



Park & Recreation Department



Winter Activities 2010

Registration begins
Thursday, December 10

w w w . c i . g o l d e n - v a l l e y . m n . u s

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Park & Recreation Department

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

Thursday, December 24 - Christmas Eve
 Friday, December 25 - Christmas Day
 Friday, January 1 - New Year's Day
 Monday, January 18 - Martin Luther King Jr. Day
 Monday, February 15 - Presidents' Day

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.



Skating Rink Information



Golden Valley will maintain and have supervised shelters at the locations listed below, unless otherwise specified.

Open: Sat, Dec 19 • **Close:** Mon, Feb 15

Skating Rink Hours *(weather permitting)*

Regular Hours

Monday-Friday 4-9 p.m.
 Saturday 10 a.m.-9 p.m.
 Sunday 1-9 p.m.

Winter Break (Mon, Dec 21-Fri, Jan 1)

Mon, Dec 21-Wed, Dec 23 12-9 p.m.
 Christmas Eve (Thu, Dec 24) 12-4 p.m.
 Christmas Day (Fri, Dec 25) CLOSED
 Sat, Dec 26 10 a.m.-9 p.m.
 Sun, Dec 27 1-9 p.m.
 Mon, Dec 28-Wed, Dec 30 12-9 p.m.
 New Year's Eve (Thu, Dec 31) 12-7 p.m.
 New Year's Eve (Scheid only) 12-10 p.m.
 New Year's Day (Fri, Jan 1) 12-9 p.m.

Rink Maintenance

Temperatures need to remain around 0° to -10° F for a week or so to produce enough ice to skate on. The crew needs 3-4" of frozen ground to start making ice. The goal is to have a 6" base, which will help rinks survive most warm snaps without closing. Rinks are cleaned and resurfaced Monday thru Friday and cleaned Saturday mornings, (depending on weather). Shovels are available at each shelter and may be checked out with the attendants.

Park	Hockey Rink	General Rink	No Shelter	Park	Hockey Rink	General Rink	No Shelter
Gearty	X	X		Scheid	X	X	
Hampshire	X	X		Wesley	X	X	
Lakeview		X		North Tyrol		X	X
Lions	X	X		South Tyrol		X	X
Medley	X	X		Yosemite		X	X

Special Events

New Year's Eve Family Event

Thursday, December 31 • 7-10 p.m. • Scheid Park

Bring the whole family and enjoy winter fun activities on New Year's Eve at Scheid Park. To help keep you warm, hot chocolate will be provided!



Run the Valley Run/Walk

Saturday, April 10, 2010

Proceeds benefit the Golden Valley Human Services Foundation which distributes 100% of the funds raised to non-profit agencies directly serving the Golden Valley community. Register on-line at www.active.com, or at Brookview Community Center in person, by mail or fax. Form are available at www.ci.golden-valley.mn.us.

Registration Begins January 2.

Site: Race begins and ends at Davis Community Center
Time: 7:30 a.m. Check-in, 8:30 a.m. 5K Walk/Run, 8:40 a.m. 10K Run
Fee: Before March 1- \$20; March 1-April 8 - \$25; Day of Race - \$35

Brookview Park Picnic Shelters

Brookview Recreation Complex is located at the southwest corner of Highway 55 and Winnetka Avenue. Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.

Reservations Begin
 Resident—Thu, Jan 14
 Non-Resident—Thu, Feb 11

Dates Available

Mid-April—First week of October

Times Available

11:00 a.m.-4:00 p.m. and/or
 5:00 p.m.-Dusk

Large Shelter (Max 100)

Resident.....\$95
 Non-Resident \$105
 Fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Small Shelter (Max 50)

Resident.....\$80
 Non-Resident \$90
 2 water fountains, 10 tables, 6 outlets, restrooms short distance.

Beer/Wine Permit

A permit is required to consume beer or wine only. A fee of \$20 is due and payable at the time of reservation.

Shelter Deposit



A \$100 refundable deposit is due and payable at time of reservation. Refunds will be processed the week after your reservation date. Deposits paid with credit card will arrive immediately. Deposits paid with check or cash may take up to four weeks to arrive.

Play Equipment Kits

\$15/kit, plus \$30 refundable deposit. Return within 72 hours after check-out. Call the Recreation office for more details.

Youth Activities

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/Res, \$42/Non-Res

Monday & Wednesday

Date: Jan 4-Feb 17 **Code:** 10055
(No Jan 18 & Feb 15)

Date: Feb 22-Mar 31 **Code:** 10057

Tuesday & Thursday

Date: Jan 5-Feb 11 **Code:** 10056

Date: Feb 16-Mar 25 **Code:** 10058

Preschool Playtime

*Ages 1-5
with an adult*

Come 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: Fridays, through Mar 26
(No Dec 25 & Jan 1)

Time: 10:00-11:30 a.m.

Fee: \$3/child or 10-time punch pass, \$25/Res, \$28/Non-Res

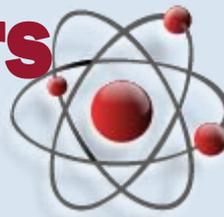


About the Instructor... *Lisa London*

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 10 years.

Science Explorers

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



Mummies, Mysteries & More *Grades 1-5*

The Egyptian civilization was one of the richest cultures of the ancient world. Uncover this fascinating time in history as we learn about mummification. We'll also build and learn about pyramids and their mysterious curses. Come and explore the past through archaeology. *Register by Dec 14.*

Site: New Hope Ice Arena (4949 Louisiana Ave N) **Fee:** \$16/Res, \$22/Non-Res
Date: Tue, Dec 22 **Code:** 10060
Time: 9:30-11:00 a.m.

Science Rainbows *Ages 3-5*

Slide down the science rainbow to learn about color and light. We'll focus on the rainbow as we examine primary and secondary colors. Then we will explore light waves with prisms, color paddles and more! *Register by Jan 6.*

Site: New Hope Ice Arena (4949 Louisiana Ave N) **Fee:** \$13/Res, \$19/Non-Res
Date: Thu, Jan 14 **Code:** 10061
Time: 9:30-11:00 a.m.

Einstein's Laboratory *Ages 3-5 with an Adult*

You and your child will explore, participate, and learn about science together. In this class, children will use their natural curiosity to discover how and why things move. Class includes experiments, stories and an art project to take home. *Register by Feb 12.*

Site: Crystal Community Center (4800 Douglas Dr) **Fee:** \$11/Res, \$17/Non-Res
Date: Sat, Feb 20 **Code:** 10062
Time: 9:30-11:00 a.m.

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.

**Register at
Davis Community Center on
Tuesday, February 2
(times below).**

Registration Date: Tue, Feb 2
Site: Davis Community Center
Dates: Tue, Feb 9-Apr 27
Time: 6:00-6:45 p.m. - Ages 4-8
7:00-7:45 p.m. - Ages 9-16
Fee: \$4 Enroll fee, \$6/night at door

ArtSkool Classes

Instructed by **Gin Weidenfeller**

Pirate, Dinosaur, Dragon & Princess Tales *Ages 3-6*

Travel on the Magic School Bus to see dinosaurs, join Scooby Doo and Dora's pirate adventures, and read about the princess who becomes a dragon. Draw, paint and cut-n-paste to create a Picture Story Book. Make a shadow play puppet too.

Site: Brookview Community Center
Date: Fri, Jan 22 & 29
Time: 11:45 a.m.-12:45 p.m.



Fee: \$28/Res, \$32/Non-Res
Code: 10063

Hearts & Valentines *Ages 3-6 with an Adult*

Create valentines for family and friends using a variety of unusual art materials. Draw, paint, paste, and decorate paper to create happy heart valentines.

Site: Brookview Community Center
Date: Thu, Feb 11
Time: 6:30-7:30 p.m.

Fee: \$18/Res, \$22/Non-Res
Code: 10064

Dance of the Firebird *Ages 3-6*

We'll read the classic ballet story and draw, paint and cut-n-paste paper to create a magical firebird, witch Koschei, Castle Pitiless, and a prince/princess. Make a Firebird Storybook and a character puppet on a stick.

Site: Brookview Community Center
Date: Fri, Feb 12 & 19
Time: 11:45 a.m.-12:45 p.m.

Fee: \$28/Res, \$32/Non-Res
Code: 10065

All About Drawing & Imagination *Ages 3-6*

Use pencil/colored pencils, chalk/oil pastels, and watercolor/brush to create your own Artist Book of 'make believe stories'. Draw a cat with a funny hat, or a red fish who discovers adventures in the library, or...

Site: Brookview Community Center
Date: Fri, Mar 19 & 26
Time: 11:45 a.m.-12:45 p.m.

Fee: \$28/Res, \$32/Non-Res
Code: 10066

About the Instructor... *Gin Weidenfeller*

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



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.

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. Class promotes focus, discipline and respect—great personal tools to carry into the future.

Site: 147 Hamel Rd, Hamel 55428
Time: 10:00-10:40 a.m.
Fee: \$59/Res, \$63/Non-Res

Date: Mon, Jan 4-Feb 8
Code: 10067

Date: Mon, Feb 15-Mar 22
Code: 10068

Date: Mon, Mar 29-May 3
Code: 10069

Tae Kwon Do *Ages 5+*

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

Site: 147 Hamel Rd, Hamel 55428
Time: 6:00-6:45 p.m.
Fee: \$49/Res, \$53/Non-Res

Date: Tue, Jan 5-Feb 9
Code: 10070

Date: Tue, Feb 16-Mar 23
Code: 10071

Date: Tue, Mar 30-May 4
Code: 10072

Indoor Nerf Soccer

Ages 5-7

Open, indoor gym format with an emphasis on recreational experience, not skill development. Youth are placed on teams with volunteer coaches instructing and officiating. First night consists of rule review, practice, skills and a short game. Schedules and team information will be mailed one week prior to first game. T-shirts provided.

Site: Davis Community Center
Date: Thu, Apr 8-May 13
Time: 6:00 or 7:00 p.m.
Fee: \$30
Code: 10073



Youth Activities *continued...*

Ice Hockey Skills Camp *Ages 5-7*

This program is designed to teach very basic ice hockey skills with an emphasis on skating, puck handling, shooting, positioning, goal tending and basic rules. There are no formal games with other teams, only scrimmages at the end of each skills session. All participants must provide their own hockey skates, helmet with mask, mouth guard, supporter with cup and a hockey stick. A hockey jersey will be provided. **In case of inclement weather, February 4th is reserved for a make-up day.**

Site: Hampshire Park on outdoor ice
Date: Thu & Sat, Jan 7-30
Time: Thu - 6:45-7:45 p.m.
Sat - 10:30-11:30 a.m.
Fee: \$49
Code: 10074



Rink Rat Hockey *Ages 5-11*

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 re-scheduled due to inclement weather. Jerseys and participation awards provided. Partial teams may be merged with other communities. Schedules mailed to all participants mid-December.

Equipment Needed: Skates, hockey stick, helmet w/mask, mouth guard, shin pads, hockey gloves, elbow pads & protective cup.

Site: Wesley Park	Ages 5-6	Code: 10075
Date: Fri, Jan 3-Sun, Feb 12	Ages 7-8	Code: 10076
Time: TBD (Fri evening & Sun afternoon)	Ages 9-11	Code: 10077
Fee: \$35		

Mites Basketball *Grades K-1*

A skill-based program with an emphasis on instruction of basic fundamentals such as, dribbling, passing and shooting. Instructional scrimmages will be played. Mini basketballs are used and baskets will be lowered for this activity. Teams will be formed at the first meeting of the program.

Site: Crystal Community Center
(4800 Douglas Drive)
Date: Sat, Jan 23-Mar 13
Fee: \$37/Res, \$41/Non-Res

Kindergarten

Time: 9:15-10:15 a.m.
Code: 10087

1st Grade

Time: 10:30-11:30 a.m.
Code: 10124



Holiday Youth Open Gym

Ages 5-12

Join your friends during winter break at the Davis Community Center. Play kick ball, nerf soccer, basketball and a lot of other fun active gym games. Pre-registration is required. Register early! Each session will be limited to 30 participants. Instruction provided.

Site: Davis Community Center
Fee: \$5/day drop-in fee, or pay discounted rates listed below

Date: Mon-Thu, Dec 21-24
Time: 9:00 a.m.-12:00 p.m.
Fee: \$15
Code: 10079

Date: Mon-Wed, Dec 21-23
Time: 1:00-4:00 p.m.
Fee: \$10
Code: 10080

Date: Mon-Thu, Dec 28-31
Time: 9:00 a.m.-12:00 p.m.
Fee: \$15
Code: 10082

Date: Mon-Thu, Dec 28-31
Time: 1:00-4:00 p.m.
Fee: \$15
Code: 10081



Family Gym Time

Youth of all ages with an 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.

Site: Davis Community Center
Fee: \$30/8-time family punch pass, or \$5/family/day, pay at door

Available Times:

Date: Sat, Jan 2-Mar 27
Time: 10:00-11:30 a.m.

Date: Sun, Jan 3-Mar 28
Time: 1:00-3:00 p.m.

Art Expo Classes Ages 6-12

Expand your art skills and creativity as we explore a variety of art concepts, methods, materials, and styles. Select one or all sessions for winter fun. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Community Center
Time: 6:30-8:00 p.m.
Fee: \$18/Res, \$22/Non-Res

Dance of the Firebird

Tue, Jan 19 - Code: 10083

We'll read excerpts from the classic ballet story and illustrate the characters and events. Draw, paint or collage a magical red firebird, a wicked Koschei, a foreboding Castle Pitiless and heroic Prince Ivan. Make an Artist Book of illustrations.

Sketch, Doodle & Draw Portfolio

Thu, Feb 25 - Code: 10084

Learn some 'how to' drawing methods to expand your skills. We'll explore contour, gestural, and thumbnail sketching to capture a likeness or tell a story. Use graphite pencil, pen/ink wash, and water soluble drawing tools to draw in a realistic, abstract, or free form style.

Color Pencil Power

Thu, Mar 11 - Code: 10085

Learn to mix/blend, layer/glaze, explore color texture, and invent unusual color mixes to spark your drawings. Make a color wheel, explore pastels, and water soluble pencils also. Execute a creative color portrait, landscape, or still life drawing.

Clone Wars

Mon, Mar 22 - Code: 10086

Draw or paint to illustrate the characters and events from the Clone War Series. Draw in a semi-abstract style Ahsoka, Ventress, Clone Troopers, etc. Sculpt a miniature clay character/event sculpture also.



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. For beginners, learn the basics; balance, pushing, skatepark safety and more. All will receive a camp shirt. Stay after 12:00 for open skate. Visit their website at 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: Mon-Wed, Dec 21-23
Fee: \$144/lunch \$132/no lunch
Code: 10089

Date: Mon, Jan 18
Fee: \$48/lunch \$44/no lunch
Code: 10091

Date: Wed-Fri, Dec 28-30
Fee: \$144/lunch \$132/no lunch
Code: 10090

Date: Mon, Feb 15
Fee: \$48/lunch \$44/no lunch
Code: 10092

Music For Everyone 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 twelve 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: Begins Tue, Jan 4

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

Code: 10093

Instructed by Mila Maron

Date: Begins Wed, Jan 5

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

Code: 10094

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.

Guitar Lessons Ages 10+

Have fun while learning to play the guitar with Instructor Ellie Borkon. Learn chords and melodies. All levels are welcome. 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. Cost is \$80 for a 4-week session. Call the Recreation office for the instructor's phone number.



Youth Activities *continued...*



Drama Club *Ages 8-14*

Our winter Drama Club will continue its long history of exciting productions! The club will develop performance sketches, as well as work on acting technique. Final show is Wednesday, March 3 at 7:00 p.m. All participants must be able to participate in the final performance.

Site: Robbinsdale Spanish Immersion School (8808 Medicine Lake Rd)
Date: Mon & Wed, Jan 18-Mar 3
Time: 6:15-7:30 p.m.
Fee: \$52/Res, \$55/Non-Res
Code: 10126

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.**

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
Time: 8:00 a.m.-4:00 p.m.
Fee: \$73/Res, \$77/Non-Res
Date: Sat, Jan 9
Date: Sat, Feb 27
Code: 10095
Code: 10096



Opportunity Fest *Grades 5-8*

Thursday, March 11 - 5:30-7:00 p.m.

Crystal Community Center
(4800 Douglas Drive)

Come visit the many exciting booths to find out about new activities and opportunities available in your community. Participating cities include Golden Valley, Crystal, New Hope and Robbinsdale. Try

your luck at carnival games, have fun dancing to music provided by a DJ and have a chance to win Target gift cards. Watch for an event flyer which will be distributed at your school. Organizations include: 3rd Lair Skatepark, City-County Credit Union, local Athletic Associations, Animal Humane Society and other local agencies.



Winter White-Out Dance

Grades 6-8

Winter is upon us, and white is the theme! Wear as much white as you can to help create a Cool atmosphere and to receive a raffle ticket to win great prizes! Snacks and beverages will be available for purchase. We'll enjoy prizes, fun and music provided by a DJ from KIDSDANCE/Total Entertainment. Event is co-sponsored with Golden Valley, New Hope and Robbinsdale. Save \$3 by registering in advance!

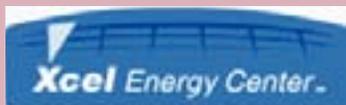
Site: Crystal Community Center
Date: Fri, Jan 29
Time: 7:00-9:30 p.m.
Fee: \$5 before Jan 28, \$8/door
Code: 10097

Looking for summer employment?



**Call the
Recreation office
or stop in for
information and
an application.
763-512-2345**

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. All tickets are lower level reserved seating.

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.

Sesame Street Live! at the Target Center

Saturday, January 16 - 10:30 a.m.

Imagine singing and dancing with Elmo, Abby Cadabby, Big Bird and all your favorite Sesame Street friends! You'll be transported to faraway places as Ernie captains the high seas, Elmo dances to the rhythm of the African rainforest and Bert meets an octopus who has the blues. It's as easy as counting "1-2-3 Imagine!" Age 1+ need a ticket.



Fee: \$17

Deadline: Dec 21 (or until spaces fill)

Code: 10098



The World's Toughest Rodeo at the Xcel Center

Saturday, January 30 - 7:30 p.m.

Hang on to your cowboy hats! The World's Toughest Rodeo® is coming back to Saint Paul's Xcel Energy Center...from barrels to broncs; this is a colorful, fun spectacle

families will always remember. Age 2+ need a ticket.

Fee: \$19/adults, \$14/youth ages 12 & under

Code: 10099

Deadline: Jan 6 (or until spaces fill)

Smucker's Stars On Ice at the Xcel Center

Sunday, May 9 - 4:00 p.m.

Fresh off the ice in Vancouver, the Olympic Medalists will bring the excitement of their performances directly to you! The Smucker's Stars on Ice Tour captures their spirit as it visits cities across the USA. Don't miss your chance to experience this magical combination of the world's best skaters and the energy of live entertainment. Age 2+ need a ticket.



Fee: \$20

Deadline: Apr 14 (or until spaces fill)

Code: 10101

Youth Athletic Associations

Golden Valley Phoenix Soccer Club

Boys and Girls age 9-18

Info Line: 763-544-9829

Web: www.gvphoenixsoccer.org

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-18

Contact: Julie McGrath

Phone: 763-537-2120

E-mail: softballmom67@hotmail.com

Web: <http://eteamz.active.com/cooperarmstrong>

Girls Slowpitch Softball

Girls in Grades 3-12

Contact: Brian Nelson

E-mail: idealbus@comcast.net

Web: www.gvgs.org

Robbinsdale Area Youth Baseball (RAYBA)

Boys age 12-19

Contact: Pat Backen

Phone: 612-293-9524

Web: www.raybaseball.com

Golden Valley Little League Baseball

Boys and Girls age 7-12

Contact: Peter Birkeland

Phone: 763-591-7795

E-mail: pbirkeland@comcast.net

Armstrong Youth Hockey

Contact: Matt Deterding

Phone: 763-557-5809

E-mail: mite.coordinator@armstronghockey.com

Web: www.armstronghockey.com

Adaptive Programs



The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include information, referral, advocacy and counseling. NOTE: For persons not living in one of the above cities, you are considered a "Non-Resident" and need to add \$10 to the registration fee. Call Becca or Stephen for information.

ADAPTIVE YOUTH PROGRAMS (Ages 5-12)

FAMILY YOGA

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 an adult. Meets Tuesdays, January 19 - February 23 from 5:30-6:30 p.m. at the St. Louis Park Recreation Center, 3700 Monterey Drive.

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. Registrations 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.

ADAPTIVE TEEN PROGRAMS (Ages 13-21)

TAKE FIVE RESPITE

Come join our respite to meet new friends, experience recreation activities, and get out of the house. Meets at Elim Church in Robbinsdale from 9:00 a.m.-3:30 p.m. on December 21-23 and December 28-30. \$210/session.

TEEN EXPLORERS

Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and so many more activities! Meets Tuesday, January 19 - March 2 from 6:30-8:30 p.m.

GIRLS CLUB

Designed for girls who are independent in their personal cares and who want to have fun!! We meet one Saturday each month for a variety of fun activities!

SOCIAL SEEKERS

This is a program for teens with Asperger's Syndrome. We meet once a week for fun and social interaction. Call Becca at 952-988-4176 for information.

ADAPTIVE ADULT PROGRAMS (Ages 18+)

CLUB WEDNESDAY

Meet new friends while enjoying games, dances, movies, bingo, etc. Meets Wednesdays, January 13 - March 3 from 6:30-8:30 p.m. Location TBD.

NON-COMPETITIVE BASKETBALL LEAGUE

Have fun and improve your skills. Meets Thursdays, January 7 - March 12 from 6:30-8:00 p.m. Location TBD.

YOGA

Relax, get in shape, and improve flexibility! Tuesdays, January 19 - February 23 from 6:45-7:45 p.m. at the St. Louis Park Rec Center.

WALKING CLUB

Keep that body moving! We will walk at various indoor locations. Mondays, January 25 - March 8 from 6:30-8:00 p.m.

ON THE TOWN

Social program for adults who can explore their community with minimal supervision. Ages 18-30 will meet on Fridays beginning January 15. Ages 31+ will meet on Saturdays beginning January 16.

ADAPTIVE SPECIAL EVENTS

DANCES FOR ALL!!!

Jan 15 - St. Louis Park HS, 7-9 pm
Feb 12 - St. Louis Park HS, 7-9 pm
Feb 26 - Brooklyn Ctr CC, 7-9 pm
Mar 19 - St. Louis Park HS, 7-9 pm
\$5 at the door

WEEKEND VENTURES

Need a mini-vacation? Join us for this great weekend respite program! For ages 15 and older. We currently have a trip to downtown Minneapolis planned in December and a trip to the Mall of America in March.

SUPER BOWL PARTY

Watch the BIG GAME with your friends and enjoy food, games, and activities! Sunday, February 7 from 5-9 p.m. at Brookview Golf Grill in Golden Valley.

BOWLING

BOWLING FOR ALL!!!

Join us for two fun, noncompetitive games each week. Saturdays, January 16 - March 6 from 12-2 p.m. at Earle Brown Bowl in Brooklyn Center.

Adult Activities

Emotional Freedom Technique (EFT)

Instructed by Amy Zilka, this simple, easy to learn technique can help eliminate any and all FEARS, PHOBIAS, ANGER, PAIN, FOOD CRAVINGS, etc. Please bring with you any fear, phobias, etc. as this class requires group and individual participation. You will walk away with handouts and the ability to remove any undesirable feeling that might be blocking you from getting what you want.

Site: Brookview Community Center
Date: Tue, Jan 12
Time: 6:30-7:30 p.m.
Fee: \$20/Res, \$24/Non-Res
Code: 10102

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.



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: Mon, Feb 1
Time: 6:30-7:30 p.m.
Fee: \$16/Res, \$20/Non-Res
Code: 10103

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. EXTRA! EXTRA! Experience the thrill of "Super Hoop," the world's largest hoop. Instructed by Annette Fragale.

Site: Brookview Community Center
Date: Wed, Jan 20
Time: 6:00-7:30 p.m.

Fee: \$12/Res, \$16/Non-Res
Code: 10104



Pilates-Inspired Workout with Annette

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: Brookview Community Center
Date: Mon, Feb 1-Mar 22
Time: 6:00-7:00 p.m.
Fee: \$56/Res, \$60/Non-Res
Code: 10106

Yoga with Annette

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, Feb 2-Mar 23
Time: 11:00 a.m.-12:00 p.m.
Fee: \$56/Res, \$60/Non-Res
Code: 10107

Line Dancing

Join Instructor Annette Fragale for this fun, fast moving, foot tapping line dance class for the whole family. Dance to country western music and learn the hottest new dances. Easy to learn and great exercise.

Site: Brookview Community Center
Date: Wed, Feb 17-Mar 24
Time: 6:30-7:30 p.m.
Fee: \$42/Res, \$46/Non-Res
Code: 10108

Walk Across America

This great class will get you started on a walking program that will tone your legs and abs, condition your heart, fight the effects of aging and speed up your metabolism. You will have fun and get fit as we walk through all 50 states and learn about "America the Beautiful". You will find your proper stride and develop correct posture. Walking is excellent exercise for all ages. Wear comfortable clothing and walking shoes.

Site: Brookview Community Center
Date: Thu, Jan 21
Time: 6:00-7:15 p.m.
Fee: \$12/Res, \$16/Non-Res
Code: 10105

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!"

Adult Activities continued...



Swing & Social Ballroom Dance

Learn several basic steps in Swing, Foxtrot, Waltz, Salsa, Polka and more! This is the perfect casual course to get you started dancing and gain confidence on the dance floor. Getting ready for a special event or just looking for a way to spend quality time with your partner? Classes are fun and easy! Award winning instructor Dean Constantine, and his daughter, Deanna, provide simple, easy to understand instruction. Contact Deanna with questions at 952-476-4044.

Site: Brookview Community Center **Fee:** \$50/Res, \$54/Non-Res
Date: Sun, Mar 7-28 **Code:** 10117
Time: 5:00-6:30 p.m.

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.

Yoga & Pilates with Laura

Yoga & Pilates

Strengthen your body and your awareness, take a revitalizing break from your hurried life and find your natural power. This class, with a sprinkling of pilates, creates flexibility, strength, and healthy posture through a combination of breathing awareness, yoga postures and guided relaxation. Appropriate for beginners, as well as those who already practice. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.



Site: Brookview Community Center **Time:** 5:30-6:40 p.m.
Date: Tue, Jan 5-Feb 23 (No Feb 2) **Date:** Tue, Mar 2-Apr 27 (No Mar 30)
Fee: \$70/Res, \$74/Non-Res **Fee:** \$80/Res, \$84/Non-Res
Code: 10109 **Code:** 10110

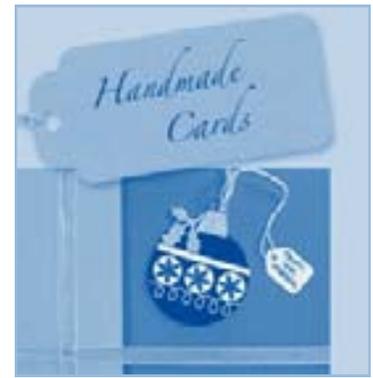
Power Yoga & Pilates

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

Site: Brookview Comm Center **Date:** Tue, Jan 5-Feb 23 **Code:** 10111
Time: 6:45-8:15 p.m. **Date:** Tue, Mar 2-Apr 27 **Code:** 10112
Fee: \$96/Res, \$100/Non-Res (No Mar 30)

About the Instructor... *Laura Lazowski*

Laura is a certified yoga instructor and teaches in the hatha yoga flow (vinyasa) style. She has been practicing yoga for 25 years.



Homemade Holiday Cards & Gift Tags

Escape the ordinary store-bought holiday cards and gift tags by creating your own. Add your personal touch by learning ways to use cardstock, stickers, and decorative paper to create cards and tags for the special people in your life. A \$10 materials fee is payable to the instructor. Instructed by Barbara Tillman.

Site: Brookview Community Center
Date: Wed, Jan 27
Time: 6:30-8:30 p.m.
Fee: \$15
Code: 10118

Digital Photo Organization



Are all of your digital photos stored in your camera or in a file on your computer? This 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 organize them, edit and enhance them 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 \$50 (paid to instructor) is for the software. **Bring your laptop computer (IBM compatible) and digital photos to class where we will load the software on your laptop.** Instructed by Barbara Tillman.

Site: Brookview Community Center
Date: Wed, Mar 10
Time: 6:30-8:30 p.m.
Fee: \$15
Code: 10116

Power Sort & Organize Your Photos

Instructed by Barbara Tillman, this class is designed to teach you how to sort and organize your photos currently stored in shoeboxes and bags. We'll start by assessing what have, assigning categories and labeling dividers. Then you'll get started with the process. You can continue at home until you have all your photos arranged in an order that makes sense to you. A materials fee of \$40 (paid to instructor) gets you an organizing box that is flexible, easy to use, photo safe and holds 2,400 photos. **Bring sticky notes, paper, pencil with eraser, and your photos.**

Site: Brookview Community Center
Date: Wed, Feb 24
Time: 6:30-8:30 p.m.

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.

Fee: \$15
Code: 10115

Belly Dancing

Beginning Belly Dancing

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 Comm Center
Date: Thu, Jan 7-Feb 25
Time: 7:00-8:30 p.m.
Fee: \$65/Res, \$69/Non-Res
Code: 10113

Intermediate Belly Dancing

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

Site: Brookview Comm Center
Date: Sat, Jan 9-Feb 27
Time: 10:30 a.m.-12:00 p.m.
Fee: \$65/Res, \$69/Non-Res
Code: 10114

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.

Walk Program

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

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



Sandburg Middle School
Monday-Thursday - 5:30-8:30 p.m.

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: 147 Hamel Rd, Hamel 55428
Time: 6:00-6:45 p.m.
Fee: \$49/Res, \$53/Non-Res

Date: Tue, Jan 5-Feb 9
Code: 10070

Date: Tue, Feb 16-Mar 23
Code: 10071

Date: Tue, Mar 30-May 4
Code: 10072



Cardio Kickboxing

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. Instructed by Tom Malone.

Site: 147 Hamel Rd, Hamel 55428
Time: 7:30-8:15 p.m.
Fee: \$59/Res, \$63/Non-Res

Date: Mon, Jan 4-Feb 8
Code: 10121

Date: Mon, Feb 15-Mar 22
Code: 10122

Date: Mon, Mar 29-May 3
Code: 10123

Adult Activities continued...

Boot Hockey

If you are not a strong skater then this hockey league is for you. Join our recreational Boot Hockey League. This is an officiated, non-checking league with teams playing single games for six weeks (*weather permitting*). Games are played 5x5 (plus goalie) using a tennis ball and standard hockey sticks. Helmets are required and additional protective equipment is recommended. Teams need to have a completed roster turned in before the start of the first game. For league packet and roster or for more information, call Andy at 763-512-2367.

Site: Lions Park

Date: Thu, Jan 7-Feb 11

Time: 6:00, 7:00, 8:00 & 9:00 p.m.

Fee: \$225/Res team, \$285/Non-Res team



Winter Adult Hockey League

This is a no-checking/no-slap shot hockey league for winter. Open to post high school adults. Teams may roster up to 20 players. All games are played at the Brooklyn Park Ice Arena. The league will begin in January and is played Sunday-Thursday evenings, Two levels to choose from. \$1,225 per team for a nine week season. Call 763-493-8333 for more information.



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, Jan 6-Mar 24

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

Date: Sat, Jan 2-Mar 27

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

Over 40 Open Basketball

Date: Mon, Jan 4-Mar 29

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

Adult (18+) Open Volleyball

Date: Tue, Jan 5-Mar 30

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

Date: Thu, Jan 7-Mar 25

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

Date: Sun, Jan 3-Mar 28

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



Baggo League

Did you miss out on the fun last year, or liked it so much you want to come back? Here is your opportunity to carry those summer memories over to the winter. The Adult Baggo league is back by popular demand, and this year it will be bigger and better. Each team will play a 7-week regular season, followed by a season-ending play off tournament. Team may consist of two to four players, any gender. Min: 12 teams, Max: 24 teams. Register by December 28.

Site: Crystal Community Center

Date: Thu, Jan 7-Feb 25

Time: 6:30 p.m. start double header

Fee: \$30/team

Code: 10125



Adult Softball Leagues

The Park & Recreation Department operates adult softball leagues for teams in the following categories: men's corporate, recreational, church, women and co-rec 11"/12". If you were not in the softball league this past year & have a team that would like to participate, call 763-512-2345 to have information sent to you.

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 Cooperative 7600 Golden Valley Road
Calvary Lutheran Church 7520 Golden Valley Road
Country Villa Assisted Living 7475 Country Club Drive
Dover Hills Midrise 2400 Rhode Island Avenue North

2010 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, 2010
Fee: \$5/Res, \$8/Non-Res
Code: 10052

Thanks for your support!



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.



Site: Brookview Community Center
Date: Tue, Dec 8, Jan 12, Feb 9, Mar 9, Apr 13
Time: Appointments scheduled at 9:00, 10:00 or 11:00 a.m.

Tax Assistance 2009

Help with filling out income tax forms is offered free on a first-come, first-served basis to seniors with uncomplicated income taxes. Please bring all information needed including your labeled tax forms. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.

Site: Brookview Comm Center
Date: Thu, Mar 4, 11, 18, 25 and Apr 1, 8, 15
Time: 9:00 a.m.-12:00 p.m.

VOLUNTEERS NEEDED!

Persons joining this program will receive free tax training leading to certification as counselors. Individuals must commit to training the weeks of January 11 or 18 from 9:00 AM-3:00 PM at Brookview Community Center and then work 6 hours/week during tax season. New volunteers will have a mentor for help during work at convenient local sites. If interested, call the Seniors office for more information.

Senior Special Programs

Happy Feet Foot Care Clinic

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. *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, Dec 15, Jan 19, Feb 16, Mar 16
Time: 9:00 a.m.-12:00 p.m.
Fee: \$30 (Payable to Happy Footcare, Inc. and due at time of service)



Blood Pressure Screening

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

Site: Brookview Community Center
Date: Wed, Jan 27, Feb 24, Mar 24 **Time:** 11:00-11:30 a.m.



Senior Classes



Intermediate Bridge

Made for the player who has basic knowledge of the game. Sharpen your skills with these intermediate bridge classes instructed by Dick Welander.

Site: Brookview Comm Center **Fee:** \$30/Res, \$34/Non-Res
Date: Fri, Jan 22-Mar 12 **Code:** 10053
Time: 9:00-10:30 a.m.

Defensive Driving Courses

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



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.

8-Hour First Timers Course

Site: Brookview Community Center **Time:** 6:00-10:00 p.m.
Date: Wed, Apr 14 & 21 **Fee:** \$18/person

4-Hour Refresher Course

If you have already taken the 8-Hour First Timers Course, you may renew your discount by taking this 4-Hour Refresher Course.

Site: Brookview Community Center
Date: Thu, Jan 14, Feb 11, Mar 11 or Apr 8 **Time:** 9:00 a.m.-1:00 p.m.
Date: Wed, May 19 **Time:** 6:00-10:00 p.m.
Fee: \$17/person

Pilates-Inspired Workout with Annette

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: Brookview Community Center
Date: Mon, Feb 1-Mar 22
Time: 6:00-7:00 p.m.
Fee: \$56/Res, \$60/Non-Res **Code:** 10106



Yoga with Annette

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 **Fee:** \$56/Res, \$60/Non-Res
Date: Tue, Feb 2-Mar 23 **Code:** 10107
Time: 11:00 a.m.-12:00 p.m.

Line Dancing

Join Instructor Annette Fragale for this fun, fast moving, foot tapping line dance class for the whole family. Dance to country western music and learn the hottest new dances. Easy to learn and great exercise.

Site: Brookview Community Center
Date: Wed, Feb 17-Mar 24
Time: 6:30-7:30 p.m.
Fee: \$42/Res, \$46/Non-Res
Code: 10108

Open Painting



Looking for a creative outlet? Bring your latest project and paint with friends. Ask each other for suggestions and advice. This takes the place of the Oil and Acrylics with Judy class until May.

Site: Brookview Community Center
Date: Mon, Dec 7-Apr 26
Time: 9:30-11:30 a.m.

Homemade Holiday Cards & Gift Tags

Escape the ordinary store-bought holiday cards and gift tags by creating your own. Add your personal touch by learning ways to use cardstock, stickers, and decorative paper to create cards and tags for the special people in your life. A \$10 materials fee is payable to the instructor.

Site: Brookview Community Center
Date: Wed, Jan 27
Time: 6:30-8:30 p.m.
Fee: \$15
Code: 10118

See
Adult Section
for other great
class offerings!

Senior Special Interest Groups

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 to register in advance.

Site: Brookview Community Center

Time: 9:45 a.m. **Fee:** \$2, payable at door

Wednesday, January 27

“A Bataan Death March Survivor’s Story”

Hear the inspiring tale of Army Air Corpsman Alf R. Larson who endured the infamous Bataan Death March in World War II and then faced more than four years as a Japanese prisoner of war. Mr. Larson will speak about the battles against the Japanese, exhaustion, starvation, jungle diseases and his own mind to survive one of the most brutal and horrific environments American servicemen have ever endured. *Register by January 25.*



Wednesday, February 24 - “The Link”

The evidence linking animal abuse to human violence is convincing. People who abuse animals rarely stop there; research has shown consistent patterns of animal cruelty among those who commit violent crimes. Animal abuse is also a common component of family violence. Today we will learn more about The Link and what can be done to prevent it. Presented by staff from the Animal Humane Society. *Register by February 22.*

Wednesday, March 24 - Native American Folklore and Natural Remedies

Sit back and enjoy as Shirley, a Native American storyteller, will re-tell several traditional stories and describe ancient remedies that are still used today in Native American culture. *Register by March 22.*

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.



Armchair Travelers

Sailing South America

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 Seniors office.

Site: Country Villa Assisted Living

Date: Thu, Dec 17

Time: 2:00 p.m.



Card & Game Groups

New players always welcome! Please arrive 10 minutes before scheduled start time.

Open Bridge

Thursdays at 6:30 p.m.

Fridays at 9:00 a.m.

Ladies Contract Bridge

1st & 3rd Tuesdays at 12:00 p.m.

Call for information.

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.



Golden Tones Chorus

The Golden Tones were organized in 1977. Directed by Flo Carroll, the members enjoy singing and entertaining each month for local care centers and churches. Interested in joining? We meet Thursdays from 10:30-11:30 a.m. at Calvary Church. Call the Senior office for a practice and performance schedule.

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!

Site: Dover Hill Midrise

Time: 1:00 p.m.

Thursday, January 28

Remembering Valentines and Valentines Parties

Thursday, February 25

Remembering Favorite Expressions

Thursday, March 25

Remembering Hats

Thursday, April 22

Remembering Favorite Radio and Television Shows

Senior Special Interest Groups continued...



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 (7600 Golden Valley Rd)
Time: 1:00 p.m.

Thursday, January 7 - Hidden Gem of Golden Valley

The Courage Center is a nationally recognized leader in the field of rehabilitation, therapy and wellness located in our back yard! Learn about programs Courage Center offers that can benefit you, especially classes in their therapeutic pool, and how you can take advantage of Golden Valley's gem. Presented by Karla Hilgert, Courage Center.

Thursday, February 4 - Help That Achy Back of Yours

Do you get frustrated when you have difficulties doing simple tasks because your back hurts? Everyday your back is put into vulnerable positions that contribute to back pain and stiffness. Learn how to reduce those aches or prevent them from Jason Fenske, D.C., Advanced Medical of Twin Cities, PC.

Thursday, March 4 - Immunizations: Are You Up-to-Date?

We know that children need to have immunizations for disease, but what about adults? Today we'll learn what immunizations and vaccines are recommended for adults and why. Presented by Ana Enriquez, MN Visiting Nurse Association.

Thursday, April 1 - Are Your Feet Happy?

More than 70% of all people will have painful foot problems at some time during their life. During a typical day, the feet endure a cumulative force of several hundred tons. Learn some simple ways to make your feet, and ultimately you, happier. Presented by Jennifer Ryan, Happy Feet Foot Care Clinic.

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, January 21

Nursing Home Rights and Reasons for Discharge

Presented by Gary Van Winkle, Legal Aid Society.

Thursday, February 18

A Gift of Love to Survivors: Funeral & Memorial Preplanning Makes Cents

Presented by Kathy Klein, Washburn-McGreavy Funeral Services.

Thursday, March 18

How to Gain the Highest Return in Personal Real Estate

Presented by Michelle Williams, Coldwell Banker.

Thursday, April 15

Reading Stock Charts for Buy & Sell Signals

Presented by Larry Klick, Money Matters Member.



Meandering with Mary Trips

For Golden Valley Senior members, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne. You'll eat, learn, laugh and eat again. Lunch and treat costs are on your own.

Fee: \$6.50 per trip (includes bus transportation and escort)

Bus Pick-ups:

9:00-9:30 a.m. - Limited home and apartment pick-ups in GV
9:30 a.m. - Golden Valley City Hall (parking lot by water tower)

Friday, January 8

We're stopping for coffee before viewing an amazing exhibit of donated art. This facility was chosen by the collectors because of its location, its focus on American art, and its commitment to education and accessibility. Then off to lunch before heading home.

Code: 10027

Register By: Wed, Dec 30

Thursday, February 4

Our factory tour is part of a chain, started in 1896, which produces well over 20,000 pieces each year nation-wide. After the tour we'll "tuck in" for lunch. You'll definitely want to be "awake" for this one.

Code: 10028

Register By: Wed, Jan 27

Friday, April 16

A quick coffee stop before arriving at our destination where we'll be "fired up" by our tour guide. See the creative process from start to finish. Time to shop in the gallery before heading to lunch.

Code: 10043

Register By: Thu, Apr 8

Mary Wanderers Trip Travelogue

Monday, January 25 • 1:00-2:30 p.m.

Brookview Community Center

Fee: \$4 (pay by Jan 21) Code: 10031

The adventures begin as we kick-off the *Mary Wanderers*, our 2010 travel program with a “meet and greet”. Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy pie and ice cream. Be the first to hear about our adventurous one, two and three day trips. Games! Prizes! And More!



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 is 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.

Calvary Co-op/Apts • Golden Valley City Hall

St. Paul Church Tour - Tuesday, February 9

Our first stop is the Cathedral of St. Paul, designed by E.L. Masquerary to resemble the medieval cathedrals of Europe. Enjoy a sautéed sirloin sandwich on a ciabatta roll, fresh fruit and coffee at W.A. Frost before touring Central Presbyterian Church, founded by Alexander Ramsey, Henry Rice and Rev. John Riheldoffer, and located across Cedar Street from the first State House and Capitol. Our last stop is the Virginia Street Swedenborgian Church, designed by Cass Gilbert to reflect the beliefs of Swedenborgian faith.

Code: 10030

Fee: \$53 (lunch, motor coach & escort)

Register or Cancel By: Mon, Jan 25

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

Approx Return: 3:30 p.m.

Footloose at Chanhassen Dinner Theater

Wednesday, February 24

Broadway’s smash-hit musical is filled with heart-stopping acrobatics and choreography. FOOTLOOSE bursts onto the stage with youthful spirit, dazzling dance scenes and electrifying music. Ren, a teen from Chicago, is forced to move with his mother to a puritanical, small town after his father abandons the family. To his shock, dancing and rock ‘n’ roll are forbidden! He and his classmates want a senior prom. It doesn’t take Ren long to shake up the status quo, and soon the whole class is on their feet sending the town into a frenzy. Footloose has the heart and music to get everyone on their feet! Lunch with coffee or tea is served before the show.

Code: 10026

Fee: \$65 (lunch, play, motor coach & escort)

Register or Cancel By: Wed, Jan 20

Pick-ups Begin: 10:45 a.m.

Approx Return: 2:45 p.m.

The Perfect Couple at Chanhassen Dinner Theater Thursday, March 11

A very special day has been planned just for you. We’ll start with an Italian lunch of mixed green salad, Chicken Parmigiana, spaghetti with marinara sauce, cheesecake and beverage in the cozy wine room of a local restaurant. Following lunch, we’ll be entertained by Dominic Castino (Chanhassen Dinner Theater) and Cheryl Morrissey. This versatile duo will take us on a musical journey in a cabaret-style show with Steve and Eydie duets and selections from the heartwarming show “I Do, I Do”.

Code: 10040

Fee: \$47 (lunch, play, motor coach & escort)

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

Approx Return: 2:45 p.m.

Reg or Cancel By: Mon, Feb 22

Mamma Mia at The Orpheum Saturday, March 13

Over 40 million people all around the world have fallen in love with the characters, the story and the music that make *Mamma Mia!* the ultimate feel-good show! On the eve of her wedding, a daughter’s quest to discover the identity of her father brings 3 men from her mother’s past back to the island they last visited 20 years ago. The story-telling magic of ABBA’s timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone’s having the time of their lives. Seats are on main floor, section 1, Rows U-Y.



Code: 10029

Fee: \$96 (show, motor coach & escort)

Pick-ups Begin: 12:50 p.m.

Approx Return: 5:30 p.m.

Reg or Cancel By: Wed, Jan 20

“Mary Wanderers” Trip Program *continued...*

The Dixie Swim Club at the Old Log Theater

Wednesday, March 24

We'll start the afternoon with lunch at the Old Log before seeing the area premier of this new comedy. Free from husbands, kids, and jobs, five southern women, whose friendship began on their college swim team, meet every August at the same beach cottage for a long weekend to laugh, catch up, and meddle in each other's lives. The play focuses on four of those weekends over a span of thirty-three years and demonstrates the power of teamwork and the strength of love.



Please state menu choice when registering: *Smoked Pork Chop, Walleye Pike, Roasted Chicken Breast or Vegetarian Lasagna.*

Code: 10025

Fee: \$48 (lunch, show, motor coach & escort)

Register or Cancel By: Wed, Mar 10

Pick-ups Begin: 10:45 a.m.

Approx Return: 4:45 p.m.

Golden Strings at the Lafayette Club

Wednesday, April 21

“The Grand Old Lady of the Lake” is set on a hilltop overlooking Lafayette Bay. The original building with over 1,000 rooms was an elaborate creation of James J. Hill. Take a few minutes to look around before being seated for lunch in the Ballroom. Menu: Lafayette House Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is founded and lead by virtuoso violinist Clifford Brunzell. This unique group of musicians play music ranging from the classic to pops, from romance to jazz. Don't miss out!

Code: 10039

Fee: \$59 (lunch, concert, motor coach & escort)

Register or Cancel By: Mon, Mar 22

Pick-ups Begin: 10:00 a.m.

Approx Return: 3:15 p.m.



Red Wing Thursday, May 6

We're traveling to Red Wing to hear the history of the First Methodist Church – its building and congregation and then enjoy a performance of the Golden Valley Golden Tones and the Red Wing Silver Tones. A box lunch will be served at the church before stopping at the NEW Red Wing Shoe

Company's Museum and Retail Store. The new building opened on August 3, 2009 and measures 17,800 sq.ft. It houses the world's largest boot – size 638½ D standing 16 feet tall and weighing 2,300 pounds – which took 13 months to complete. Take time to browse this quaint town before heading home.

Code: 10038

Fee: \$41 (performance, lunch, motor coach & escort)

Register or Cancel By: Mon, Apr 19

Pick-ups Begin: 9:30 a.m.

Approx Return: 4:00 p.m.



Grand Marais and the Gunflint Trail

June 15-17, 2010

This trip offers deluxe motor coach transportation, lodging for two nights at the Best Western Superior Inn, meals of: 1 Coffee & Rolls, 2 Breakfasts, 3 Lunches, 2 dinners, and your Tour Director, Mary Odell. Gratuities on included meals and attractions.

Attractions include:

- Split Rock Light House
- Gunflint Trail Historical Society Museum
- Grand Portage National Monument Heritage Center
- Chik-Wauk Lodge

Cost: \$480/person (2 per room), \$525/person (single room)

Deposit: \$130 due by April 30

Final Payment: Mon, May 10

**Complete brochure
will be available
January 4, 2010.**

Senior Five Cities Transportation Opportunities 763-531-1259

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities. Registrations are taken through the Five Cities office with bus pick-ups in each city. All costs are on your own. **NOTE:** No one will be denied a ride if unable to pay the full fare.

Suggested Fare:

\$4 cash/round-trip or \$3.50/round trip with a punch pass.

Purchase punch passes from the driver with cash or check made payable to "First Transit."

4 round-trip ride pass - \$14 • 8 round-trip ride pass - \$28

Brunch Bunch

Join us as we lunch together at local restaurants on the fourth Tuesday of the month. Individual checks with tax and gratuity will be given.

Shopping Trips

Five Cities bus will pick you up at your home or apartment building. Call at least 24 hours in advance.

Cub Foods - Every Wednesday
Mall/Shopping Center - 2nd Friday
Byerly's & Walgreen's - Monthly
Target - 4th Friday
Wal-Mart - 2nd Tuesday



Five Cities Special Destination Trips

\$7 cash for round-trip transportation or two punches from the bus pass. A minimum of 12 riders required for Special Destination trips. 2010 dates are coming. Check the senior newsletter for information.



Forum and the Fork

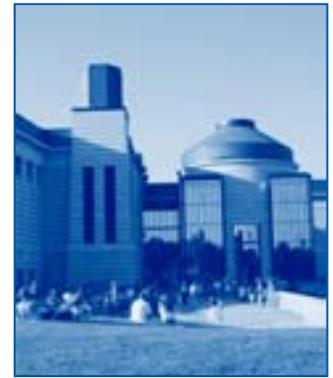
Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. "Breads and Spreads" at the Church following the forum (donation requested). Check the senior newsletter in the future for 2010 spring information. Bus leaves Golden Valley City Hall at 11:00 a.m.

Nature of Things

Friday, April 30

Science Museum of Minnesota: Dead Sea Scrolls

Experience one of the greatest archaeological finds of the 20th century—*The Dead Sea Scrolls*. Cost is \$26 (admission, exhibits, omnifilm), plus \$7 cash for round-trip transportation or two punches from the bus pass. Lunch is on your own. Register by April 15 with New Hope Recreation by phone at 763-531-5151 or by mail or walk-in at 4401 Xylon Ave. N. 55428. Bus leaves Golden Valley City Hall and Calvary Coop at 9:30 a.m. Leave museum at 2:45 p.m.



Seniors In Mind

Hosted by the MN History Center with lunch at Café Minnesota (on your own) following the lecture. Bus leaves GV City Hall at 9:35 a.m.

Tuesday, March 9
Minnesota's State Parks with Doug Ohman and Chris Niskanen

Take an armchair tour of Minnesota's treasured system of state parks (sixty six to be exact) captured through the lens of photographer Doug Ohman and pen of writer Chris Niskanen. Each chronicled the parks through the eyes of rangers, naturalists and long time users. The result is a published book by the Minnesota Historical Society Press that is an invitation to see Minnesota's natural world at its best.



Vivace! Concert Series

Attend a free concert at Landmark Center in St. Paul featuring a variety of music, followed by lunch (on your own).

Thursday, January 21

Lunch at Anita's. Bus leaves Golden Valley City Hall at 11:00 a.m.

Senior Community Information

Five Cities Senior Transportation Program 763-531-1259

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, social outings, and senior events.

FOR INFORMATION: Call the Five Cities office Mon-Fri, 8 a.m.-3 p.m. A bi-monthly schedule with the days and destinations 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.

TRIP DAY: Be ready for the bus at the scheduled time. If you want assistance boarding or exiting the bus or need to use the lift, please ask the driver to help you. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "First Transit."

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, Mon-Fri, 9 a.m.-3 p.m.

Senior Dining 763-545-5659

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 \$3.25 is requested, but no one will be denied a meal. Call 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 and menus.

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 with yard clean-up, cleaning windows, house cleaning and minor house repairs.

Widowed Support Group

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

North Memorial Group for Widowed 763-520-4834

The first Monday of every month North Memorial, through its hospice program, offers a lunch gathering for those who have been widowed two years or less. Call for information and/or to make a reservation.

LinkVet – 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.



Senior Events at the Golden Valley Library

The following programs will be held at the Golden Valley Library located at 830 Winnetka Ave. N.

Senior Surf Day

Thu, January 28 - 9:00-11:00 a.m.

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience from representatives of the Senior LinkAge Line®. Register online at www.hclib.org or call 952-847-5475.

Author Talk: Doug Ohman

Sat, February 20 - 1:00 p.m.

Ohman, Midwest photographer of historic architecture, will present highlights of barns, churches, courthouses, schoolhouses, homes and cabins from his "Minnesota Byways" series. Books available for purchase and signing. Sponsored by the Friends of the Golden Valley Library.

Brookview Community Center

Host Your Next Special Gathering at Brookview

Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people. Rental facilities include a large tiled-floor banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen with refrigerator, freezer, microwave oven and stove. Weather permitting, the patio and deck may be used as well.

Parties/social events with under 75 people may rent the facility at an hourly rate, for a maximum of 5 hours. Groups with more than 75 people will be charged a flat rate which allows up to 12 hours of use. Brookview may also be used for hosting meetings for private industry, commercial businesses, civic organizations and non-profit agencies.

Hours Available for Use

The Community Center is available until 10:30 p.m. Sunday thru Thursday and 12:30 a.m. Friday and Saturday.

Food and Beverage

All food must be provided by a licensed caterer or food establishment. Alcohol beverages must be provided by our beverage service, Complete Beverage.

Rental Fees

Fees vary by event and group size. To make a reservation, you must submit an application along with a \$200 deposit. For all parties/social events, we require a \$500 refundable damage and policy compliance deposit.

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



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.

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 Fees: \$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.

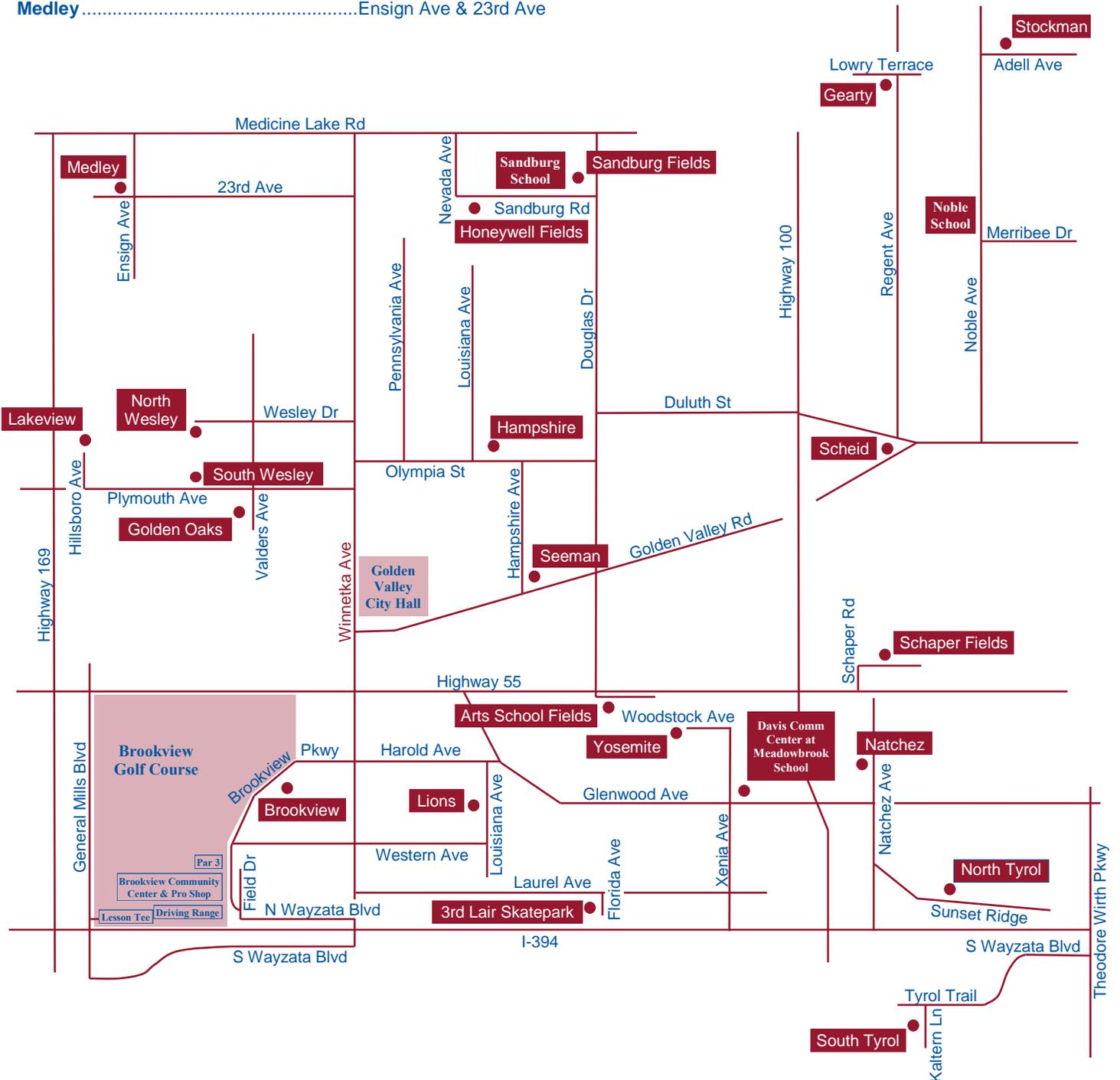
Details: Licensed caterer required; Hot or cold non-alcoholic beverages and 3.2 beer MUST be purchased from the Grill. All other service of hard liquor must be provided by the City's contracted beverage provider.



Golden Valley Activity Locations

3rd Lair Skatepark 850 Florida Ave S
Arts School Fields Hwy 55 & Douglas
Brookview Winnetka & Brookview Parkway
Brookview Community Center 200 Brookview Pkwy
Brookview Golf Course 200 Brookview Pkwy
Davis Community Center Xenia Ave & Glenwood Ave
Gearty 3100 Regent Ave N
Golden Oaks Valders Ave & Plymouth Ave
Golden Valley City Hall 7800 Golden Valley Rd
Hampshire Olympia St & Louisiana Ave
Honeywell Fields Sandburg Rd & Louisiana Ave
Lakeview Olympia St & Hillsboro Ave
Lions Harold Ave & Louisiana Ave
Meadowbrook School Xenia Ave & Glenwood Ave
Medley Ensign Ave & 23rd Ave

Natchez 201 Natchez Ave
Noble School Noble Ave & Merribee Dr
Sandburg School Sandburg Rd & Douglas Dr
Schaper Fields Ottawa & Schaper Rd north off Hwy 55
Scheid Duluth St & Toledo Ave
Seeman Hampshire off Golden Valley Rd
Stockman Adell Ave & Major Ave
Tyrol (North) 4300 Sunset Ridge
Tyrol (South) 1501 Kaltern Lane
Wesley (North) Wesley Dr & Orkla Dr
Wesley (South) Plymouth Ave & Orkla Dr
Yosemite 351 Yosemite Ave



General Information

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. For information, please call Park and Recreation at 763-512-2345.

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 p.m. in the Brookview Community Center, 200 Brookview Parkway. For more information, call Margaret at 763-541-9251.



Registration Information

**Registration Begins
Thursday, December 10**

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.

**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.

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.

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.

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



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.





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 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 Valdars 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 Major 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

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, Kelly Kuebelbeck,
Bob Mattison, Emily Piper,
Anne Saffert and Daniel Steinberg.

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

Parks & 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

A Special
THANK YOU
to our Friends
of the Parks!

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY

PICNIC SHELTERS

See page 1
for details
and check out
our **NEW** deposit
requirements!



Brookview Park Reservations begin:

Residents/Businesses of Golden Valley:

Thursday, January 14, 2010

Non-Golden Valley Residents/Businesses:

Thursday, February 11, 2010

Looking for summer employment?



Call the Recreation office or stop in
for information and an application.
763-512-2345

REGISTER ONLINE

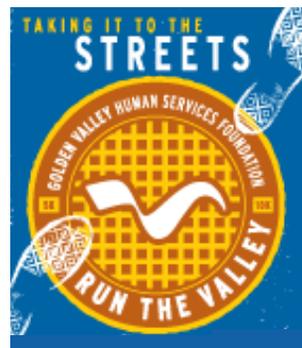
with
GV RecConnect

www.ci.golden-valley.mn.us

**IT'S
EASY!**

Registration begins
Thursday,
December 10.

See page 23 for details.



Run the Valley Race/Walk

Saturday,
April 10, 2010

Davis Community Center

Proceeds benefit the
Golden Valley Human Services Foundation
which distributes 100% of the funds raised to non-profit
agencies directly serving the Golden Valley community.

See Page 1 for details!