

Parks & Recreation

Golden Valley



WINTER ACTIVITIES 2011

www.goldenvalleymn.gov

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Parks & Recreation Department

PARKS & RECREATION OFFICE

200 Brookview Parkway, Golden Valley, Minnesota 55426

Phone: 763-512-2345

Fax: 763-512-2344

Activity Cancellation Line: 763-512-2350

Monday-Friday, 8:00 a.m.-4:30 p.m.

BROOKVIEW GOLF COURSE

Phone: 763-512-2300

Fax: 763-512-2311

Tee Times: 763-512-2330

Par 3 Course: 763-512-2333

Cancellation Line: 763-512-2300

MAIN CITY OFFICE

7800 Golden Valley Road, Golden Valley, Minnesota 55427

Phone: 763-593-8000

CITY OFFICES CLOSED

Thursday & Friday, December 23 & 24 - Christmas

Friday, December 31 - New Year's

Monday, January 17 - Martin Luther King, Jr Day

Monday, February 21 - Presidents' Day

MISSION STATEMENT

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



Golden Valley has been designated a Governor's Fit City

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



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



Skating Rink Information

RINKS OPEN:

Saturday, December 18

RINKS CLOSE:

Monday, February 21

Weather permitting, rinks will open on the dates listed above. Golden Valley will maintain and have supervised shelters at the locations listed below.



REGULAR HOURS

Monday-Friday4-9 p.m.
 Saturday..... 10 a.m.-9 p.m.
 Sunday1-9 p.m.

SPECIAL HOURS

Mon, Dec 20-Thu, Dec 23 12-9 p.m.
 Fri, Dec 24 (Christmas Eve)..... 12-4 p.m.
 Sat, Dec 25 (Christmas Day)..... CLOSED
 Sun, Dec 261-9 p.m.
 Mon, Dec 27-Thu, Dec 30..... 12-9 p.m.
 Fri, Dec 31 (New Year's Eve) 12-7 p.m.
 Fri, Dec 31 (Scheid only)..... 12-10 p.m.
 Sat, Jan 1 (New Year's Day)..... 10 a.m.-9 p.m.
 Mon, Jan 17 (Martin Luther King Day) 10 a.m.-9 p.m.
 Mon, Feb 21 (President's Day) 10 a.m.-9 p.m.

RINK MAINTENANCE

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

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

Brookview Park Picnic Shelters

Brookview Recreation Complex is located at the southwest corner of Highway 55 and Winnetka Avenue.

Plan a neighborhood, family or company picnic at Brookview Park! Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.

2011 Reservations Begin:

Resident - Thu, Jan 13

Non-Resident - Thu, Feb 10

LARGE SHELTER (up to 100 people)

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

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

SMALL SHELTER (up to 50 people)

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

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



SERVING BEER OR WINE?

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

Beer/Wine Permit\$20

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.

PLAY EQUIPMENT KITS

Kits Include: basketball, soccerball, volleyball, playground ball, mini-soccer ball, 4 throw-down bases, 2 softballs, 2 bats (1/child, 1/adult).

\$15 rental/\$30 refundable deposit

Additional Items:

- Bocce Ball Set
 - Tug-of-War Rope
- \$10 rental/\$10 refundable deposit



New Year's Eve Family Event

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

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

Youth Activities

HOLLY THE ELF Ages 1-6 with an Adult
Thursday, December 16 • 10:00 a.m. • Crystal Community Center
Fee: \$6/Res, \$9/Non-Res Code: 10644

Holly the Elf will be presenting her delightful holiday show for youth ages 1-6, along with their parents. In addition to her very special magic, puppets and stories, she will bring "Jingles" her big red holiday dog. We will discover what is inside the mysterious box with the shiny bow on top. There will be music and lots of fun!
Resident fee applies to Golden Valley, Crystal and New Hope.



PRESCHOOL PLAYTIME

Ages 1-5 with and Adult

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

Site: Brookview Community Center
Date: Fridays only, Jan 7-Mar 25
Time: 10:00-11:30 a.m.
Fee: \$3/child or \$25 for 10-time punch pass

KIDS CLUB Ages 3-5

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

Site: Brookview Community Center
Time: 9:30-11:00 a.m.
Fee: \$43/Res, \$48/Non-Res

Date: Mon/Wed, Jan 3-Feb 14 (No Jan 17)
Code: 10639

Date: Mon/Wed, Feb 16-Mar 30 (No Feb 21)
Code: 10641



Date: Tue/Thu, Jan 4-Feb 10
Code: 10640

Date: Tue/Thu, Feb 15-Mar 24
Code: 10642

ABOUT THE INSTRUCTOR... Lisa London

Lisa has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club for over 12 years.

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. Belts will be given to participants that have completed 9 classes of instruction. 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
Date: Tue, Jan 11-Feb 15 Code: 10613
Date: Tue, Feb 22- Mar 29 Code: 10614
Time: 5:30-6:00 p.m.
Fee: \$49/Res, \$54/Non-Res



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
Date: Tue, Jan 11-Feb 15 Code: 10615
Date: Tue, Feb 22-Mar 29 Code: 10616
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$61/Non-Res

FIRST STEPS IN MUSICLAND

Ages 2-3 with an Adult

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

Date: Thu, Jan 6-Feb 10

Time: 10:45-11:30 a.m.

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

Code: 10619

Site: Brookview Community Center

Date: Thu, Feb 17-Mar 24

Time: 10:45-11:30 a.m.

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

Code: 10620

TUMBLING TOTS

Ages 3-4

This is a great program to start your pre-schooler on their way to developing basic gymnastics and tumbling skills. The kids, with the help of a parent and our gymnastics staff, will develop gross motor skills through tumbling, get an introduction to the various pieces of gymnastics equipment, and have lots of fun and games. A parent must participate. **Register with New Hope Parks & Recreation at 763-531-5151.**

Site: Sandburg Learning Center - Gym A

(2400 Sandburg Ln, Golden Valley)

Date: Wed, Jan 12-Mar 9

Date: Wed, Mar 16-May 18 (No Mar 30)

Time: 5:30-6:15 p.m.

Fee: \$49/Res Golden Valley, New Hope

\$56/Non-Res

GYMNASTICS

Ages 4+

We have partnered with the City of New Hope to offer Gymnastics instruction at the former Sandburg Middle School (2400 Sandburg Ln, GV). Gymnastics staff will provide expertise to help participants achieve better physical fitness, coordination, and gymnastics skills—all while having a great time! The program has an ability-level curriculum designed to help you determine which class is best for your child. **For more information or to register call New Hope Recreation at 763-531-5151.**

Offered through New Hope Recreation

Science Explorers

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



LIGHT SCIENCE

Ages 4-6

Youth ages 4-6 years, join Science Explorers as we explore the spellbinding world of light. We will investigate where light comes from and how it travels using colored filters, prisms, and light-bending wheels. This class will include hands-on experiments, stories and art projects. Register by February 18.

Site: Crystal Community Center (4800 Douglas Dr)

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

Date: Mon, Feb 28 & Mar 7

Code: 10628

Time: 6:00-7:15 p.m.

DISCOVERING DINOSAURS

Grades K-4

Do you love T-Rex, Parasaurolophus, Ankylosaurus, and Triceratops? If you do, come and explore the exciting prehistoric world of the dinosaurs. At this Science Explorers class, youth in grades K-4 will become a paleontologist and learn about dinosaurs, study fossils, participate in hands-on experiments and much more as we journey back in time. Register by February 14.

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

Date: Mon, Feb 21

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

Fee: \$17/Res, \$24/Non-Res

Code: 10627



CHEER AMERICA

Ages 4-16

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



Register at Davis Community Center on Tuesday, February 8 at the times listed below.

Site: Davis Community Center

Dates: Tue, Feb 8-Apr 26

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

Time: 6:00-6:45 p.m. - Ages 4-8
7:00-7:45 p.m. - Ages 9-16

Youth Activities

INDOOR NERF SOCCER *Ages 5-7*

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

Site: Davis Community Center
Date: Thu, Apr 7-May 12
Time: 6:00 or 7:00 p.m.

Fee: \$33/Res, \$38/Non-Res
Code: 10657



ICE HOCKEY SKILLS CAMP *Ages 5-7*

This program is designed to teach very basic ice hockey skills with an emphasis on skating, puck handling, shooting, positioning, goal tending and basic rules. There are no formal games with other teams, only scrimmages at the end of each skills session. All participants must provide their own hockey skates, helmet with mask, mouth guard, supporter with cup and a hockey stick. A hockey jersey will be provided. In case of inclement weather, February 3rd is reserved for a make-up day.

Site: Hampshire Park on outdoor ice
Date: Thu/Sat, Jan 6-29
Time: Thu - 6:45-7:45
Sat - 10:30-11:30 a.m.
Fee: \$50/Res, \$55/Non-Res
Code: 10656



RINK RAT HOCKEY *Ages 5-11*

This outdoor hockey program for boys and girls consists of two pre-season practices and 8 instructional games. Coaches officiate all games; no goalies, only goal covers. Half of the games are played in other communities: St. Louis Park, Minnetonka, New Hope, Robbinsdale, Plymouth and Crystal. Games will be rescheduled in the event of cancellations (weather permitting). Schedules will be mailed to all participants the week of December 27. A league jersey and participation award are provided. Mandatory Equipment: All participants must supply their own hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup (if applicable). Registration deadline is December 3.

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

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

MITES BASKETBALL *Grades K-1*

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

Site: Crystal Community Center
Date: Sat, Jan 22-Mar 12
Fee: \$42/Res, \$49/Non-Res

Kindergarten
Time: 9:15-10:15 a.m.
Code: 10662

1st Grade
Time: 10:30-11:30 a.m.
Code: 10663

SKATEBOARDING CAMP AT 3RD LAIR *Ages 6-16*

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

Site: 3rd Lair Skatepark (850 Florida Ave S)
Time: 9:00 a.m.-12:00 p.m.
Fee: \$144

Date: Mon-Wed, Dec 20-22
Code: 10660

Date: Wed-Fri, Dec 27-29
Code: 10661

ARMSTRONG YOUTH HOCKEY ASSOCIATION

Ages 5-14

E-mail: mite.coordinator@armstronghockey.com
Website: www.armstronghockey.com

Art Expo Classes

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



PERCY JACKSON & THE LIGHTNING THIEF Ages 6-12

Explore a variety of art making materials and methods to depict the characters and events in Percy Jackson and the Lightning Thief. Recreate some of your favorite imagery of Greek mythology - Mount Olympus, Zeus, Medusa, Furies, and much more.

Site: Brookview Community Center
Date: Tue, Mar 8 & 15
Time: 6:30-8:00 p.m.

Fee: \$36/Res, \$41/Non-Res
Code: 10630

MATH BASED ART Ages 6-12

Use math and art concepts to create contemporary math based art. Create and Origami folded cube and tetrahedrons. Explore subdividing shapes, fractions, geometric shapes and abstract art. Draw 3-D skyscrapers and buildings in perspective, and sculpt modeling clay into 3-D miniature figures and sculptures.

Site: Brookview Community Center
Date: Tue, Feb 1 & 8
Time: 6:30-8:00 p.m.

Fee: \$36/Res, \$41/Non-Res
Code: 10629

PRIVATE PIANO LESSONS

Ages 7+

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for all ages. Call Anna Shmidov at 763-531-5198 to establish a lesson time. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

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

Instructed by Ella Gerbuz

Site: Brookview Community Center
Date: Tue, Jan 4-Mar 22 (No Nov 23)
Time: Between 5:30-9:00 p.m.
Fee: \$240/Res, \$250/Non-Res
Code: 10634

Instructed by Mila Maron

Site: Brookview Community Center
Date: Wed, Jan 5-Mar 23
Time: Between 3:30-9:00 p.m.
Fee: \$240/Res, \$250/Non-Res
Code: 10635



DRAMA CLUB Ages 8-14

Our winter Drama Club will continue its long history of exciting productions! The club will develop performance sketches, as well as work on acting technique. Final show is Tuesday, March 22 at 7:00 p.m. All participants must be able to participate in the final performance.

Site: Sandburg School
Date: Tue/Thu, Jan 11-Mar 22
Time: 6:00-7:30 p.m.
Fee: \$65/Res, \$70/Non-Res
Code: 10658



GUITAR LESSONS

Ages 10+

Have fun while learning to play the guitar with Instructor Ellie Borkon. Learn chords and melodies. All levels are welcome. Each course runs 4 weeks, ½ hour per meeting. Lesson day, time and site need to be arranged with the instructor before registering. Fee is based on the number of weeks of the month. Call the Recreation office for the instructor's phone number to set-up your lesson day and time.

WINTER WHITE-OUT DANCE Grades 5-7

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

Site: Crystal Community Center
Date: Fri, Jan 28
Time: 7:00-9:30 p.m.

Fee: \$5/before Jan 27, \$8/door
Code: 10659

WINTER GUARD Ages 12+

Be a part of the inaugural season of the Winter Guard program being offered through collaborative efforts of Brooklyn Park, Golden Valley, Maple Grove, New Hope, Plymouth, and St Louis Park. Winter guard is an indoor color guard activity, derived from the outdoor summer/fall activity that is commonly part of marching band or drum corps. Whether you are involved in a color guard, dance, or music or have no experience at all; winter guard offers students a unique opportunity to learn, perform, and compete in the constantly evolving and challenging activities. Students will take part in competitions around the metro and outlying communities. While competition is a part of the process, personal growth for the participants is the ultimate goal.

Winter Guard offers a unique combination of education, life experience, and tradition, sure to leave a positive, life-long impression on participants. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope, Plymouth, and St Louis Park.*

**There will be a 1 hour
parent/participant meeting on
Wed, Dec 29 at 7:00 p.m.
at Plymouth City Hall.**

Site: Armstrong High School
Dates: Sun, Jan 2-Mar 27
(Tentative performance dates: Sat, Feb 12, Feb 26, Mar 5, Mar 26 & Apr 2)
Time: 1:00-6:00 p.m.
Fee: \$188/Res, \$207/Non-Res
Code: 10650



Visit our new website at:

www.goldenvalleymn.gov

Youth Athletic Associations

GOLDEN VALLEY

PHOENIX SOCCER CLUB

Boys and Girls age 5-18

Contact: Jim Fitzsimmons
Phone: 612-387-3996
E-mail: jim.fitzsimmons@biworldwide.com
Web: www.gvphoenixsoccer.org

COOPER/ARMSTRONG GIRLS FASTPITCH SOFTBALL

Girls age 9-18

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

GIRLS SLOWPITCH SOFTBALL

Girls in Grades 3-12

Contact: Brian Nelson
E-mail: idealbus@comcast.net
Web: www.gvgs.org

ROBBINSDALE AREA YOUTH BASEBALL (RAYBA)

Boys age 12-19

Contact: Pat Backen
Phone: 612-293-9524
Web: www.raybaseball.com

GOLDEN VALLEY LITTLE LEAGUE BASEBALL

Boys and Girls age 7-12

Contact: Peter Birkeland
Phone: 763-591-7795
E-mail: pbirkeland@comcast.net

ARMSTRONG YOUTH HOCKEY

Contact: Matt Deterding
Phone: 763-557-5809
E-mail: mite.coordinator@armstronghockey.com
Web: www.armstronghockey.com

Target Center & Xcel Center Events

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

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



HARLEM GLOBETROTTERS AT THE TARGET CENTER Saturday, April 2 • 7:00 p.m.

The Harlem Globetrotters are gearing up for an all new world tour in 2011 with jaw dropping basketball skills and family fun. Now in their 85th year of touring, they'll entertain with unmatched basketball wizardry, high flying dunks, and the World's best ball handlers. Age 2+ need a ticket.



Fee: \$29 (lower level reserved)
Deadline: Thursday, March 10, or until spaces fill
Code: 10648



SESAME STREET: ELMO'S HEALTHY HEROES AT TARGET CENTER Saturday, January 22 • 2:00 p.m.

When Super Grover loses his superness, Sesame Street needs a hero! Never fear, ELMO and his team of Healthy Heroes are

here. Teaching lessons of healthy habits through song and dance, your favorite Sesame Street friends will explore exercise, nutrition, sleep/energy and hygiene – all in a quest to put the “super” back in Super Grover. Ages 1+ need a ticket.

Fee: \$17 (lower level reserved)
Deadline: Thursday, December 30, or until spaces fill
Code: 10646

DISNEY ON ICE PRESENTS: PRINCESS WISHES AT THE TARGET CENTER Sunday, March 6 • 5:00 p.m.

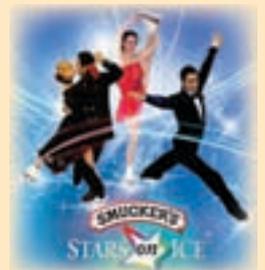
Enter a world of wishes with your favorite Disney princesses! Join Tinker Bell, Ariel, Snow White, Cinderella and others in this magical show where believing is just the beginning. As a special bonus, starting one hour before the performance, you can enjoy the pre-show...a Disney Princess will preside over a fairy tale collection of gowns and treasures from the Disney Princess stories. Ages 1+ need a ticket.

Fee: \$19 (lower level reserved)
Deadline: Thursday, February 10, or until spaces fill
Code: 10647



SMUCKER'S STARS ON ICE AT THE XCEL CENTER Sunday, March 13 • 4:00 p.m.

The Smucker's Stars on Ice 25th Anniversary Tour will bring you the very best that skating has to offer. This season, our Olympic, World & National Champions help to take a look back at 25 years of legendary skaters, incredible performances, and unforgettable moments on and off the ice! Age 2+ need a ticket.



Fee: \$19 (lower level reserved)
Deadline: Thursday, February 17, or until spaces fill
Code: 10649

Adaptive Programs



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. This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Rec Center (3700 Monterey Dr) on Tue, Jan 25-Mar 1 from 5:45-6:45 p.m. \$50/parent and child pair, \$58/Non-Res (\$20/add'l family member).

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

TEEN PROGRAMS (Ages 13-21)

TAKE FIVE RESPITE Do you need something to do during winter break? Come join our respite program to meet new friends, experience recreation activities, and get out of the house. Held at Elim Church in Robbinsdale from 9:00 a.m.-3:30 p.m. Session 1 will be held Dec 20-23 and Session 2 held Dec 27-30. \$280/session.

TEEN EXPLORERS Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and so many more activities! Held at various locations on Tuesday evenings, Jan 18-Mar 8 from 6:30-8:30 p.m. \$40/person.

GIRLS CLUB Designed for girls with Asperger's Syndrome or High Functioning Autism who want to have fun with other girls!! We meet one Saturday each month for a variety of activities at various locations. \$30/person.

SOCIAL SEEKERS This is a program for teens with Asperger's Syndrome. We meet once a week for fun and social interaction. Please Call Becca for more information.

ADULT PROGRAMS (Ages 18+)

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, etc. Held at Brookview Community Center on Wed, Jan 19-Mar 9 from 6:30-8:30 p.m. Fee is \$40.

NON-COMPETITIVE BASKETBALL LEAGUE Have fun and improve your basketball skills at Sandburg Learning Center in Golden Valley on Thu, Jan 6-Mar 10 from 6:30-8:00 p.m. Fee is \$40.

YOGA Relax, get in shape, and improve flexibility! Held at St. Louis Park Rec Center on Tue, Jan 25-Mar 1 from 6:45-7:45 p.m. Fee is \$40.

WALKING CLUB Keep that body moving! We will walk at various indoor locations. Held on Mon, Jan 24-Mar 7 from 6:30-8:00 p.m. Fee is \$25.

ADULT PROGRAMS

(Cont.)

ON THE TOWN Social program for adults who can explore their community with minimal supervision. Ages 18-30: Fridays beginning Jan 14. Ages 31+: Saturdays beginning Jan 15. Fee is \$20.

BOWLING At Earle Brown Lanes in Brooklyn Center on Sat, Jan 22-Mar 19 from 3:00-5:00 p.m. \$35, plus \$4/week.

SPECIAL EVENTS

DANCES FOR ALL!!!

Join your friends and groove to all the latest hits from 7:00-9:00 p.m. at these locations! Fee is \$5 at the door. No pre-registration required.

Jan 21 - St. Louis Park High School

Feb 11 - North Dance - Location TBD,

Feb 18 - St. Louis Park High School

Mar 18 - St. Louis Park High School

ROCK for REACH

A great new fundraiser for Reach! Haven't you always wanted to be in a band? Now's your chance to grab some friends and give it a try. Each "band" will play one song from Rock Band on the Wii and celebrity judges will vote for the winning band. (Psst...spectators can buy votes too, so bring all friends!) Held at Fine Line Music Café in Minneapolis on Feb 18, 2011. Contact Reach for more information.

WEEKEND VENTURES

Ages 15+ can join us for this great weekend respite program. Cost of \$350/person is for Friday-Sunday. Call Ally at 952-988-4178 for more details.

Downtown Minneapolis: Dec 10-12

Grand Rios Waterpark: Feb 4-6

Mall of America: Mar 25-27

SUPER BOWL PARTY

Watch the BIG GAME with your friends and enjoy food, games, and activities throughout! Held at Brookview Golf Course Grill on Feb 6, 2011 from 5:00-9:00 p.m.

BOWLING FOR ALL

Join us for fun, non-competitive bowling. You will bowl 2 games each week at Doyle's Lanes in Crystal on Sat, Jan 22-Mar 19 from 12:00-2:00 p.m. Fee is \$35, plus \$3/week.

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 welcome. Annette's oldest student is 91. Hoops are available for purchase for \$15. Instructed by Annette Fragale.



Site: Brookview Community Center
Date: Wed, Jan 5
Time: 6:00-7:30 p.m.

Fee: \$12/Res, \$17/Non-Res
Code: 10638



DAYTIME YOGA WITH ANNETTE

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

Site: Brookview Community Center
Date: Tue, Feb 1-Mar 29
Time: 11:00 a.m.-12:00 p.m.
Fee: \$63/Res, \$68/Non-Res
Code: 10637

PILATES - INSPIRED WORKOUT WITH ANNETTE

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

Site: Brookview Community Center
Date: Mon, Feb 7-Mar 28
Time: 6:00-7:00 p.m.

Fee: \$56/Res, \$61/Non-Res
Code: 10636

ABOUT THE INSTRUCTOR... *Annette Fragale*

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

Belly Dancing with Tatyana

BEGINNING BELLY DANCING

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

Site: Brookview Community Center
Date: Thu, Jan 13-Mar 3
Time: 7:00-8:30 p.m.
Fee: \$64/Res, \$69/Non-Res
Code: 10617

ABOUT THE INSTRUCTOR... *Tatyana Butkova*

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



INTERMEDIATE BELLY DANCING

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

Site: Brookview Community Center
Date: Mon, Jan 10-Feb 28
Time: 7:15-8:45 p.m.
Fee: \$80/Res, \$85/Non-Res
Code: 10618



LEARN TO KNIT

Knitting is easy and relaxing. Nothing is nicer than a gift made by hand. Instructor Trisha Follows is a long time knitting enthusiast who looks forward to sharing her expertise with you. Go at your own pace to understand the basics. Bring size 8 knitting needles and a skein of light colored, worsted weight yarn.

Site: Brookview Community Center
Date: Mon, Jan 11-Feb 15
Time: 6:30-8:00 p.m.
Fee: \$49/Res, \$54/Non-Res
Code: 10633

3-D DRAWING

Hands-on exercises explore basic perspective principles to create depth and dimension in your sketches and drawings. Explore using geometric shapes and forms to draw nature subjects or floral forms in realistic and abstract style. Experiment using a variety of drawing tools and materials to create original sketchbook and journal entries. Materials provided.

Site: Brookview Community Center
Date: Thu, Feb 17 & 24
Time: 1:00-2:30 p.m.
Fee: \$36/Res, \$41/Non-Res
Code: 10632



SKETCH 'N' JOURNAL

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

Site: Brookview Community Center
Date: Thu, Mar 24 & 31
Time: 1:00-2:30 p.m.
Fee: \$36/Res, \$41/Non-Res
Code: 10631



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
Date: Tue, Jan 11-Feb 15 Code: 10615
Date: Tue, Feb 22-Mar 29 Code: 10616
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$61/Non-Res

DANCING LIKE THE STARS

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



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

Site: Brookview Community Center
Date: Sun, Mar 13-Apr 3
Time: 5:00-6:30 p.m.
Fee: \$50/Res, \$55/Non-Res
Code: 10645

YOGA FLOW WITH LAURA

Take a revitalizing break, as you uncover your natural power through flow yoga. This 70-minute class combines yoga postures, core work, breathing awareness and a 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 p.m.
Fee: \$60/Res, \$65/Non-Res

Date: Tue, Jan 4-Feb 8
Code: 10621

Date: Tue, Feb 15-Mar 22
Code: 10622

Date: Thu, Jan 6-Feb 10 **NEW!**
Code: 10624

Date: Thu, Feb 17-Mar 24 **NEW!**
Code: 10623



POWER YOGA FLOW WITH LAURA

A natural extension of the Yoga Flow class, this class focuses on creating and nurturing body alignment, flexibility and strength. Includes some more challenging poses in a longer class format. This 90-minute 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 p.m.
Fee: \$72/Res, \$77/Non-Res

Date: Tue, Jan 4-Feb 8 **Code:** 10625
Date: Tue, Feb 15-Mar 22 **Code:** 10626

ABOUT THE INSTRUCTOR... *Laura Lazowski*

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

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/pp daily, pay at door

Over 40 Open Basketball

Date: Mon, Jan 3-Mar 28 **Time:** 8:00-10:00 p.m.

Adult (18+) Open Volleyball

Date: Tue, Jan 4-Mar 29 **Time:** 8:00-10:00 p.m.

Date: Thu, Jan 6-Mar 24 **Time:** 8:00-10:00 p.m.

Date: Sun, Jan 9-Mar 27 **Time:** 3:00-5:00 p.m.



North Metro Adult Sports Leagues

BAGGO City of Crystal

Did you miss out on the fun last year, or liked it so much you want to come back? The Adult Baggo league is back! Each team will play in a 7-week regular season, followed by a season-ending playoff tournament. Teams may consist of 2-4 players, any gender. Minimum of 12 teams and a maximum of 24. **Register with Crystal Recreation by December 28 at 763-531-0052.**

Site: Crystal Community Center
Date: Thu, Jan 6-Feb 24
Time: Games start at 6:30 p.m. (double headers played)
Team Fee: \$30/team

MEN'S BOOT HOCKEY

City of Golden Valley

If you are not a strong skater, then this recreational hockey league is for you! This is an officiated, non-checking league with teams playing single games for 6-weeks (weather permitting). Games are played 5x5 (plus goalie) using a tennis ball and standard hockey sticks. Helmets are required and additional protective equipment is recommended. Call 763-512-2367 for more information.

Site: Lions Park
Date: Thu, Jan 6-Feb 10
Time: 6:00, 7:00, 8:00 & 9:00 p.m.
Team Fee: \$225/Res, \$285/Non-Res

MEN'S BASKETBALL

City of Brooklyn Center

Officiated 5-on-5 Men's AA-D Basketball Leagues. Teams divided into divisional play and may advance to MRPA state tournaments. For information, call Joe at Brooklyn Center at 763-569-3382.

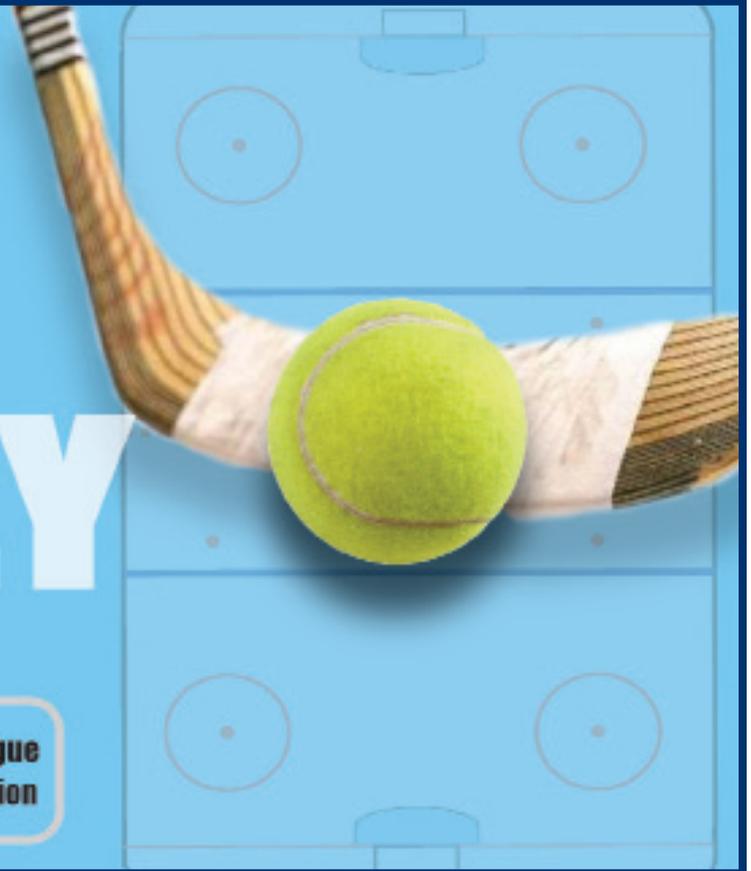
Site: North View School (Brooklyn Center)
Date: Begins Sun, Dec 12
Time: TBD
Team Fee: \$575

Who needs skates?

BOOT HOCKEY

Register By
December 23

Men's 5 x 5, Officated League
See Page 11 For More Information



ADOPT A PARK

Help Keep Your Parks Beautiful

Parks & Nature Areas Available:
Scheid, Lakeview, Laurel Ave.

**For More Information Call
Call 763-512-2367**



Golden Valley Senior Center

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

Other locations include:

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



ANNUAL MEMBERSHIP DONATION

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

Date: Jan 1-Dec 31, 2011
Fee: \$5/Res, \$8/Non-Res
Code: 10609

Thanks for your support!

MARY WANDERERS TRIP TRAVELOGUE

Monday, January 24 • 1:00-2:30 p.m. • Brookview Community Center

Fee: \$4 **Code:** 10500

The adventures begin as we kick-off the Mary Wanderers, our 2011 travel program with a "meet and greet". Meet Alice and Mary, our trip planner and escort, and greet your fellow travelers as you enjoy pie and ice cream. Be the first to hear about our travel adventures of one-day and extended trips. Games! Prizes! And More!
Register by January 20th.



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 your

appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you. Fee is payable to Happy Feet Footcare, Inc. and due at time of service.

Site: Brookview Community Center
Dates: Tue, Dec 14 & 21, Jan 11 & 18, Feb 8 & 15, Mar 8 & 15, Apr 12 & 19
Fee: \$30 in December, \$32 starting in January

BLOOD PRESSURE SCREENING



Meet our nurse from the Ambassador Good Samaritan Home Health program, who provides the FREE service.

Site: Brookview Community Center
Date: Jan 26, Feb 23, Mar 23
Times: 11:00-11:30 a.m.

GETTING THROUGH THE MEDICARE & MEDIGAP MAZE



Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with George to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance.

Site: Brookview Community Center
Dates: Tue, Dec 14, Jan 11, Feb 8, Mar 8, Apr 12
Times: 9:00, 10:00 & 11:00 a.m.

TAX ASSISTANCE 2011

Help with filling out income tax forms is offered on a first-come, first-served basis to seniors with uncomplicated



income taxes. Please bring all information needed including your labeled tax forms. Service provided by volunteers from AARP. The volunteers attend training but are not professional tax accountants. Registration will be taken at the door on the day of the service at 8:15 a.m.



Site: Brookview Community Center
Dates: Mar 3, 17, 31, Apr 7, 14
Time: 9:00 a.m.-12:00 p.m.

Volunteers Needed

Persons joining this program will receive free tax training leading to certification as counselors. You must commit to training the weeks of January 10 or 17 from 9 AM-4 PM at Brookview Community Center and then work 6 hours/week during tax season. New volunteers will have a mentor for help during work at convenient local sites. If interested, call the Golden Valley Senior office.

Senior Activities

DEFENSIVE DRIVING

Adults age 55 or older can save up to 10% for 3-years on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. Courses are taught by professional certified instructors. No tests are given but attendance is required to receive the certificate of completion. Register in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Please call the Minnesota Safety Council at 651-291-9150 for more information.



8-hour First Timers Course

Site: Brookview Community Center
Date: Tue, Apr 19 & 26
Time: 6:00-10:00 p.m.
Fee: \$18/person

4-hour Refresher Course

Site: Brookview Community Center
Date: Thu, Jan 13, Feb 10, Mar 10 or Apr 14
Time: 9:00 a.m.-1:00 p.m.
Fee: \$17/person

INTERMEDIATE BRIDGE CLASS WITH DICK WELANDER

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

Site: Brookview Community Center
Time: 9:00-10:30 a.m.
Fee: \$31/Res, \$35/Non-Res

Date: Fri, Jan 14-Mar 4
Code: 10651

Date: Fri, Apr 1-May 20
Code: 10652

3-D DRAWING

Hands-on exercises explore basic perspective principles to create depth and dimension in your sketches and drawings. Explore using geometric shapes and forms to draw nature subjects or floral forms in realistic and abstract style. Experiment using a variety of drawing tools and materials to create original sketchbook and journal entries. Materials provided.

Site: Brookview Community Center
Date: Thu, Feb 17 & 24
Time: 1:00-2:30 p.m.
Fee: \$36/Res, \$41/Non-Res
Code: 10632

SKETCH 'N' JOURNAL

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

Site: Brookview Community Center
Date: Thu, Mar 24 & 31
Time: 1:00-2:30 p.m.



Fee: \$36/Res, \$41/Non-Res
Code: 10631

CARD & GAME GROUPS

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

Bridge

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

Ladies Contract Bridge

1st & 3rd Tuesdays at 12:00 p.m.
Call the Senior office for information.

Cribbage

Tuesdays at 1:00 p.m.

Dominoes

Mondays at 1:00 p.m.

Euchre

Thursdays at 1:00 p.m.

500

Wednesdays at 1:00 p.m.



MONDAYS WITH MARY

Join Mary on Mondays at 9:30 a.m. 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". See the senior newsletter for meeting dates.

GOLDEN TONES CHORUS

The Golden Tones were organized in 1977. Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursdays for local senior centers, care centers, and churches. Our finale is the Spring Chorus Trip. Interested in joining? The only requirement is to enjoy music and people! Call the Senior office for a practice and performance schedule.

Site: Calvary Church Music Auditorium (7520 Golden Valley Rd)
Date: Thursdays, September to May
Time: 10:30-11:30 a.m.

Coffee Talk

Brookview Community Center • 9:45 a.m.

Fee: \$2/payable at the door

Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee! Call the Senior office to register so there are treats and coffee for everyone. Co-sponsored by Sunrise Assisted Senior Living.



Wednesday, January 26

How Can I Better Organize My Stuff?

Is your New Year's Resolution to better organize the stuff in your life? Today we'll learn easy tips to get better organized, what documents you need to keep and what documents you should shred. Presented by Karen Bumgardner of Better Organization. Register by January 24.

Wednesday, February 23 You Want Me to What??

Keeping in contact with our kids and grandkids is more than phoning each other. E-mail, texting, facebook and skype are the new methods of staying in touch. We'll have a short overview of each method with time for questions and answers. Presented by Adam Knauer, City of Golden Valley. Register by February 21.

Wednesday, March 23 "Attitudes At Every Altitude"

Meet Gregg Proteaux, who has found himself facing many challenges he never expected when he became a flight attendant. "Because of security hassles and those frustrating fees, passengers who used to come on the plane laughing and smiling aren't so happy anymore". Realizing the need to bring laughter back into the cabin, Gregg started writing his observations recently compiled into a book. Be ready to laugh! Books available for purchase. Register by March 21.

MONEY MATTERS

Brookview Community Center • 10:00-11:00 a.m.

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 required. Donation for refreshments appreciated.

Thursday, January 20 Tax Changes

Presented by Golden Valley H & R Block.

Thursday, February 17 Take Control of Your Retirement Income

Presented by Jeannine Strand from Ameriprise Financial Services.

Thursday, March 17 Ways to Help Yourself Stay Sane in a Crazy Market

Presented by Jim Bear, J. Alan Financial.



REMEMBER WHEN ?... WITH JAN

Dover Hill Apartments • 1:00 p.m.

We all have special memories and we usually start by saying "Remember when?..." Let's go back and enjoy that time in our life with our friends. No need to register, just come and enjoy the conversation!



Thursday, January 27 Remembering the House You Grew Up In

Thursday, February 24 Remembering Hobbies

Thursday, March 24 Remembering Your First Car

Thursday, April 28 Remembering Work Life

LIVING WELL & WISE

Calvary Center Cooperative
1:00 p.m.



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 pre-registration required. Just come and enjoy this free program!

Thursday, January 6

Start 2011 on a Healthy Note

You know that exercise is beneficial to your overall health, but do you know why? Today we'll focus on exercise - the benefits of exercise as people age, the importance of maintaining proper balance through exercise, tips to incorporate into your existing exercise program, and much more.

Presented by
Tony Mrnak, Wellness
Center Manager for
Jones-Harrison.



Thursday, February 3

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, RN,
Fairview Homecare and Hospice.

Thursday, March 3

Staying Safe

Safety is a primary concern in every city. Today our speaker from the Golden Valley Police Department will talk about the role of the Police Department, when you should call the emergency number or non-emergency number, what to do until help arrives, safety issues and answers to your questions. Presented by the Golden Valley Police Department.

Thursday, April 7

Joint Replacement

Have you thought about joint replacement or been told you may need it someday? Separating fact from fiction and the past from present advancements can be challenging. Our speaker will provide you with information about what's available today and what to expect with recovery. Presented by the Therapy Staff from Golden Valley Rehab and Care Center.

“Mary Wanderers” Trip Program



The “Mary Wanderers” trip program includes one-three day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations 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.

OLD LOG THEATER

Thursday, January 13

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

Code: 10498

Fee: \$52

Register or Cancel By: Dec 30

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

Approx Return: 4:45 p.m.

HIGH TEA AT THE ST. PAUL HOTEL

Thursday, January 27

Experience High Tea at The Saint Paul Hotel. After a brief introduction to the hotel, enjoy a five course, two-hour event fashioned after England’s Afternoon Tea. Tea is served in an assortment of antique cups and saucers, collected over the years just for the tea service. The Chef creates a seasonal tea menu for every occasion. [Sample menu: 1st Course: *Onion Tart in Puff Pastry, Salmon/Asparagus Tea Sandwich, Shrimp, Pancetta and Rosemary Skewer.* 2nd Course: *Petite Chicken Pot Pie.* 3rd Course: *Pumpkin Biscuit with Spiced Orange Honey.* 4th Course: *Chocolate Dipped Cashew Shortbread, Fudge Brownie, Mini Cream Puff.* 5th Course: *Blackberry Tart and Chocolate Dipped Strawberry.*] After tea, walk around Rice Park to see the Winter Carnival Ice Sculptures on display. Dress appropriately for walking outdoors in mid-winter weather conditions.

Code: 10499

Fee: \$58

Register or Cancel By: Dec 13

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

Approx Return: 4:45 p.m.



TONY SANDLER LIVE

Saturday, February 12

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



Code: 10493

Fee: \$60

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

Approx Return: 4:15 p.m.

Register or Cancel By: Dec 13

GOLDEN STRINGS AT THE LAFAYETTE CLUB

Tuesday, April 12

“The Grand Old Lady of the Lake” is set on a hilltop overlooking Lafayette Bay. The original building with over 1,000 rooms was an elaborate creation of James J. Hill. Take a few minutes to look around before being seated for lunch in the Ballroom. Menu: Lafayette House Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is a name known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group of musicians play music ranging from the classic to pops, from romance to jazz.

Code: 10482

Fee: \$60

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

Approx Return: 3:15 p.m.

Register or Cancel By: Mar 14

DUBUQUE, IOWA & GALENA & SPRINGFIELD, ILLINOIS

Tuesday-Friday, June 21-24

This three-day extended trip includes: National Mississippi River Museum & Aquarium, Progressive Victorian Dinner, Historical tour of Galena, Ulysses S. Grant home, Lincoln Presidential Library and Museum, Lincoln home site, Old State Capitol, Lincoln-Herndon Law Office, Lincoln Tomb and Quivey's Grove. Price Includes: Deluxe motor coach transportation, lodging for 3 nights, meals (1 coffee/rolls, 3 breakfasts, 4 lunches, 2 dinners), Tour Director Mary Odell, gratuities on included meals and attractions. Travel insurance is available. Call the Senior office for a brochure.

Code: 10654

Fee: \$615/double, \$765/single

Final Payment: Due May 19

Deposit: \$200/person by May 5



HOME NORTH

952-746-4046

Household chore and maintenance services are provided for residents ages 60+. The program matches skilled workers (paid and volunteer) with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Call for more information. Please leave a message so staff can return your call.

DINNER AT YOUR DOOR

763-531-1183

Friendly volunteers deliver delicious noon meals to your door Monday-Friday. If you are interested in this program, call Joanne from 8:30-11:30 a.m. for information and a menu. Volunteer drivers are desperately needed!

SENIOR COMMUNITY SERVICES OUTREACH PROGRAM

952-746-4028

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent. Senior Outreach helps older adults access the appropriate and cost effective services that may be available. Senior and caregiver support groups are also available.

Senior Community Information

SENIOR LINKAGE LINE 1-800-333-2433

Call us first with your questions. Our trained staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.

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



SENIOR DINING 612-269-8462

Enjoy a delicious noon meal at Calvary Church, 7520 Golden Valley Road. A donation of \$3.25 is requested, but no one will be denied a meal. Take out meals are also available. Call from 9:00-11:30 am for reservations and questions. Menus are available in the kitchen.

WIDOWED SUPPORT GROUP

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

Five Cities Transportation

Call Five Cities at 763-531-1259 to register, unless otherwise noted.

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities. Registrations are taken through the Five Cities office with bus pick-ups in each city. All costs are on your own.

PUNCH PASSES

Punch passes are available for purchase from the drivers with check or cash.

\$14 - 4/round-trip punch pass

\$28 - 8/round-trip punch pass

SUGGESTED BUS FARES

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

Special Destination Trips: \$7 cash/round-trip or two punches from punch pass



BRUNCH BUNCH

Join us as we lunch together at a local restaurant on the fourth Tuesday of the month. Lunch cost is on your own and we will order off the menu and pay with cash or credit card. Individual checks with tax and tip will be given. Pick-up/drop off times given by Five Cities staff.

Fee: Regular Trip bus fare

Bus Leaves/Return: Given by Five Cities staff

January 25 - Red Lobster, Maple Grove

February 22 - Outback Steakhouse, Bloomington

SHOPPING TRIPS

The Five Cities bus will pick you up at your home or apartment building. Call at least 24 hours in advance to make arrangements for these trips.

Fee: Regular Trip bus fare

Bus Leaves/Return: Given by Five Cities when you reserve.

Byerly's Monthly

Cub Foods Every Wednesday

Mall/Shopping Center 2nd Friday

Target 4th Friday

Walgreen's Monthly

Wal-Mart 2nd Tuesday



FORUM & THE FORK

Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. "Breads and Spreads" at the church following the forum. The 2011 spring schedule has not been set. See the Senior Newsletter for updated information.

Fee: Special Destination bus fare

Bus Leaves: 11:00 a.m./City Hall

LOCAL MOTION

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

Friday, March 18

Sleeping Beauty - Continental Ballet Co.

Performance at the Schneider Theater in Bloomington Center for the Arts. In this classic fairy tale Princess Aurora has a spell cast on her that has put her to sleep for 100 years; only to be awakened by a kiss from her true love. The ballet celebrates her awakening. As one can imagine, special guests will be invited to the castle to celebrate this joyous occasion. In this fairy tale traditional characters are among the guests. Lunch follows at David Fong's, a 50 year old Cantonese restaurant, using fresh ingredients and made from scratch food.



Fee: \$10 (ballet/escort), \$9 (lunch), plus Special Destination bus fare

Bus Leaves: 9:00 a.m. City Hall/Calvary

Bus Returns: 1:15 p.m.

Register/Cancel Deadline: January 13

Friday, April 15

The Gospel According to Jerry

A world premiere production performed at the Minnesota Jewish Theater Company in the intimate Hillcrest Center Theater, in St. Paul. Jerry Silver is a divorced rabbi in a baseball cap searching to fill a person void. Nia Thompson is a reserved African American woman desperate to lose weight. Their lives intersect when Nia signs up for an overeaters' anonymous group that Jerry is leading for his master's degree. With just one participant enrolled for the group, Jerry must work hard to keep things flowing. A heart-warming relationship unfolds in this funny, new play that takes a contemporary look at family, Jewish-African American connections, stereotypes, and spirituality. Lunch precedes the play at Cecil's Deli where you will order off the menu.

Fee: \$12 (play/escort), plus Special Destination bus fare

Bus Leaves: 11:45 a.m. City Hall/Calvary

Bus Returns: 5:00 p.m.

Register/Cancel Deadline: March 18

VIVACE! AFTERNOON CONCERT SERIES

The Landmark Center in St. Paul hosts free concerts featuring a variety of music, followed by lunch (on your own) at Anita's Café.

Thursday, February 3
St. Paul Winter Carnival

Join us for a Baroque music concert featuring violin, harpsichord and flute at the Landmark Center. After the concert, try lunch or dessert at Anita's Café. We will drive by the ice sculpture's in Rice Park before heading home.

Fee: Special Destination bus fare
Bus Leaves: 11:00 a.m. City Hall/Calvary
Bus Returns: 2:15 p.m.
Register/Cancel Deadline: January 27



SENIOR EVENTS AT THE GOLDEN VALLEY LIBRARY

The following program will be held at the Golden Valley Library located at 830 Winnetka Avenue.

For more information on this and other programs offered through Hennepin County Library's, visit: www.hclib.org.

Master Gardener:
Selection and Care of Trees and Shrubs
Saturday, February 26 - 1:00 p.m.

Trees and shrubs provide many, many years of beauty to your home landscape. Learn about selecting the right species for your site, soil conditions, proper planting, care and maintenance techniques. Presented in collaboration with the Hennepin County Master Gardeners, University of Minnesota Extension.

Program Spotlight

MONEY MATTERS

Meets the 3rd Thursday of the month at 9:45 a.m. at Brookview

Do you wonder if your investments are giving you the best returns possible? Are they earning the best interest rates available? Do you know what important documents you need to have in place regardless of your age and how to organize them? Do you know the best way to pass on your assets to your loved ones? For the answers to these questions and more, join the Money Matters group.

Listen to speakers from companies dealing with finances and investments. They present information important to today's investor on subjects having to do with all kinds of "Money Matters." These informative sessions are FREE and open to everyone. For more information on subject and speakers, call the senior office, check the senior newsletter or visit: www.goldenvalleymn.gov.

JONES-HARRISON WELLNESS CENTER

Jones-Harrison Wellness Center is offering the Golden Valley Seniors an opportunity to join at a discounted rate. Membership includes initial assessment with a fitness specialist, use of the facility including the fitness equipment, therapeutic pool and all fitness classes.

All memberships require a \$25 one-time assessment fee. Regular membership fee is \$60/month. There is also an assisted membership which includes one-on-one with a fitness specialist each session for \$80/month.

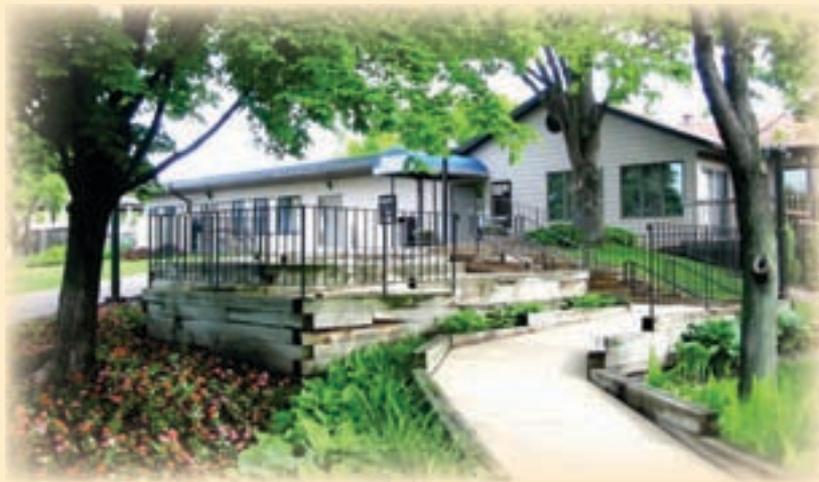


If you have insurance through BC/BS of Minnesota, UCare, United Healthcare and America's TPA and go to the Wellness Center 8-12 times per month (depending on your provider) you are eligible for a \$20/month reimbursement. There is reserved parking for users of the Wellness Center. Check it out!

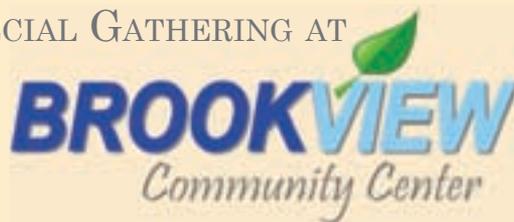
Jones Harrison is located at 3700 Cedar Lake Avenue, Minneapolis, MN 55416. Call Tony Mrnak at 612-225-1125 for a tour or more information.

Visit our new website at:
www.goldenvalleymn.gov

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.

Meet the...

Brookview Golf Professionals



DEE FORSBERG *PGA Professional*

Dee Forsberg is a PGA Golf professional with over 20 years experience in teaching golfers of all levels to play better golf. With uncomplicated advice and carefully prepared practice plans it is easy to see why so many golfers have improved under her suggestions. Recognized by her peers in 2009, Dee was the recipient of the 2009 Minnesota Section PGA Teacher of the year, and just finished her first season at Brookview Golf Course in Golden Valley. For more information on lesson programs with Dee or to schedule a winter lesson please contact Dee at 612-247-3479 or deeforsberg@msn.com. Visit her webpage at: gmcdgolf.com and [Bookalession.com](http://bookalession.com) (<http://bookalession.com/general/instructors/30-Dee-Forsberg>)



MATT JUST *PGA Professional*

Matt teaches private and group lessons at Brookview Golf Course during the golf season. He grew up playing golf at Sundance Golf Club in Maple Grove and is currently Director of Golf for Life Time Fitness. Matt got bit by the golf bug at the age of 22 and decided to move down to Arizona and pursue a career as a PGA Golf Professional. Matt has been teaching for 10 years since and works with beginners, mid-level golfers and low handicap golfers. Matt will resume lessons at Brookview in the spring and is also available for lessons over the winter. For more information or to schedule a lesson please call Matt at 612-669-4728.



MICHAEL TURNBULL *PGA Professional & Coach*

Michael Turnbull has been teaching golf since 1977 and this is his sixth year at Brookview. A three-time winner of the Minnesota PGA Junior Golf Leader award, he has also served as the PGA Head Professional at Balboa Park Golf Course in San Diego and at Baker National Golf Course in Medina, Minnesota. During the golf season Michael co-hosts the TeeMaster Golf Show on AM1500 KSTP radio and appears regularly on the most-watched local golf TV show in Minnesota, Golf Bound on KARE11. For more information on Michael's Lessons, please see the Spring Brochure or contact Michael at 612-669-4728.

Mindful Golf Lesson Gift Certificates

Here's a great holiday gift idea for that golfer who has everything, a Mindful Golf Lesson Gift Certificate. This is an especially good gift for a frustrated golfer. A Mindful Golf lesson with Michael Turnbull is an easy and proven way to learn golf or just tune up your swing and it works great for the golfer who thinks too much or tries too hard. You can purchase Mindful Golf Lesson Gift Certificates in the Brookview Pro Shop as single lessons or as two- or four-lesson packages.



WINTER SEMINARS IN THE BROOKVIEW GRILL

**With Dee Forsberg &
Gerald McCullagh**

Register for these seminars online at: bookalession.com/golf/instructors/30-dee-forsberg

Site: Brookview Grill
Time: 5:30-7:00 p.m.
Fee: \$25/person



Faults and Fixes January 24

Spend an evening studying the golf swing through our extensive video library. Learn about ball flight (slices and hooks) and discover solutions to some common problems.

Winter Drills & Practice Tips February 7

Turn your living room into a practice station to improve your golf game over the winter. Learn indoor practice strategies to help you step out onto the first tee in April with confidence.

Learn How to Play Par 3's, 4's, and 5's February 21

Many a round is round is ruined by just one poor decision on strategy when playing a hole. Learn simple par specific strategies that will allow you to smartly play your way to better golf.

Preparing for the New Golf Season March 7

What you can do to get ready for the upcoming golf season. From club fitting and maintenance to finding the right practice plan you will be ready for the 2011 golf season!

BROOKVIEW GOLF COURSE PATRON CARDS

Purchase your patron card starting February 1st through the Brookview Golf Administrative office. Purchase your card for 2011 by April 1st to receive the Early Bird Rate. Contact the Administrative office at 763-512-2305 for more information.

Brookview Golf & Community Information

Brookview Grill IS AVAILABLE FOR RENT



The Grill's warm and comfortable atmosphere make it a perfect setting for business retreats, training seminars, meetings or private gatherings, such as receptions, showers, holiday, birthday or retirement parties. The view from the Grill's wall of windows is spectacular in any season, overlooking the fairways and greens of one of the Twin Cities most beautiful golf courses. We offer a variety of services, including beverage service and limited catering. Food service includes continental breakfast, box lunches, appetizers, desserts and beverages.

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

PURCHASE A GIFT CARD FOR THE HOLIDAYS



Brookview Gift Cards are good for the 18 Hole Course, Par 3, Driving Range, and Grill.

Run The Valley

10K RACE & 5K WALK/RUN

Saturday, April 9, 2011



Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley Walk/Run. This event is sponsored by the Golden Valley Human Services Foundation with 100% of the proceeds allocated to non-profit organizations that serve Golden Valley residents in need. This 10K race and 5K walk/run, now in its 17th year, starts and ends at Davis Community Center/Meadowbrook School, with water stops and post-race complimentary snacks donated by area businesses.

Registration begins January 3 and are taken:

- In person and by mail with check, cash or VISA/MasterCard at Golden Valley Park and Recreation, 200 Brookview Parkway, Golden Valley 55426
- By phone with a VISA/MasterCard at 763-512-2345
- Online at www.active.com (additional fee charged)
- Race day from 7:15-8:00 a.m. at Davis Community Center.

For more information, visit the city's website at www.goldenvalleymn.gov or call the Golden Valley Park and Recreation office at 763-512-2345.

Site: Starts/Ends at Davis Community Center (5430 Glenwood Ave)

Time: 7:30 Check-in; 8:30 5K Walk/Run begins; 8:40 10K Run Begins

Fee: \$20 by March 1; \$25 March 1-April 8 (by 3 p.m.); \$35 on race day

GOLDEN VALLEY'S 125TH ANNIVERSARY

Golden Valley will be celebrating it's 125th Anniversary in December 2011!

Activities are being planned to occur throughout the entire year. Please check the Golden Valley City News, the Parks and Recreation Brochure and the City website for more information. You can also get on a list to receive periodic updates of on the planning and events by going to: www.goldenvalleymn.gov/news/subscribe/. 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 Golden Valley and its residents make the city's 125th birthday a memorable one, contact Sandy Werts at swerts@goldenvalley.gov to be put on the mailing or call her at 763-512-2341.

125th Anniversary Logo Design Contest

Golden Valley's 125th Anniversary planning committee is asking the community for help developing a logo to commemorate the City's birthday in 2011.

The winning logo will be used on written and electronic materials (banners, apparel, buttons, etc) related to the anniversary. Winners will be announced in January 2011. Winning logo will be awarded with recognition during the year, as well as gift certificates from local businesses.

CONTEST RULES

- Open to all individuals who reside, work or attend school in Golden Valley.
- One entry per person.
- Logo should be appropriately sized, descriptive and visually appealing and include the words "Golden Valley 125th Anniversary."
- Entries may be submitted electronically or on 8-1/2 X 11 paper. There are no color requirements. The City reserves the right to modify the design as needed.
- All entries become the property of the City of Golden Valley and will not be returned.
- Entry deadline is December 30, 2010, and must include your name, address, phone number, name of school and age if under 18, and e-mail address if available.
- Submit entries to: 125th Logo Contest, City of Golden Valley, 200 Brookview Parkway, Golden Valley, MN 55426, or e-mail to swerts@goldenvalleymn.gov.



GOLDEN VALLEY ORCHESTRA



The Golden Valley Orchestra provides the opportunity for adults and students to play quality music in an enthusiastic community orchestra. There are openings in all sections: strings, woodwinds, brass and percussion. The setting is non-intimidating and there are no auditions. Rehearsals are held Monday evenings at 7:00 at Brookview Community Center, 200 Brookview Parkway. For more information, call Beth at 612-239-4267.

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.

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 prior to the start of the class. Classes may be cancelled or combined if minimum numbers are not met.

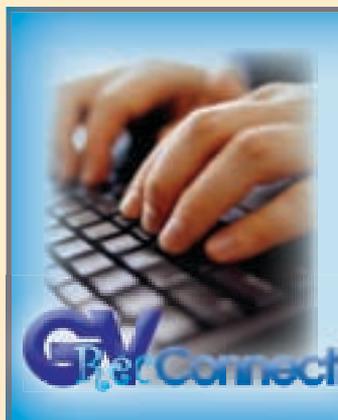
TRIP REFUNDS

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

INCLUSION REQUESTS

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

MAKE CHECKS PAYABLE TO:
City of Golden Valley



REGISTER ONLINE!

www.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

ACTIVITY REGISTRATION FORM

200 Brookview Parkway • Golden Valley • Minnesota • 55426
 Phone: 763-512-2345 • Fax: 763-512-2344
 www.goldenvalleymn.gov

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

Address: _____ Work Phone: _____

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

E-mail: _____

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

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

ACTIVITY REGISTRATION

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

55+ SENIOR TRIP REGISTRATION

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

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:
 Cash Check # _____
 VISA MasterCard

Card #: _____
 Expiration Date: _____
 Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

Fee Paid: _____
 Date: _____
 Rec'd By: _____
 CC app. #: _____

Adopt-a-Park Program

COMMUNITY PARKS

Brookview 200 Brookview Pkwy N
Mom's Club

Gearty 3101 Regent Ave N
Retired Volunteers

Hampshire 1610 Louisiana Ave N
OptumHealth

Lakeview 1521 Hillsboro Ave N
AVAILABLE

Lions 151 Louisiana Ave N
Jan Motari

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

Schaper 631 Ottawa Ave N
Golden Valley Police Reserves

Scheid 1856 Toledo Ave N
AVAILABLE

Wesley (north) 8305 Wesley Dr
Moore/Gasparini Families

Wesley (south) Plymouth Ave & Orkla
Jack Stratton

NEIGHBORHOOD PARKS

Glenview 2351 Zenith Ave N
Elephant Park Book Group

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

Natchez 201 Natchez Ave N
Hanscom & Dritsas Families

North Tyrol 900 Westwood Dr S
WSB & Associates Inc.

Seeman 1101 Florida Ave N
Northwest Suburban Optimist Club

South Tyrol 1501 Kaltern Ln
Allianz

St. Croix 5850 St. Croix Ave N
Covenant Village

Stockman 3300 Major Ave N
Thompson Family

Sweeney Lake
Hidden Lakes Association

Wildwood 7401 Duluth St
Robertson Family

Yosemite 351 Yosemite Ave N
Geving & Palkert Families

SPECIAL USE FACILITIES

Brookview Golf Course
200 Brookview Parkway

Honeywell Little League Area
7101 Sandburg Rd

NATURE AREAS

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

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

Bassett Creek (south of Duluth)
Covenant Village

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

Briarwood 2500 Unity Ave
Girl Scout Troops 2316 & 1670

**General Mills Headquarters
Nature Preserve**
9201 Olson Memorial Hwy
GMI Grounds Crew

General Mills Research Nature Area
The Gannon's

Laurel Ave (east of Florida)
Laurel & Jersey
AVAILABLE

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

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

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

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

Rice Lake 4120 Bassett Creek Dr
Blair Tremere

Western Ave Western & Winnetka
Ilo & Peggy Leppik

**A Special Thanks
to our friends
of the parks!**

GOLDEN VALLEY CITY 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

Ron Hammer
Park Maintenance Supervisor

BROOKVIEW GOLF STAFF

Ben Disch
Golf Operations Manager

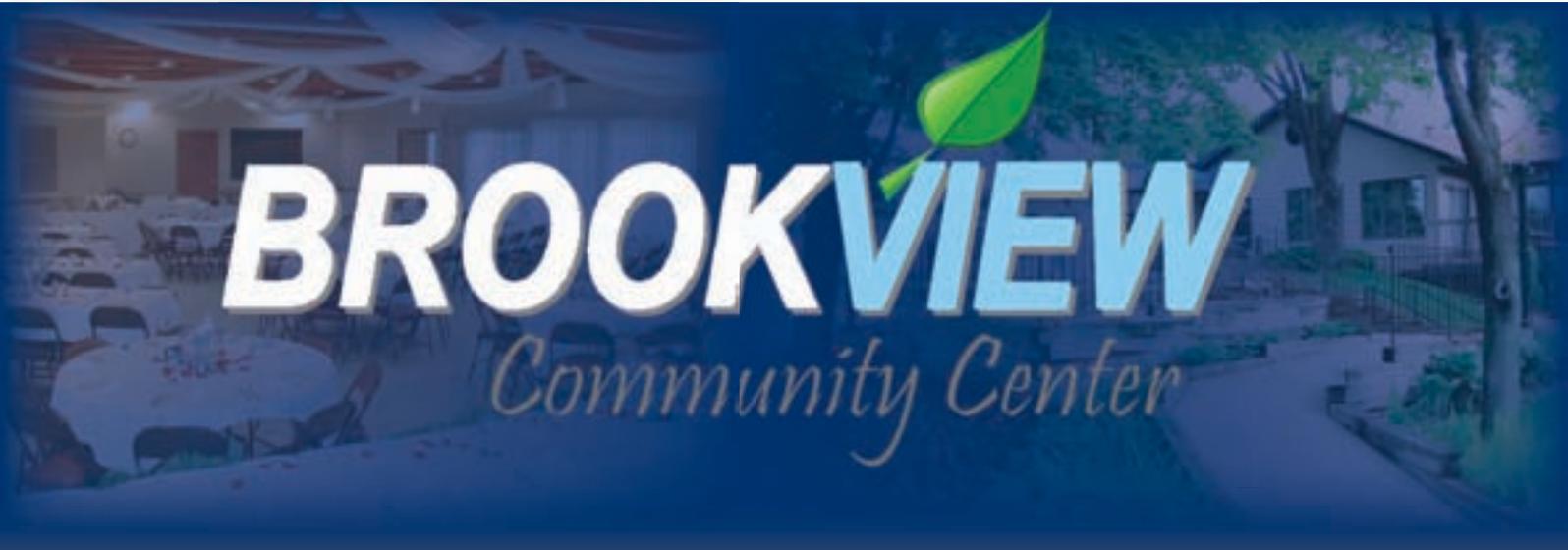
Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent

*******ECRWSS**
POSTAL CUSTOMER**

**DATED MATERIAL
PLEASE DELIVER PROMPTLY**



BROOKVIEW

Community Center

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

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



Picnic Shelter Reservations

2011 Reservations Begin:
Resident - Thu, Jan 13
Non-Resident - Thu, Feb 10