-9:00 p.m.
Fee: \$50/person
Code: 9304

Tae Kwon Do

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

Site: Beacon Academy
(12325 Hwy 55, Plymouth)
Time: 6:00-6:45 p.m.
Fee: \$59

Date: Tue, Sep 9-Oct 14
Code: 9261

Date: Tue, Oct 21-Dec 2 (No Nov 25)
Code: 9262

Adult Basketball League

The season runs from mid-November through February. Games are played on Wednesday nights at Sandburg Middle School, with some possible Friday games. For information and/or team registration materials, call the Recreation office at 763-512-2345.

Davis Community Center Adult Open Gyms

All levels are welcome to participate. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times listed below. Basketballs and volleyballs are provided.

Fee: \$20/10-time punch pass or \$3/pp daily, pay at door

Adult (18+) Open Basketball

Date: Wed, Sep 3-Dec 17

Time: 8:00-10:00 p.m.

Date: Sat, Sep 6-Dec 27

Time: 8:00-10:00 a.m.

Over 40 Open Basketball

Date: Mon, Sep 8-Dec 29

Time: 8:00-10:00 p.m.

Adult (18+) Open Volleyball

Date: Tue, Sep 9-Dec 30 (No Nov 4)

Time: 8:00-10:00 p.m.

Date: Thu, Sep 11-Dec 18 (No Nov 27)

Time: 8:00-10:00 p.m.

Date: Sun, Oct 5-Dec 21

Time: 3:00-5:00 p.m.



Walk Program

Walking is one of the best forms of exercise and can be done indoors at Crystal Community Center or Sandburg School. For Crystal, call 763-531-0052 and for Sandburg call 763-512-2345 to receive an information packet and schedule. Black soled shoes not allowed at Crystal.

Crystal Community Center

Monday-Friday
10:00 a.m.-2:00 p.m.



Sandburg School

Monday-Thursday, Sep 15-May 15
5:30-8:30 p.m.

Golden Valley Senior Citizen Program

Open to all residents of Golden Valley, 55 years and over
Senior Office: 763-512-2339

Senior Center

The Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, volunteer for the senior program, and register for events, trips and other activities. All programs are held at Brookview Community Center unless noted.



Other locations include:

- Calvary Center Cooperative7600 Golden Valley Road
- Calvary Lutheran Church7520 Golden Valley Road
- Country Villa Assisted Living.....7475 Country Club Drive
- Dover Hills Midrise.....2400 Rhode Island Avenue North

2008 Annual Membership Donation

Golden Valley Senior events are open to individuals age 55 and older. Your donation is good for the year and will allow you to receive the bi-monthly Senior Newsletter. It also helps to support the senior program and offset some of the cost for producing and mailing the newsletter to your home.

Date: January 1-December 31, 2008

Fee: \$5 per person

Code: 8746

Thanks for your support!

Senior Special Programs

Happy Feet Foot Care Clinic

This foot care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment from 9:00 a.m.-1:00 p.m. *If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*

Site: Brookview Community Center

Date: Tue, Sep 16, Oct 21, Nov 18 & Dec 16

Time: 9:00 a.m.-1:00 p.m.

Fee: \$30 (Payable to Happy Footcare, Inc. and due at time of service)



Blood Pressure Screening

FREE Service provided by Jane and the Ambassador Good Samaritan Home Health Nurses. Bring your blood pressure card to be updated.

Site: Brookview Community Center

Date: Wed, Sep 24, Oct 22, Nov 26 (No screening in Dec) **Time:** 11:00-11:30

Senior Special Programs continued...

Getting You Through the Medicare & Medigap Maze

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? George will meet with you one-on-one to answer your questions, assist you with insurance forms or guide you through supplemental or Part D insurance. He'd love to work with you!

Site: Brookview Community Center

Date: Tue, Sep 9, Oct 14 and Dec 9 (*No meeting in Nov*)

Time: Appointments scheduled at 9:00, 10:00 or 11:00 a.m.

Senior Special Events

Golden Tones Chorus Kick-off

WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 a.m. in the music room at Calvary. We perform monthly at local care centers and senior centers. Proven fact - Singing and laughing can add years to your life!

Site: Calvary Lutheran Church

Time: 9:45 a.m.

Date: Thu, Sep 11



Robbinsdale City Band Holiday Concert

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. Five Cities Transportation available for this event.

Site: Crystal Community Center
(4800 N. Douglas Dr, Crystal)

Time: 7:00 p.m. Refreshments
7:30 p.m. Concert



Whittling and Wood Carving Group Kick-off

Always been interested in whittling or wood carving? Milt Hill has offered to teach the basics to get you started and get the group going. No experience necessary and all abilities welcome. Carving and whittling is a fun, relaxing, creative outlet. If you have them, bring your own carving tools and project. Otherwise, a starter project for a wooden spoon can be purchased for a small fee. A limited amount of carving tools will be available for use at the first meeting. Please let us know when registering if you need a spoon blank and/or need to borrow tools for the kick-off from Milt. Call the Senior office to register by September 12th.

Site: Brookview Community Center

Time: 9:00 a.m.-12:00 p.m.

Date: Wed, Sep 17

Fee: Donation for refreshments



Golden Valley Orchestra Holiday Concert

The Golden Valley Orchestra, under director Tom Schneller, is excited to be sharing their holiday repertoire along with some of their favorite musical pieces. Join us for refreshments prior to the concert.

Site: Calvary Center Cooperative

Time: 7:00 p.m. Refreshments

Date: Mon, Dec 15

7:30 p.m. Concert

Fee: Donation for refreshments

“Maintain Your Brain: How to Live a Brain Healthy Lifestyle”



This presentation will cover how to improve the way our brains work and how we can potentially lower our risk of developing Alzheimer's disease. The following areas will be addressed: The Brain: How it works and changes with age; The Body: How the heart and brain are connected; The Person: How social connections and emotional health affect your brain. Co-sponsored by the Alzheimer's Association, Golden Valley Library and the Golden Valley Seniors. Register by calling the Senior office by November 17th.

Site: Golden Valley Library
(830 Winnetka Ave)

Date: Wed, Nov 19

Time: 6:00 p.m. Refreshments
6:30 p.m. Presentation

Fee: Donation for refreshments

Holiday Tea

You are cordially invited to High Tea. The afternoon begins with tea and a musical performance by Kathy Mahoney. Petite sandwiches and deserts will be served. Ladies, wear a festive hat and gentlemen a festive tie and be eligible for prizes. Bring your own tea cup and saucer to add to the fun. Five Cities Transportation available for this event. Fee includes entertainment and refreshments.

Site: Brookview Community Center

Date: Fri, Dec 12

Time: 1:00-2:30 p.m.

Fee: \$6 - pay by Dec 5

Code: 9343



Senior Classes

Oil Painting Class

Looking for a creative outlet? Instructor Betty Thompson will teach you to paint pictures in oil or watercolors. Classes are small to allow for individual help. Students need to bring all supplies. Call the senior office for a list of supplies. Punch cards for this class may be purchased in the Recreation office at Brookview.

Site: Brookview Community Center

Time: 9:30-11:30 a.m.

Date: Mondays, continuous

Fee: \$37/6-time punch pass

Intermediate Bridge

Made for the player who has basic knowledge of the game, sharpen your skills with these 8-week intermediate classes. Instructed by Dick Welander.

Site: Brookview Community Center

Date: Fri, Sep 5-Oct 24

Time: 9:00-10:30 a.m. **Code:** 9221

Time: 10:30 a.m.-12:00 p.m. **Code:** 9222

Fee: \$29



FREE

Let's Play Euchre

Learn the fastest game in town in less than 30 minutes! If you have played 500, Iola guarantees you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game.

Site: Brookview Community Center **Date:** Thu, Sep 18 **Time:** 12:30-1:00 p.m.

Yoga

A gentle, non-religious approach to Yoga taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Site: Brookview Community Center

Date: Tue, Oct 7-Dec 9 (No Nov 4 & 11)

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

Fee: \$56

Code: 9298

**See Adult Section
for other great
class offerings!**



Defensive Driving 4-hour Refresher Course

Register in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call the Minnesota Safety Council at 651-291-9150 for information about these courses.

If you have taken the 8-hour course, save up to 10% discount for 3-years on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving refresher course. No tests are given but attendance is required to receive the certificate of completion.

Site: Brookview Community Center

Time: 9:00 a.m.-1:00 p.m.

Date: Thu, Sep 11, Oct 9, Nov 13 or Dec 11

Fee: \$16/person

Senior Special Interest Groups

Remember When...? with Jan

We all have special memories and we usually start by saying "remember when?....." Let's go back and enjoy that time in our life with our friends.

Site: Dover Hill Midrise

Time: 1:00 p.m.

Thursday, September 25

Remembering Music

Thursday, October 23

Remembering Elections

Thursday, November 20

Remembering Fall Traditions

Thursday, December 18

Remembering Winter Holidays

Armchair Travelers

Explore new lands without leaving the comfort of your neighborhood. New travelers welcome! Refreshments will be served. Register at least one day in advance by calling the Golden Valley Senior office.

Site: Country Villa Assisted Living

Time: 2:00 p.m.

Thursday, August 14

Norway

Thursday, September 18

Geology of the Colorado Plateau

Thursday, November 20

To be determined

Card & Game Groups

New players always welcome!

Open Bridge

Thursdays at 7:00 p.m.

Fridays at 9:00 a.m.



Cribbage

2nd & 4th Tuesdays at 1:00 p.m.

Dominoes

Mondays at 1:00 p.m.

Euchre

Thursdays at 1:00 p.m.



500

Wednesdays at 1:00 p.m.

Senior Special Interest Groups continued...

Coffee Talk

Join us on the fourth Wednesday of the month for juice, sweet rolls, donuts, informative programs and, of course, coffee! Call the Senior office at 763-512-2339 to register in advance.

Site: Brookview Community Center **Time:** 9:45 a.m.

Fee: \$2 - pay at the door



Words to the Wise - Wednesday, September 24

Whether you live in your home or an apartment - are you prepared? Do you have an emergency plan? What happens if I call 9-1-1? Steve Baker, Fire Educator, will be here today with information and tips for keeping you safe and what to do in an emergency. Register by September 22nd.

You Can Help Me? - Wednesday, October 22

Seniors who wish to remain living in their homes as they become frailer may be eligible for programs that help pay for community-based services. Learn about programs and resources at this informative presentation by Hennepin County's Human Services and Public Health Department. Register by October 20th.

The Golden Tones Chorus

This chorus, organized in 1977, practices on Thursdays at 10:30 a.m., September to May, at Calvary Church, 7520 Golden Valley Road. Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursday afternoons for local senior centers, care centers, civic organizations and churches. The finale is "Spring Sing" held in May, performing with area senior choruses. Interested in joining? Call the senior office or join us any Thursday.

Whittling and Wood Carving Group



No experience necessary. All abilities welcome. Bring your own project and tools. Whittling and carving is a fun, relaxing and creative hobby. Come join us!

Site: Brookview Community Center

Date: Wednesdays, begins Sep 24

Time: 9:00 a.m.-12:00 p.m.

Fee: Donation for refreshments

Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Hear speakers from companies dealing with finances and investments present information for today's investor.

Site: Brookview Community Center

Time: 10:00-11:00 a.m.

Thursday, September 18 **How to Follow Your Investments with Systems and Disciplines**

Presented by Larry Klick.

Thursday, October 16 **Health Insurance Planning for Retirement**

Presented by Heidi Michaels.

Thursday, November 20 **Probating an Estate**

Presented by Elizabeth Michalis, Guardian Counsel Law Office.

Thursday, December 18 **Holiday Social and 2009 planning meeting.**



Living Wise and Well



It's a fact—people are living longer, healthier lives. This FREE program offers information each month for a happy, healthier you.

Site: Calvary Cooperative Center

Time: 1:00 p.m.

Fee: Donation for refreshments

Thursday, September 4 - Five Wishes

The *Five Wishes* document helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms because it looks to all of a person's needs: medical, personal, emotional, and spiritual. It encourages you to discuss your wishes with your family and physician. *Five Wishes* is changing the way America talks and plans for care at the end of life. Go through this document with Jeanne McGill, Certified Planner.

Thursday, October 2 - Be Safer and Independent In Your Home

As we age, it may be more difficult to open food jars, to grab food from the shelf and bend over to pick up items on the floor. Today, learn about devices that can make life a little easier and help you with everyday tasks. Presented by Jane Pate. Four Day Medical Supply.

Thursday, November 6 - All You Ever Wanted to Know About Hospice

Jan and Libby from Methodist Hospital Hospice will present a slide presentation on the basics of hospice care and philosophy. This presentation will answer our questions on the services, philosophy, and care involved when someone enters a hospice program.

Thursday, December 4 - Fun and Healthy Foods for the Holidays

Gina from VOA is back with information on making your favorite holiday foods lighter and healthier. Knowing Gina, she'll have a couple of delicious recipes to share.



Mondays with Mary

Join Mary on Mondays at 9:30 a.m. to make door decorations, greeting cards, party favors, stuff envelopes for City Hall and more. 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—you bring your time and talent. "The more the Mary-ier!"

Pedal Pushers Bicycle Group

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 a.m. and then bike 6-12 miles, stopping along the way for short breaks to enjoy the scenery and each other. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to receive specific meeting locations.

Tuesday, September 9 - Mendota Heights

Tuesday, September 30 - Lake Rebecca

The "Mary Wanderers" Trip Program

The "Mary Wanderers" trip program includes one-to-three day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations are taken with Visa or MasterCard only. Please use the trip code number and designate your pick-up location when registering.

PICK-UP LOCATIONS:

You must designate a pick-up when registering for one-day trips.
Covenant Village • Calvary Co-op/Apts • Golden Valley City Hall

Northfield, Minnesota Friday, September 12

We arrive in Northfield to meet with a local guide. Then drive through downtown to the campuses of St. Olaf and Carleton College, where we will have lunch. After lunch, tour the Northfield Historical Society Museum, home of the famous bank raid by the James-Younger Gang. Before leaving Northfield there will be time to browse the museum or shop the downtown area.

Code: ♦8803

Fee: \$41

Register By: Monday, August 25

Pick-ups Begin: 8:40 a.m.

Approx Return: 4:30 p.m.

Fall Colors by Bus and Train Thursday, October 2

The historic Wisconsin Great Northern Railroad recreates the atmosphere of rail travel using rebuilt cars from 1912-1918. Lunch will be held in the dining car. Menu: Chicken Cordon Bleu, Rice Pilaf, California mixed vegetables, dinner roll, cookie and coffee or lemonade. After lunch sit back and enjoy the beautiful fall colors.

Code: ♦8804

Fee: \$69

Register By: Wednesday, September 3

Pick-ups Begin: 8:55 a.m.

Approx Return: 5:30 p.m.

Washington D.C.

Thu-Mon, October 16-20

Our historic Washington DC tour with Mary Odell includes: round trip air service, Super Shuttle service to and from the airport, four nights lodging at Hotel Washington, Washington DC licensed tour guide, attractions – National Air and Space Museum, guided walking tour along the Mall, riding tour of DC, WWII Memorial, FDR Memorial, tour Arlington National Cemetery, tour Mount Vernon, Illuminated Tour, National Cathedral, All day ticket on the sightseeing tram. Included meals are four breakfasts and three dinners. **NOTE: Airlines and other transportation providers may impose a fuel surcharge without advance notice.**

Code: ♦8764

Fee: \$1,595/person for double room, \$2,100/single

Deposit: \$500 due by Fri, Aug 8

Final Payment: Due Thu, Aug 28

Geritol Frolics

Friday, October 24

First stop, Baxter MN, at the Christmas Point Wild Rice Company, a family-owned and operated store that features products from Minnesota's north woods. Lunch will be at the Prairie Bay Restaurant for a wonderful meal of Smoked Chicken Salad Wrap with baby mixed greens, cup of soup, beverage and a small sweet treat. Then off to the Franklin Arts Center in Brainerd for the 50th production of the "Geritol Frolics 2008". This variety show features a cast of 50 and a live orchestra all over the age of 50! We'll stop on the way home to stretch your legs and get a snack (on your own).

Code: ♦8805

Fee: \$59

Register By: Wed, October 1

Approx Return: 7:00 p.m.

Pick-ups Begin: 8:55 a.m.

“Mary Wanderers” Trip Program continued...

Mystery Outing Thursday, November 13

Shh! Wish we could tell you where we are going—it’s a “mystery” with a lunch of Marinated Sirloin Steak, Salad, Red Skin Mashed Potato, Honey Glazed Carrots, dessert, coffee or tea served in a National Register of Historic Places. The home was built in 1893 and after our two-hour luncheon you will have time to look around the property surrounded by woods and 600 feet of lakeshore.



Code: ♦8806

Fee: \$52

Register By: Thu, October 20

Pick-ups Begin: 8:55 a.m.

Approx Return: 4:30 p.m.

Meandering with Mary Friday, November 21

The Minnesota History Center is hosting “Vatican Splendors” a display of over 200 extraordinary works of art and historical objects from the Vatican and Vatican museums. Lunch follows with a quick snack stop on our way home. Fee includes exhibit and museum admission, bus transportation and escort. Lunch/snack on your own.

Code: ♦9224

Fee: \$22

Register By: Wed, October 15

Pick-ups Begin: 9:15 a.m.

Approx Return: 3:00 p.m.

Branson Holiday Tour Tue-Sat, December 2-6

Visit this beautifully decorated city for a “knee-slapping” good time with Mary Odell. Our tour includes: Dolly Parton’s Christmas at Dixie Stampede, Presley’s Country Jubilee, Branson Landing Shopping, Noah The Musical at Sight & Sound Theater, Broadway Spirit of Christmas featuring the Osmond Family, An Old Time Christmas at Silver Dollar City, Yakov Smirnoff, and a Harry Truman guide in Independence, MO.

Code: ♦8765

Fee: \$895/double room, \$1,125/single

Deposit: \$200 due by Thu, Oct 2

Final Payment: Due Thu, Oct 23

Holiday Humor and Lights Tour Tuesday, December 9

We’re heading east to the Heyde Center for the Arts in Chippewa Falls Wisconsin for the final performance of the *Jail Baiters Comedy Show*. These seven exceptional musical-variety performers are a little Lawrence Welk, a little “Hee Haw” with some Frank Sinatra and Statler Brothers thrown in for fun. After the performance, we’ll enjoy a home cooked meal before going through Irvine Park with its 100,000 lights and 100 illuminated displays that comes alive with color and light.

Code: ♦8807

Fee: \$61

Register By: Tue, October 21

Pick-ups Begin: 11:25 a.m.

Approx Return: 8:00 p.m.

Senior Special Destination Trips with Five Cities Transportation 763-531-1259

Bus pick-ups available in each city. All costs are on your own. The Five Cities fare for the Special Destination trips is \$8 cash or two punches from a pass card. Pass cards are available from the drivers for the cost of \$12/4 ride pass and \$24/8 ride pass.

Brunch Bunch

Join us as we lunch together at a local restaurant on the fourth Tuesday of the month. Call Five Cities for exact bus pick up times and locations.

Tuesday, September 23

Dock Café in Stillwater

Tuesday, October 28

Cecil’s Deli in St. Paul

Tuesday, November 25

Pippin’s in Roseville

Forum & the Fork

Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. We will be going to lunch after the forum (cost on your own). Register at least one week in advance. Bus leaves Golden Valley City Hall at 11:00 a.m.

Thursday, September 11

Nancy Ossey, Director,
International Medical Corps

Thursday, September 25

Jack Nelson-Pallmeyer,
Professor and Author

Thursday, October 16

Robin Wright, Journalist

Thursday, October 30

Hector Tobar, Journalist

Thursday, November 13

SAVE THE DATE!

May 10-17, 2009 - Springtime in Kentucky

Call Five Cities for these Special Destination Trips 763-531-1259

Local Motion

Friday, September 12 - Mpls. Institute of Arts - "Hail to the Chief" Exhibit
Bus leaves Golden Valley City Hall at 11:00 a.m. and returns around 2:30 p.m.

Friday, October 3 - Minnesota History Center - "Vatican Splendors"
Cost for the trip is \$15, plus lunch and bus fee. Register with Crystal Recreation at 763-531-0052 by September 2nd. Bus leaves Golden Valley City Hall at 9:30 a.m. and returns around 2:30 p.m.

Nature of Things

Friday, September 19
Minnesota Landscape Arboretum

Register with Five Cities by Friday, September 12th. **NOTE:** Admission to the Arboretum is \$5. If you are a member of the Arboretum, please bring your member card for free admission. We will enjoy a trip around the three mile driving loop, giving us a beautiful scenic drive of flowers, shrubbery and the "Treeology" exhibits. Enjoy lunch (on your own) at the Oswald Visitor Center Restaurant. As we leave, we will stop by the Apple House for apple sampling. Bus leaves Golden Valley City Hall at 9:30 a.m. and returns around 2:30 p.m.



Seniors in Mind

Hosted by the Minnesota History Center with lunch at Café Minnesota (cost on your own) following lecture. Bus leaves Golden Valley City Hall at 9:35 a.m. returning around 2:30 p.m.

Tuesday, September 9
Churches of Minnesota with photographer Doug Ohman

Doug Ohman has traveled to every corner of Minnesota to document the most evocative church structures of present and past. He'll share stories and showcase his most exquisite interior and exterior photos with a broad range of architecture.

Vivace! Afternoon Concert Series

Join us for a FREE concert at a local venue. Following the concert, we will dine at a local restaurant (cost on your own). Bus leaves Golden Valley City Hall at 11:00 a.m. and returns around 2:30 p.m. for each outing.

Thursday, October 23 - Concert at the Landmark Center, lunch at Anita's

Friday, November 7 - Concert at MacPhail Center for Arts, with lunch at Milda's

Senior Community Information

Five Cities Transportation Program - 763-531-1259

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, social outings, and senior events. Make your reservation at least 24 hours in advance. If you need assistance boarding or exiting or need to use the lift, let the driver know. **FARE:** The suggested fare is one punch from your punch pass or \$4 cash. The fare for Special Destination trips is two punches from your punch pass (\$6) or \$8 cash. Punch pass cards may be purchased from the driver for \$12 (4 rides) or \$24 (8 rides) with cash or a check made payable to Laidlaw Bus Company. Call Monday-Friday, 8:00 a.m.-3:00 p.m.

PRISM Express

763-529-1252

Curb-to-curb transportation service to residents of Golden Valley. Donation of \$5 per round trip is suggested. Call for information or to schedule a ride at least three working days in advance, Monday-Friday, 9:00 a.m.-3:00 p.m.

Senior Dining

612-269-8462

Delicious noon meals at Calvary Church for seniors age 60+. The meals are tasty and eating with friends is what makes this a great program. A donation of \$3 is requested, but no one will be denied a meal. Call Wayne at 612-269-8462 from 8:30-11:30 a.m. for reservations and a menu.

Dinner At Your Door

763-531-1183

Volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:30-11:30 a.m. for information. Menus are available.

HOME Northwest

763-450-4311

Household chore and maintenance services for seniors age 60 and older. The program matches skilled workers with those who need help.

LinkVet - New Hotline for Veterans - 1-888-546-5838

This toll-free hotline provides referrals, crisis intervention and counseling for veterans and their families 24 hours a day, seven days a week.

Senior Linkage Line

1-800-333-2433

Call us first with your questions. Trained staff and volunteers have access to local, state and national information. If they cannot answer your question, they will find the number of someone who can.

Brookview Community Center

Host Your Next Special Gathering at Brookview

Nestled in the tranquil setting off Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people. It is available for rent by individuals, businesses or community groups. If you plan to serve alcoholic beverages, service must be provided by our beverage service, Complete Beverage. All food must come from a licensed caterer.



Parties and/or social events with under 75 people may rent the facility at an hourly rate, for a maximum of 5 hours. Reservations can be made 3 months in advance. Groups with more than 75 people will be charged a flat rate which allows up to 12 hours of use. For parties and/or social events, we require a \$500 refundable damage/policy compliance deposit. Private industries and/or commercial users may also use the facility at an hourly rate.

To make a reservation, you must submit an application along with a \$200 deposit, which will be applied to the rental fees. For a complete rental packet, visit our website at: www.ci.golden-valley.mn.us or call the Recreation office.

Brookview Grill

The Grill's warm and comfortable atmosphere make it a perfect setting for business retreats, training seminars, meetings or private gatherings, such as receptions, showers, holiday, birthday or retirement parties. The view from the Grill's wall of windows is spectacular in any season, overlooking the fairways and greens of one of the Twin Cities most beautiful golf courses. Its tranquil setting and pleasant ambiance is enhanced by its convenient central location, west of Winnetka Avenue, between I-394 and Hwy 55.

Brookview Grill also offers a variety of services, including beverage service and limited catering. Food service includes continental breakfast, box lunches, appetizers, desserts and beverages.

For more information about the Brookview Grill and rental opportunities, contact the Brookview Golf Course administrative office at 763-512-2305.

Capacity: 70 people

Rental Fee: \$25 per hour for Golden Valley residents or organizations; \$35 per hour for non-residents; and \$45 per hour for businesses, plus set-up and clean-up charges.

Availability: Mid-November thru Mid-March. Reservations can be made up to 12 months in advance.

Services: Limited catering; customized room set-ups.

Details: Licensed caterer required; Hot or cold non-alcoholic beverages and 3.2 beer MUST be purchased from the Grill. All other service of hard liquor must be provided by the City's contracted beverage provider.

Brookview Park Picnic Shelters

Groups and individuals may plan neighborhood, family or company picnics at the Brookview Recreation Complex (southwest corner of Hwy 55 & Winnetka Ave).



Reservations

Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard.

Times Available

11:00 a.m.-4:00 p.m. and/or 5:00 p.m.-Dusk. Dates are available beginning mid-April through the first week of October.

Fees

Large Shelter

Holds up to 100 people
Resident - \$75 Non-Resident - \$85

Small Shelter

Holds up to 50 people
Resident - \$60 Non-Resident - \$70

Serving beer or wine?

A permit fee of \$8 is due and payable at the time of reservation.

Equipment

Picnic play equipment is available for rent. Reserve equipment three days in advance, and return within 72 hours after check-out. Call Recreation office for available equipment and fees.



General Information

Adopt-A-Park

Adopt-A-Park is a public service program for volunteers to assist the City in keeping parks beautiful. Adopt-A-Park is open to community groups, civic organizations, churches and individuals for a minimum of two years. For information, please call Park and Recreation at 763-512-2345.



Special thanks to our many faithful volunteers!

Facilities used for Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/Davis Community Center, Doyles Bowling Alley, MN Center for Arts Education. These facilities are handicap accessible. Every effort will be made to accommodate interpretive services if requests are made at time of registration. Requests for interpretive services or printed information can be made by calling 763-512-2345 or TTY 763-593-3968.

Golden Valley Orchestra

The Golden Valley Orchestra provides the opportunity for adults and students to play quality music in an enthusiastic community orchestra. There are openings in all sections: strings, woodwinds, brass and percussion. The setting is non-intimidating and there are no auditions. Rehearsals are held Monday evenings at 7:00 p.m. in the Brookview Community Center, 200 Brookview Parkway. For more information, call Margaret at 612-823-5931.



Registration Information

Registrations are taken at Brookview Community Center

200 Brookview Parkway
Golden Valley, MN 55426



On-line

www.ci.golden-valley.mn.us

Use VISA or MasterCard and your household PIN and Barcode numbers.



In Person

Registrations are accepted at Brookview Community Center during business hours.



Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, MN 55426



Fax

763-512-2344

Available only for VISA or MasterCard payments. Fax registrations 24 hours a day.



Phone

763-512-2345

Pay with VISA or MasterCard during business hours. Please have your credit card ready when calling.

**Registration Begins
Thursday, August 21st**

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows after the registration start date.

Confirmation of Registration

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Cancellations

Refunds will be issued for registrations cancelled prior to the start of the class. Classes may be cancelled or combined if minimum numbers are not met.

Trip Refunds

No refunds will be issued after the registration deadline for any trips involving the advance purchase by the city for tickets and transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

Make checks payable to: *City of Golden Valley*



**REGISTER ONLINE!
IT'S EASY!**

www.ci.golden-valley.mn.us

Stop into Brookview Community Center or call us today to get your household Barcode and PIN numbers to take advantage of the 24/7 convenience of registering online for all your favorite classes.



ACTIVITY REGISTRATION FORM

200 Brookview Parkway • Golden Valley • Minnesota • 55426

Phone: 763-512-2345 • Fax: 763-512-2344

www.ci.golden-valley.mn.us

Park & Recreation Department

Parent/Guardian (if under 18): _____ Home Phone: _____

Address: _____ Work Phone: _____

City: _____ State: _____ Zip: _____ Cell Phone: _____

E-mail: _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies that we should be aware of: _____

ACTIVITY REGISTRATION

Participant's Name	M/F	D.O.B	Grade	Activity Name	Activity Code	Date(s)	Day(s)	Time	Site	FEE

55+ SENIOR TRIP REGISTRATION

Participant's Name	Trip Name	Trip Code	Date(s)	Pick-up Site	Special Requests	Travel Companion/ Roommate Name	FEE

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 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 not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

() Cash () Check # _____

() VISA () MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment: _____

TOTAL DUE: _____

OFFICE USE ONLY

Fee Paid: _____

Date: _____

Rec'd By: _____

CC app. #: _____

Adopt-A-Park

Community Parks

Brookview *Winnetka & Brookview Pkwy*
Mom's Club

Gearty *3101 Regent*
Retired Volunteers

Hampshire *Olympia & Louisiana*
Kirsch Family

Lakeview *Olympia & Hillsboro*
John & Pam Goranson
& Barb Osborne

Lions *Harold & Glenwood*
Jan Motari

Medley *Ensign & 23rd Ave*
Golden Valley Federated
Women's Club

Schaper *Hwy 55 & Ottawa*
Golden Valley Police Reserves

Scheid *Duluth & Toledo*
Cub Scout Pack 350

Wesley (north) *Wesley & Orkla*
Moore/Gasparini Families

Wesley (south) *Plymouth Ave & Orkla*
Jack Stratton

Neighborhood Parks

Glenview *Zenith & Manor Dr*
Elephant Park Book Group

Golden Oaks *Valders & Plymouth*
Kim Stroup, Bursch/Mackey Families

Natchez *201 Natchez*
Hanscom & Dritsas Families

North Tyrol *4300 Sunset Ridge*
Tennant Employees

Seeman *1101 Florida Ave*
Northwest Suburban Optimist Club

South Tyrol *1501 Kaltern Ln*
Allianz

St. Croix *5850 St. Croix Ave*
Covenant Village

Stockman *Adell & Major*
Thompson Family

Sweeney Lake
Hidden Lakes Association

Wildwood *Duluth & Pennsylvania*
Robertson Family

Yosemite *351 Yosemite*
Geving & Palkert Families

Special Use Facilities

Brookview Golf Course
200 Brookview Parkway

Honeywell Little League Area
Louisiana & Sandburg Rd

Nature Areas

Adeline (south end of Adeline Ln)
Mike McHugh - State Farm Insurance

Bassett Creek (north of Duluth)
Tennant Employees

Bassett Creek (south of Duluth)
2130 Zane Ave
Covenant Village

Bassett Creek (west of Wisconsin)
ATS&R Architects & Engineers

Briarwood *2500 Unity*
Girl Scout Troops 2316 & 1670

General Mills Headquarters
Nature Preserve
GMI Grounds Crew

General Mills Research Nature Area
The Gannon's

Laurel Ave (east of Florida)
Laurel & Jersey
Marlene Gimpel & Nanette Hughes

Laurel Ave (west of Florida to Jersey)
John & Pam Goranson
& Barb Osborne

Laurel Ave
(west of Jersey to Pennsylvania)
Jerry & Joan Monson

Mary Hills
Golden Valley Rd & Bonnie Ln
John & Pam Goranson
& Barb Osborne

Pennsylvania Woods
23rd & Rhode Island
Green Party of Senate District 44/45

Rice Lake *4120 Bassett Creek Dr*
Dawidoff Family

Western Ave *Western & Winnetka*
Ilo & Peggy Leppik

City Information

Golden Valley City Hall

Mayor Linda Loomis
City Manager Tom Burt

Council Members: Mike Freiberg,
Paula Pentel, DeDe Scanlon and
Bob Shaffer.

Council meets the 1st and 3rd Tuesday of
each month at 6:30 p.m. at the Golden
Valley Civic Center.

Open Space & Recreation Commission

Chair Jerry Sandler
Vice-Chair Jim Vaughan

Members: Roger Bergman, Ken
Graves, Jim Johnson, Kelly Kuebel-
beck, Bob Mattison, Roger McConico
and Anne Saffert.

Commission meets the 4th Monday of
each month at 7:00 p.m. at Brookview
Community Center.

Park & Recreation Staff

Rick Jacobson
Director of Parks & Recreation

Sue Cook
Recreation Supervisor

Brian Erickson
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Ron Hammer
Park Maintenance Supervisor

Brookview Golf Course Staff

Ben Disch
Interim Golf Operations Manager

Kim Straw
Interim Assistant Golf Manager

Administrative Assistant

Greg Spencer
Greens Superintendent

A Special
THANK YOU
to our Friends
of the Parks!



A TASTE of Golden Valley

Thursday, November 20 • 5:30-8:00 pm
Hosted by the Golden Valley Country Club

Join us for an evening filled with great food, music, and conversation!

Your \$20 donation will include food served by area restaurants and live music. Cash beverage and bar service will also be available.

Raffle tickets will be sold for theme baskets donated by area businesses and residents.

Tickets are available for purchase at City Hall, the Park and Recreation office, or from GVHSF Commission members.

City of Golden Valley

Golden Valley HELP WANTED

- Warming House Attendants
- Youth Soccer Referees

Call today for an application
763-512-2345



BROOKVIEW GOLF COURSE

Is open for great fall golfing!



Call 763-512-2300 for more information.

Golden Valley Golf Classic

Friday, September 12, 2008
8:00 a.m. Shotgun

\$300 per foursome before September 5th
or \$350 after September 5th
or Sponsorship
*Tournament Special: Two foursome for \$500
(must submit registrations together)*

Remit Payment by check to:
Golden Valley Human Services Foundation
Attn: Jeanne Fackler
City of Golden Valley
7800 Golden Valley Road
Golden Valley, MN 55427
763-512-2340

Benefits the
Golden Valley
Human Services
Foundation



Golden Valley Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364
763-512-2345

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Permit No. 1659
Mpls., MN

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY