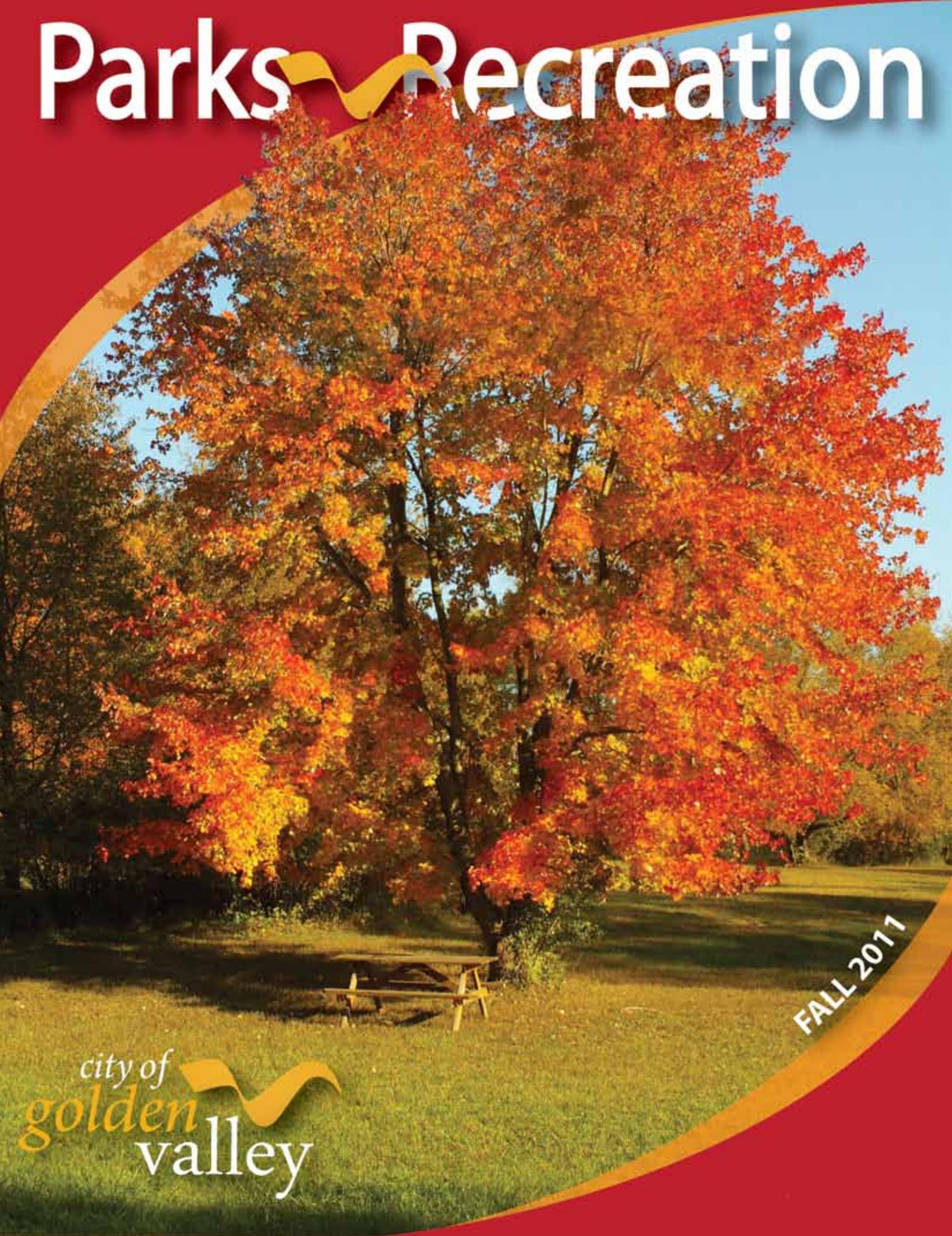


Parks & Recreation

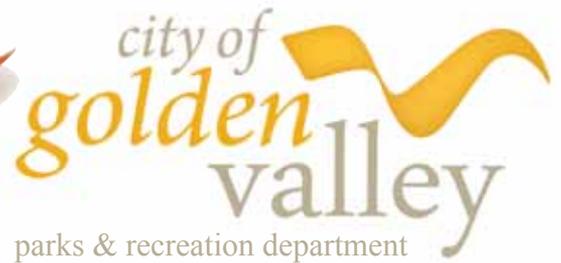


FALL 2017

city of
golden
valley

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Mission Statement

The mission of the Golden Valley Park and Recreation Department is to build community through people, parks and programs.

Vision Statement

The City of Golden Valley shall nurture places, events, and associations that maintain recreation as a focal point of family and community life.

Parks & Recreation Office

200 Brookview Parkway, Golden Valley, Minnesota 55426

Hours: Monday-Friday, 8:00 AM-4:30 PM

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

Activity Cancellation Line: 763-512-2350

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

City Hall

7800 Golden Valley Road, Golden Valley, Minnesota 55427

Hours: Monday-Friday, 8:00 AM-4:30 PM

Phone: 763-593-8000 **Fax:** 763-593-8109

City Offices Closed

Monday, September 5 - Labor Day

Friday, November 11 - Veteran's Day

Thursday, November 24 - Thanksgiving

Friday, November 25 - Thanksgiving

Friday, December 23 - Christmas

Monday, December 26 - Christmas



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.



BROOKVIEW PARK PICNIC SHELTERS

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

Times Available

11:00 AM-4:00 PM and/or 5:00 PM-Dusk

LARGE SHELTER

(Holds up to 100 people)

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

Resident - \$100
Non-Resident - \$120



SMALL SHELTER

(Holds up to 50 people)

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

Resident - \$85
Non-Resident - \$100

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 and those paid by credit card will be processed immediately.

Serving Beer or Wine?

Beer or wine only can be served after the permit has been purchased.

Beer/Wine Permit - \$20

Play Equipment Kits

Rent one of our play equipment kits for added fun at your outdoor event!

Kits Include:

- Basketball • Soccer ball • Volleyball
- Playground ball • Mini-soccer ball
- 4 throw-down bases • 2 softballs
- 2 bats (1/child, 1/adult)

\$15 rental,
plus \$30 refundable deposit

Additional Items:

- Bocce Ball Set • Tug-of-War Rope

\$10 rental,
plus \$10 refundable deposit

Join the 4th Annual GOLDEN VALLEY LILAC PLANTING PROJECT



Saturday, October 1

Planting occurs in the morning and is capped by a celebration luncheon. Invite friends, neighbors, groups and organizations to join the planting. You'll enjoy watching your plants grow along Hwy 55. If you are a member of a community organization or business, suggest members to volunteer as a group. Contact Dwight Townes at 763-377-8469 or Sandy Werts at 763-512-2341 or swerts@goldenvalleymn.gov.

1st Annual Valley Volunteer Day

Saturday, October 1

Individuals, families and groups can get involved in a one-day or afternoon project for the benefit of the community, a school or a group. You can join the committee to make it happen by finding sponsors to help with the event. To become involved, contact Jennifer Lara, Chair of the Valley Volunteer Day project at: jene4lara@gmail.com or 612-850-8928. To be a Valley Volunteer and work on specific projects or lead children's activities, contact Sandy Werts, 763-512-2341 or swerts@goldenvalleymn.gov.

GPS & Geocaching



Learn the basics of Global Positioning System (GPS) technology, master the buttons and functions of GPS units, and then use the Internet to find local geocaches. Head outside to hunt for hidden treasures or use your GPS units to play an updated version of capture the flag. Coordinates will be given for the Golden Valley history cache for participants to explore on their own. Maximum of 20.

Site: Brookview Park - Large Shelter
Fee: \$12/Res, \$17/Non-Res

Day: Saturday, October 15

Time: 10:00 AM-12:00 PM

Code: 11063



Golden Valley's 125th Anniversary

Golden Valley will be celebrating its 125th Anniversary in December 2011. Activities will occur throughout the entire year. To find out what else is going on, please check the Golden Valley CityNews and the city website at:

<http://www.goldenvalleymn.gov/events/125/index.php>.

You can also get on a list to receive periodic updates of events by going to www.goldenvalleymn.gov/newssubscribe. After you sign in, the "Golden Valley's 125th Anniversary" option is near the top, under the subhead "News and Information."

If you are interested in helping plan activities for Golden Valley's Anniversary, contact Sandy Werts at swerts@goldenvalleymn.gov or contact her at 763-512-2341 to get on the planning team.



Double Anniversary Celebration at the Golden Valley Library

Saturday, October 15

10:00 AM-4:00 PM

Golden Valley Library

Golden Valley celebrates two anniversaries this year: 125th for the city and 40th for the library. Help us celebrate both with an open house. Program at 1:00 PM will feature tidbits of library and local history. Former and current Golden Valley Library employees will be honored. A mural by students from the Perpich Center for Arts Education celebrating 125 years of literacy in Golden Valley will be on display. Following this, three prominent Golden Valley attorneys will discuss ten famous cases that took place in Golden Valley. Presented by Marshall H. Tanick, Lynn Gitelis, and Cathy Gorlin.

125th Anniversary Celebration Lunch

Friday, December 2 • Golden Valley Country Club

Take part in the 125th Anniversary Capstone event and celebrate the inductees into the Golden Valley Hall of Fame, see the contents of the time capsule, recognize the 125th planning team and hear State Demographer, Tom Gillaspay, talk about the future for Golden Valley. Watch for more information in an upcoming issue of the Golden Valley CityNews.

Essay Contest for 5th & 6th Grade Students

Golden Valley's 125th Anniversary Planning Team is sponsoring an essay contest for students in 5th and 6th grades during the 2011-2012 academic year. Students must reside or go to school in Golden Valley. Home schooled students in comparable grades are also eligible. Students may choose any topic that relates to Golden Valley's history. One entry per person and work should be done independently. Winners will have their essays posted on the Golden Valley website and receive \$50 for first prize and \$25 for second prize. Contest information is available at Golden Valley City Hall, the Golden Valley Library, Brookview Community Center or on the city's website at: www.goldenvalleymn.gov/events/125/index.php. Essays are due by October 19.

125th Anniversary Special Events

Golden Valley Historical Society's Diamond Luncheon

Wednesday, September 7 - 12:00-1:30 PM

Golden Valley County Club

In celebration of Golden Valley's 125th Anniversary, the Historical Society is honoring Golden Valley residents who have lived in the city 75 years or more with a luncheon program. Celebrate and honor these long time residents by participating in the lunch. Cost is \$20 and is payable to the Golden Valley Historical Society. Registration forms are available from Don Anderson at 763-588-8578 or maryanddon3030@aol.com. Register by August 31.



Golden Valley Hall of Fame

As part of its 125th Anniversary, Golden Valley is establishing a Hall of Fame intended to honor those who have been born, raised or resided in Golden Valley or affiliated with the city and have made significant contributions. The Hall of Fame is anticipated to recognize a broad, diverse and inclusive spectrum of contributions. The initial induction of selected nominees will take place on December 2 at the 125th Anniversary Commemorative Luncheon. Hall of Fame Nomination Forms are available at www.goldenvalleymn.gov/events/125/index.php or at Golden Valley City Hall or Brookview Community Center.

The History of Ewald Dairy

Thursday, September 8 - 7:00 PM - Golden Valley Historical Society Museum

Bill Ewald, grandson of the founder of Ewald Dairy will talk about the history of the dairy in Golden Valley. Free and open to all.

Monster Mash Teen Dance

Grades 5-7

Friday, October 28 • 7:00-9:30 PM

Crystal Community Center

\$5 if paid by Oct 27, \$8 at door

Code: 10960

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, Robbinsdale and New Hope. Save some money by registering in advance!



Supper with Santa

Ages 2+ with an adult

Friday, December 2 • 6:00-7:30 PM

Brookview Community Center

\$10/Res, \$15/Non-Res,
\$5/adult meal

Code: 10961

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.

Mailbox to the North Pole

November 28 - December 16, 2011

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

Come run, jump, crawl and have a great time indoors at Brookview Community Center. A variety of play areas will be set up for your child ages 1-5. Adult participation required. No instruction provided. No fee for parents and children under age 1. Pay at the door or a punch pass can be purchased at Brookview Community Center.

Site: Brookview Community Center

Fee: \$3 per child or \$25 for a 10-visit punch pass



Day	Date	Time
Fridays	Beginning September 16	10:00-11:30 AM

First Steps in Musicland

Ages 18 months-5 years with an Adult

This class offers basic musical concepts through a variety of fun activities. Parents and children will dance, sing and play while learning rhythm and fine and gross motor coordination. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents..

Site: Brookview Community Center

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

Day	Date	Time	Code
Thu	Sept 15-Oct 20	11:00-11:45 AM	11021
Thu	Oct 27-Dec 8	11:00-11:45 AM	11022
(No class Nov 24)			

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. Children must be potty trained.

Site: Brookview Comm Center

Fee: \$44/Res, \$49/Non-Res



Day	Date	Time	Code
Mon/Wed	Sept 12-Oct 26	9:30-11:00 AM	10986
(No class Sept 28 & Oct 3)			
Mon/Wed	Oct 31-Dec 12	9:30-11:00 AM	10988
(No class Nov 23)			
Tue/Thu	Sept 13-Oct 25	9:30-11:00 AM	10987
(No class Sept 29)			
Tue/Thu	Oct 27-Dec 13	9:30-11:00 AM	10989
(No class Nov 8 & 24)			

ABOUT THE INSTRUCTOR...

Lisa London 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.

Happy Birthday Party

Ages 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the popular cable show, "The Magic Book Nook.. 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.



Youth Activities

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 ages 3-9 and their daddy's 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 Robinsdale.*

Site: Brookview Community Center

Fee: \$21/Res Couple*, \$28/Non-Res Couple



Day	Date	Time	Code
Fri	Nov 18	6:15-7:45 PM	10993

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. No uniform is required or provided for this program. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. **Resident fee applies to Golden Valley and St. Louis Park.*

Site: Davis Community Center

Fee: \$49/Res*, \$54/Non-Res

Day	Date	Time	Code
Tue	Sept 13-Oct 18	5:45-6:15 PM	10990
Tue	Oct 25-Dec 6	5:45-6:15 PM	10991
<i>(No class Nov 8)</i>			

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

Fee: \$59/Res*, \$64/Non-Res

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sept 13-Oct 18	6:15-7:00 PM	10975
Tue	Oct 25-Dec 6	6:15-7:00 PM	10977
<i>(No class Nov 8)</i>			

ADVANCED

Day	Date	Time	Code
Tue	Sept 13-Oct 18	7:00-7:45 PM	10976
Tue	Oct 25-Dec 6	7:00-7:45 PM	10978
<i>(No class Nov 8)</i>			

SCIENCE EXPLORERS'



Magical Magnets *Ages 4-6*

Join Science Explorers for a morning of magical magnet fun. We will explore magnetic force with fun, hands-on experiments. We will use a variety of different magnets as we learn about attraction and repulsion, magnetic poles and the invisible magnetic force. Join us as we play games and make art projects to learn more about this mysterious force.

Site: Brookview Community Center

Fee: \$13/Res, \$18/Non-Res

Day	Date	Time	Code
Mon	Sept 19	1:15-2:30 PM	11045

Fall Into Science *Ages 4-6*

Join Science Explorers as we discover this wonderful time of year. As fall comes to Minnesota, we will learn how nature responds to the changes happening all around us through migration and hibernation. Topics will also include the weather, animals in the fall, along with other changes that take place during this very special time of year.

Site: Brookview Community Center

Fee: \$39/Res, \$44/Non-Res

Day	Date	Time	Code
Mon	Oct 10-24	1:15-2:30 PM	11046

Kitchen Science *Ages 4-6*

Our kitchens can be an amazing science lab. Join Science Explorers as we experiment with ingredients you can find in your kitchen. We will experiment with mixtures that fizzle, pop and stretch all while we learn about solids, liquids and gases. Be sure to dress to get messy. **Note: Corn, wheat and dairy may be used in this class, but not consumed.**

Site: Brookview Community Center

Fee: \$39/Res, \$44/Non-Res

Day	Date	Time	Code
Mon	Nov 7-21	1:15-2:30 PM	11047

Rainforest Journey *Ages 4-6*

Travel along with Science Explorers as we investigate an environment where it's always warm, the trees are always green, and the animals are very unique. Learn about the elements of the rainforest and some special animals that live there. Create art projects, play games, hear stories and use your imagination as you become a world traveler.

Site: Brookview Community Center

Fee: \$39/Res, \$44/Non-Res

Day	Date	Time	Code
Mon	Dec 5-19	1:15-2:30 PM	11048

TAP & BALLET CLASSES *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 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. *Students must have instructor approval to continue into advanced/master courses.



Site: Brookview Comm Center **Fee:** \$38/Res, \$43/Non-Res

- Session 1:** Saturday, Sept 17-Nov 12 (No class Oct 22)
Session 2: Saturday, Nov 19-Jan 28 (No class Nov 26, Dec 24 & 31)
Session 3: Saturday, Feb 4-March 24

Tap

Level	Time	Code
Beginner (Ages 4-6)	8:00-8:30 AM	Session 1 - 10993
		Session 2 - 10998
		Session 3 - 10999
Intermediate (Ages 7+)	9:00-9:30 AM	Session 1 - 11000
		Session 2 - 11001
		Session 3 - 11002
Advanced*	10:00-10:30 AM	Session 1 - 11003
		Session 2 - 11004
		Session 3 - 11005
Master*	11:00-11:30 AM	Session 1 - 11006
		Session 2 - 11007
		Session 3 - 11008

Ballet

Level	Time	Code
Beginner (Ages 4-6)	8:30-9:00 AM	Session 1 - 11009
		Session 2 - 11010
		Session 3 - 11011
Intermediate (Ages 7+)	9:30-10:00 AM	Session 1 - 11012
		Session 2 - 11013
		Session 3 - 11014
Advanced*	10:30-11:00 AM	Session 1 - 11015
		Session 2 - 11016
		Session 3 - 11017
Master*	11:30 AM-12:00 PM	Session 1 - 11018
		Session 2 - 11019
		Session 3 - 11020

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, September 27 (times listed below).

Site: Davis Community Center
Dates: Tues, Oct 4-Dec 20 (No class Nov 8)
Times: 6:00-6:45 PM - Ages 4-8
 7:00-7:45 PM - Ages 9-16
Fee: \$4 Enrollment Fee, plus \$6/night at the door

Rink Rat Hockey for Boys & Girls *Ages 5-12*

This outdoor hockey program for boys and girls consists of two pre-season practices and 8 instructional games. Volunteer coaches officiate all games and there are no goalies, only goal covers. Half of the games are played in other communities including: 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 26. A league jersey and participation award are provided. **Registration deadline is December 2. Waiting lists will be taken after Dec 2 and partial teams will be merged with other communities.**

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).

Site: Wesley Park & other community locations (see above)
Day: Friday evening & Sunday afternoon
Fee: \$40/Res, \$45/Non-Res

Ages	Date	Time	Code
Ages 5-6	Jan 6-Feb 10	TBD	10982
Ages 7-9	Jan 6-Feb 10	TBD	10963
Ages 10-12	Jan 6-Feb 10	TBD	10964



Drawing Activities *Ages 6-12*

This Art Expo class will use graphite/colored pencils, oil pastel, ink and watercolor wash to explore still life and portrait drawings in realistic and abstract style. Learn 'how to' methods to create 3-D drawings of nature objects, architecture and landscapes. Experience contour, gesture and memory drawing exercises to nurture your skills.

Site: Brookview Comm Center **Fee:** \$36/Res, \$41/Non-Res

Day	Date	Time	Code
Wed	Oct 5 & 12	5:30-7:00 PM	10981

YOUTH BASKETBALL PROGRAMS



Hoopstars Basketball Camp

Grades K-1

Youth in kindergarten and first grade learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl. **Resident fee applies to Golden Valley and Crystal.* **Register by October 3.**

Site: Davis Community Center

Date: Mon/Wed, Oct 10-26

Time: 6:00-7:30 PM

Fee: \$42/Res*, \$49/Non-Res

Code: 10982



Hoopstars High Performance Basketball Camp

Grades 4-6

The camp is designed for players 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. Open to both boys and girls. **Resident fee applies to Golden Valley and Crystal.* **Register by October 28.**

Site: Forest Elementary Gym, Crystal

Date: Fri, Nov 24-Dec 16 (No class Nov 25)

Time: 6:00-7:30 PM

Fee: \$42/Res*, \$49/Non-Res

Code: 10985

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. **Resident fee applies to Golden Valley and Crystal.* **Register by October 26.**

GRADES 2-3

Site: Davis Community Center **Fee:** \$42/Res*, \$49/Non-Res

Day	Date	Time	Code
Wed	Nov 2-Dec 14 (No class Nov 23)	6:00-7:30 PM	10983

GRADES 4-6

Site: Forest Elementary Gym, Crystal **Fee:** \$42/Res*, \$49/Non-Res

Day	Date	Time	Code
Mon	Nov 7-Dec 12	6:00-7:30 PM	10984

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. **Resident fee applies to those residing in Crystal, St. Louis Park, Robbinsdale and Golden Valley.*

PRACTICES - Weekday Evenings beginning mid-January

Held on a weekday evening beginning mid-January at Davis Community Center (located at Meadowbrook School). Day/time will vary due to gym and coach availability. Coaches will call team members after January 6 with practice information.

GAMES - Saturday Afternoons, January 14-March 17

Held on Saturday afternoons, January 14-March 17 at Crystal Community Center or Davis Community Center.

Fee: \$47/Res*, \$54/Non-Res

Boys Grade 2	Code: 11030	Girls Grade 2-3	Code: 11033
Boys Grade 3	Code: 11031	Girls Grade 4-6	Code: 11034
Boys Grade 4-6	Code: 11032		



VOLUNTEER COACHES ARE NEEDED!

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

Private Piano Lessons *Ages 7+*

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for all ages. Courses includes 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 participating in the recital.

TO REGISTER - Call Anna Shmidov at 763-531-5198 to establish a lesson time. After you establish a lesson, call the Recreation office to register and pay. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

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

Instructed By: Ella Gerbuz

Day	Date	Time	Code
Tue	Sept 13-Dec 20	Between 3:00-9:00 PM	11023
<i>(No class Nov 8 & 22)</i>			

Instructed By: Mila Maron

Day	Date	Time	Code
Wed	Sept 14-Dec 14	Between 3:30-9:00 PM	11024
<i>(No class Nov 23)</i>			
Thu	Sept 15-Dec 15	Between 3:30-9:00 PM	11025
<i>(No class Nov 24)</i>			



Drama Skills & Techniques *Ages 6-17*

This program will focus on building the techniques and skills for young actors for theatre and film. Class will focus on vocality, characterization, scene development, staging, blocking, costumes and make-up. Instructors have extensive training in theatre, film and advertising.



Site: Brookview Community Center
Fee: \$50/Res, \$55/Non-Res

Ages	Day	Date	Time	Code
6-12	Mon	Sept 19-Dec 5	5:30-6:45 PM	11065
<i>(No class Oct 31)</i>				
13-17	Mon	Sept 19-Dec 5	7:00-8:15 PM	11066
<i>(No class Oct 31)</i>				

Drama Club *Ages 6-17*

Our fall Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, December 8 at 7:00 PM. All participants must be able to participate in the final performance. Instructors have extensive training in theatre, film and advertising.

Site: TBD **Fee:** \$94/Res, \$99/Non-Res

Ages	Day	Date	Time	Code
6-12	Tue/Thu	Sept 20-Dec 8	5:30-6:45 PM	10965
<i>(No class Nov 24)</i>				
13-17	Tue/Thu	Sept 20-Dec 8	7:00-8:15 PM	11067
<i>(No class Nov 24)</i>				

American Red Cross Babysitting Training Class

Ages 11-15



This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the 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? **Participants must bring a lunch and snack.**

Site: Brookview Community Center
Fee: \$77/Res, \$82/Non-Res

Day	Date	Time	Code
Sat	Sept 10	8:00 AM-4:30 PM	10979
Sat	Oct 8	8:00 AM-4:30 PM	10980

SEGWAY MAGICAL HISTORY TOUR

Ages 13-80

Have you ever wanted to learn how to ride a Segway? Well here is your chance to learn and enjoy the history of the Minneapolis Riverfront without breaking a sweat. Let the Segway do the work as you cover several miles accompanied by a professional guide who will assist you in experiencing various eras of the river. Frequent stops at historical sites include: the Stone Arch Bridge, Upper Lock and Dam, Mill Ruins Park, St. Anthony Falls, Boom and Nicollet Islands.



Participants must be able to stand for long periods of time, weigh less than 280 lbs., provide their own transportation to St. Anthony Main and helmet. Anyone under the age of 18 must be accompanied by a legal/parental guardian during the entire duration of the tour. **Register by September 15.**

Site: St. Anthony Main, Minneapolis
Fee: \$94/Res, \$99/Non-Res *(Includes tax, free parking at the St. Anthony Falls Ramp, refreshments, \$10 admission pass to the Mill City Museum and 25% off food/beverages at one of three nearby restaurants.)*

Day	Date	Time	Code
Sat	Oct 1	1:00-4:00 PM	10959

TARGET & XCEL ENERGY CENTER EVENTS

Get tickets for these great 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 the Xcel Energy Center. This is for 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. NOTE: Participants supply their own transportation. Please plan to arrive at least 15 minutes early. **TICKET PICK-UP:** Participants will be notified when tickets are available for pickup at the Parks and Recreation office.

2011 Minneapolis Shrine Circus at the Target Center

Saturday, October 22 - 3:00 PM

Presenting the ultimate in exciting entertainment, the 2011 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. Ages 2+ need a ticket.

Fee: \$17 (lower level reserved)

Code: 10994

Deadline: Wed, Oct 5, or until spaces fill

Disney's Phineas & Ferb Live! at the Xcel Energy Center

Sunday, October 23 - 4:00 PM

Phineas, Ferb, and the whole tri-state area gang in a live action adventure! And, before you can wonder, "Hey, Where's Perry?" the beloved pet platypus shifts to his secret double life as Agent P to foil another one of Dr. Doofenshmirtz's evil plans. Musical madness abounds in an escapade so awesome that even Candace can't help but join the hilarious hijinks. Seize the day 'cause Phineas and Ferb are gonna do it all!



Fee: \$23 (lower level reserved)

Code: 10995

Deadline: Wed, Oct 8, or until spaces fill

"Disney on Ice: Treasure Trove" at the Xcel Energy Center

Saturday, December 10 - 7:00 PM

Discover endless riches when Disney On Ice presents Treasure Trove comes to your hometown! Disney On Ice sets the gold standard with its newest skating spectacular. Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses -Tiana, Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Cpt. Hook & his pirate pals on an adventure beyond Neverland! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life'. Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice & the Madhatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see this show full of memories guaranteed to last a lifetime.

Fee: \$17 (lower level reserved)

Deadline: Nov 26, or until spaces fill

Code: 10996



YOUTH ATHLETIC ASSOCIATIONS

Golden Valley Little League Baseball

Boys and Girls age 7-12

Contact: Peter Birkeland

763-591-7795

pbirkeland@comcast.net

www.goldenvalleylittleleague.org

Armstrong Cooper Youth Baseball

Boys age 12-19

Contact: Pat Backen

763-439-6454

president@raybaseball.com

www.raybaseball.com

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-18

cooperarmstrongfastpitch@gmail.com

www.cooperarmstrongfastpitch.org

Girls Slowpitch Softball

Girls in grades 3-12

Contact: Brian Nelson

idealbus@comcast.net

www.gvgs.org

Golden Valley Phoenix Soccer Club

Boys and Girls age 9-18

763-544-9829 www.gvphoenixsoccer.org



ADAPTIVE PROGRAMS through



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*

FAMILY YOGA Increase attention span, focus, muscle tone, and flexibility. Yoga is beneficial in so many ways! 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 Recreation Center, 3700 Monterey Drive, St. Louis Park on Tues evenings, Sept 20-Oct 25 from 5:45-6:45 PM. \$50/Res parent/child pair, \$58/Non-Resident (\$20/additional family member).

NATURE DISCOVERY Get to know the world around you!! We will spend each week talking about a different nature theme, and spending time outdoors. Held at Westwood Hills Nature Center, 8300 West Franklin Ave, St. Louis Park on Mon, Sept 12-Oct 3 from 5:30-6:30 PM. \$20/Res, \$28/Non-Res.

INCLUSIONS Reach For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city recreation programs. Registration for these programs is done through your Recreation Department. After registering, contact Reach For Resources to discuss needs/accommodations for yourself or your child. We request 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, Sept 13-Nov 1. \$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 (October-December) for a variety of fun activities! Locations vary. \$30/Res, \$38/Non-Res.

SOCIAL SEEKERS This is a program 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 (12-14, 15-18, and 19-30) and at various locations. Intake is required for all new participants. Call Becca for information at 952-988-4176.

Adult Programs

YOGA Relax, get in shape, increase muscle tone, improve focus, and enhance flexibility! Held at St. Louis Park Rec Center, 3700 Monterey Drive, St. Louis Park on Tuesday, Sept 20-Oct 25 from 7:00-8:00 PM. \$40/Res, \$48/Non-Res.

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, and so much more! Held at Brookview Community Center in Golden Valley and other various community locations. Held on Wed. Sept 14-Nov 2 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

THE HEALTH CLUB Take some time to take care of you! Each week we will focus on a different aspect of healthy living – yoga, hiking, making healthy meals, and MORE! Learn important skills and have fun! Locations TBD on Thur, Sept 22-Oct 27 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

WALKING CLUB Keep that body moving and enjoy the community by walking at various indoor and outdoor locations on Mon, Sept 12-Oct 24 from 6:30-8:00 PM. \$25/Res, \$33/Non-Res.

Bowling for All

Join us for fun, non-competitive bowling. You will bowl 2 games each week at either:

Doyle's Bowling Lane, Crystal

Saturdays, Sept 17-Nov 5
12:00-2:00 PM
\$35/Res, \$43/Non-Res, plus \$3/week

Maple Lanes Bowling Alley, Fridley

Saturdays, Sept 17-Nov 5
3:00-5:00 PM
\$35/Res, \$40/Non-Res, plus \$4/week

Special Events

FRIDAY NIGHT DANCES

St. Louis Park High School
Friday, Sept 16, Oct 21, Nov 18
7:00-9:00 PM
\$35/Res, \$43/Non-Res, plus \$3/week

FALL FORMAL

Time to get all dressed up and dance the night away with your friends!

Minnetonka High School
Friday, September 30
7:00-9:00 PM
\$8/pre-register, \$10/at the door

WEEKEND VENTURE

Join us for a wonderful weekend getaway! We'll spend Friday evening through Sunday morning at beautiful Camp Kingswood in Mound MN. Hiking, campfires, Frisbee golf, a challenge course and more! For ages 15+. Call Becca at 952-988-4178 for more information.

Camp Kingswood, Mound MN
Fri, Sept 9 - Sun, Sept 11
\$350/person

GHOSTLY GALA

Join us for this annual spooky celebration! Games, prizes, food, music, and dancing! All money raised goes to fund the Reach for Resources recreation department.

Brooklyn Park Comm Activity Center gym
Saturday, October 29
6:30-9:00 PM
\$8/pre-register, \$10/at the door

Adult Activities

Hula Hoop - Fun and 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 are available for purchase for \$15. Instructed by Annette Fragale.



Site: Davis Community Center Fee: \$12/Res, \$17/Non-Res

Day	Date	Time	Code
Tue	Sept 13	6:00-7:30 PM	11029

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.

Site: Brookview Comm Center Fee: \$56/Res, \$61/Non-Res

Day	Date	Time	Code
Mon	Oct 3-Nov 28	6:00-7:00 PM	11028

ABOUT THE INSTRUCTOR...

Annette Fragale 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!"

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. Instructor Annette Fragale's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center
Fee: \$56/Res, \$61/Non-Res

Day	Date	Time	Code
Tue	Oct 4-Nov 29	11:00 AM-12:00 PM	11029
(No class Nov 8)			



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 Fee: \$59/Res*, \$64/Non-Res

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sept 13-Oct 18	6:15-7:00 PM	10975
Tue	Oct 25-Dec 6	6:15-7:00 PM	10977
(No class Nov 8)			

ADVANCED

Day	Date	Time	Code
Tue	Sept 13-Oct 18	7:00-7:45 PM	10976
Tue	Oct 25-Dec 6	7:00-7:45 PM	10978
(No class Nov 8)			

ABOUT THE INSTRUCTOR...

Tatyana Butkova 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.



Belly Dancing - Level 1

Come to explore the beautiful and ancient art of belly dance/Middle Eastern dance. Whatever your goals are – exercise, dancing, body and muscle strengthening, fixing lower back problems – this class covers them all. Wear loose and comfortable clothing. No hip scarf is required but they are fun to wear. No previous dance experience required. Instructed by Tatyana Butkova.

Site: Brookview Community Center
Fee: \$64/Res, \$69/Non-Res, *\$56/Res, \$61/Non-Res

Day	Date	Time	Code
Thu	Sept 15-Nov 3	7:00-8:30 PM	10971
Thu*	Nov 10-Dec 29	7:00-8:30 PM	10972
(No class Nov 24)			

Belly Dancing - Level 2

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

Site: Brookview Community Center
Fee: \$80/Res, \$85/Non-Res

Day	Date	Time	Code
Mon	Sept 12-Oct 31	7:15-8:45 PM	10973
Mon	Nov 7-Dec 26	7:15-8:45 PM	10974

ART CLASSES

These art classes are for artists of all levels. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Comm Center
Fee: \$40/Res, \$45/Non-Res



Exploring Perspective

Hands-on exercises explore basic perspective principles to create depth and dimension in your drawings and paintings. Apply aerial, one point and two point linear perspective to depict landscapes, architectural and nature subjects. Use a variety of drawing tools. View examples of major art works illustrating examples of perspective application.

Day	Date	Time	Code
Thu	Sept 8 & 15	1:00-2:30 PM	10968

Botanical Art

Learn and apply drawing and painting methods to illustrate botanical specimens. Use color and water soluble pencil, watercolor, gouache, pen and ink to create realistic or abstract life studies of plant forms. View works from major botanical artists and art history for inspiration.

Day	Date	Time	Code
Thu	Oct 6 & 13	1:00-2:30 PM	10969

Still Life Art

Develop keen observation skills as you draw objects and nature subjects from life. Learn about composition, contours, textures, shapes, shading and space to create realistic or abstract Still Life drawings and paintings. Use graphite and charcoal pencils, pen, ink and watercolor. Be inspired by examples of work from major artists and art history.

Day	Date	Time	Code
Thu	Nov 3 & 10	1:00-2:30 PM	10970



GPS & Geocaching

Learn the basics of Global Positioning System (GPS) technology, master the buttons and functions of GPS units, and then use the Internet to find local geocaches.

Head outside to hunt for hidden treasures or use your GPS units to play an updated version of capture the flag. Maximum of 20.

Site: Brookview Park - Large Shelter
Fee: \$12/Res, \$17/Non-Res



Day	Date	Time	Code
Sat	Oct 15	10:00 AM-12:00 PM	11063

ABOUT THE INSTRUCTOR...

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

Yoga Flow with Laura

Get ready to uncover your natural power through flow yoga... This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. 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.

Site: Brookview Community Center Time: 5:30-6:40 PM

Day	Date	Fee	Code
Tue	Sept 6-Oct 25	\$60/Res, \$65/Non-Res	11035
<i>(No class Sept 13 & 27)</i>			
Tue	Nov 1-Dec 20	\$70/Res, \$75/Non-Res	11036
<i>(No class Nov 8)</i>			
Thu	Sept 8-Oct 27	\$60/Res, \$65/Non-Res	11037
<i>(No class Sept 15 & 22)</i>			
Thu	Nov 3-Dec 22	\$70/Res, \$75/Non-Res	11038
<i>(No class Nov 24)</i>			

Power Yoga Flow with Laura

Similar to the Yoga Flow class, above, with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, but modifications for beginners can always be made. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. Previous experience with yoga is helpful, however, beginners are welcome! Bring a sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.



Site: Brookview Community Center Time: 6:45-8:15 PM

Day	Date	Fee	Code
Tue	Sept 6-Oct 25	\$72/Res, \$77/Non-Res	11043
<i>(No class Sept 13 & 27)</i>			
Tue	Nov 1-Dec 20	\$84/Res, \$89/Non-Res	11044
<i>(No class Nov 8)</i>			

Looking for Tai Chi?
See page 16.

Adult Activities



Swing & Social Ballroom Dance

Learn several basic steps in the most popular ballroom dances, including Swing, Foxtrot, Waltz, Salsa, Polka and others! This is the perfect course to get you started dancing and to help you gain confidence on the dance floor. Getting ready for a wedding or a party, or just looking for something to do together with your spouse or friend? Classes are fun and easy! You'll be glad you tried them!

The Constantine family has been offering quality ballroom and country dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction in a relaxed atmosphere. Everyone who attends will be successful learning to dance!

Site: Brookview Community Center **Fee:** \$50/person

Day	Date	Time	Code
Sun	Nov 20-Dec 18	7:30-9:00 PM	11026

(No class Nov 27)

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: \$28/10-time punch pass or \$4/day, pay at door

ADULT (18+) OPEN BASKETBALL

Date: Saturdays, beginning Sept 17 **Time:** 8:00-10:00 AM

OVER 40 OPEN BASKETBALL

Date: Mondays, ongoing (Closed 11/7) **Time:** 8:00-10:00 PM

ADULT (18+) OPEN VOLLEYBALL

Date: Tuesday, ongoing (Closed 11/8) **Time:** 8:00-10:00 PM

Date: Thursdays, ongoing (Closed 11/24) **Time:** 8:00-10:00 PM

Date: Sundays, beginning Sept 11 (Closed 11/27) **Time:** 1:00-3:00 PM

NORTHWEST METRO ADULT SPORTS LEAGUES



Over 45 Mixed Doubles Pickleball League

This fall we will offer the very first 45+ pickleball league for mixed doubles. 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 whiffle ball. Lessons or previous playing experience are not required to join in the fun, so sign up today! **For more information, contact Steve Ellingson at 763-531-5155. Register by September 2.**

Sites: Hidden Valley Park (32nd & Boone Aves) and Civic Center Park (44th and Xylon Aves)
Dates: Thursdays, September 8- October 13

Time: 6:00 PM
Fee: \$20/couple

Co-Rec Kick Ball League

Try this all new co-rec sports league which is sure to bring back memories of your youth. Get your friends together and join us on Friday evenings for some "old time fun." You may play up to 10 people in the field at one time.

For more information, call New Hope Recreation at 763-531-5151.

Site: Victory Park, New Hope
Dates: Fridays, beginning Aug 12
Time: approx. 6:30-8:30 PM
Fee: \$130 per team



Adult Wiffle Ball League

Thank you for choosing one of America's favorite backyard games – WIFFLE ball! This 18+ league is back for another 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. **Register by September 2.**

For more information, call Crystal Recreation at 763-531-0052.

Site: Welcome Park, Crystal
Dates: Wednesday, September 7-October 28
Time: 6:30-8:30 PM
Fee: \$30/team

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.

For more information, call New Hope Recreation at 763-531-5151.

Site: New Hope Community Gyms (8230 47th Ave N)
Dates: Mondays, begins November 1
Time: Evening TBD
Fee: \$525 + \$12/Non-Res player (those who don't live or work in New Hope, Brooklyn Center, Brooklyn Park, Crystal, Golden Valley or Maple Grove)

GOLDEN VALLEY SENIOR CENTER

The Golden Valley 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 unless otherwise 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
- **Golden Valley City Hall**
7800 Golden Valley Rd (upper parking lot by water tower)
- **Golden Valley Library**
830 Winnetka Ave N



2011 Annual Membership Donation

Your donation is good for the year and will allow you to receive the bi-monthly Senior Newsletter right at your door. It helps offset some costs of the senior program. Support your senior program by donating to the Golden Valley Seniors today!

Donation: \$5/Res, \$8/Non-Res
Code: 10609

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. If you need to cancel, you must call Happy Feet at least 24 hours in advance, or a fee may be charged to you.

Site: Brookview Community Center **Time:** Appointments begin at 9:00 AM
Fee: \$32 - payable to Happy Feet Footcare, Inc. and due at time of service.

Day	Dates
Tuesday	September 13, 20 • October 11, 18 • November 15 • December 13, 20



Blood Pressure Screening

This free service is provided by staff from the Ambassador Good Samaritan Care Center.

Site: Brookview Community Center **Time:** 11:00-11:30 AM



Day	Dates
Wednesday	September 28 • October 26 No screening in Nov or Dec

Getting Through the Medicare & Medgap Maze



A counselor will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Call today for an appointment. He'd love to work with you!

Site: Brookview Community Center
Time: Appt times are from 9:00-11:00 AM

Day	Dates
Tue	Sep 13 • Oct 11 • Nov 8 • Dec 13

SENIOR SPECIAL EVENTS

"Oil and Painting with Judy" Art Show

Runs November 1-29
Golden Valley Library

The "Oil and Painting with Judy" class is displaying their artwork at the Golden Valley Library. Stop by during library hours and view the beautiful work created by our students.

Golden Tones Chorus Kick-off



Thursday, September 22 • 9:45 AM
Calvary Lutheran Church (Fireside Room)

Come and see what we are all about! Practices are Thursdays from 10:30-11:30 AM at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life!

YOUR SENIOR MEMBERSHIP DONATION IS GREATLY APPRECIATED!

SENIOR SPECIAL EVENTS



It's a Golden Day in Golden Valley

Monday, October 17 • 1:00-3:00 PM
Brookview Community Center
\$5/person - Code: 10949

Join us in celebrating the Golden Valley Seniors 50th Anniversary! We'll be looking at 50 years of quality programming that put Golden Valley Seniors Program in the national spotlight. Share in the memories, sing-a-long with the Golden Tones and listen to the toe-tapping music of The Banjo Boys while enjoying pie and ice cream. There may even be a couple of surprises - an afternoon you won't want to miss!

Medicare Presentation

Wednesday, October 19 • 10:00 AM
Brookview Community Center

There is a new annual enrollment period for Drug and Medicare Advantage Plan changes which will begin on October 15, 2011 and end on December 7, 2011. Even if you are happy with your current Part D and/or Medicare Advantage coverage, it is recommended to check it every year to be sure there are no benefit surprises for the new year. Hear a free, unbiased educational presentation on: what is a Medicare Advantage plan, how it works, comparison of the various plans, and their advantages and disadvantages. Part D topics include: The Part D benefit, a comparison of prescription coverage currently available from your Medicare supplement or employer retiree plan versus Part D coverage, and obtaining information about the plans available to you. Presented by Senior Community Services, a non-profit agency.

Robbinsdale City Band Holiday Concert

Thursday, December 1
7:00 PM - Refreshments • 7:30 PM - Concert
Crystal Community Center

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. 5 Cities Transportation available for this event. Donations will be accepted for refreshments.



Holiday Tea

Monday, December 12
1:00-2:30 PM
Brookview Comm Center
\$7/person - Code: 10952

You are cordially invited to High Tea. The afternoon begins

with tea and a performance by pianist Dan Wascoe. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Five Cities Transportation available for this event. **Register by Wednesday, December 7.**

SENIOR CLASSES

Defensive Driving Courses

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. 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. Call 651-291-9150 for more information.

8-HOUR FIRST TIMERS COURSE

Site: Brookview Community Center Fee: \$18/person

Day	Dates	Time
Tue	October 18 & 25	6:00-10:00 PM

4-HOUR REFRESHER COURSE

Site: Brookview Community Center Fee: \$17/person

Day	Dates	Time
Thu	September 8	9:00 AM-1:00 PM
Thu	October 13	9:00 AM-1:00 PM
Thu	November 10	9:00 AM-1:00 PM
Thu	December 8	9:00 AM-1:00 PM

Tai Chi for Health & Arthritis

TAI CHI - BASIC CLASS

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Comm Center Fee: \$42/Res, \$47/Non-Res

Day	Date	Time	Code
Tue	Sept 6-Oct 18	8:45-9:45 AM	10953
Tue	Oct 25-Dec 20	8:45-9:45 AM	10958

(No class Nov 8)

TAI CHI 2 - MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation. Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Comm Center Fee: \$42/Res, \$47/Non-Res

Day	Date	Time	Code
Tue	Sept 6-Oct 18	9:45-10:45 AM	10956
Tue	Oct 25-Dec 20	9:45-10:45 AM	10957

(No class Nov 8)

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 cards can be purchased at the Recreation office.

Site: Brookview Community Center

Fee: 6-time punch card - \$39/Res, \$44/Non-Res

Day	Date	Time
Mon	Continuous through Nov 28	9:30-11:30 AM



Intermediate Bridge Class

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes. Instructed by Dick Welander, Life Master Player and Certified Instructor from American Contract Bridge League. **Register by August 31.**

Site: Brookview Comm Center

Fee: \$30/Res, \$34/Non-Res

Day	Date	Time	Code
Fri	Sept 2-Oct 21	9:00-10:30 AM	10716

SENIOR SPECIAL INTEREST GROUPS



Mondays with Mary

Join Mary on Mondays at 9:30 AM to make door decorations, greeting cards, party favors and more. We 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. As we say, "The more the Mary-ier". *Group will not meet September 5.*

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 AM 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 to begin receiving the list of meeting locations.

August 9
Tour of Golden Valley

October 18
Final Ride & Lunch

August 30
Cedar Trail & Farmer's Market

September 13
To be determined

September 27
Mendota Trail



Remember When?... with Jan

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

Site: Dover Hill Apartments
Time: 1:00 PM

Thursday, September 22
Remembering Fall: Colors & Activities

Friday, October 28
Remembering Halloween Costumes

Thursday, November 17
Remembering Quilts and Afghans

Thursday, December 29
Remembering New Year's Eve



Card & Game Groups

New players are always welcome to these card and game groups at Brookview Community Center. Please arrive 10 minutes before scheduled start time.

Site: Brookview Community Center

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Contract Bridge	Thursdays	6:30 PM
	Fridays	9:00 AM

Golden Tones Chorus

This chorus practices on Thursdays at 10:30 AM, September 22 to late April, at Calvary Church, 7520 Golden Valley Road. Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursday afternoons for local senior centers, care centers, civic organizations and churches. Interested in joining? Call the senior office at 763-512-2339 or join us any Thursday starting September 22.

SENIOR SPECIAL INTEREST GROUPS



Coffee Talk

Join us for informative programs, juice, donuts, and of course, coffee! Call the Senior office at 763-512-2339 to register so there are treats and coffee for everyone.

Site: Brookview Community Center **Time:** 9:45 AM
Fee: \$2 - payable at the door

Wednesday, September 28

Gas Stations - An icon of the American Landscape

This interesting talk will discuss the rise in automobile ownership, gasoline marketing, and the style and diffusion of gasoline stations in Minneapolis in the last century. The expansion of stations to neighborhoods was part of the larger diffusion of commercial ventures from the core cities of Minneapolis and St. Paul that began in the 1880's. Presented by Paula Pentel, whose thesis on Gasoline Stations fulfilled her requirements for a Masters of Arts Degree from the U of M. Ms. Pentel teaches at the U of M, is a resident and council member of Golden Valley. *Register by September 26.*

Wednesday, October 26

125 Years of Law in Golden Valley

Did you know that Golden Valley has been the site of many important legal cases? We'll hear about landmark legal cases from A (alimony) to Z (zoning). Presented by Marshall Tanick, Mansfield, Tanick & Cohen, P.A. in conjunction with the 125th Anniversary of Golden Valley.

Living Well & Wise

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

Site: Calvary Center Cooperative **Time:** 1:00 PM
(7600 Golden Valley Road)

Thursday, September 1

Laughter IS the Best Medicine

Join us and plan to laugh! Come and hear how to put humor and laughter back into your life. Share your joys and hopes with others and learn tips on how to put some play time into your day because laughter IS the best medicine. Presented by Deanna Soukup, Fairview Homecare and Hospice.



Thursday, October 6 **Navigating the Holidays Around Your Waistline**

The holidays bring out the best in people – especially the cooks! How do you avoid the holiday weight gain without hurting the host/hostesses feelings? Today learn simple tips to keep your holiday weight gain to a minimum. Presented by Covenant Village.

Thursday, November 3 **Keep Your Holidays Safe by Practicing Safe Decorating**

Many injuries occur while decorating your home for the holidays. Tripping over cords, slipping off ladders, losing your balance can easily be prevented by learning safer ways to decorate your home. Presented by Nadine Reiser, Right At Home Health Care.

Thursday, December 1 **Breathing in Cold Weather: Tips for Survival**

Winter takes a toll on the body. Breathing in the cold Minnesota winter air can strain the nose, throat and lungs. Learn some simple ways to help your body get through winter. Presented by Golden Valley Rehab and Care Center.

Money Matters



Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration necessary. Donations for refreshments will be accepted.

Site: Brookview Community Center
Time: 10:00-11:00 AM

Thursday, September 15

Be Aware - Scams are Everywhere!

Scams happen everywhere, even in Golden Valley. Hear who scammers target, what constitutes a "scam", past and present scams and when to involve the police department. Presented by Detective Sergeant Dennis Arons, Golden Valley Police Department.

Thursday, October 20

Owning Property in Two States - Part 1

Many people own property in two states. Maybe it's a cabin in Wisconsin, a hunting lodge in South Dakota or a winter home down south. Learn about residency and estate planning issues around owning property in two states. Planned by Jeanine Strand, Ameriprise Financial Services, Inc.

Thursday, November 17

Owning Property in Two States - Part 2

Many people own property in two states. Maybe it's a cabin in Wisconsin, a hunting lodge in South Dakota or a winter home down south. Learn about residency and estate planning issues around owning property in two states. Planned by Jeanine Strand, Ameriprise Financial Services, Inc.

Thursday, December 15

Group Discussion

We will discuss a hot investment/economic topic of the day and plan the 2012 meeting schedule.



GOLDEN VALLEY LIBRARY EVENTS

These programs are offered at the Golden Valley Library located at 830 Winnetka Ave N.

Senior Surf Day Thursday, September 29 - 9:00 AM

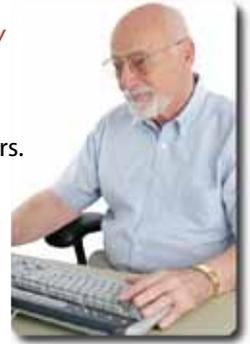
Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®. Presented in collaboration with the Minnesota Board on Aging and the Metropolitan Area Agency on Aging.

Master Gardener: Spring-Flowering Bulbs Saturday, October 1 - 1:00 PM

Fall's the time to plant your bulbs. Learn from a Master Gardener and enjoy slides of spring-flowering favorites. Presented in collaboration with the Hennepin County Master Gardeners, University of Minnesota Extension.

Guthrie Theater: Intro to Shakespeare Saturday, October 29 - 1:00 PM

Delve into Shakespeare – even if you never have before! Learn about his plays, his characters, the language of the text and what it means. See just how cool the Bard can be! No experience necessary. Presented in partnership with the Guthrie Theater.



SPECIAL DESTINATION TRIPS WITH FIVE 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 with bus pick-ups in each city. All costs are on your own.

ROUND-TRIP PUNCH PASSES

Available for purchase from the drivers with check or cash.
4/round-trip pass: \$14 **8/round-trip pass:** \$28

SUGGESTED ROUND TRIP BUS FARES

Regular: \$4 cash or \$3.50 with a punch pass.
Special Destination: \$7 cash or two punches from punch pass.

Register for these trips by calling Five Cities at 763-531-1259, unless otherwise noted.

Brunch Bunch

Join us as we lunch together at a local restaurant on the fourth Tuesday of the month. **Special Destination bus fare applies.*

September 27 Dock Cafe - Registration starts Sept 1.

October 25 TBD - Registration starts Sept 30.

November 22 TDB - Registration starts Nov 1.



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). Added dates will be in the Senior Newsletter. **Special Destination bus fare applies.*

Bus Leaves: 11:00 AM - GV City Hall

Bus Returns: 2:30 PM

Thursday, October 20

Economist, Jeffrey Sachs

Thursday, November 17

Photographer, Annie Leibovitz

Nature of Things

Register with New Hope Parks and Recreation at 763-531-5151. Registration fee is due at time of registration. All lunch costs and purchases are on your own.

Friday, October 7 Minnesota Landscape Arboretum

The Minnesota Landscape Arboretum features more than 1,000 acres of magnificent gardens, model landscapes, and natural area—from woodlands to wetlands to prairie—with extensive collections of northern-hardy plants. We'll enjoy a tram tour around the scenic 3 mile loop and then you'll have time for lunch and exploring on your own. On our trip home, we will make a quick stop at the Apple House.

Fee: \$10 (admission & guided tour), plus special destination fare

Reg Deadline: September 26, or until spaces fill

Bus Leaves: 9:30 AM - GV City Hall

Bus Returns: 2:45 PM



Vivace! Afternoon Concert Series

Enjoy a concert and then lunch at Anita's Cafe at the Landmark Center (cost on your own). **Special Destination bus fare applies.*

Thursday, October 27

Bus Leaves: 11:00 AM - GV City Hall

Bus Returns: 2:30 PM

THE MARY WANDERER'S TRIP PROGRAM

The "Mary Wanderers" trip program includes one-four 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 taken with Visa or MasterCard. Minimum of 6 needed for bus to stop.

PICK-UP LOCATIONS:

Calvary Co-op & Apts • Golden Valley City Hall

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

Northstar Rail and Wobegon Trail

Arrive at the campus of St. Benedict's for a Chicken Dinner at the Gorecki Center. After lunch, we will venture along the Lake Wobegon Trail to explore two historic churches with volunteer guides before arriving at the Big Lake Northstar Corridor Rail Station. Sit back and enjoy this new commuter rail operated by Metro Transit from Big Lake to Minneapolis.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Thu	Sep 8	11:00 AM	6:30 PM	\$54	10484

Register or cancel by: August 15

Geritol Frolics

Start the day in Baxter at the Christmas Point Wild Rice Company, a family owned and operated store, that proudly features products produced "up North". Browse the three floors of unique items and/or enjoy coffee and treats in their café (on your own). Lunch at Prairie Bay Restaurant. Menu: Salad, glazed chicken breast, garlic mashed potatoes, caramel apple bread pudding and coffee/tea. Arrive at Franklin Arts Center for the 2 PM performance of the 2011 Geritol Frolics. More than 50 performers over the age of 50 create a show full of singing, dancing and comedy—a definite must-see! We'll stop on the way home to stretch and get a snack (on your own).

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Fri	Oct 14	8:45 AM	8:00 PM	\$62	10501

Register or cancel by: September 21

Hairspray at the Chanhassen

It's 1962, and pleasantly plump Baltimore teen Tracy Turnblad has only one desire – to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star, but she must use her newfound power and the help of a crazy cast of characters, to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her 'do!' Don't miss Hairspray which won eight 2003 Tony Awards including Best Musical. Lunch served before the show.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Wed	Oct 26	11:00 AM	5:00 PM	\$71	10503

Register or cancel by: September 27

"Everybody Loves Opal" at the Old Log Theater

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 to see "Everybody Loves Opal!" Opal Kronke lives in a tumbledown mansion at the edge of town. Her only companion is her cat, Tanner. Into her life come three rascals. These three swindlers decide they are going to take out an insurance policy on Opal, bump her off and collect the money. They soon find out that Opal has more lives than her cat! Laughs abound as each of their plots fail and Opal's belief that there is good in everyone eventually wins everyone over.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Thu	Nov 10	11:45 AM	4:45 PM	\$51	10504

Register or cancel by: October 21

Austin Holiday

Our day begins at the historic Hormel House, the stately home of George A. and Lillian Hormel from 1901 to 1926, with coffee and treats in the dining room. This home is annually decorated for the holiday season by local merchants, florists, designers and collectors. Guides are stationed in twelve rooms to talk about the home, architecture and decorations. Note: three rooms are upstairs - no elevator. Lunch is at The Old Mill Restaurant located in the historic Ramsey Flour Mill on the Red Cedar River. Menu: Grilled Breast of Chicken on a bed of wild rice, tossed salad, fruit garnish, roll, beverage and dessert. After lunch, it's the SPAM® Museum featuring 16,500 square feet of SPAM® artifacts, history and fun. Hear about the role of SPAM® Classic in World War II, see exciting videos and much more. The SPAM® Museum offers SPAM® products, collectible SPAM® memorabilia, and SPAM® products, even the hard-to-find varieties.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Fri	Nov 11	8:45 AM	5:45 PM	\$59	10479

Register or cancel by: October 24

Plaid Tidings at the Chanhassen

Enjoy lunch off of the matinee menu before entering the Fireside Theater. Your favorite Plaid Boys (Sparky, Smudge, Frankie and Jinx) have returned to Earth, overtaken by the Christmas spirit. Enjoy audience favorites like their riotous version of "The Ed Sullivan Show" featuring the Rockettes, the Chipmunks, and even the Vienna Boys Choir. This "heaven-sent" holiday treat will put you in the holiday mood.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Wed	Nov 30	11:30 AM	4:15 PM	\$58	10505

Register or cancel by: November 4

"It's a Wonderful Life" at the St. Paul Hotel

Arrive at the legendary Saint Paul Hotel located on Rice Park in downtown St. Paul. Since 1910, the hotel has seen great success and has hosted U.S. Presidents, international leaders, royalty, gangsters, and movie stars. Be seated in the famous Pomenade Ballroom for the thirty minute pre show. A light lunch will be served during the unique "It's a Wonderful Life - A Live Radio Play." A special menu will be created (this is a sample from last year): First Course: Composed Cheese, Sausage and Berries, Cherry Soup, Shrimp and Tortellini Brochette with Sun-Dried Tomatoes and Pesto Dipping Sauce. Second Course: Miniature Chicken Pot Pie, Third Course: Peppermint Bombe with Holiday Garnish. Throughout the lunch service you will return to 1946 and a radio broadcast. It is taking place before you, the live audience, in this wonderful setting. Cash bar available.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Tue	Dec 13	12:40 PM	4:30 PM	\$67	10481

Register or cancel by: November 14

MARY WANDERER'S EXTENDED TRIPS

Join escort Mary Odell for these fabulous trips.



Amtrak Train to Milwaukee Tuesday-Friday, September 20-23, 2011

DAY 1: Leave about 6:00 AM for the Amtrak Station. Board Amtrak Train # 28 for coach class rail service to Milwaukee. By mid-afternoon the train will arrive at the Milwaukee Depot. Tour the Harley-Davidson Museum®. Have dinner at Mader's German Restaurant. Check into the Country Inn & Suites for two nights.

DAY 2: Light breakfast at the hotel. Tour the Jelly Belly Center/Factory. Next, tour the Civil War Museum which is dedicated to the Midwest's role in the War. After a box lunch leave for the Danish Kringle Bakery to sample treats and make purchases. This afternoon meet Fred Hermes and see one of the largest organs ever built by Wurlitzer. Be entertained with some great musical selections and learn about the history and equipment used in theaters. Later, take time to shop in Greendale at the Reiman Visitor Center and the Taste of Home Outlet Store. Dinner at The Harmony House Restaurant.

DAY 3: Light breakfast at the hotel. Tour the Villa Terrace and the Renaissance Gardens, overlooking Lake Michigan. Stop at the Milwaukee Art Center to see the wings close and reopen. Have lunch at Watts Tea Room. A local guide will give a tour of downtown Milwaukee. Travel to Ft. Atkinson and check into the Holiday Inn Express. Have dinner and enjoy the evening performance "Seven Brides for Seven Brothers" at the Fireside Theater.

DAY 4: Light breakfast at the hotel and board the bus. Make a brief stop in New Glarus, and drive past the trolls in Mt. Horeb. In Mazomanie have lunch at the Old Feed Mill Restaurant. The estimated return time to the Twin Cities is 6:30 p.m.

Price Includes: Amtrak ticket and deluxe motor coach transportation, lodging for 3 nights, meals (3 breakfasts, 3 lunches, 3 dinners), gratuities on included meals, attractions and Tour Director, Mary Odell.

Travel insurance is available. Call the Senior office for a brochure and more information.

Fee	Deposit	Final Pay	Code
\$755/person (Double)	\$200 by Aug 1	Aug 12	10655
\$895/person (Single)			

Winter Wonderland Saturday-Sunday, December 3-4

DAY 1: Leave at 7:00 AM. Mid morning coffee stop. Experience "Norskedalen's Old Fashioned Christmas". Begin with a Norwegian lunch and enjoy a celebration of the Holidays. Enjoy horse-drawn wagon rides around the decorated grounds, cabins and Bekkum Homestead. Hum along with area musicians and watch local artisans demonstrate traditional crafts. Check into the Best Western Riverfront Hotel in La Crosse. Drive through the Rotary Light Display that illuminates Riverside Park with more than 2.4 million lights. Enjoy the live nativity scene, visit with Santa or his reindeer. The dazzling lights display includes animated and musical exhibits. Have dinner before hearing Handel's Messiah at Viterbo University, known for their fine arts degree.

DAY 2: Have breakfast at the hotel. (NOTE: transportation to early church service may be arranged.) Celebrate a Victorian Christmas at the historic Hixon House. Glimpse into the elegant Victorian lifestyle enjoyed by lumberman-financier Gideon Hixon. The restored residence is decorated for the holidays and costumed Docents share stories about the history of the house, the Hixon family and early La Crosse. Sunday Brunch at Schmidty's Restaurant. Tour Chapels of St. Rose. Designed by European Architects, it is Romanesque in style, with Corinthian pillars and windows of Bavarian glass. Altars of Italian marble are decorated with gold bronze, onyx pillars, and inlaid mosaics of Venetian glass and mother of pearl. Leave La Crosse and visit the Winona annual "Christmas Candlelight House Tour." Each homeowner shares their special traditions in the spirit of hospitality. Make a midway stop for supper and return at 8:00 PM.

Price includes: Motor coach transportation, lodging, meals as indicated, attractions as outlined, gratuities on included meals and Tour Director, Mary Odell.

Fee	Deposit	Final Pay	Code
\$355/person (Double)	\$100 by Oct 14	Oct 31	10653
\$395/person (Single)			



SENIOR COMMUNITY INFORMATION

Five Cities Transportation 763-531-1259

Five cities provides rides from your home or apartment to grocery stores, Target, Wal-Mart, Brunch Bunch, and senior events. To get started, call the Five Cities office and request a bi-monthly schedule be mailed to you. Find your day and trip on the schedule and make your reservation at least 24 hours in advance. On 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. Call the Five Cities Transportation office Monday-Friday from 8:00 AM-3:00 PM.

Round Trip Punch Passes

Available for purchase from the drivers with check or cash.

4-trip punch pass: \$14, **8-trip punch pass:** \$28

Suggested Round Trip Bus Fares

Regular: \$4 cash or \$3.50 with a punch pass

Special Destination: \$7 cash or two punches from punch pass

PRISM Express 763-529-1252

Is a curb-to-curb transportation service provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. within PRISM's service area.

A donation of \$6 per round trip is suggested. Call PRISM for information or to schedule a ride at least three working days in advance. Office is open Monday-Friday from 9:00 AM-3:00 PM.

Senior Dining 612-269-8462

Provides a delicious noon meal at Calvary Church, 7520 Golden Valley Road, in the lower level (north entrance). A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 AM for reservations and questions. Menus are available in the kitchen.

Dinner at Your Door 763-531-1183

Friendly 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 AM for more information and a menu.

H.O.M.E. North 952-746-4046

Household chore and maintenance services are provided for residents age 60+. The program matches skilled workers with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Service costs are based on monthly income using a sliding contribution scale. Call for more information or to put in a request for assistance.

Senior Community Services Outreach Program 952-746-4028

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance and caregiving. Practical and emotional concerns are addressed as well. Call for information or to make an in-home appointment.

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 item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

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.

LinkVet 1-888-546-5838

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

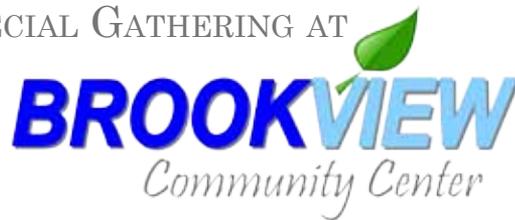
Widowed Support Group

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

Brookview Community Center



HOST YOUR NEXT SPECIAL GATHERING AT



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.

Contact us today to make Brookview the venue for your next special gathering!



763-512-2345

www.goldenvalleymn.gov

FREQUENTLY ASKED QUESTIONS...

- **What time does Brookview Community Center close?**

Sunday thru Thursday, the facility closes no later than 10:30 p.m. Friday and Saturday the facility closes no later than 12:30 a.m.

- **Can I bring in my own homemade food?**

No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90-days prior to your event.

- **Can I bring in my own alcoholic beverages?**

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750.

However, you may provide your own non-alcoholic beverages.

- **Do I need security if I serve alcohol at my event?**

Yes. If you are scheduled to be in our facility past 10:30 p.m. and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 p.m. and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.

- **What is your capacity inside and on the deck?**

Our entire facility has a maximum capacity of 200 people. If you are hosting a wedding on the deck, our maximum deck capacity is 120 people.

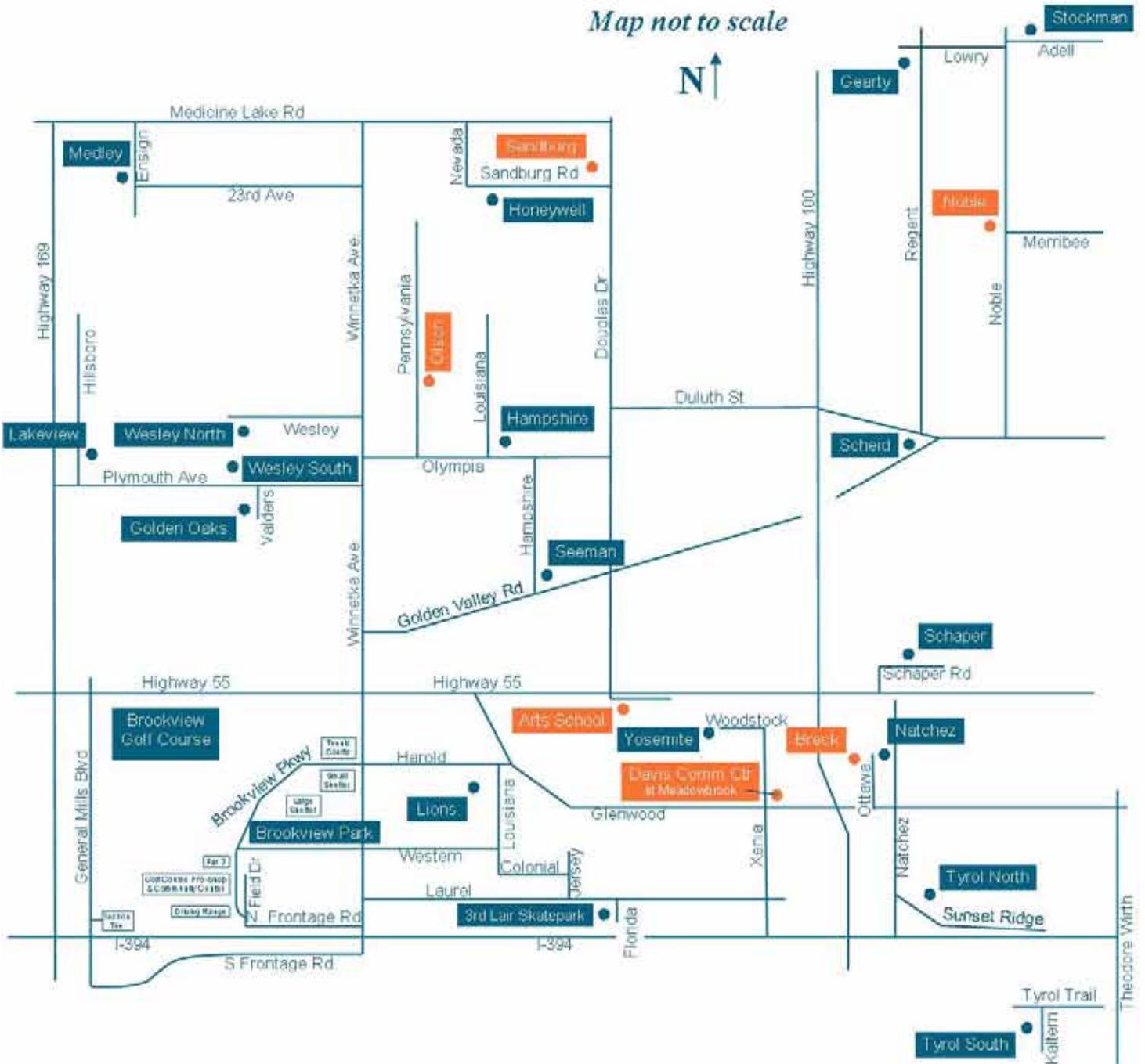
CONTACT BROOKVIEW OR VISIT OUR WEBSITE FOR A COMPLETE RENTAL PACKET.

City Map

3rd Lair Skatepark	850 Florida Ave S
Breck School	123 Ottawa Ave N
Brookview	200 Brookview Pkwy N
Davis Community Center	5430 Glenwood Ave
Gearly	3101 Regent Ave N
Golden Oaks	1141 Valders Ave N
Hampshire	1610 Louisiana Ave N
Honeywell	7101 Sandburg Rd
Lakeview	1521 Hillsboro Ave N
Lions	151 Louisiana Ave N
Meadowbrook School	5430 Glenwood Ave
Medley	2331 Ensign Ave N
Minnesota Arts School	6125 Olson Memorial Hwy

Natchez	201 Natchez Ave
Noble School	2601 Noble Ave N
Olson School	Duluth St & Pennsylvania Ave.
Sandburg Middle School	2400 Sandburg Ln
Schaper	631 Ottawa Ave N
Scheid	1856 Toledo Ave N
Seeman	1101 Florida Ave N
Stockman	3300 Major Ave N
Tyrol - North	900 Westwood Dr S
Tyrol - South	1510 Kaltern Ln
Wesley - North	8305 Wesley Dr
Wesley - South	8200 Plymouth Ave
Yosemite	351 Yosemite Ave

Map not to scale



ADOPT-A-PARK PROGRAM

Community Parks

Brookview 200 Brookview Pkwy N
AVAILABLE

Gearty 3101 Regent Ave N
Herb Purdy and Friends

Hampshire 1610 Louisiana Ave N
AVAILABLE

Lakeview 1521 Hillsboro Ave N
Krouss Family

Lions 151 Louisiana Ave N
AVAILABLE

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
WSB & Associates

Wesley (north) 8305 Wesley Dr
Moore/Gasparini Families

Wesley (south) 8200 Plymouth Ave
Jack Stratton

Neighborhood Parks

Glenview 2351 Zenith Ave N
Elephant Park Book Group

Golden Oaks 1141 Valders Ave N
Kim Stroup

Natchez 201 Natchez Ave N
Hanscom & Dritsas Families

North Tyrol 900 Westwood Dr S
AVAILABLE

Seeman 1101 Florida Ave N
Northwest Suburban Optimist Club

South Tyrol 1510 Kaltern Ln
Allianz

St. Croix 5850 St. Croix Ave N
Covenant Village

Stockman 3300 Major Ave N
WSB & Associates

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 S

Honeywell Little League Area
7101 Sandburg Rd

Nature Areas

Adeline 910 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 2600 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)
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 2190 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
Tremere Family

Western Ave 7600 Western Ave
Ilo & Peggy Leppik

Golden Valley City Council

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

Mayor: Linda Loomis

City Manager: Tom Burt

Council Members:

Mike Freiberg, Paula Pentel,
DeDe Scanlon and Bob Shaffer.

Open Space & Recreation Commission

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

Chair: Jerry Sandler

Vice-Chair: Bob Mattison

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

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

Sandy Werts
Volunteer Coordinator

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Supervisor

Brookview Golf Staff

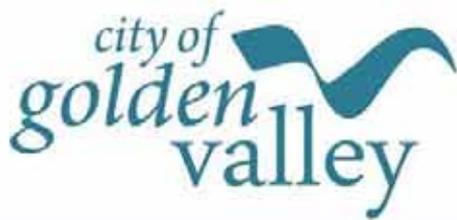
Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent

A Special Thanks to our friends of the parks!



PARKS & RECREATION DEPARTMENT
 200 Brookview Parkway, Golden Valley, Minnesota 55426
 Phone: 763-512-2345 Fax: 763-512-2344 TTY: 763-593-3968
 www.goldenvalleymn.gov

ACTIVITY REGISTRATION FORM

If Participant(s) are under 18,
 Parent/Guardian First & Last Name: _____

Address: _____ Home Phone: _____

City: _____ State: _____ Zip: _____ Work Phone: _____

E-mail: _____ Cell Phone: _____

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

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

ACTIVITY REGISTRATION

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

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	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

FA \$ _____
 GC \$ _____
 Fee Paid: _____
 Date: _____
 Rec'd By: _____



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

Handicap Accessibility in Facilities Used For Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/Davis Community Center, Doyles Bowling Alley, Minnesota 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.



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.



Registrations are taken at Brookview Community Center

200 Brookview Parkway
Golden Valley, Minnesota 55426
763-512-2345

Online

www.goldenvalleymn.gov

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line registration is available 24/hrs a day.

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, MN 55426

In Person

Accepted at Brookview Community Center during business hours.

Fax

763-512-2344

Available only for VISA or MasterCard payments. You may fax registrations 24/hrs a day.

Phone

763-512-2345

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

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 one week prior to the start of the class. Classes may be cancelled or combined at the discretion of the Park and Recreation Department.

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.goldenvalleymn.gov

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





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

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50th Anniversary

Monday, October 17

Celebrate 50 Years with the

**GOLDEN
VALLEY
SENIORS**

More information on Page 16

