

Registration begins Thursday, August 19



City of
Golden Valley

Park & Recreation Department

www.ci.golden-valley.mn.us

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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
 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

Monday, September 7 - Labor Day
 Wednesday, November 11 - Veteran's Day
 Thursday & Friday, November 26 & 27 - Thanksgiving
 Thursday & Friday, December 24 & 25 - Christmas
 Friday, 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.



HALLOWEEN FAIRY Ages 1-6 with an adult

As a very special treat Annette Fragale (from the "Magic Book Nook" on cable 19) will be presenting her fabulous "Halloween Fairy" show for youth ages 1-6, along with their parents. She will bring her "spooky" magic, silly stories, funny puppets, great music and lots more fun. Costumes welcomed and get ready for a great time! Resident fee applies to Golden Valley, Crystal and New Hope. *Register by October 18.*

Site: Crystal Community Center
Date: Tue, Oct 26
Time: 10:00-11:00 a.m.
Fee: \$6/Res child, \$9/Non-Res child
Code: 10512



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, Golden Valley & New Hope. Save some money by registering in advance!

Site: Crystal Community Center
Date: Fri, Oct 29
Time: 7:00-9:30 p.m.
Fee: \$5 if paid by Oct 28, \$8 at door
Code: 10513



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 2 and under.

Site: Brookview Community Center
Date: Fri, Dec 3
Time: 6:00-7:30 p.m.
Fee: \$10/Res, \$13/Non-Res, \$5/adult dinner
Code: 10514

MAILBOX TO THE NORTH POLE Nov 29-Dec 17, 2010

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.

PRESCHOOL PLAYTIME Ages 1-5 with an adult

Run, jump, crawl, and have a great time indoors at Brookview Community Center. Adult participation with your child at the different play areas is required. No instruction provided. Pay at the door.

Site: Brookview Community Center
Date: Fri, Sep 17-Dec 17 (No Nov 26)
Time: 10:00-11:30 a.m.
Fee: \$3/child or 10-time punch pass, \$25/Res, \$29/Non-Res



MUSIC, MOM/DAD & ME

Ages 2-3 with an adult

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 re-sources for continued use at home. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center
Time: 10:45-11:30 a.m.
Fee: \$45/Res, \$50/Non-Res

Date: Thu, Sep 16-Oct 21
Code: 10516

Date: Thu, Oct 28-Dec 16 (No Nov 11 & 25)
Code: 10517

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 for over 12 years.

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: \$43/Res, \$47/Non-Res

Monday & Wednesday

Date: Sep 13-Oct 20
Code: 10518

Date: Oct 25-Dec 6 (No Nov 24)
Code: 10520

Tuesday & Thursday

Date: Sep 14-Oct 21
Code: 10519

Date: Oct 26-Dec 14 (No Nov 2, 11, 25)
Code: 10521

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.



**CLASSES HELD AT
BROOKVIEW COMMUNITY CENTER.**

LITTLE PEOPLE OF THE WOODS

Ages 3-5

Folk lore delights in imaging fairies, elves and little people helpers. Fold paper to make a 3-D castle. Cut, paste, draw and paint a picture book of little people and forest animals.

Date: Thu, Sep 16 & 23 **Fee:** \$30/Res, \$34/Non-Res
Time: 11:30 a.m.-12:30 p.m. **Code:** 10596

DRAGON & UNICORN ADVENTURES Ages 3-5

We'll read 'How to Train your Dragon and Dora's 'Flowers for Mami Unicorn'. Draw, paint and collage fire breathing dragons, Vikings, Dora's unicorn, trolls and dancing dragon. Make a picture book and dragon mask.

Date: Thu, Oct 7 & 14 **Fee:** \$30/Res, \$34/Non-Res
Time: 11:30 a.m.-12:30 p.m. **Code:** 10597

PUMPKINS & MASKS Ages 3-6 with an Adult

Paint a scary or funny face on a 'mini' pumpkin, Jack-O-Lantern. Fold, paint, and collage paper to make a friendly mask to greet people.

Date: Wed, Oct 27 **Fee:** \$16/Res, \$20/Non-Res
Time: 6:30-7:30 p.m. **Code:** 10600

SCIENCE EXPLORER Ages 3-5

Make a science picture book. Draw, paint and fold paper to create some of earth's creatures and habitats (ant colony, furry and feathered friends, sharks, jelly fish, and Rain Forest animals/life). Paint a botanical watercolor of a flower.

Date: Thu, Nov 4 & 18 **Fee:** \$30/Res, \$34/Non-Res
Time: 11:30 a.m.-12:30 p.m. **Code:** 10598

THOMAS, POLAR EXPRESS & HOLIDAY ART Ages 3-5

Make a train picture book. Join Thomas the Train to deliver presents and hop on the Polar Express for a midnight ride to the North Pole. Draw, paint and collage trains, forests, wolves, elves, the North Pole and Santa. Make a very special holiday ornament also.

Date: Thu, Dec 2 & 9 **Fee:** \$30/Res, \$34/Non-Res
Time: 11:30 a.m.-12:30 p.m. **Code:** 10599

ALL ABOARD TRAINS Ages 3-6 with an Adult

Help Thomas the Train deliver colorful presents and hop on the Polar Express for a midnight ride to the magical North Pole. Cut 'n' paste, draw 'n' paint trains, forests polar bears, elves and Mr. Santa. Make a holiday train book.

Date: Wed, Dec 8 **Fee:** \$16/Res, \$20/Non-Res
Time: 6:30-7:30 p.m. **Code:** 10601

Art Expo Ages 6-12 Classes

Selected authors and artists will be used for inspiration. All materials provided. Instructed by Gin Weidenfeller.

**CLASSES HELD AT
BROOKVIEW COMMUNITY CENTER
6:30-8:30 P.M.**

Fee: \$36/Res, \$40/Non-Res

SKETCH 'N' DRAW

Date: Wed, Oct 6 & 13

Code: 10551

Learn some basic drawing exercises to enhance skills (i.e. contour, gestural, shading, perspective and observation studies). Explore a variety of drawing tools, paper and styles (realism, abstraction, expressionism). Create a portfolio of sketches and drawings depicting a variety of subjects.

PAINT/DRAW/ COLOR EXPRESSION

Date: Mon, Nov 22 & 29

Code: 10552

Mix/blend color - watercolor, pastels, colored pencils - to create color wheel studies & palettes. Learn traditional and contemporary painting styles, pen/ink wash, color glazing and brush strokes. Create a painting portfolio of still life, land or city scapes, people or animal portraits, etc.



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. Call 763-512-2345 for information.



DADDY & DAUGHTER PRINCESS BALL

Ages 3-9

Join us for an enchanted evening with Once Upon a Star's Cinderella, and her friends Ariel and Jasmine. Princesses and their daddy will enjoy dancing, a snack, a photo and craft project. Adults bring a camera to capture this memorable evening. Register by October 29.



Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

Site: Brookview Community Center
Date: Fri, Nov 5 **Time:** 6:15-7:45 p.m.
Fee per couple: \$21/Res, \$27/Non-Res
Code: 10526

LITTLE TIGERS

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. *Resident fee applies to Golden Valley and St. Louis Park.*

Site: Davis Community Center
Time: 5:30-6:00 p.m.
Fee: \$49/Res, \$53/Non-Res

Date: Tue, Sep 14-Oct 19
Code: 10522

Date: Tue, Oct 26-Nov 30 (No Nov 2)
Code: 10523

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. *Resident fee applies to Golden Valley and St. Louis Park.*

Site: Davis Community Center
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$60/Non-Res

Date: Tue, Sep 14-Oct 19
Code: 10524

Date: Tue, Oct 26-Nov 30 (No Nov 2)
Code: 10525

Tap & Ballet Ages 4+

Students will have fun 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. Instructed by Toni Nelson, who has taught tap and ballet in Golden Valley since 1974, and Nicki Cullen, Toni's Daughter, has been teaching with Toni since 1992.



Site: Brookview Community Center **Session Fee:** \$36/Res, \$40/Non-Res

Session 1 - Sat, Sep 18-Nov 13 (No Oct 23)

Session 2 - Sat, Nov 20-Jan 29 (No Nov 27, Dec 25 & Jan 1)

Session 3 - Sat, Feb 5-Mar 26

BALLET		*Instructor approval required.		
	Time	Session 1	Session 2	Session 3
Beginner (Ages 4-6)	8:00-8:30 a.m.	10530	10531	10532
Intermediate (Ages 7+)	9:00-9:30 a.m.	10533	10534	10535
Advanced*	10:00-10:30 a.m.	10536	10537	10538
Master*	11:00-11:30 a.m.	10539	10540	10541
TAP DANCE				
Beginner (Ages 4-6)	8:30-9:00 a.m.	10527	10528	10529
Intermediate (Ages 7+)	9:30-10:00 a.m.	10542	10543	10544
Advanced*	10:30-11:00 a.m.	10545	10546	10547
Master*	11:30 a.m.-Noon	10548	10549	10550

CHEER AMERICA Ages 4-16

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular 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 program's conclusion, students will perform a group recital. Each student receives a certificate and medal. **Registration at Meadowbrook School on Tuesday, September 21 at the times listed below.**

Registration Date: Tue, Sep 21

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

Site: Meadowbrook Cafeteria

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

Dates: Tue, Sep 28-Dec 14

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

SKATEBOARDING CAMP AT 3RD LAIR Ages 6-16

Designed for beginner to intermediate skaters. Experienced instructors will teach tricks like the ollie, kickflip, heel flip, ramp riding and more. Beginners will learn the basics; balance, pushing, skatepark safety and more. All receive a camp shirt. Stay after 12:00 for open skate. Limited equipment available at 3rd Lair. Visit www.3rdlair.com. **Equipment needed:** Skateboard and helmet, knee pads, elbow pads and wrist guards.



Site: 3rd Lair Skatepark (850 Florida Ave)

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

Date: Wed, Nov 24 **Code:** 10553

Fee: \$44/day

Date: Fri, Nov 26 **Code:** 10554

Science Explorers

Join your friends for the fun of discovery with Science Explorers. Designed for students to learn science and art in a fun, hands-on environment. Dress so you can get messy! Resident fee applies to those residing in New Hope, Crystal, Golden Valley and Robbinsdale.

UNDER THE SEA Ages 4-6

Join Science Explorers as we explore the ocean by discovering dolphins, whales, and more. We will also investigate the difference between fish and mammals, explore the deepest parts of the ocean and more. Don't miss the fun as we journey to the world under the sea. Register by October 4.



Site: Crystal Community Center (4800 Douglas Dr)
Date: Mon, Oct 11 & 18
Time: 6:00-7:15 p.m.

Fee: \$21/Res, \$27/Non-Res
Code: 10555

SENSATIONAL SLIME Grades 1-5

It's time to get mixed up in slimy science! Kids in grades 1-5 can join Science Explorers for experiments that are icky, sticky and sloppy. We will explore the properties of a polymer by making different slimes, including a slime that will glow in the dark. The class is more than hands-on; it's hands in! Come prepared to have fun and get messy. Register by November 17.

Site: New Hope Ice Arena (4949 Louisiana Ave N)
Date: Wed, Nov 24
Time: 1:30-3:30 p.m.

Fee: \$17/Res, \$23/Non-Res
Code: 10556

DRAMA CLUB Ages 7-14

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 Wednesday, November 17 at 7:00 p.m. All participants must be able to participate in the final performance.

Site: Robbinsdale Spanish Immersion
Date: Mon & Wed, Sep 20-Nov 17
Time: 6:00-7:30 p.m.
Fee: \$65/Res, \$69/Non-Res
Code: 10605

AMERICAN RED CROSS BABYSITTING TRAINING

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 11 **Code:** 10557
Date: Sat, Sep 18 **Code:** 10558
Date: Sat, Oct 9 **Code:** 10559
Time: 8:00 a.m.-4:30 p.m.
Fee: \$75/Res, \$79/Non-Res



RINK RAT HOCKEY FOR BOYS & GIRLS

Ages 5-11

This outdoor hockey program for boys and girls consists of two pre-season practices and 8 instructional games. Coaches officiate all games; no goalies, only goal covers. Half of the games are played in other communities: St. Louis Park, Minnetonka, New Hope, Robbinsdale, Plymouth and Crystal. Games will be rescheduled in the

event of cancellations (weather permitting). Schedules will be mailed to all participants the week of December 27. A league jersey and participation award are provided.

Mandatory Equipment: All participants must supply their own hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup (if applicable). *Registration deadline is December 3.*

Site: Wesley Park
Date: Fri evenings and Sun afternoons, Jan 2-Feb 11
Time: TBD
Fee: \$40/Res, \$44/Non-Res

Code: 10602 Ages 5-6
Code: 10603 Ages 7-8
Code: 10604 Ages 9-11

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

HOOPSTARS BASKETBALL CAMP

Grades K-1st

This fundamental camp will allow youth to learn and develop new skills to enjoy the game of basketball. Coach Ron Behl will lead this camp, which is focused on the key elements of the game. Class size will be limited to offer the best in personalized instruction for each player. Run in cooperation with Golden Valley, Crystal and Hoopstars. *Resident fee applies to Golden Valley and Crystal.* Register by October 8.

Site: Davis Community Center
Date: Mon & Wed, Oct 11-27
Time: 6:00-7:30 p.m.
Fee: \$42/Res, \$48/Non-Res
Code: 10562



HOOPSTARS HIGH PERFORMANCE BASKETBALL CAMP

Grades 4-6

The camp is designed for boys and girls in 4-6th grade; who want to push their game to a higher level. Previous Hoopstars Camp experience preferred, but not necessary. Only for the most serious players that are willing to give the extra effort to excel. Camp will consist of 9 hours of total instruction by Hoopstars qualified coaches. Players will be tested on advanced skills during the camp. *Resident fee applies to Golden Valley and Crystal.*

Site: Forest Elementary School
 (5430 Glenwood Ave, GV)
Date: Fri, Nov 5-Dec 17
Time: 6:00-7:30 p.m.
Fee: \$42/Res, \$48/Non-Res
Code: 10563

BASKETBALL WINTER WARM-UP Grades 2-6

Excited for the Crystal/Golden Valley Winter Basketball League? Looking to improve your skills and fundamentals before the season starts? The Winter Warm-up, in cooperation with Crystal/Golden Valley and Hoopstars, is the opportunity you are looking for. Offense...Defense... Dribbling...Passing...Shooting....and Sportsmanship are all key elements to basketball, and our basketball coach, Ron Behl, will help get you ready for the upcoming league. 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. *Resident fee applies to Golden Valley and Crystal.* Register by November 5.

Grades 2-3

Site: Davis Community Center
 (5430 Glenwood Ave, GV)
Date: Wed, Nov 10-Dec 15
Time: 6:00-7:30 p.m.
Fee: \$42/Res, \$48/Non-Res
Code: 10560

Grades 4-6

Site: Forest Elementary School
 (6800 47th Ave N, Crystal)
Date: Mon, Nov 8-Dec 13
Time: 6:00-7:30 p.m.
Fee: \$42/Res, \$48/Non-Res
Code: 10561

HEY PARENTS! Be a volunteer coach!!

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



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. 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 - Noble Elementary and/or Meadowbrook School beginning mid-January. Day/time will vary due to gym and coach availability. **Coaches will call team members after January 4 with practice time.**

Games - Crystal Community Center and Davis Community Center.

Date: Sat, Jan 15-Mar 19
Time: Afternoons (TBD)
Fee: \$47/Res, \$53/Non-Res
(Resident fee applies to those residing in Crystal, St. Louis Park and Golden Valley.)

Grade: Boys 2	Code: 10564
Grade: Boys 3	Code: 10565
Grade: Boys 4	Code: 10566
Grade: Boys 5-6	Code: 10567
Grade: Girls 2-3	Code: 10568
Grade: Girls 4-6	Code: 10569



PRIVATE PIANO LESSONS

Ages 7+

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for 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. 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. Fee includes a recital. Call Anna Shmidov at 763-531-5198 to establish a lesson time.

Site: Brookview Community Center
Fee: \$270/Res, \$280/Non-Res

Instructed by Ella Gerbuz

Date: Wed, Sep 15-Dec 15 (No Nov 24)
Time: Between 5:30-9:00 p.m.
Code: 10574

Instructed by Mila Maron

Date: Tue, Sep 14-Dec 21 (No Nov 23)
Time: Between 3:30-9:00 p.m.
Code: 10573

About the Instructors...

Ella Gerbuz - Ella has a Bachelor's Degree in Music from the University of Minnesota. She is a music teacher in the Minneapolis Public School District and has been teaching piano for MFE for 14 years.

Mila Maron - Mila has a Bachelor's Degree in Music and a Master's Degree in Arts with an emphasis on Piano. She is a member of MMTA and has been teaching piano for MFE for 15 years.

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: \$80/Res, \$84/Non-Res

Month: Sep
Code: 10575

Month: Oct
Code: 10576

Month: Nov
Code: 10577

Month: Dec
Code: 10578

Target & Xcel Center Events

Get tickets for great events! The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great deals for upcoming events. Events are open to children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation.

TICKET PICK-UP: Participants will be notified when tickets are available for pickup at the Recreation office.

2010 MINNEAPOLIS SHRINE CIRCUS AT TARGET CENTER

Saturday, October 2 • 10:30 a.m.

Presenting the ultimate in exciting entertainment, the 2010 Minneapolis Shrine Circus will return to Target Center with another great show! 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. Age 2+need a ticket.

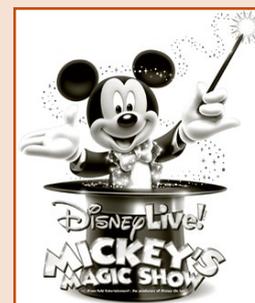
Fee: \$17 (lower level reserved)
Deadline: Mon, Sep 13 or until spaces fill
Code: 10570

DISNEY LOVE! MICKEY'S MAGIC SHOW AT XCEL CENTER

Sunday, October 24 • 3:00 p.m.

Abracadabra! Mickey, Minnie and a host of Disney friends come together with world-class magicians to perform magic from legendary Disney films right before your eyes. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the spectacular levitation of Aladdin's Princess Jasmine; and the enchanted dancing brooms of Fantasia. Join Donald and Goofy, Alice and the Mad Hatter, and many more! Age 1+need a ticket.

Fee: \$23 (lower level reserved)
Deadline: Mon, Oct 4 or until spaces fill
Code: 10571



DISNEY ON ICE PRESENTS MICKEY & MINNIE'S MAGICAL JOURNEY AT XCEL CENTER

Saturday, December 11 • 7:00 p.m.

Make imagination your destination! Join Mickey Mouse and Minnie Mouse on a journey into the magical worlds of Disney's *The Little Mermaid*, *The Lion King*, *Peter Pan* and *Lilo & Stitch*. Discover Ariel and Sebastian's enchanting undersea kingdom; visit the Pride Lands with Simba and Nala; soar through starry skies with Peter Pan and his sassy fairy friend Tinker Bell; and say "aloha" to fun with Lilo and Stitch. You'll be captivated by the music, beauty and laughter in a journey so magical, you'll never want to go home. Age 2+need a ticket.

Fee: \$21 (lower level reserved)
Deadline: Mon, Nov 22 or until spaces fill
Code: 10572



The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental

disabilities and their families in the West and Northwest metro area. Resident fee applies to the communities listed above. For information and registration procedures, call Becca at 952-988-4177.

YOUTH PROGRAMS (Ages 5-12)

KARATE Martial Arts programs for kids! In collaboration with JK Martial Arts. Held at Louisiana Oaks Pavilion, St. Louis Park, on Mon, Oct 11-Nov 8 from 6:00-6:45 p.m. \$50/person. Call Sensei Katherine at 763-253-9016 to register.

NATURE DISCOVERY Get to know the world around you by spending time outdoors each week talking about a different nature theme. Held at Westwood Hills Nature Center, St. Louis Park, on Mon, Sep 13-Oct 4 from 5:30-6:30 p.m. \$20/Res, \$28/Non-Res.

FAMILY YOGA Increase attention span, focus, muscle tone, and flexibility. This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Rec Center (3700 Monterey Dr) on Tue, Sep 21-Oct 26 from 5:45-6:45 p.m. \$50/parent and child pair, \$58/Non-Res (\$20/addl family member).

INCLUSIONS Reach For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department. After registering, contact Reach For Resources to discuss the needs/accommodations for yourself or your child. We require a minimum of two weeks notice for a successful inclusion.

TEEN PROGRAMS (Ages 13-21)

TEEN EXPLORERS Get to know new friends while trying new activities! Games, art projects, community events, and more! Meets at various metro locations on Tuesday evenings, Sep 14-Nov 2. \$40/Res, \$48/Non-Res.

GIRLS CLUB Designed for girls who are independent in their personal cares and who want to have fun!! We meet one Saturday each month (Oct-Dec) for a variety of fun activities! Held at various locations. \$30/Res, \$48/Non-Res.

SOCIAL SEEKERS This program is for teens and young adults with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups and at various locations. Intake required for all new participants.

ADULT (Ages 18+)

YOGA Relax, get in shape, increase muscle tone, improve focus, and enhance flexibility! Held at St. Louis Park Rec Center (3700 Monterey Dr) on Tue, Sep 21-Oct 26 from 7:00-8:00 p.m. \$40/Res, \$45/Non-Res.

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, etc. Held at Brookview Community Center, Golden Valley (and other community locations) on Wed, Sep 15-Nov 3 from 6:30-8:30 p.m. \$40/Res, \$48/Non-Res.

WALKING CLUB Keep that body by walking at various indoor and outdoor community locations. Held on Mon, Sep 13-Oct 25 from 6:30-8:00p.m. \$25/Res, \$33/Non-Res.

ON THE TOWN Social program for adults who can explore their community with minimal supervision. Ages 18-30: E/O Friday beginning Sep 17. Ages 31+: E/O Saturday beginning September 18. \$20/Res, \$28/Non-Res. Transportation may be available for an additional \$35 fee per quarter/per person.

ADULT (continued)

BOWLING Join us for fun, non-competitive bowling. Bowl 2 games each week at either:

Doyle's Bowling Lane, Crystal

Sat, Sep 18-Nov 6; 12:00-2:00 p.m.

\$35/Res, \$43/Non-Res, plus \$3/week

Earle Brown Bowl, Brooklyn Center

Sat, Sep 18-Nov 6; 3:00-5:00 p.m.

\$35/Res, \$43/Non-Res, plus \$4/week

NEW!!

TRAVEL PLANNING PROGRAM & TRIP!

Reach is developing a program in collaboration with Ventures Travel to teach travel planning skills to participants. We will meet throughout the fall to plan our trip and then take our trip in January or February!

NEW!! ART PROGRAM

For participants who already have basic art skills. Each week will focus on a different skill - painting, drawing, pottery, etc. Participants will also have a chance to display their work at an Art Show in conjunction with the Reach for Resources annual meeting. Call Stephen for more information, 952-988-5321.

SPECIAL EVENTS

WEEKEND VENTURES

Join us for a wonderful weekend getaway. We will spend Friday evening, Sep 10 through Sunday morning, Sep 12, 2010 at beautiful Camp Kingswood in Mound, MN. Hiking, campfires, frisbee golf and more! Cost is \$350. For ages 15+.

GHOSTLY GALA

Join us for this annual spooky celebration!! We will have games, prizes, food, music, and dancing! All money raised at this event goes to fund the Reach for Resources recreation department. Held at Brooklyn Park Community Activity Center gym on Sat, Oct 30 from 6:30-9:00 p.m. \$10 at the door or \$8 pre-registered.

BLAST FROM THE PAST DANCE!!

Get out your 80's gear, 70's Disco Style, or an outfit from any other decade and prepare to dance the night away while listening to all your old favorites! Sponsored in Collaboration with Windows of Opportunity. Held at Winnetka Learning Center in New Hope on Fri, Nov 12 from 7:00-9:00 p.m. \$5 at the door.

Adult Activities

HULA HOOP - FUN & FITNESS!

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed exercise hoop targets your waistline and core area and is a great cardiovascular exercise too. This fun class includes balance, strength and flexibility exercises using the hoop. All ages are welcome. Annette's oldest student is 91! Hoops will be available for \$15. Instructed by Annette Fragale.



Site: Davis Community Center
Date: Wed, Sep 22
Time: 6:00-7:30 p.m.

Fee: \$12/Res, \$16/Non-Res
Code: 10579

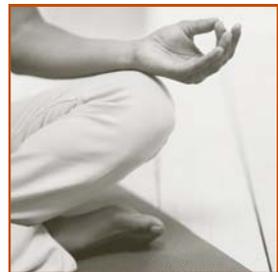
BEGINNING BELLY DANCING WITH TATYANA

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.

Date: Thu, Sep 16-Nov 4
Fee: \$64/Res, \$68/Non-Res
Code: 10592

Date: Thu, Nov 11-Dec 30 (No Nov 25)
Fee: \$56/Res, \$60/Non-Res
Code: 10593



DAYTIME YOGA WITH ANNETTE

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Tue, Oct 5-Dec 7 (No Oct 26, Nov 2)
Time: 11:00 a.m.-12:00 p.m.

Fee: \$56/Res, \$60/Non-Res
Code: 10580

PILATES - INSPIRED WORKOUT WITH ANNETTE

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Mon, Oct 4-Nov 29
Time: 6:00-7:00 p.m.

Fee: \$56/Res, \$60/Non-Res
Code: 10581

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.

INTERMEDIATE BELLY DANCING WITH TATYANA

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

Site: Brookview Community Center
Time: 7:00-8:30 p.m.
Fee: \$80/Res, \$84/Non-Res

Date: Mon, Sep 13-Nov 1
Code: 10594

Date: Mon, Nov 8-Dec 27
Code: 10595



About the Instructor... Annette Fragale

Annette has taught line dancing over ten years. She is a member of the National Teachers Association and Country Western Line Dance Association. She teaches Yoga and Pilates and is certified with NDEITA, ACE, Stott Pilates and more. Annette is also Host/Producer of the popular cable TV show "Yoga on the Go!"

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. Resident fee applies to Golden Valley and St. Louis Park.

Site: Davis Community Center
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$60/Non-Res

Date: Tue, Sep 14-Oct 19 **Code:** 10524
Date: Tue, Oct 26-Nov 30 **Code:** 10525
(No Nov 2)

FREE HAND SKETCHING & DRAWING

Explore a variety of 'sketch & draw' methods to enhance your drawing pleasure. Develop keen observation skills through drawing contour & negative space exercises, use simple guidelines of frames, grids and shapes to build a drawing and select just enough detail and pattern to capture the essence of a subject. Create a portfolio of realistic, abstract, or expressive drawings depicting subject matter. All art materials provided.

Site: Brookview Community Center
Date: Tue, Sep 21 & 28
Time: 1:00-2:30 p.m.
Fee: \$36/Res, \$40/Non-Res
Code: 10588



SKETCH 'N' JOURNAL

Use words, line drawings, brush strokes, and colors to capture your environment and experiences. Explore visual & verbal note taking methods, apply color to express ambiance or mood, and draw/paint/collage bits 'n' pieces to illustrate a vignette. Create a portfolio of journal entries. All art materials provided.

Site: Brookview Community Center
Date: Tue, Oct 12 & 19
Time: 1:00-2:30 p.m.
Fee: \$36/Res, \$40/Non-Res
Code: 10589

Yoga & Pilates with Laura

YOGA FLOW

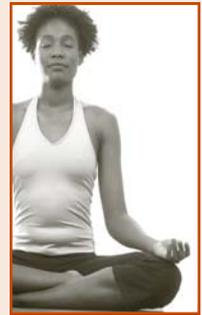
Take a revitalizing break, as you uncover your natural power through flow yoga. These 70-minute classes combines yoga postures, core work, breathing awareness and a guided relaxation (optional). Appropriate for beginners to yoga, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

CLASSES HELD AT BROOKVIEW COMMUNITY CENTER • 5:30-6:40 PM

Date: Tue, Sep 14-Oct 26	Fee: \$70/Res, \$74/Non-Res	Code: 10582
Date: Thu, Sep 16-Oct 28 NEW!	Fee: \$70/Res, \$74/Non-Res	Code: 10584
Date: Tue, Nov 9-Dec 21	Fee: \$70/Res, \$74/Non-Res	Code: 10583
Date: Thu, Nov 4-Dec 16 NEW!	Fee: \$60/Res, \$64/Non-Res	Code: 10585

POWER YOGA FLOW

A natural extension of the Yoga and Pilates class (above), this class focuses on creating and nurturing body alignment, flexibility and strength. Includes some more challenging poses in a longer class format. These 90-minute classes consists of breath awareness, yoga poses, pilates core exercises, light weight work, and a guided relaxation. Previous experience with yoga is helpful, however, beginners are welcome! Bring a sticky mat and optional, 1-5 lb. hand weights, a small blanket and pillow for relaxation. Instructed by Laura Lazowski.



CLASSES HELD AT BROOKVIEW COMMUNITY CENTER • 6:45-8:15 PM

Date: Tue, Sep 14-Oct 26	Fee: \$84/Res, \$88/Non-Res	Code: 10586
Date: Tue, Nov 9-Dec 21	Fee: \$84/Res, \$88/Non-Res	Code: 10587

About the Instructor... *Laura Lazowski*

Laura is a certified yoga instructor and facilitates hatha yoga in a flow style. She has been practicing yoga for over 25 years.

DANCING LIKE THE STARS

Well, almost! The stars begin by learning the basic steps and styling that is characteristic of the dance they're required to perform. We'll do the same, but no one is there to judge you, and you won't be made to perform! Within just 4 weeks of class, you'll be dancing 3 steps in waltz, foxtrot, swing, hustle, salsa and polka! You'll be ready to dance no matter where you go...a wedding, a cruise, a company party, the local hot spot, anywhere! No plans to dance in public? No problem. Dancing is just plain fun! Add in dinner out before class, and you've got a date night that's sure to please. Instructed by Dean and Deanna Constantine.

The Constantine family has been providing quality ballroom dance instruction in the Twin Cities for over 50 years! Deanna Constantine, daughter of award winning local dance legends Dean and Mary Constantine, provides simple, easy to understand instruction where everyone is successful!

Site: Brookview Community Center	Fee: \$50/Res, \$54/Non-Res
Date: Sun, Sep 19-Oct 10	Code: 10590
Time: 5:00-6:30 p.m.	

Davis Community Center Adult Open Gyms

These open gyms are for adults 18 and over and all levels are welcome to participate. Basketballs and volleyballs are provided. Purchase an Adult Open Gym punch card at Davis or Brookview Community Centers. Punch cards can be used at any session listed below.

HELD AT DAVIS COMMUNITY CENTER

(5430 Glenwood Ave, Golden Valley)

Fee: \$28/10-time punch pass
or \$4/daily drop-in (pay at door)

Basketball

Date: Sat, Sep 18-Dec 18 Time: 8:00-10:00 a.m.

Over 40 Basketball

Date: Mon, Sep 13-Dec 27 Time: 8:00-10:00 p.m.

Volleyball

Date: Tue, Sep 14-Dec 28 Time: 8:00-10:00 p.m.

Date: Thu, Sep 16-Dec 30 Time: 8:00-10:00 p.m.

Date: Sun, Sep 19-Dec 19 Time: 3:00-5:00 p.m.



MEN'S BASKETBALL LEAGUE

New Hope Parks and Recreation will again offer an officiated Men's Basketball League this fall and winter. The league will be classified Men's Class D and the winner of the league will receive a paid berth to the Class D State Tournament. Those residing or working in New Hope, Brooklyn Center, Brooklyn Park, Crystal, Golden Valley or Maple Grove are considered resident.

Register with New Hope Park and Recreation by calling 763-531-5151.

Site: New Hope Community Gyms
(8230 47th Ave N - north end of
Cooper High School)

Date: Monday evening beginning Nov 1

Fee: \$515 + \$12 per Non-Res player



WALK PROGRAM

Crystal Community Center
Monday-Friday - 10:00 a.m.-2:00 p.m.

Walking is one of the best forms of exercise and can be done indoors at Crystal Community Center. Call 763-531-0052 to receive an information packet and schedule. No black soled shoes allowed.

MIXED DOUBLES PICKLEBALL LEAGUE - ADULT 45+

New Hope now has Pickleball courts located at Civic Center and Hidden Valley Parks! This exciting mini-tennis game is a combination of ping-pong, tennis and badminton and can be played with two or four players. It is played on a court the size of a badminton court which is smaller than a tennis court using tennis rules and a smaller racquet/paddle and a wiffle ball. This fall, we will offer the very first 45+ doubles pickleball league in New Hope. *Register by September 3.*

Site: Hidden Valley Park (32nd & Boone Aves, New Hope)
Civic Center Park (44th & Xylon Aves, New Hope)

Date: Thu, Sep 9-Oct 14

Time: 6:00-10:00 p.m.

Fee: \$20/pair

Code: 10591



ADULT WIFFLE BALL LEAGUE

Thank you for choosing one of America's favorite backyard games – WIFFLE ball! This 18+ adult league is back for its third season. Teams of 3-5 players will play to become Wiffle Ball Champions! League will run 8 weeks with a single elimination tournament at the end. Resident fee applies to Crystal and Golden Valley.

Register by August 20 with Crystal Recreation by calling 763-531-0052.

Site: Welcome Park (4630 Welcome Ave N, Crystal)
Fee: \$45/Res, \$51/Non-Res

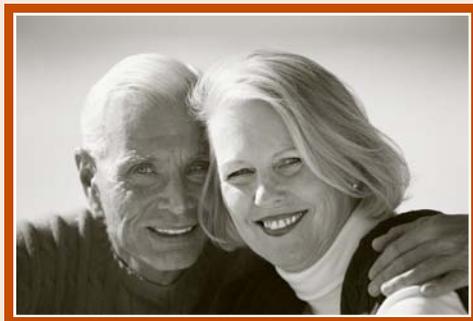
Date: Wed, Aug 25-Oct 13
Time: 6:30-8:30 p.m.

Golden Valley Senior Center

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

Other locations include:

- Calvary Center Cooperative
7600 Golden Valley Rd
- Calvary Lutheran Church
7520 Golden Valley Rd
- Country Villa Assisted Living
7475 Country Club Dr
- Dover Hills Apartments
2400 Rhode Island Ave N



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: Jan 1-Dec 31, 2010
Fee: \$5/Res, \$8/Non-Res
Code: 10052

Thanks for your support!



HAPPY FEET FOOT CARE CLINIC

Happy Feet are now available to you! The 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 between 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 may be charged to you.

Site: Brookview Community Center
Date: Tue, Sep 14, 21, Oct 12, 19, Nov 9, 16, Dec 14, 21
Fee: \$30 (Payable to Happy Feet Footcare, Inc. and due at time of service)

GETTING YOU THROUGH THE MEDICARE & MEDIGAP MAZE

Going to retire and need Medicare questions answered? Have forms that need filling out? Make an appointment with George to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Call the Senior office to schedule an appointment. Appointment times are 9:00, 10:00 or 11:00 a.m. He'd love to work with you!

Site: Brookview Community Center **Dates:** Tue, Sep 14, Oct 12, Nov 9 & Dec 14



BLOOD PRESSURE SCREENING



This FREE service is provided by the staff of Ambassador Good Samaritan Home Health Nurses.

Site: Brookview Community Center
Time: 11:00-11:30 a.m.
Date: Wed, Sep 22, Oct 27, Nov 17

GOLDEN TONES CHORUS KICK-OFF

Thursday, September 23 • 9:45 a.m.
Calvary Lutheran Church
(7520 Golden Valley Rd)

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!



ROBBINSDALE CITY BAND HOLIDAY CONCERT

Thursday, December 2
7:00 p.m. - Refreshments
7:30 p.m. - Concert
Crystal Community Center

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

HOLIDAY TEA

Tuesday, December 14 • 1:00 p.m.
Brookview Community Center
\$6 - Code: 10606

You are cordially invited to High Tea. The afternoon begins with tea and a toe-tapping performance by Rhythmic Feet. Musical entertainment will follow while petite sandwiches and desserts are 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. Fee includes entertainment and refreshments. Five Cities Transportation is available for this event. Register by Tuesday, December 7.



STAR OF BETHLEHEM

Wednesday, December 15 • 9:45 a.m.
Brookview Community Center • \$3/pay at door

The story of the Star of Bethlehem has inspired writers, artists and astronomers for many years. This presentation explores the night sky as it appeared at that time and suggests that the Wise Men may actually have seen something extraordinary in their nightly observations. We will tie the Bible, recorded history and modern astronomy together to try to solve this age-old mystery. *Register by Friday, Dec 10.*

OILS & ACRYLICS WITH JUDY

Looking for a creative outlet? Instructor Judith Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class. Punch passes can be purchased at the Recreation office.

Site: Brookview Community Center
Date: Mondays, continuous thru Nov 29
Time: 9:30-11:30 a.m.
Fee: \$39/6-time punch pass

DEFENSIVE DRIVING 4-HOUR REFRESHER COURSE

Adults age 55 or older, save up to 10% with a 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These courses are taught by professional certified instructors and offered by the Minnesota Safety Council.



No tests given but attendance is required to receive your certificate.

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. Please call the Minnesota Safety Council at 651-291-9150 for more information about these courses.

Site: Brookview Community Center
Date: Thu, Sep 9, Oct 14, Nov 4, Dec 9
Time: 9:00 a.m.-1:00 p.m.
Fee: \$17/person

YOGA WITH ANNETTE

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Tue, Oct 5-Dec 7 (No Oct 26, Nov 2)
Time: 11:00 a.m.-12:00 p.m.
Fee: \$56/Res, \$60/Non-Res
Code: 10580

See Adult Section for other great classes!



INTERMEDIATE BRIDGE WITH DICK WELANDER

Made for the player who has basic knowledge of the game, sharpen your skills with these classes. Dick is a Life Master Player and Certified Instructor from American Contract Bridge League. *Register by Tuesday, September 21.*

Site: Brookview Community Center
Date: Fri, Sep 24-Nov 12
Time: 9:00-10:30 a.m.
Fee: \$30/Res, \$34/Non-Res
Code: 10477

HULA HOOP - FUN & FITNESS!

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed exercise hoop targets your waistline and core area and is a great cardiovascular exercise too. This fun class includes balance, strength and flexibility exercises using the hoop. All ages are welcome. Annette's oldest student is 91! Hoops will be available for \$15. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Wed, Sep 22
Time: 6:00-7:30 p.m.
Fee: \$12/Res, \$16/Non-Res
Code: 10579

CARD & GAME GROUPS

These card and game groups meet on a regular basis at Brookview Community Center as listed below. New players are always welcome!

Bridge
Women's Advanced
1st & 3rd Tuesday at 12:00 p.m.

Open Bridge
Thursdays at 6:30 p.m.
Fridays at 9:00 a.m.

Cribbage
Tuesdays at 1:00 p.m.

Dominoes
Mondays at 1:00 p.m.

Euchre
Thursdays at 1:00 p.m.

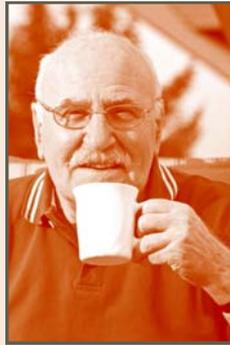
500
Wednesdays at 1:00 p.m.



Coffee Talk

Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee! Call the Senior office to register in advance. See topics listed below.

BROOKVIEW COMMUNITY CENTER • 9:45 A.M.
Fee: \$2 (payable at the door)



Wednesday, September 22 Can Do Canines

Can Do Canines works with individuals who are deaf, hard-of-hearing, physically disabled, autistic, diabetic or have seizures, pairing them with dogs specially trained to assist them in the activities of daily living. The dogs are donated from young puppies to adult animals with many of the dogs adopted from local animal shelters. Meet and hear their stories. *Register by September 20.*

Wednesday, October 27 Medicare Advantage Presentation

If you are enrolled in a Medicare Advantage Plan (or thinking about it), this unbiased presentation will be helpful. Topics include: what is a Medicare Advantage plan, how it works, the differences for each, and advantages and disadvantages. This is an educational opportunity and not a sales pitch. Offered in cooperation with Senior Community Services. *Register by October 25.*

Wednesday, November 17 New Changes in Medicare Part D

Even if you already have a Part D plan, it's a good thing to review the coverage every year before the new year starts to be sure of no surprises. Topics include: Part D benefits, plans available, and a comparison of prescription coverage currently available from your Medicare supplement or employer retiree plan, versus Part D coverage. This is an educational opportunity and not a sales pitch. Offered in cooperation with Senior Community Services. *Register by November 15.*



LIVING WISE & WELL

It's a fact! People are living longer and healthier lives. Join us for this program that offers information each month for a happy, healthier you. No pre-registration necessary.

CALVARY COOPERATIVE CENTER
1:00 P.M.

Thursday, September 2

Let's Make A Deal:

How to Divide Non-Titled (Personal) Property Without Dividing the Family

Learn how to have division discussions with family members and begin the process while avoiding emotional conflicts. We'll discuss ways to ensure that loving memories are passed down and how to make this a memory-filled experience, not one of dread. *Presented by Carla Sutter, Generational Resources.*

Thursday, October 7

Colors and Aging

As we age our color vision and contrast sensitivity may affect some of the choices we make in our home. Updating our home is always a challenge, especially on a budget. Learn quick and easy solutions plus, see the latest color trends and fabrics. Presented by Maggie, from Maggie May Interiors.

Thursday, November 4

Healthy Aging and Loving it—Young at Heart Tips for Older Adults

Forming a partnership with Healthy Aging is an entrance to better life care management. Integration of health and wellness programs, services, and products for adults 55+ will be explored and discussed. Presented by Shayne Karasov, B.S., M.S., Home Health Care, Inc. Golden Valley.

Thursday, December 2

Aging in Place: "New Trends"

Our home communities are now providing new services and facilities to meet the needs of 55+. The "new trend" is aging in place. Having amenities where you live, and remaining in your communities. This session will explore trends and needs complimentary to 55+ adults. Amenities such as preventive health, companionship, home care and activities, and what local communities and services are doing to meet those 55+.



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. No registration required.



BROOKVIEW COMMUNITY CENTER • 10:00-11:00 A.M.

Thursday, September 16 Exchange Traded Funds

Learn about Exchange Traded Funds (ETF). These funds pay a monthly income at a low cost to the investor and could be a great supplement to your income. Presented by Dallas Janes and Loren Brown, *Van Clemens & Co, Inc.*

Thursday, October 21 Tracking the Economy with Economic Indicators

What are Economic Indicators? What do they mean and how can we use them in investment decisions? Presented by Larry Klick, Money Matters member.

Thursday, November 18 Roth IRA's

A Roth IRA is a retirement savings vehicle that differs from tax-deferred retirement accounts such as traditional IRAs and most employer-sponsored retirement plans. In 2010, all taxpayers, regardless of income, are eligible to convert tax-deferred retirement assets to a Roth IRA. Come and learn how a Roth IRA, along with other tax ideas, may benefit you. Presented by Dave Kuntz and Jonathan Benge from *PRG Financial*.

Thursday, December 16 Group Discussion

Discuss a hot investment/economic topic of the day and plan 2011 meetings.

Senior Activities

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. No need to register, just come and enjoy!

DOVER HILLS MIDRISE • 1:00 P.M.

Thursday, September 23

Remembering Favorite Movies

Thursday, October 28

Remembering Hats

Thursday, November 18

Remembering Foods: Cooking & Prices

Thursday, December 30

Remembering New Year's Eve



MONDAYS WITH MARY

Join Mary on Mondays at 9:30 a.m. to make door decorations, greeting cards, party favors, stuff envelopes, 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!" See the Senior Newsletter for meeting dates.

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. All riding levels are welcome. Helmets are required, water bottles and snacks strongly recommended. Call the senior office for more information.

Thursday, September 9 - Lake Rebecca

Thursday, October 7 - Midtown Greenway

GOLDEN TONES CHORUS

This chorus, organized in 1977, practices on Thursdays at 10:30 a.m., September to May, at Calvary Lutheran 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 beginning September 24.

Mary Wanderer's 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.

PICK-UP LOCATIONS:

Calvary Co-op/Apts • Golden Valley City Hall

You must specify a pick-up location when registering for one-day trips.

FALL COLORS IN SPOONER

Friday, October 8

Our first stop is the Crystal Lake Cheese Factory where a viewing window allows a look inside the factory. Then off to Spooner to board the Wisconsin Great Northern Railroad, using rebuilt cars from 1912-1918. Enjoy Chicken Cordon Bleu, Rice Pilaf, California Mixed Vegetables, Roll, Cookie and Coffee in the dining car. After lunch, sit-back and enjoy the scenery from the train, before arriving at the depot. On our ride home, we will be stopping at the Burnett Dairy Cooperative which features quality dairy products including ice cream and cheese, all available for purchase.

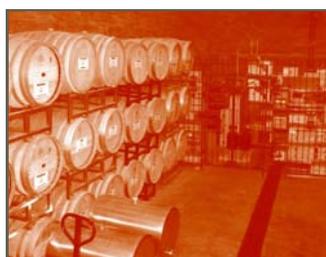
Code: 10034

Fee: \$69

Register or Cancel By: September 13

Pick-ups Begin: 7:40 a.m.

Approx Return: 5:15 p.m.



CHOCOLATE, WINE AND CHEESE

Friday, November 12

The day begins at the Scandia Café, an old-fashioned, family-owned restaurant, where we will enjoy homemade soup and sandwich with beverage. Off to Chateau St. Croix for a special wine, cheese and chocolate presentation. The Chateau is built to create an experience crafted in the image of a European Estate Winery. Tour the cellar, production room, art gallery and great hall plus, taste locally produced delectable chocolates, award-winning cheeses and flavorful wines.

Code: 10035

Fee: \$59

Register or Cancel By: October 18

Pick-ups Begin: 11:50 a.m.

Approx Return: 5:30 p.m.

DUTCH CHRISTMAS IN PELLA, IOWA

Friday & Saturday, December 3-4

Day 1: Leave Golden Valley. Stop for rolls and coffee at Trumble's Restaurant in Albert Lea. Lunch will be at The Machine Shed in Des Moines, Iowa. Arrive in Pella for the Christmas Tour of Homes/Festival of Trees. The Pella Garden Club members present and serve as hostesses for the event—private homes decorated to elegance. Lodging tonight is at the Royal Amsterdam Hotel. Dinner is on your own with several places close to the hotel, along the Molengracht, the Dutch word for canal. After dinner, we'll board the bus for a Christmas Theater Show performed by the Union Street Players. After the show we'll enjoy the Country Christmas Lights Display. [C, L]



Day 2: Enjoy breakfast at the hotel, pack up and load the bus to enjoy the Dutch traditions of this area including the Historical Village Christmas Walk, Vermeer Windmill, Scholte House, the Festival of Trees at the Opera House with time to browse the Pella shops, where you may run into Sinter Klaus. We'll enjoy a Dutch theme luncheon and visit the Christmas Boutique in the Scholte Church. As we head home, we'll stop at the Trails Travel Center for supper (on own) before returning to Golden Valley.

Fee: \$325/person (2 per room), \$415/person (1 per room)

Deposit: \$75 by October 18, Final payment due November 1

Cancellation: After October 18, payments are not refundable.

Code: 10132

FANNY HILL THEATER

Thursday, December 9

We arrive at Fanny Hill Dinner Theater for the Christmas At The Hill Celebration, a glistening wonderland with animated scenes and thousands of twinkling lights. We'll enjoy a delicious turkey breast dinner with all the trimmings before seeing the play "You Better Watch Out". A snowstorm strands an interesting mix of guests. Our hero Rudy and his very pregnant wife Marsha, Innkeepers Tom and Jenny, her dad Art, handyman Andy and Mr. Smith try to keep the holidays bright. However, the Spirit of Christmas may be closer than they think!



Code: 10476

Fee: \$64

Register or Cancel By: November 12

Pick-ups Begin: 9:40 a.m.

Approx Return: 6:00 p.m.

OLD LOG THEATER

Thursday, January 13, 2011

Our afternoon begins with lunch—your choice of Walleye, Chicken Breast, Pork Chop or Vegetarian Lasagna. (Please indicate food choice when registering). Then off to the theater, where new seats and carpeting have been installed. See *Jeeves in Bloom*, which follows the uproarious mishaps and misadventures of the lovable and loopy Bertie Wooster who manages time and again to put himself in precarious situations, only to be rescued by his brainy butler, Jeeves. This area-premier stars Old Log favorites, Tom Stoltz and Steve Shaffer.

Code: 10498

Fee: \$50

Register or Cancel By: December 30

Pick-ups Begin: 11:00 a.m.

Approx Return: 4:45 p.m.

HIGH TEA AT THE ST. PAUL HOTEL

Thursday, January 27, 2011

Experience High Tea at The St. Paul Hotel, a landmark since 1910. After a brief introduction to the hotel, enjoy a five course, two-hour event fashioned after England's Afternoon Tea. Adding to the ambiance, tea is served in an assortment of antique cups and saucers, collected over the years just for the tea service. The Chef creates a seasonal tea menu for every occasion (*Sample menu: First Course: Onion Tart with Thyme in Puff Pastry, Salmon and Asparagus Tea Sandwich, Shrimp, Pancetta and Rosemary Skewer. Second Course: Petite Chicken Pot Pie. Third Course: Pumpkin Biscuit with Spiced Orange Honey. Fourth Course: Chocolate Dipped Cashew Shortbread, Fudge Brownie, Mini Cream Puff. Fifth Course: Blackberry Tart and Chocolate Dipped Strawberry.*) After tea, walk around Rice Park to see the Winter Carnival Ice Sculptures on display. Dress for walking outdoors in winter weather.

Code: 10499

Fee: \$58

Pick-ups Begin: 12:30 p.m.

Approx Return: 4:00 p.m.

Register or Cancel By: December 13

TONY SANDLER LIVE

Saturday, February 12, 2011

We travel today to the restored State Theater to hear Tony Sandler, formerly of the famous singing duo Sandler & Young, perform a live show with the powerful delivery of the most romantic songs ever written. Tony's career includes performances in the world's top theaters from Berlin to NYC to Las Vegas and now, Minneapolis! He will transport you to your favorite memories through his grace and experience of decades on stage with his delicate blend of humor, melancholy, and passion. His 90-minute performance is accompanied by his musical ensemble.

Code: 10493

Fee: \$60

Pick-ups Begin: 1:00 p.m.

Approx Return: 4:15 p.m.

Register or Cancel By: December 13

Special Destination Trips with 5 Cities Transportation

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities. Bus pick-ups available in each city. Join us for these trips!

Bus Fare & Punch Passes:

\$7 - special destination round trip, or two punches from punch pass
\$14 - 4/ride punch pass, \$28 - 8/ride punch pass
Punch passes are available for purchase from the drivers.

CALL FIVE CITIES AT 763-531-1259 TO REGISTER, UNLESS OTHERWISE NOTED.



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). Information on date/speaker will be in the Senior Newsletter. Special destination fare applies.

Bus Leaves: 11:00 a.m. - GV City Hall

Bus Returns: 2:30 p.m.

LOCAL MOTION

Register with New Hope Parks and Recreation at 763-531-5151 with a credit card, by mail, or walk-in. Registration fee is due at time of registration. Lunch cost and any purchases are on your own.

Thursday, November 4 - Museum of Russian Art

Enjoy a guided tour featuring A Homespun Life: Textiles of Old Russia. This exhibition presents over one hundred artifacts revealing the rich peasant culture of northern and central Russia in the 19th and early 20th centuries. Following the museum, we will have lunch at Patrick's Café and Bakery, located in Bachman's, with time for shopping.

Fee: \$8 (museum admission & special destination bus fare)

Reg Deadline: Oct 26, or until spaces fill

Bus Leaves: 10:30 a.m. - GV City Hall

Bus Returns: 2:45 p.m.

Friday, December 3 - American Swedish Institute

Ingebretson's will be our first stop for a little bit of shopping. If you plan to purchase perishable items, please bring a small cooler. Our next stop is The American Swedish Institute where we'll enjoy a guided tour of their beautiful Holiday Exhibits with time to wander on your own and shop in the gift shop. Final stop is Milda's for lunch.

Fee: \$9 (includes museum admission, tour, escort & special destination bus fare)

Reg Deadline: Nov 19, or until spaces fill

Bus Leaves: 9:45 a.m. - GV City Hall

Bus Returns: 2:45 p.m.



NATURE OF THINGS

Register with New Hope Parks and Recreation at 763-531-5151 with a credit card, by mail, or walk-in. Registration fee is due at time of registration. All lunch costs and purchases are on your own.

Friday, October 1

Minnesota Landscape Arboretum

The Minnesota Landscape Arboretum features more than 1,000 acres of magnificent gardens, model landscapes, and natural area. We'll enjoy a tram tour around the scenic 3 mile loop and then you'll have time for lunch and exploring. On our trip home, we will make a quick stop at the Apple House.

Fee: \$9 (admission, tram tour & special destination bus fare)

Reg Deadline: Sep 22, or until spaces fill

Bus Leaves: 9:30 a.m. - GV City Hall

Bus Returns: 2:45 p.m.

SENIORS IN MIND

Hosted by the Minnesota History Center with lunch at Café Minnesota following the lecture. Lunch cost is on your own.

Tuesday, November 9

The Pleasures of Bread & Chocolate

For thousands of years humans have been fascinated with the delicious phenomenon that we call "chocolate." Enjoy history, hints and recipes from the worlds of bread baking and chocolate cookery with foodies extraordinaire Ann Burckhardt and Klecko. After, sample sweets and visit the History Center's, *Chocolate -The Exhibition*.

Fee: \$8, if you wish to tour the History Center, plus special destination bus fare.

Bus Leaves: 9:30 a.m. - GV City Hall

Bus Returns: 2:30 p.m.

VIVACE! AFTERNOON CONCERT SERIES

Attend a free afternoon concert at the Landmark Center in St. Paul followed by lunch at a local restaurant. Lunch cost on your own.

Thursday, October 21

Lunch at Anita's Cafe

Fee: special destination bus fare

Bus Leaves: 11:00 a.m. - GV City Hall

Bus Returns: 2:30 p.m.

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, brunch bunch and senior events. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps. If you need assistance boarding or exiting the bus or need to use the lift, please ask the driver to help you. For more information, call the Five Cities Office, Monday-Friday from 8:00 a.m.-3:00 p.m. A bi-monthly schedule with the days, destinations and routes will be mailed to you.

To Make A Reservation: Find your day and trip on the schedule and make a reservation at least 24 hours in advance. Let the staff know if you use a walker, cane or wheelchair. On the day of your trip, be ready for the bus at the scheduled time.

Bus Fare & Punch Passes: Suggested round-trip fare is \$4 cash or \$3.50 for the punch pass. Purchase punch passes from the driver with cash or check made payable to "First Transit." \$14/4 round-trip punch pass, \$28/8 round-trip punch pass.

PRISM EXPRESS

763-529-1252

PRISM Express provides 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. Office hours are Monday-Friday, 9:00 a.m.-3:00 p.m.



SENIOR DINING

612-269-8462

Senior Dining provides delicious noon meals at Calvary Church for seniors age 60 and older. The meals are tasty and eating with friends is what makes this a great program. A donation of \$3.50 is requested, but no one will be denied a meal. Call Tom from 9:00 a.m.-1:00 p.m. for reservations and questions. Menus are available upon request.

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 8:30-11:30 a.m. for information and menu.



HOME NORTH 952-746-4046

Household chore and maintenance services are provided for residents age 60 and older. The program matches skilled workers (paid and volunteer) with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Call for more information or to schedule a worker.

FARE FOR ALL 763-450-3880

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat items. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

WIDOWED SUPPORT GROUP

Widowed Support Group meets every Saturday at the New Hope Country Kitchen, 42nd and Winnetka, at 2:00 p.m. and the first Thursday of the month at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard at 1:30 p.m. New people are always welcome!

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

1-888-333-2433

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.

LIBRARY EVENTS AT GODLEN VALLEY LIBRARY

830 Winnetka Avenue

Register for these great programs in advance by calling 952-847-5475 or visit www.hclib.org.

Master Gardener: Spring Flowering Bulbs

Saturday, September 25 - 1:00 p.m.

Fall's the time to plant bulbs. Learn how to plant many types from a Master Gardener and enjoy slides of favorites.

Senior Surf Day

Thursday, October 7 - 9:00-11:00 a.m.

Learn computer basics, how to navigate and search the Internet and how to access websites. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®.

First Pages: Start Your Memoir - For Writers 55+

Saturday, October 16 - 1:00 p.m.

Are you interested in writing a personal history, family history or just have a great story to tell? Learn the basic elements and techniques of memoir writing and exercises to get you started.

Brookview Information

HOST YOUR NEXT SPECIAL GATHERING AT *Brookview Community Center*

Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people for:

- ◆ Birthday Parties
- ◆ Weddings and Receptions
- ◆ Graduations
- ◆ Retirement Parties
- ◆ Religious Celebrations
- ◆ and many other celebrations!

Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and a patio, deck, and gazebo that provide expansive golf course views.



For a complete rental packet, please visit our website at www.ci.golden-valley.mn.us or call us at 763-512-2345.

Brookview Park Picnic Shelters

Brookview Recreation Complex is located at the southwest corner of Highway 55 and Winnetka Avenue. Plan a neighborhood, family or company picnic at Brookview Park! Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.

LARGE SHELTER (up to 100 people)

Fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Resident.....\$95
Non-Resident.....\$105

SMALL SHELTER (up to 50 people)

Two water fountains, 10 tables, 6 outlets, restrooms short distance.

Resident.....\$80
Non-Resident.....\$90

SERVING BEER OR WINE?

You must purchase a permit to serve beer or wine. Fee is due at time of reservation.

Beer/Wine Permit \$20

SHELTER DAMAGE/ CLEAN-UP DEPOSIT



A \$100 refundable deposit is due and payable at time of reservation.

- Deposits will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive. Deposits paid by credit card will be processed immediately.



PLAY EQUIPMENT KITS

Includes: 1 Basketball, 1 Soccer Ball, 1 Mini Soccer Ball, 1 Playground Ball, 4 Throw down Bases, 2 Softballs, 1 Child Softball Bat, and 1 Adult Softball bat.

\$15 rental, plus \$30 refundable deposit

Additional Items:

- Bocce Ball Set
 - Tug-of-War Rope
- \$10 rental, plus \$10 refundable deposit**

Brookview Grill

IS AVAILABLE FOR RENT

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.

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.

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. Please call Park and Rec at 763-512-2345 for more information. *Special thanks to our many faithful volunteers!*



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 at Brookview Community Center, 200 Brookview Parkway. For more information, call Beth at 612-239-4267.

REGISTRATIONS ARE TAKEN AT BROOKVIEW COMMUNITY CENTER

200 Brookview Parkway
Golden Valley, Minnesota 55426



ON-LINE

www.ci.golden-valley.mn.us

With VISA or MasterCard and your PIN & Barcode



IN PERSON

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

With VISA or MasterCard during business hours. Please have your card ready.

**Make checks payable to:
City of Golden Valley**

REGISTRATION BEGINS THURSDAY, AUGUST 19

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.

REGISTRATION CONFIRMATION

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.

REFUNDS & 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 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.



REGISTER ONLINE!

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.

GV
RecConnect



Park & Recreation Department

ACTIVITY REGISTRATION FORM

200 Brookview Parkway • Golden Valley • Minnesota • 55426

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

www.ci.golden-valley.mn.us

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 Program

COMMUNITY PARKS

Brookview 200 Brookview Pkwy N
Mom's Club

Gearty 3101 Regent Ave N
Retired Volunteers

Hampshire 1610 Louisiana Ave N
OptumHealth

Lakeview 1521 Hillsboro Ave N
John & Pam Goranson
& Barb Osborne

Lions 151 Louisiana Ave N
Jan Motari

Medley 2331 Ensign Ave N
Golden Valley Federated
Women's Club

Schaper 631 Ottawa Ave N
Golden Valley Police Reserves

Scheid 1856 Toledo Ave N
Cub Scout Pack 350

Wesley (north) 8305 Wesley Dr
Moore/Gasparini Families

Wesley (south) Plymouth Ave & Orkla
Jack Stratton

NEIGHBORHOOD PARKS

Glenview 2351 Zenith Ave N
Elephant Park Book Group

Golden Oaks 1141 Valders Ave N
Kim Stroup, Bursch/Mackey Families

Natchez 201 Natchez Ave N
Hanscom & Dritsas Families

North Tyrol 900 Westwood Dr S
WSB & Associates Inc.

Seeman 1101 Florida Ave N
Northwest Suburban Optimist Club

South Tyrol 1501 Kaltern Ln
Allianz

St. Croix 5850 St. Croix Ave N
Covenant Village

Stockman 3300 Manor Ave N
Thompson Family

Sweeney Lake
Hidden Lakes Association

Wildwood 7401 Duluth St
Robertson Family

Yosemite 351 Yosemite Ave N
Geving & Palkert Families

SPECIAL USE FACILITIES

Brookview Golf Course
200 Brookview Parkway

Honeywell Little League Area
7101 Sandburg Rd

NATURE AREAS

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

Bassett Creek (north of Duluth)
2130 Zane Ave N
AJASA Technologies, Inc.

Bassett Creek (south of Duluth)
Covenant Village

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

Briarwood 2500 Unity Ave
Girl Scout Troops 2316 & 1670

**General Mills Headquarters
Nature Preserve**

9201 Olson Memorial Hwy
GMI Grounds Crew

General Mills Research Nature Area
The Gannon's

Laurel Ave (east of Florida)
Laurel & Jersey
Golden Valley Lutheran Church

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
2301 Rhode Island Ave N
Green Party of Senate District 44/45

Rice Lake 4120 Bassett Creek Dr
Blair Tremere

Western Ave Western & Winnetka
Ilo & Peggy Leppik

A Special Thanks to our friends of the Parks!

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 Bob Mattison

Members:

Roger Bergman, Brad Kadue,
Kelly Kuebelbeck, Emily Piper,
Anne Saffert and Daniel Steinberg.

*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

Brian Erickson
Recreation Supervisor

Andy Soltvedt
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 STAFF

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

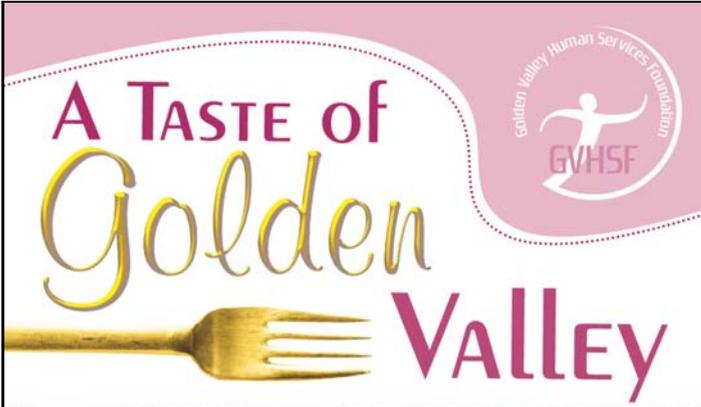
Greg Spencer
Greens Superintendent

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

Prsrtd Std
US Postage Paid
Permit No. 1659
Mpls., MN

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY



A TASTE of Golden Valley

Wednesday, November 10, 2010 • 5:30-8:00 pm
Hosted by the Metropolitan Ballroom

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.

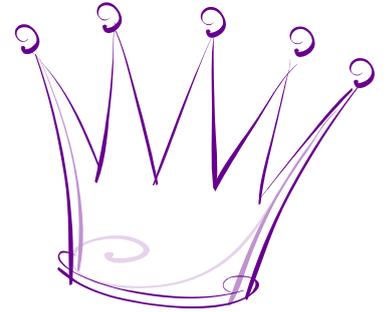
*Silent Auction for theme baskets
donated by area businesses and residents.*

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

Daddy & Daughter Princess Ball

Friday, November 5
6:15-7:45 p.m.
Brookview Community Center

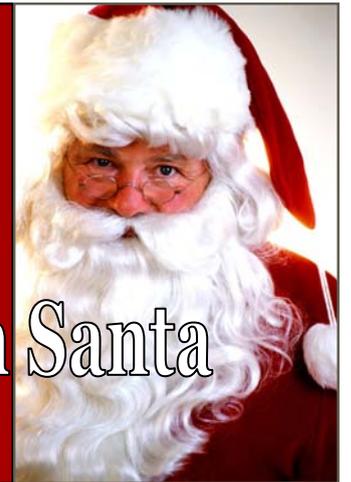
See page 3 for details



Friday, December 3
6:00-7:30 p.m.
Brookview
Community Center

Supper with Santa

See page 1 for details



BROOKVIEW GOLF COURSE

is open for great fall golfing!

Call 763-512-2300 for more information.

Help Wanted

The Golden Valley
Park & Recreation
Department is currently
taking applications for:

- ◆ Warming House Attendants
- ◆ Youth Soccer Referees

Stop by the Park & Recreation office or
call 763-512-2345 for an application today!