

# Parks Recreation



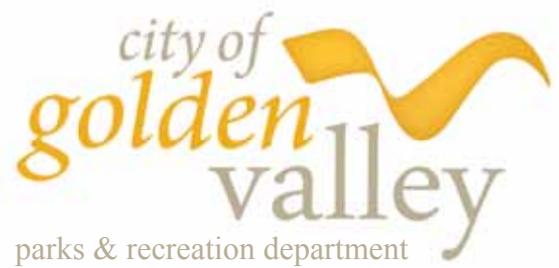
city of  
*golden*  
valley 

## Fall 2012

w w w . g o l d e n v a l l e y m n . g o v

# Table of Contents

<b>Adaptive Programs</b> .....	12
<b>Adult Activities</b> .....	14-17
Belly Dancing.....	16
Chinese Wand Exercise .....	14
Drawing.....	17
Hula Hoop - Fun & Fitness!.....	14
Nordic Walking for Fun & Fitness.....	15
Open Gyms at Davis Comm Center ...	17
Painting.....	16-17
Pilates - with Annette .....	14
Social Ballroom Dance for Beginners	14
Tae Kwon Do .....	15
Tai Chi for Health & Arthritis.....	16
Yoga - with Annette .....	14
Yoga - with Laura.....	15
<b>Brookview Community Center</b> .....	31
<b>Brookview Golf Course</b> .....	18
<b>City Information</b> .....	33
<b>City Map</b> .....	32
<b>Registration Form</b> .....	34
<b>Registration Information</b> .....	35
<b>Senior Activities</b> .....	19-30
Senior Classes .....	24-25
Senior Community Information .....	30
Senior Programs.....	19-20
Senior Special Events .....	21
Senior Special Destination Trips with Five Cities Transportation.....	29
Senior Special Interest Groups .....	21-23
Senior Trips .....	26-28
<b>Special Events</b> .....	3-4
<b>Tennis Programs</b> .....	13
<b>Volunteer Opportunities</b> .....	35
<b>Youth Activities</b> .....	5-11
Art Classes .....	8
Babysitting Training.....	9
Basketball .....	10
Cheer America .....	5
Drama Club.....	9
Drama Skills & Techniques.....	9
Happy Birthday Party .....	7
Hockey - Rink Rat.....	8
Kidcreate Studio Classes .....	7
Kids Club .....	5
Kids Yoga & Mindful Movement.....	7
Little Tigers Self-Defense .....	6
Music Programs.....	9
Pre-School Playtime .....	5
Tae Kwon Do.....	6
Tap & Ballet .....	6
'Under The Sea' with Ariel.....	5
Xcel Energy Center Events.....	11
<b>Youth Athletic Associations</b> .....	11



## 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 3**  
*Labor Day*

**Monday, November 12**  
*Veteran's Day*

**Thursday, November 22**  
*Thanksgiving*

**Friday, November 23**  
*Thanksgiving*

**Monday, December 24**  
*Christmas*

**Tuesday, December 25**  
*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 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.*

### 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 and 2 bats (1/child, 1/adult).

**\$15 rental, plus \$30 refundable deposit**

#### Other Items:

Bocce Ball Set or Tug-of-War Rope.

**\$10 rental, plus \$10 refundable deposit**

HOLDS UP TO 100 PEOPLE

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

**Resident - \$100**

**Non-Resident - \$120**



**TWO TIME FRAMES AVAILABLE:** 11:00 AM-4:00 PM 5:00 PM-Dusk

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 \$20 permit has been purchased.

# BROOKVIEW PARK PICNIC SHELTERS

JOIN THE 5TH ANNUAL  
**GOLDEN VALLEY LILAC PLANTING PROJECT**

**SATURDAY, SEPTEMBER 22**  
**9 AM - 1 PM**

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](mailto:swerts@goldenvalleymn.gov).



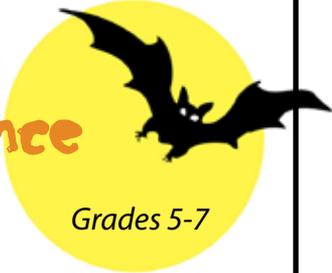
2nd Annual  
**Valley Volunteer Day**

**SATURDAY, OCTOBER 6**

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, email: [valleyvolunteerday@gmail.com](mailto:valleyvolunteerday@gmail.com) or visit: [www.gvcfoundation.org](http://www.gvcfoundation.org) 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](mailto:swerts@goldenvalleymn.gov).



# Monster Mash Teen Dance



FRIDAY, OCTOBER 26  
7:00-9:30 PM

Grades 5-7

CRYSTAL COMMUNITY CENTER

**\$5 if paid by Oct 25, \$8 at door**  
**Code: 11674**

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!



# Daddy/Daughter Princess Ball

**Ages 3-9 with Daddy**

Join us for an enchanted evening with Once Upon a Star's Cinderella, and her friends Sleeping Beauty and Pocahontas. Princesses ages 3-9 and your daddy, will enjoy dancing, a snack, a photo, and craft project. Adults bring a camera to capture this memorable evening. Register by November 1.

**Friday, November 9**  
**6:15-7:45 PM**  
**Brookview Community Center**

**\$21/pair Resident**  
(Crystal, Golden Valley, New Hope, Robbinsdale)

**\$28/pair Non-Resident**

**Code: 11600**



# Mailbox to the North Pole

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.

**November 26-December 14, 2012**  
**Brookview Community Center**

# SUPPER WITH SANTA

**Ages 2+ with an Adult**

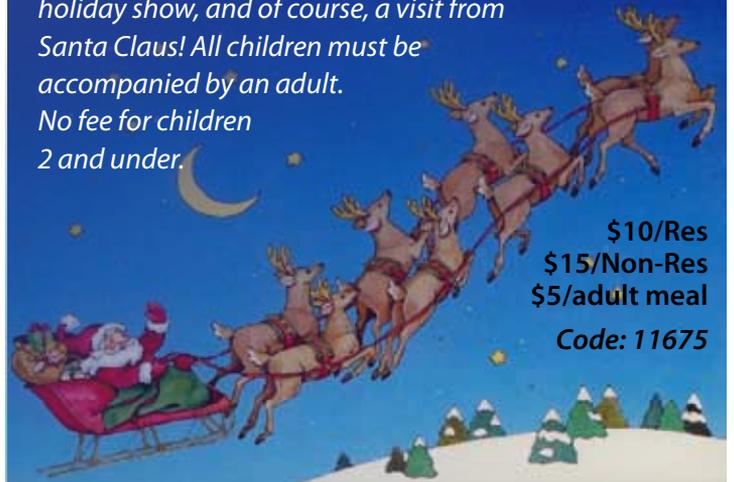
**Friday, December 7 • 6:00-7:30 PM**  
**Brookview Community Center**

*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.*

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

**Code: 11675**





### 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 15 years.

## Kids Club *Ages 3-5*

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

**Site:** Brookview Community Center  
**Fee:** \$49, Resident \$44

Day	Date	Time	Code
Mon/Wed	Sept 10-Oct 29 <i>(No class Sept 17, 26 &amp; Oct 22)</i>	9:30-11:00 AM	11596
Mon/Wed	Oct 31-Dec 17 <i>(No class Nov 12 &amp; 21)</i>	9:30-11:00 AM	11597
Tue/Thu	Sept 11-Oct 25 <i>(No class Sept 18 &amp; Oct 18)</i>	9:30-11:00 AM	11598
Tue/Thu	Oct 30-Dec 13 <i>(No class Nov 6 &amp; 22)</i>	9:30-11:00 AM	11599

## Pre-School 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  
**Date:** Fridays beginning September 14  
**Time:** 10:00-11:30 AM  
**Fee:** \$3/child or \$25/10-visit punch pass



## 'Under The Sea' with Ariel *Ages 2-7 with Adult*

Ariel from Once Upon A Star invites you to a beach party! In full Ariel costume, Ariel will lead the group with sea life games, 'under-the-sea' dancing and a special ocean craft. Come dressed for the beach and make sure your parents bring a camera – you'll have your photo taken with Ariel and her stuffed sea-life friends. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by September 27.*

**Site:** Crystal Community Center  
**Fee per child/adult pair:** \$20, \*Resident \$13

Day	Date	Time	Code
Sat	Oct 6	10:00-11:00 AM	11664

## 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 25 FROM 6:30-7:30 PM.**

**Site:** Davis Community Center  
**Fee:** \$4 Enrollment Fee, plus \$6/night at the door

	Day	Date	Time
<b>Ages 4-8</b>	Tue	Oct 2-Dec 18 <i>(No Nov 6)</i>	6:00-6:45 PM
<b>Ages 9-16</b>	Tue	Oct 2-Dec 18 <i>(No Nov 6)</i>	7:00-7:45 PM

# TAP & BALLET Ages 4+

Students will have fun learning dance routines to a variety of music. Basic dance skills will be taught in the beginning and intermediate classes. Experienced dancers work on more advanced tap, ballet and jazz routines. Please wear comfortable clothing such as a leotard and tights. Students provide their own tap and ballet shoes. Students must participate in sessions 2 and 3 to perform in the spring recital. There will be a costume fee for the recital. Parent viewing will be the last lesson of each session only. Instructed by Toni Nelson, who has taught tap and ballet in Golden Valley since 1974, and Nicki Cullen, Toni's Daughter, has been teaching with Toni since 1992. \*Students must have instructor approval to continue into advanced/master courses.

**Site:** Brookview Community Center      **Fee:** \$43, Resident \$38

**Session 1:** Sat, Sept 15-Nov 17 (No class Sept 29 & Oct 20)

**Session 2:** Sat, Dec 1-Feb 2 (No class Dec 22 & 29)

**Session 3:** Sat, Feb 9-April 6 (No class March 30)

**Tentative  
Recital Date:**  
April 13

## BALLET

Level	Time	Code
Beginner (Ages 4-6)	8:00-8:30 AM	Session 1 - 11616
		Session 2 - 11617
		Session 3 - 11618
Intermediate (Ages 7+)	9:00-9:30 AM	Session 1 - 11619
		Session 2 - 11620
		Session 3 - 11621
Advanced*	10:00-10:30 AM	Session 1 - 11613
		Session 2 - 11614
		Session 3 - 11615
Master*	11:00-11:30 AM	Session 1 - 11622
		Session 2 - 11623
		Session 3 - 11624

## TAP

Level	Time	Code
Beginner (Ages 4-6)	8:30-9:00 AM	Session 1 - 11604
		Session 2 - 11605
		Session 3 - 11606
Intermediate (Ages 7+)	9:30-10:00 AM	Session 1 - 11607
		Session 2 - 11608
		Session 3 - 11609
Advanced*	10:30-11:00 AM	Session 1 - 11601
		Session 2 - 11602
		Session 3 - 11603
Master*	11:30 AM-12:00 PM	Session 1 - 11610
		Session 2 - 11611
		Session 3 - 11612



## 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 residents.

**Site:** Davis Community Center

**Fee:** \$54, \*Resident \$49

Day	Date	Time	Code
Tue	Sept 11-Oct 16	5:45-6:15 PM	11643
Tue	Oct 23-Dec 4	5:45-6:15 PM	11644
(No class Nov 6)			

### About the Instructor...

*Tom Malone*

Tom Malone is a former martial arts state champion with over 17 years experience in martial arts.

## 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:** \$64, Resident \$59

*Sign up for both  
Tuesday & Saturday  
sessions for only \$89.*

### BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sept 11-Oct 16	6:15-7:00 PM	11645
Tue	Oct 23-Dec 4	6:15-7:00 PM	11647
(No class Nov 6)			

### ADVANCED

Day	Date	Time	Code
Tue	Sept 11-Oct 16	7:00-7:45 PM	11646
Tue	Oct 23-Dec 4	7:00-7:45 PM	11648
(No class Nov 6)			

### ALL LEVELS

Day	Date	Time	Code
Sat	Sept 15-Oct 20	10:15-11:00 AM	11649
Sat	Sept 15-Oct 20	11:00-11:45 AM	11650
Sat	Oct 27-Dec 8	10:15-11:00 AM	11651
Sat	Oct 27-Dec 8	11:00-11:45 AM	11652

# KIDcreate STUDIO CLASSES

## Halloween Craft Party *Ages 2-6 with Adult*

Park your broom at the door and come on in! We're going to create multiple craft projects with a Halloween theme. The kids are welcome to wear their costumes to class. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by October 5.*

Site: Crystal Community Center	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Fee child/adult pair: \$19, *Resident \$12	Sat	Oct 13	11:00 AM-12:00 PM	11665



## Super Heroes to the Rescue *Ages 3-6*

What is your superpower? In this class, we'll imagine ourselves as superheroes and then create our own superhero attire. Whether your kid wants superhuman strength or the power of invisibility, we'll be sure to channel their super creativity into making awesome works of art that they get to wear home. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by November 2.*

Site: Crystal Community Center  
 Fee: \$24, \*Resident \$17

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Sat	Nov 10	10:00 AM-12:00 PM	11666

## Holiday Craft Party *Ages 2-6 with Adult*

The holidays are a magical time! Join us for an ornament making party. We will set up four stations, each with a different ornament project that your child can create. These ornaments will make great keepsakes or holiday gifts! *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by November 30.*

Site: Crystal Community Center  
 Fee child/adult pair: \$19, \*Resident \$12

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Mon	Dec 3	10:00-11:00 AM	11667

## Kids Yoga & Mindful Movement *Ages 4-7*

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive early and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center  
 Date: Mon, Oct 8-Nov 12  
 Time: 3:30-4:15 PM  
 Fee: \$60, Resident \$55  
 Code: 11676



## About the Instructor... *Cindy Margolis*

Cindy is a Certified YogaKids Teacher. She has a Master's Degree in Early Childhood Special Education from University of St. Thomas. She has been teaching preschool for 12 years. She started teaching yoga for kids in 2010 and has been practicing yoga for 10 years.

# HAPPY BIRTHDAY PARTY *Ages 3+*

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



## 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 24. A league jersey and participation award are provided. Waiting lists will be taken after the registration deadline and partial teams will be merged with other communities if necessary.

**Registration deadline is December 7.**

**Participants must supply:** 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 description above)  
**Day:** Friday evening & Sunday afternoon  
**Fee:** \$45, Resident \$40

<u>Ages</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Ages 5-6	Jan 4-Feb 8	TBD	11679
Ages 7-9	Jan 4-Feb 8	TBD	11680
Ages 10-12	Jan 4-Feb 8	TBD	11681

## Youth Art Classes *Ages 5-12*

### Halloween Craft Party

Goblins, ghouls and monsters, oh my! Youth will make their own tricked out treat bag. We will use stencils, fabric paint and fabric spray to magically transform a pillowcase into a spooky sack. Your child will be excited to fill up their new treat bag with lots of candy loot! The kids are welcome to wear their costumes to class. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by October 4.*

**Site:** Crystal Community Center  
**Fee:** \$26, \*Resident \$19

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Sat	Oct 13	12:30-2:30 PM	11670



### Monet Masterpiece

This is your chance to paint on a real canvas, just like Monet! We'll learn all about impressionist painter Claude Monet as we create our own masterpiece. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by October 9.*

**Site:** Crystal Community Center **Fee:** \$26, \*Resident \$19

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Wed	Oct 17	1:00-3:00 PM	11668

### Thanksgiving Craft Party

Do you need a little more time to get that turkey stuffed? Sign your kids up for some art fun and get your last minute cooking done. The kids will start celebrating Thanksgiving early by creating a turkey that will be a wonderful addition to any Thanksgiving table! *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by November 13.*

**Site:** Crystal Community Center **Fee:** \$24, \*Resident \$17

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Wed	Nov 21	1:00-3:00 PM	11669

### Splat!

Put on your apron and come get messy with us! We'll throw, splat and splatter paint on canvas to create a one-of-a-kind masterpiece. *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by November 2.*

**Site:** Crystal Community Center **Fee:** \$26, \*Resident \$19

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Sat	Nov 10	12:30-2:30 PM	11671

### Holiday Make It & Take It

Youth will enjoy art fun while you get your holiday shopping done! Your kids will work on their holiday gift list too! We will craft a clay trinket box that any grandma, grandpa, or favorite teacher would love to receive as a gift! *\*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents. Register by November 30.*

**Site:** Crystal Community Center **Fee:** \$23, \*Resident \$16

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>
Mon	Dec 10	6:00-7:30 PM	11672

## 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 6 at 7:00 PM. All participants must be able to participate in the final performance. Instructor have extensive training in theatre, film and advertising.



Site: TBD  
 Fee: \$104, Resident \$99

Ages	Day	Date	Time	Code
6-12	Tue/Thu	Sept 18-Dec 6	6:15-7:30 PM	11682
<i>(No class Nov 22)</i>				
13-17	Tue/Thu	Sept 18-Dec 6	7:30-8:45 PM	11683
<i>(No class Nov 22)</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: \$55, Resident \$60

Ages	Day	Date	Time	Code
6-12	Mon	Sept 17-Dec 3	6:15-7:30 PM	11684
<i>(No class Nov 19)</i>				
13-17	Mon	Sept 17-Dec 3	7:30-8:45 PM	11685
<i>(No class Nov 19)</i>				

## American Red Cross Babysitting Training

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 provide a lunch and snack.**



Site: Brookview Community Center  
 Fee: \$82, Resident \$77

Day	Date	Time	Code
Sat	Sept 22	8:00 AM-4:30 PM	11635
Sat	Nov 17	8:00 AM-4:30 PM	11636

# Music Programs



## First Steps in Musicland

Ages 18 months-5 years 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      Fee: \$54, \*Resident \$49

Day	Date	Time	Code
Mon	Sept 17-Oct 22	12:45-1:30 PM	11629
Mon	Nov 5-Dec 17	12:45-1:30 PM	11630
<i>(No class Nov 12)</i>			

## Keyboard Camp for Little Mozarts

Ages 4-6

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven, and other composers. The first piano book will be purchase for \$8 at the first class. Max: 2.



Site: Brookview Community Center  
 Fee: \$80, Resident \$72

Day	Date	Time	Code
Mon	Sept 17-Oct 22	1:45-2:15 PM	11631
Mon	Nov 5-Dec 17	1:45-2:15 PM	11632
<i>(No class Nov 12)</i>			

## Private Piano Lessons Ages 7+

Course includes 14 - 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** - Contact the Music For Everyone Coordinator at all 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register. *\*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

Site: Brookview Community Center      Fee: \$320, \*Resident \$290

### INSTRUCTED BY ELLA GERBUZ

Day	Date	Lesson Times	Code
Tue	Sept 11-Dec 18	Between 4-9 PM	11634
<i>(No class Nov 6)</i>			

### INSTRUCTED BY MILA MARON

Day	Date	Lessons Times	Code
Wed	Sept 12-Dec 19	Between 3-9 PM	11633
<i>(No class Oct 31)</i>			



# youth basketball

## 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. *\*Resident fee applies to Golden Valley and Crystal. Register by October 1.*

**Site:** Davis Community Center

**Date:** Mon/Wed, Oct 8-24

**Time:** 6:00-7:30 PM

**Fee:** \$49, \*Resident \$42

**Code:** 11653

## 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 2-Dec 4 (No class Nov 23)

**Time:** 6:00-7:30 PM

**Fee:** \$49, \*Resident \$42

**Code:** 11654

## YOUTH BASKETBALL *Grades 2-6*

This is a recreational basketball league. Games will be on Saturday afternoons with practices arranged during the week by the volunteer coaches. 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, Robbinsdale and St. Louis Park and includes teams from all cities. Mouth guards are recommended for all participants. **Players must sign up for grade they are currently in.**

### VOLUNTEER COACHES ARE NEEDED!



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

### PRACTICES

*Weekday Evenings beginning early January*

Held 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 8 with practice information.

**GAMES** *Saturday afternoons, January 12-March 9*

Held at Crystal Community Center or Davis Community Center.

**Fee:** \$54, *\*Resident fee applies to those residing in Crystal, St. Louis Park, Robbinsdale and Golden Valley.*  
\*Resident \$47

Boys Grade 2	<b>Code:</b> 11657	Girls Grade 2-3	<b>Code:</b> 11660
Boys Grade 3	<b>Code:</b> 11658	Girls Grade 4-6	<b>Code:</b> 11661
Boys Grade 4-6	<b>Code:</b> 11659		



## Basketball Winter Warm-up for Boys & Girls *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

**Date:** Wed, Nov 7-Dec 19 (No class Nov 21)

**Time:** 6:00-7:30 PM

**Fee:** \$49, \*Resident \$42

**Code:** 11655

### GRADES 4-6

**Site:** Forest Elementary Gym, Crystal

**Date:** Mon, Nov 5-Dec 10

**Time:** 6:00-7:30 PM

**Fee:** \$49, \*Resident \$42

**Code:** 11656

# XCEL ENERGY CENTER EVENTS

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. 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. Participants supply their own transportation. Children age 2 and older need a ticket.

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

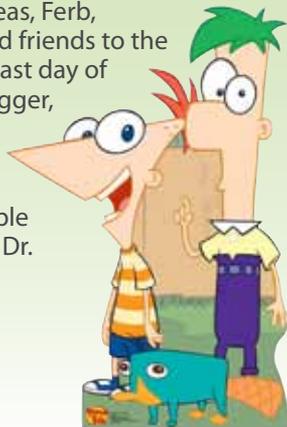
## Disney Live's Phineas & Ferb: The Best Day Ever!

Sunday, October 21 • 1:00 PM

\$19 (lower level reserved)

Code: 11662

Produced by Feld Entertainment, Disney's Phineas and Ferb: The Best LIVE Tour Ever! brings Phineas, Ferb, Candace, Isabella, Baljeet, Buford and friends to the stage as they make the most of the last day of summer by building an invention bigger, better and more amazing than ever. 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. Register by October 5.



## Disney on Ice: 100 Years of Magic

Saturday, December 8 • 7:00 PM

\$17 (upper level reserved)

Code: 11663

Join the celebration as 65 of Disney's unforgettable characters from 18 beloved stories come to life in Disney On Ice celebrates 100 Years of Magic! Join the one and only Mickey Mouse, the irresistible Minnie Mouse, Goofy, Donald Duck, Jiminy Cricket, Pinocchio, and all the Disney Princesses in a skating spectacular you'll remember forever. Register by November 21.



## Youth Athletic Associations

### Golden Valley Phoenix Soccer Club

BOYS AND GIRLS AGE 9-18  
763-544-9829  
[www.gvphoenixsoccer.org](http://www.gvphoenixsoccer.org)

### Girls Slowpitch Softball

GIRLS IN GRADES 3-12  
Contact: Tommy Thompson, 763-544-9829  
[tthompson@premiersalons.com](mailto:tthompson@premiersalons.com)  
[www.gvgs.org](http://www.gvgs.org)

### Golden Valley Little League Baseball

BOYS AND GIRLS AGE 7-12  
Contact: Peter Birkeland, 763-591-7795  
[pbirkeland@comcast.net](mailto:pbirkeland@comcast.net)  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

### Armstrong-Cooper Youth Baseball

BOYS AGES 12-19  
Contact: Pat Backen, 763-439-6454  
[pat.backen@gmail.com](mailto:pat.backen@gmail.com)  
[www.raybaseball.com](http://www.raybaseball.com)

### Cooper/Armstrong Girls Fastpitch Softball

GIRLS AGES 9-12  
[cooperarmstrongfastpitch@gmail.com](mailto:cooperarmstrongfastpitch@gmail.com)  
[www.cooperarmstrongfastpitch.org](http://www.cooperarmstrongfastpitch.org)



# Adaptive Recreation 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. Services include information, referral, advocacy and counseling. For information and registration procedures, call Danielle at 952-988-4177. *NOTE: For persons not living in one of the above communities, you are considered a "Non-Resident" and need to add the indicated non-resident fee to the registration fee.*



[www.reachforresources.org](http://www.reachforresources.org)

## 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 on Tue, Sept 18-Oct 23 from 7:15-8:15 PM. \$50 per parent/child Res, \$58 per parent/child Non-Res, \$20/add'l family member.

**KID KING-FU** Fun martial arts program for kids. Come learn the moves of Jackie Chan. Held at Basswood Elementary School (15425 Bass Lake Road, Maple Grove) on Mon, Sept 17-Oct 22 from 6:30-7:15 PM. \$40/Res, \$48/Non-Res.

**BOWLING** Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Sept 15 -Nov 3 from 12:00-2:00 PM. \$35/Res, \$43/Non-Res, plus \$3/week.

**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 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! Held at various metro locations on Tuesday evenings, Sept 11-Oct 30. \$40/Res, \$48/Non-Res.

**BOWLING** Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Sept 15 -Nov 3 from 12:00-2:00 PM. \$35/Res, \$43/Non-Res, plus \$3/week.

**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 Danielle at 952-988-4176 for information.

## ADULT PROGRAMS *AGES 18+*

**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! Location TBD on Thu, Sept 20-Nov 1 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

**YOGA** Relax, get in shape, and improve flexibility! Held at St. Louis Park Rec Center (3700 Monterey Drive) on Tue, Sept 18-Oct 23 from 7:15-8:15 PM. \$40/Res, \$45/Non-Res.

**WALKING CLUB** Keep that body moving and enjoy the community! We will walk at various indoor and outdoor locations on Mondays, Sept 10-Oct 15 from 6:30-8:00 PM. \$25/Res, \$33/Non-Res.

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

## SPECIAL EVENTS

**FRIDAY NIGHT DANCES**  
7:00-9:00 PM - \$5 at the door

*St. Louis Park High School*  
Sept 14, Oct 19, Nov 16

*Brooklyn Park Community Center*  
Nov 9 – TENTATIVE!

**FALL FORMAL** Time to get all dressed up and dance the night away with your friends! Held on Sept 21 at Minnetonka High School (18301 Hwy 7) from 7:00-9:00 PM. \$8/pre-registered, \$10/door. Call 952-988-4177 to pre-register.

**WEEKEND VENTURES** Join us for a wonderful weekend getaway at Camp Kingswood in Mound, MN on Friday evening, Sept 7 through Sunday morning, Sept 9. Hiking, campfires, Frisbee golf, challenge course and more! Ages 15+. Call Beth at 952-988-5321 for more information. \$350/person.

**GHOSTLY GALA** Join us for this annual spooky celebration! We will have games, prizes, food, music, and dancing! All money raised at this event goes to fund the Reach for Resources recreation department. Held at Brooklyn Park Community Center on Oct 27 from 6:30-9:00 PM. \$8/pre-registered, \$10/door.



# Fall Tennis Programs

## FOR YOUTH & ADULT

\$5 Non-Resident fee will be applied to all registrants not living in Golden Valley.

### Quick Start USTA Camp

Beginner Level

Ages 4-12

Designed to give beginners and introduction and first taste of tennis with a lot of athletic games and exercise movement focusing on the fun of rally tennis. Campers will be divided by skill level and age at the courts.

**Brookview Park**  
Sat, Sept 8-Oct 13  
10:00 AM-12:00 PM

\$124, Resident \$119  
Code: 11692



### Junior Tennis Camp

Beginner thru Advanced Levels

Ages 5-16

Beginning players will enjoy building stroke development and proper techniques. Intermediate and advanced players will focus on scoring, serving and team matches. Campers will be divided by skill level and age at the courts. *NOTE: Brookview Camp fee includes 2 tournament entries.* Player/coach ratio 6:1.

*\*You must specify days participating when you register.\**

#### Lions Park

Mon-Fri, Sept 4-Oct 12  
3:30-6:00 PM

Day	Fee	Code
1 day/wk	\$155	11687
2 days/wk	\$225	11687
3 days/wk	\$315	11687
4 days/wk	\$405	11687

#### Brookview Park

Sat & Sun, Sept 8-Oct 14  
1:00-5:00 PM

Day	Fee	Code
Sat	\$160	11688
Sun	\$160	11689
Sat & Sun	\$275	11690



### High Performance Tennis Training Camp

Intermediate thru Advanced Levels

Ages 12-18

This camp is designed for aspiring competitive tennis players. Practices will be intense, competitive and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. *You must specify days participating when you register.*

#### Wesley Park South

Mon-Fri, Sept 4-Oct 12  
3:30-6:00 PM

Day	Fee	Code
1 day/wk	\$155	11691
2 days/wk	\$225	11691
3 days/wk	\$315	11691
4 days/wk	\$405	11691

## ADULT DRILLS & CLINICS

### Basics & Beyond USTA Level 1.0-3.0

For beginners and intermediate level player's with an emphasis on strokes, rallying and serving.

#### Brookview Park

Tue & Thu, Sept 4-Oct 11  
10:00 AM-12:00 PM

Day	Fee	Code
Tue	\$125	11693
Thu	\$125	11694
Tue & Thu	\$215	11695

### Advanced Strategy Clinic USTA Level 3.5-4.5

For Intermediate and advanced players with an emphasis on strategy development and technical refinement.

#### Brookview Park

Wed & Fri, Sept 5-Oct 12  
10:00 AM-12:00 PM

Day	Fee	Code
Wed	\$125	11697
Fri	\$125	11699
Wed & Fri	\$215	11700

### Skills & Cardio USTA Level 2.0-3.5

For beginner and intermediate players who want to practice stroke development and enjoy cardio fitness.

#### Brookview Park

Tue-Thu, Sept 4-Oct 11  
6:00-8:00 PM

Day	Fee	Code
1 day/wk	\$125	11696
2 days/wk	\$225	11696

### Advanced Workout Drills USTA Level 4.0-5.0

USTA league players working on advanced strokes, doubles strategy and technique.

#### Brookview Park

Mon, Sept 10-Oct 15  
6:00-8:00 PM

\$130, Resident \$125  
Code: 11698

## Weather appear questionable?

Call the Activity Cancellation Line 20-30 minutes prior to the start of your class - 763-512-2350. Camps and lessons will be cancelled due to inclement weather.



### About the Instructor... Annette Fragale

Annette has received her yoga and pilates training in several different styles which she combines into her classes. Annette brings humor and sensitivity to her teachings and proves that age is only a number.

## Chinese Wand Exercise

The ancient art of Chinese Wand was taught 5,000 years ago only to the nobility. C.W. tones the entire body, stimulates the cardiovascular system and is safe for any age. Learn "twisting of the snake", "spring of the tiger", "Rocking of the Bear" as you set your own pace. C.W. attacks areas where fatty tissue has accumulated. It will trim your waist, tighten your muscles, improve poise, posture and agility. This class is taught by Annette Fragale, who has been highlighted in the Star and Tribune's health and wellness section. Please bring a mat.

Site: Davis Community Center  
Fee: \$17, Resident \$12

Day	Date	Time	Code
Thu	Sept 13	6:00-7:15 PM	11628

## 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.

Site: Davis Community Center  
Fee: \$17, Resident \$12

Day	Date	Time	Code
Tue	Sept 25	6:00-8:30 PM	11627



## Daytime Yoga with Annette

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

Site: Brookview Community Center  
Date: Tue, Oct 2-Nov 27 (No class Nov 6)  
Time: 11:00 AM-12:00 PM  
Fee: \$61, Resident \$56  
Code: 11626



## 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 Community Center  
Date: Mon, Oct 1-Nov 19 (8 classes)  
Time: 6:00-7:00 PM  
Fee: \$61, Resident \$56  
Code: 11625

## Social Ballroom Dance for Beginners

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 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  
Date: Sun, Sept 30-Oct 21  
Time: 7:00-8:30 PM  
Fee: \$50/person  
Code: 11540



## 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: \$64, Resident \$59

**BONUS!**  
 Register for both  
 Tuesday and  
 Saturday sessions  
 for only \$ 89!

### BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sept 11-Oct 16	6:15-7:00 PM	11645
Tue	Oct 23-Dec 4	6:15-7:00 PM	11647
<i>(No class Nov 6)</i>			

### ADVANCED

Day	Date	Time	Code
Tue	Sept 11-Oct 16	7:00-7:45 PM	11646
Tue	Oct 23-Dec 4	7:00-7:45 PM	11648
<i>(No class Nov 6)</i>			

### ALL LEVELS

Day	Date	Time	Code
Sat	Sept 15-Oct 20	10:15-11:00 AM	11649
Sat	Sept 15-Oct 20	11:00-11:45 AM	11650
Sat	Oct 27-Dec 8	10:15-11:00 AM	11651
Sat	Oct 27-Dec 8	11:00-11:45 AM	11652

## Nordic Walking for Fun & Fitness

Enjoy the out of doors and walking by adding Nordic Walking to your routine. Meet twice for Nordic walking, which combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program held indoors if inclement weather. Limit of 15.

Site: Davis Community Center  
 Fee: \$18 (includes pole rental)

Day	Date	Time	Code
Thu	Sept 6 & 13	6:00-7:15 PM	11686



## Yoga Flow with Laura

Get ready to connect with the feeling and power of your body 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 4-Oct 23 (8 classes)	\$85, Resident \$80	11060
Thu	Sept 6-Oct 25 (7 classes)	\$75, Resident \$70	11061
<i>(No class Sept 13)</i>			
Tue	Oct 30-Dec 18 (7 classes)	\$75, Resident \$70	11059
Thu	Nov 1-Dec 20 (7 classes)	\$75, Resident \$70	11062
<i>(No class Nov 22)</i>			

### About the Instructor... Laura Lazowski

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

## Power Yoga Flow with Laura

Similar to the Yoga Flow class (see description), with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, however, beginners are welcomed to do modified poses for their level of comfort. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. 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 4-Oct 23 (8 classes)	\$101, Resident \$96	11110
Tue	Oct 30-Dec 18 (7 classes)	\$89, Resident \$84	11111



# 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 Community Center    **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 11-Oct 23	8:30-9:40 AM	11120
Tue	Oct 30-Dec 18	8:30-9:40 AM	11121
<i>(No class Nov 6)</i>			

### TAI CHI - MOVING ON

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

**Site:** Brookview Community Center    **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 11-Oct 23	9:45-10:45 AM	11557
Tue	Oct 30-Dec 18	9:45-10:45 AM	11558
<i>(No class Nov 6)</i>			

### TAI CHI - ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. **NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.**

**Site:** Brookview Community Center    **Fee:** \$40, Resident \$35

Day	Date	Time	Code
Thu	Sept 13-Oct 25	8:30-9:30 AM	11550
Thu	Nov 1-Dec 20	8:30-9:30 AM	11551
<i>(No class Nov 22)</i>			



### Watercolor Basics

A class for beginners or people who want to renew their watercolor skills. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center  
**Fee:** \$55, Resident \$50

Day	Date	Time	Code
Tue	Oct 23-Dec 4	6:30-8:30 PM	11642
<i>(No class Nov 6)</i>			



### Joys of Painting® the Bob Ross Method®

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours, you will bring home a scene ready to frame. Finished painting is on display in the senior room. Fee includes all supplies. Taught by certified instructor, Kittie Swanson. Min 5, Max 15.

**Site:** Brookview Community Center  
**Fee:** \$65, Resident \$60

Day	Date	Time	Code
Thu	Oct 18	1:00-4:00 PM	11547
<i>Register or cancel by October 8 for fall scene.</i>			
Tue	Nov 13	1:00-4:00 PM	11548
<i>Register or cancel by November 2 for winter scene.</i>			



## Introduction to Drawing

Through guided exercises, this course will help beginners to see and draw accurately and those with experience, to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Bring an inexpensive 9x12 spiral bound sketch book, two pencils (2B and HB), and one Pigma Micron black pen #03 or #05. Instructor Carolyn Papke is an artist and retired teacher.



Site: Brookview Community Center  
Fee: \$55, Resident \$50

Day	Date	Time	Code
Thu	Sept 13-Oct 18	6:30-8:30 PM	11641

## 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: 7:00-8:30 PM

Day	Date	Fee	Code
Thu	Sept 20-Nov 1	\$69, Resident \$64	11637
Thu	Nov 8-Dec 27	\$61, Resident \$56	11638
(No class Nov 22)			

## 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.

## 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: \$85, Resident \$80

Day	Date	Time	Code
Mon	Sept 10-Oct 29	7:15-8:45 PM	11639
Mon	Nov 5-Dec 17	7:15-8:45 PM	11640

# Davis Community Center Adult Open Gyms

All levels are welcome to participate in these open gyms. Balls and equipment are provided. Participants must check in at the front desk before entering the gym and pay the drop in fee or use their punch pass. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times below.

FEE: \$28/10-time punch pass or \$4/daily drop-in

## BASKETBALL

### Mondays (40+)

Begins Sept 10  
8:00-10:00 PM

### Saturdays (18+)

Begins Sept 15  
8:00-10:00 AM

## VOLLEYBALL

### Tuesdays

Begins Sept 11  
8:00-10:00 PM

### Thursdays

Begins Sept 13  
8:00-10:00 PM

### Sundays

Begins Sept 16  
1:00-3:00 PM

## PICKLEBALL

**NEW**

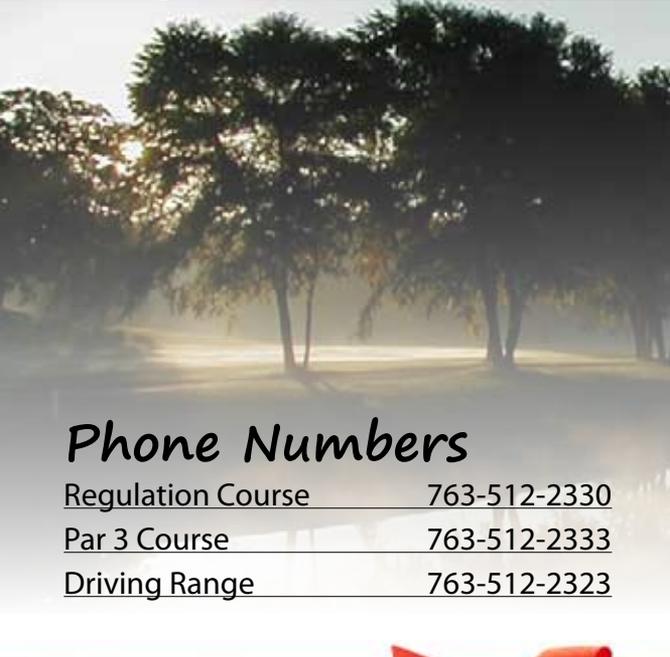
### Wednesdays

Begins Sept 12  
8:00-10:00 PM

Starting in September, two Pickleball courts will be available for open play at the Davis Community Center Gymnasium!

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.





YOUR FRIENDLY, FULL-SERVICE,  
NEIGHBORHOOD GOLF COURSE

## Phone Numbers

Regulation Course	763-512-2330
Par 3 Course	763-512-2333
Driving Range	763-512-2323

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards.

PURCHASE A  
GIFT CARD  
FOR THE  
HOLIDAYS

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



## SNAG Golf for Juniors

SNAG Golf is all about having FUN while learning the basics of golf. It incorporates developmentally appropriate equipment that will allow golf to be learned and played in non-traditional venues, such as on a soccer field, in a gym, or on the beach. The program builds on strong fundamentals of the different strokes and swings and develops playing ability quickly and effectively. SNAG can be taught and played almost anywhere with immediate, positive results.



## 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.

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



### Little Linksters SNAG Golf *Ages 4-6*

Discover and explore golf with fun activities and games to capture the imagination and develop critical skills. Children are encouraged to repeat this program several times to acquire essential skills and feel successful. Fee includes 4 - 50 minute sessions with 4-6 students per session.

Site: Davis Community Center      Fee: \$60

Day	Date	Time	Code
Sat	Sept 29-Oct 20	10:30-11:20 AM	11701
Sat	Nov 10-Dec 8 (No class Nov 24)	10:30-11:20 AM	11702

### Linksters SNAG Golf *Ages 7-15*

Build strong foundations and develop key swing and scoring skills with the grip, aim, stance, and swing for all shots short to long. Each class will integrate fun games and exercises to keep the sessions lively and engaging. Fee includes 4 - 60 minute sessions with 6-8 students per session.

Site: Davis Community Center      Fee: \$75

Day	Date	Time	Code
Thu	Sept 27-Oct 18	6:00-7:00 PM	11703
Thu	Nov 8-Dec 6 (No class Nov 22)	6:00-7:00 PM	11704



# GOLDEN VALLEY SENIORS PROGRAM

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities and register for events, trips and other activities.

Golden Valley Senior Program Office  
 200 Brookview Parkway, Golden Valley, Minnesota 55426  
 Phone: 763-512-2339  
 Fax: 763-512-2344  
 TTY: 763-593-3968  
[www.goldenvalleymn.gov/recreation/seniors](http://www.goldenvalleymn.gov/recreation/seniors)



## Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there!

*All groups meet at 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
Bridge	Thursdays	6:30 PM
	Fridays	9:00 AM



## STAY INFORMED with your 2012 Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation is good for January-December 2012 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset some of the costs for the senior program. Support your senior program by donating to the Golden Valley Seniors today! You can also subscribe to Senior Newsletter Program updates online at the website listed above.

Donation: \$8, Resident \$5  
 Code: 11112

**Thanks For Your Support!**

## Blood Pressure Screening

4th Wednesday of the month  
 Brookview Community Center  
 11:00-11:30 AM



No appointment needed. Provided by staff from the Ambassador Good Samaritan Care Center.  
 No screening in December.



# SENIOR PROGRAMS

## Getting Through the Medicare & Medgap Maze

2nd Thursday of the month  
Brookview Community Center



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 Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00, 10:00 or 11:00 AM. Call the senior office today to make your appointment.

## Happy Feet Foot Care Clinic

2nd & 3rd Tuesday of the month  
Brookview Community Center

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. Fee of \$32 is payable to Happy Feet Footcare, Inc. and due at time of service.

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 you may be charged a fee.

## Golden Tones Chorus Kick-off

Thursday, September 20 • 9:45-11:30 AM  
Calvary Lutheran Church - Fireside Room  
(7520 Golden Valley Road)



WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM in the music room 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! Check us out!

## Navigating Medicare

Monday, October 8 • 6:30-8:30 PM

Brookview Community Center  
\$10/person - Code: 11546

Thinking of or getting ready to retire? Are you a family member or a caregiver to someone that has Medicare coverage? Already have Medicare and just want to know what is going on with Medicare? This is a chance for you to learn about the Medicare Adventure. We will discuss Medicare Parts A, B and D coverages. The class is an educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Min 6, Max 30. Fee includes instructor, class materials and refreshments. NOTE: Couples may share materials and pay only one fee. Register with the senior office by October 1.



## Medicare Advantage & Medicare Part D Presentation

Wednesday, October 31 • 10:00 AM

Brookview Community Center

The annual enrollment period for Medicare Advantage and Drug Plans begins on October 15, 2012 and ends on December 7, 2012 with selections effective on January 1, 2013. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. This presentation is an unbiased educational opportunity and not a sales pitch. Offered in cooperation with Senior Community Services, a non-profit agency. Donations for refreshments will be accepted. Register with the senior office by October 26.



# SENIOR SPECIAL EVENTS

## Pickleball 55+ FREE DEMO

**Monday, October 1 • 10:00-11:00 AM**

**Crystal Community Center (4800 N. Douglas Dr)**

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. It's also a great way to spend time with friends and family. Pickleball uses a plastic ball and a paddle and is played on a court roughly half the size of a tennis court. The cities of Crystal and Golden Valley are offering a free demo to come try out this popular game. Equipment is provided for you to try the game. Gym shoes are required. *Register with the senior office by September 24.*

## Santa Flunks Retirement

**Wednesday, November 28 • 9:45-11:15 AM**

**Brookview Community Center**

**\$2/payable at the door**

Start the holiday season with a good laugh. Santa wants to retire because he feels everyone is buying their Christmas presents on the internet and they no longer need him. Meet the gang who is trying to talk him out of it with humorous results. Presented by "Players in the Groove", a troupe of seniors that perform for seniors. Fee includes refreshments and entertainment. *Register with the senior office by November 26.*

## Holiday Concert with the Robbinsdale City Band

**Thursday, December 6 • 7:00 PM**

**Crystal Community Center (4800 N. Douglas Dr)**

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. Refreshments begin at 7:00 PM with concert beginning at 7:30 PM. Donations will be accepted for refreshments.

## Holiday Tea

**Monday, December 10**

**1:00-2:30 PM**

**Brookview Comm Center**

**\$7/person - Code: 11545**

Be entertained by the Ho Ho Holiday Show, a fast-paced program with lots of music, holiday comedy and Christmas message! Audiences are laughing out loud at Kevin Doely's life like vent figures and puppets. Kevin has been entertaining audiences for many years with a blend of comedy, storytelling, music, and audience participation! 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 is available for this event. Fee includes entertainment and refreshments. *Register with the senior office by December 5.*



# SENIOR SPECIAL INTEREST GROUPS

## 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 10-15 miles, stopping along the way for short breaks to enjoy the scenery and each other. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to receive specific meeting locations.

**August 21** Midtown Greenway

**September 6** Mendota Trail

**September 18** Dakota Trail

**October 25** Final Ride and Lunch



## Mondays with Mary

**Every Monday • 9:30 AM**

**Brookview Community Center**

Join Mary on Monday mornings 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.

# SENIOR SPECIAL INTEREST GROUPS



## Money Matters

3rd Thursday of the month • 10:00-11:00 AM

Brookview Community Center

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. Refreshments provided by Golden Valley Rehab and Care Center.

### THURSDAY, AUGUST 16

#### Home Sellers Guide to a Successful Sale

If you're considering a move in today's economy, you'll want to take the right steps to maximize your biggest return. We will explore the home/condo selling process and discuss in detail the current market conditions. We'll go step by step on how to sell your home, what you need to do to get it sold, and how to keep yourself out of trouble after the sale. Housing options will also be examined. Presented by Chris Gemlo, Counselor Realty.

### THURSDAY, SEPTEMBER 20

#### Leaving a Legacy

Our speaker will discuss how to leave a real legacy: capturing your greatest wealth; your human, spiritual and intellectual assets and passing them on to the next generation and how to make sure your wishes are carried out exactly as you want. Even if you have an estate plan or a living trust, new laws and often overlooked items make this a must attend talk. Presented by Chuck Roulet, Attorney, Roulet Law Firm.

### THURSDAY, OCTOBER 18 Boost Your Brain Power

As we age, our body and brain functioning naturally declines. But with proper training, we can prevent, or at least postpone, its deterioration. Our brain is radically adaptable if we train it properly, like we do our bodies. This workshop from Janus Labs provides the critical components of brain health and training, as well as a program that can be applied to everyday life. Presented by Jeannine L. Strand, CFP®, Financial Advisor, Ameriprise Financial.

### THURSDAY, NOVEMBER 15 I Sold It on eBay

Do you wonder if Grandpa's banjo, that you have been keeping, is worth anything? iSold It is the #1 chain of drop-off stores in the country and the top seller on eBay. As owners of a small business they are committed to assisting individuals, businesses and fundraising organizations get top dollar by selling their items online. Find out about eBay and their selling process. Presented by Debra Kavanagh, iSold It, Edina.

### THURSDAY, DECEMBER 20 Group Discussion

We will discuss a hot investment/economic topic of the day and plan the 2013 meeting schedule.

## Golden Tones Chorus

Thursday's beginning September 20

10:30 AM • Calvary Lutheran Church

This chorus, organized in 1977, practices on Thursdays at 10:30 AM, September 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, and churches. Interested in joining or want more information? Call the senior office at 763-512-2339.

## Remember When?... WITH JAN

4th Thursday of each month

1:00 PM • Dover Hill Apartments

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.

Thursday, August 23

Remembering "Made in Minnesota"

Thursday, September 27 Remembering Fall Colors

Thursday, October 25 Remembering Favorite Games

Thursday, November 29

Remembering Christmas Cards & Holiday Letters

Thursday, December 27 Remembering New Year's Eve Parties





## Living Wise & Well

1st Thursday of the month  
1:00-2:30 PM

### Calvary Center Cooperative

*It's a fact! People are living longer and healthier. Join us for this program that offers information each month for a happy, healthier you. No registration required. Co-sponsored with Calvary Center Cooperative and Golden Valley Rehab and Care Center.*



### THURSDAY, AUGUST 2

#### Personal Response Systems

What are Personal Response Systems including Lifeline? How do they work? Do I need one and why? Presented by Terry Grather of ComforCare Senior Services.

### THURSDAY, SEPTEMBER 6

#### Stroke

Stroke is the third leading cause of death in the United States with over 143,579 people dying each year in the United States. On average, every 40 seconds, someone in the United States has a stroke. It is the leading cause of serious, long-term disability in the United States. The estimated direct and indirect cost of stroke for 2009 was \$68.9 billion. Learn about the symptoms and treatment, plus information on possible prevention. Presented by Dr. Grande, University of Minnesota.

### THURSDAY, OCTOBER 4

#### Palliative Care

Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stresses of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both patient and family. Learn what Palliative Care is, how/when to request this care and how it differs from Hospice Care. Presented by Karen Lawrence, Matrix Advocare Network.

### THURSDAY, NOVEMBER 1

#### Addressing the Diabetes Epidemic

Information on types of diabetes as well as pre-diabetes, risk factors, the American Diabetes Association as a resource, and how you can fight diabetes will be presented by Alex Antell, Co-Coordinator of Operation Diabetes and coordinator of pharmacy students speaking for the American Diabetes Association's Speakers Bureau.

### THURSDAY, DECEMBER 6

#### Vision Loss Resources

Have you been diagnosed with Macular Degeneration, Glaucoma, Cataracts, or lost vision from a stroke? Vision Loss Resources offers help with appliance marking, books on tape, 411 directory assistance, volunteer readers and shoppers, support groups, and independent living skills classes for the blind or visually impaired to learn safe cooking techniques, how to thread a needle, how to knit by feel, writing checks and more skills to keep you independent and involved in the activities you enjoy! All services are free! Presented by Renee Youngberg from Vision Loss Resources.

## COFFEE TALK

4th Wednesday of the month

9:45 AM

Brookview Community Center

\$2 payable at the door

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

### WEDNESDAY, AUGUST 22

#### Internet and Smartphone Scams

As we seniors enter the age of "Nana Technology" we see the value and ease of operation of the many new communication devices. We can use some of the many social media platforms to communicate with friends and family any time we want. Facebook, Skype, Twitter and emails are a great way to stay in touch grandchildren and friends in real time anywhere in the world. Along with all this access we need to be aware of the pitfalls and scams that go along with these new technologies. The mission at the Better Business Bureau of Minnesota and North Dakota is to outline some of the most common scams targeting Internet and Smartphone users today. Presented by Gary Johnson, Better Business Bureau. **Register by August 20.**

### WEDNESDAY, SEPTEMBER 26

#### When it is Time to Give Up My Driver's License?

For many of us, being able to drive means independence, mobility and a sense of control. Courage Center's unique program consists of both driver assessment and training through a clinical and in-vehicle evaluation. Learn about this program from Aida Weber, Occupational Therapist, Licensed Driving Instructor, Courage Center.

### WEDNESDAY, OCTOBER 24

#### Social Networking

Keeping in contact with our kids and grandkids is more than phoning each other. Facebook, Skype, Texting and Twitter 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, Information Technology Technician, City of Golden Valley. **Register by October 22.**

### WEDNESDAY, NOVEMBER 28

#### Santa Flunks Retirement

Start the holiday season with a good laugh. Santa wants to retire because he feels everyone is buying their Christmas presents on the internet and they no longer need him. Meet the gang who is trying to talk him out of it with humorous results. Presented by "Players in the Groove". **Register by November 26.**



# SENIOR CLASSES

## Enhance Fitness

Enhance Fitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Enhance Fitness classes develop endurance, coordination, and promote mental sharpness and social connections. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

**Site:** Brookview Community Center  
**Fee:** \$35, Resident \$30, FREE to UCare Members (ID required at time of registration)

Day	Date	Time	Code
Mon/Wed	Aug 6-Sept 17	11:30 AM-12:30 PM	11221
	<i>(No class Sept 3)</i>		
Mon/Wed	Sept 19-Oct 29	11:30 AM-12:30 PM	11553
Mon/Wed	Oct 31-Dec 19	11:30 AM-12:30 PM	11554
	<i>(No class Dec 10)</i>		



## Defensive Driving

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 to register with Visa or MasterCard.

### 8-Hour First Timers Course

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

Day	Dates	Time
Tue	October 16 & 23	6:00-10:00 PM

### 4-Hour Refresher Course

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

Day	Dates	Time
Thu	August 9	9:00 AM-1:00 PM
Thu	September 13	9:00 AM-1:00 PM
Thu	October 11	9:00 AM-1:00 PM
Thu	November 8	9:00 AM-1:00 PM
Thu	December 13	9:00 AM-1:00 PM

## Nordic Walking for Fun & Fitness

Enjoy the out of doors and walking by adding Nordic Walking to your routine. Meet twice for Nordic walking, which combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program held indoors if inclement weather. Limit of 15.



**Site:** Davis Community Center **Fee:** \$18 (includes pole rental)

Day	Date	Time	Code
Thu	Sept 6 & 13	6:00-7:15 PM	11686

## Joys of Painting® the Bob Ross Method®

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours, you will bring home a scene ready to frame. Finished painting is on display in the senior room. Fee includes all supplies. Taught by certified instructor, Kittie Swanson. Min 5, Max 15.

**Site:** Brookview Community Center **Fee:** \$65, Resident \$60

Day	Date	Time	Code
Thu	Oct 18	1:00-4:00 PM	11547

*Register or cancel by October 8 for fall scene.*

Day	Date	Time	Code
Tue	Nov 13	1:00-4:00 PM	11548

*Register or cancel by November 2 for winter scene.*

## 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.



**Site:** Brookview Community Center **Fee:** \$35, Resident \$31

Day	Date	Time	Code
Fri	Sept 7-Nov 2	9:00-10:30 AM	11549

*(No class Sept 21)*

## Pickleball for 55+

The cities of Crystal and Golden Valley are offering 55+ Pickleball at the Crystal Community Center. This is not a league. Come when you can. Just drop in! No advanced registration required. Equipment is provided for you to try the game. Gym shoes are required.

**Site:** Crystal Community Center  
**Time:** 10:00 AM-12:00 PM  
**Date:** Mondays, October 8-29  
**Fee:** \$2 per week



## Introduction to Drawing

Through guided exercises, this course will help beginners to see and draw accurately and those with experience, to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Bring an inexpensive 9x12 spiral bound sketch book, two pencils (2B and HB), and one Pigma Micron black pen #03 or #05. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center  
**Fee:** \$55, Resident \$50

Day	Date	Time	Code
Thu	Sept 13-Oct 18	6:30-8:30 PM	11641

## Watercolor Basics

A class for beginners or people who want to renew their watercolor skills. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher.



**Site:** Brookview Community Center  
**Fee:** \$55, Resident \$50

Day	Date	Time	Code
Tue	Oct 23-Dec 4	6:30-8:30 PM	11642

(No class Nov 6)

# 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 Community Center      **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 11-Oct 23	8:30-9:40 AM	11120
Tue	Oct 30-Dec 18	8:30-9:40 AM	11121

(No class Nov 6)

### TAI CHI - MOVING ON

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

**Site:** Brookview Community Center      **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 11-Oct 23	9:45-10:45 AM	11557
Tue	Oct 30-Dec 18	9:45-10:45 AM	11558

(No class Nov 6)

### TAI CHI - ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. **NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.**

**Site:** Brookview Community Center      **Fee:** \$40, Resident \$35

Day	Date	Time	Code
Thu	Sept 13-Oct 25	8:30-9:30 AM	11550
Thu	Nov 1-Dec 20	8:30-9:30 AM	11551

(No class Nov 22)





# THE MARY WANDERERS 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.

## About your Trip Escort... Mary Odell

Mary has been with the Golden Valley Senior Program for over 24 years. She started as the Hiking Club Leader. Mary has been escorting senior trips for over 20 years and also coordinates the Mondays with Mary group. Ask her about her grandkids!

### PICK-UP LOCATIONS:

**Calvary Co-op & Apts • Golden Valley City Hall**

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

## Green Lake Boat Cruise

Sit back and enjoy the ride to Willmar, where we will have lunch at the Oak Restaurant. Nestled between two lakes on Eagle Creek Golf Course, we'll enjoy a Petite Top Sirloin or Chicken Breast with Mushroom Alfredo Cream Sauce, mixed greens salad, potato, vegetable, rolls and beverage. After lunch, we'll travel to Spicer to board the Green Lakes Cruises Houseboat. Our 1½ hour cruise, in the climate-controlled cabin, will give you time to relax and enjoy the gentle breezes of autumn. Be sure to enjoy the cookies and lemonade before departing the houseboat. Fee includes lunch, boat cruise, motorcoach and escort. **Please designate menu choice of steak or chicken when registering.**

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	Sept 20	8:55 AM	4:45 PM	\$69	11089

Register or cancel by: August 27

## Trempeleau County, Wisconsin

Arrive at the historical Nelson Cheese located on the Mississippi River. Enjoy a cup of coffee while you browse the gourmet food, wine and cheese section of the store. You may want to bring a small cooler for your purchases. Lunch will be at the Trempeleau Hotel. Enjoy the beautiful view of the river as you savor their specialty – the Walnut Burger (option: Classic BLT), served with a cup of homemade soup and a beverage. After lunch, we'll drive down the street to the Lock and Dam Observation Platform. Dessert of freshly baked pie and coffee will be served at the family owned and operated Ecker's Apple Farm after our "Honeycrisp Express" train ride through the orchard. Time to browse the retail area of the orchard before enjoying the colorful fall ride home. Fee includes lunch, dessert, train ride, motorcoach and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	Oct 4	7:30 AM	6:45 PM	\$67	11093

Register or cancel by: September 17



## Christmas at Mayowood

Arrive at the Olmstead County Historical Center for a brief introduction while enjoying refreshments. We then drive to the former residence of Drs. Charles H. and Charles W. Mayo, a national historic landmark, situated on a hillside overlooking the Zumbro River Valley. Over 20 rooms have been “adopted” and decorated by area merchants and residents. Notice the Steinway Conservatory Grand Piano, a 1914 Acolian & Company player pipe organ, a Kerman pattern Persian rug, crystal chandeliers and leaded stained glass doors and windows. **NOTE: There is not an elevator to the 2nd floor.** Our 1:00 PM lunch will be at the historic Hubbell House in Mantorville, a short drive from Mayowood. Enjoy a delicious menu of Sirloin Steak or Hubble Baked Chicken, salad, potato, vegetable, rolls, beverage and sherbet. Fee includes refreshments, Mayowood entrance, lunch, motorcoach and escort. **Please designate menu choice of steak or chicken when registering.**

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	Nov 13	7:45 AM	4:30 PM	\$57	11079

Register or cancel by: October 22



## New Ulm Holiday

So many things to see and so little time - the New Ulm Visitor’s Center for coffee and treats, The Brown County Museum for the Tannenbaum walk and Menzel Christmas Village enjoyed with Hot German Gluhwein and a guide, the Glockenspiel Musical Clock Tower for the noon performance with a Nativity scene, Veigel’s Kaiserhoff Restaurant for lunch and gingerbread cookie, the Wanda Gag home, and a Victorian Tea at the John Lind House. Menu choice for lunch: Bratwurst and Landjaeger (German potato salad, sauerkraut, roll, beverage); or Grilled Chicken Filet (rice pilaf, green beans, roll, beverage). Fee includes refreshments, guide, tours, lunch, tea, motorcoach and escort. **Please designate menu item of brat or chicken when registering.**

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Fri	Dec 14	7:40 AM	6:15 PM	\$75	11101

Register or cancel by: November 26



## “Perfect Wedding” at the Old Log Theater

The afternoon starts with lunch and then off to the theater for a story about a man who wakes up on the morning of his wedding with a dreadful hangover, a bump on his head and a stranger in his bed. This sets off a chain of comic disasters—Old Log style! A nonstop, delirious comedy and touching love story. Menu: Chicken Breast, Smoked Pork Chop, Walleye Pike, Beef Stroganoff or Vegetarian Lasagna. Entrees include salad, cheesy scalloped potatoes, vegetable and dinner roll. Fee includes lunch, coffee/tea, theater ticket, transportation and escort. **Please designate menu choice when registering.**

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	Nov 15	11:30 AM	4:15 PM	\$49	11082

Register or cancel by: October 31

## “Bye Bye Birdie” at the Chanhassen

“Put on a Happy Face” with this award winning musical. When Elvis-like rock & roll star Conrad Birdie is about to be inducted into the Army, the teen nation is united by a national publicity contest where Birdie will bid a typical American teenage girl goodbye with an all-American kiss live on the Ed Sullivan Show. Kim MacAfee of Sweet Apple, Ohio wins the honor and all the telephones in her town are ringing off the hook. When Birdie arrives in Sweet Apple people of all ages begin to swoon and the entire town is reeling. Enjoy hits like: “Going Steady,” “Put On A Happy Face,” and “Kids.” Bye Bye Birdie and its theme of parents and teens still resonate with audiences of today. Prior to the show enjoy lunch and coffee/tea from the Chanhassen matinee menu. Fee includes lunch, main theater reserved seating, transportation and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	Jan 9	11:00 AM	5:00 PM	\$71	11581

Register or cancel by: December 10

# MARY'S EXTENDED TRIPS

Join Mary Odell for these fun-filled extended trips! Call the senior office for a detailed brochure. Travel Insurance is also available. Listed fee includes (unless otherwise noted): Transportation, lodging for designated nights, meals and gratuities on included meals, attractions, local guides and escort. **Meals indicated as: B=Breakfast, L=Lunch, D=Dinner**

## Fall Colors on the Mississippi River October 15-17, 2012

**October 15:** Leave Golden Valley City Hall at 7:30 AM. Have coffee and rolls at Trumbles in Albert Lea. In Cedar Falls, have lunch at the Happy Barn Restaurant. Continue to Moline and check into the Radisson Commons Hotel. You can spend time at the John Deere Pavilion, located across the street from the hotel. This evening dine (on own) at a variety of restaurants. [C,L]

Fee	Deposit	Final Pay	Code
\$545/person (Double)	\$200 by August 20	Sept 7	11187
\$635/person (Single)			

*After August 20, payments are NOT refundable.*

**October 16:** Leave early for the Celebration Belle. Depart for the 100-Mile Mississippi River all-day cruise from the Quad Cities to Dubuque, IA in the glorious fall color season. On board, chefs prepare three fresh meals right on the boat. The 800 passenger, Celebration Belle, is accessible with an elevator onboard. This is a narrated excursion with the Captain pointing out interesting sites plus onboard activities and exceptional entertainment. Experience locking thru Lock and Dams and see the beauty around every bend in the mighty Mississippi River. There are two observation decks to sit and enjoy the views, visit the gift shop and stop in the pilot house to say hello to the captain. Disembark in Dubuque, IA and check into the Best Western Plus hotel. [B,L,D]

**October 17:** Have breakfast at the hotel. Tour the Vesterheim Norwegian-American Museum, which houses over 24,000 artifacts, including large samplings from the fine, decorative, and folk arts. There is a collection of 12 historic buildings on the site. Have lunch at the Hotel Winneshiek in Decorah, IA. The hotel has been exquisitely restored to its turn-of-the-century grandeur with an airy, three-story atrium. A snack stop (on your own) before returning to Golden Valley at 6:00 PM.

## Bayfield, Wisconsin, Old Rittenhouse Inn & Holiday Dinner Concert

December 4-5, 2012

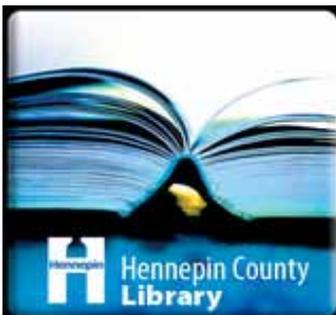
**December 4:** Coffee stop, light lunch in Ashland, WI, tour of Murals in downtown Ashland, Bayfield shopping. Check into Bayfield's new Legendary Waters Hotel, on the shores of Lake Superior with a restaurant, indoor swimming pool, fitness center, with a casino adjacent to the hotel. Five-course dinner at the Old Rittenhouse Inn Wassail Dinner Concert. (The word Wassail once meant a special holiday non-alcoholic drink) with festive holiday music by the Rittenhouse Chamber Singers. [C,L,D]



**December 5:** Light breakfast at the Legendary Waters Hotel, riding tour of Bayfield, with a local guide. Conclude the tour at Le Chateau Boutin, a sprawling lakefront home built in 1908. Enjoy lunch and bid adieu to this unique area. Enjoy the carefree ride home with a quick snack stop (on your own). Return to Golden Valley at approximately 5:00 PM. [B,L]

Fee	Deposit	Final Pay	Code
\$330/person (Double)	\$100 by October 15	Oct 29	11189
\$365/person (Single)			

*After October 15, payments are NOT refundable.*



### Golden Valley Library Programs for Seniors 55+

The following program will be held at the Golden Valley Library, located at 830 Winnetka Ave N. Registration is required. Call 612-543-6375 for more information.

#### Art for Life: Silk Scarf, Banner or Hoop Painting

Friday, November 9 • 1:00-3:00 PM

Learn a variety of methods for painting on silk. Experiment with a new tie-dye technique and batik-painting. Materials provided. Call 612-543-6390 or visit: <http://www.hclib.org/pub/events>.

# SENIOR 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. Register for these trips by calling Five Cities, unless otherwise noted. Visit [www.5citiesmn.org](http://www.5citiesmn.org).

## 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 pass

Register by calling • 763-531-1259 \*unless otherwise noted

## Westminster Forums

Westminster Presbyterian Church hosts FREE forums with speakers and topics of current interest. We will be going to lunch after the forum (cost on own). Check the senior newsletter for dates and topics.

*\*Special Destination fare applies.*

**Bus Leaves:** 11:00 AM - GV City Hall    **Bus Returns:** 2:30 PM

## Brunch Bunch

Join us as we lunch together at a local restaurant on the fourth Tuesday of the month. Lunch cost on your own.

*\*Special Destination bus fare applies.*

**August 28** *Sarna's Grill, Columbia Heights* - Register after Aug 1

**September 25** *Dock Cafe, Stillwater* - Register after Aug 31

**October 23** *David Fong's, Bloomington* - Register after Oct 1

**November 27** *Olympia Cafe, Osseo* - Register after Nov 1

## Minnesota Landscape Arboretum

Upon arrival, we'll enjoy a narrated tram tour along the scenic 3 mile loop. After the tour, you'll have time for lunch and exploring on your own. All purchases are on your own.

*Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.*

### Thursday, August 16

**Fee:** \$10 (admission, tram ride, 10% coupon)

*\*Special Destination bus fare applies.*

**Bus Leaves:** 11:00 AM - GV City Hall

**Bus Returns:** 3:00 PM

**Register/cancel by:**  
August 6

## Baker Park Fall Tram Ride

Stop for lunch (on your own) at the Choo Choo Restaurant in Loretto, on our way out to Baker Park Reserve in Medina. Autumn's palette of color will unfold on the guided tram tour of Baker Park, where our guide will share some information on the parks cultural and natural history. After the tram ride, enjoy a cup of coffee in the Baker Near-Wilderness Settlement Lodge.

*Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.*

### Wednesday, September 26

**Fee:** \$10 (admission, tram ride, escort)

*\*Special Destination bus fare applies.*

**Bus Leaves:** 11:00 AM - GV City Hall

**Bus Returns:** 4:00 PM

**Register/cancel by:**  
September 19

## "Tornado Alley" at the Science Museum

Tornado Alley will take you on an epic chase through the "severe weather capital of the world." Narrated by Bill Paxton, the film follows Storm Chasers star Sean Casey and the scientists of VORTEX2, the largest tornado-research project ever assembled, on separate missions to encounter one of Earth's most awe-inspiring events—the birth of a tornado. Lunch cost on your own.

*Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.*

### Tuesday, October 16

**Fee:** \$15 (exhibit, film, coffee break, escort)

*\*Special Destination bus fare applies.*

**Bus Leaves:** 9:30 AM - GV City Hall

**Bus Returns:** 3:00 PM

**Register/cancel by:**  
October 1

## "The Greatest Christmas Pageant Ever" and Poinsettia Exhibit

Following lunch at Fabulous Fern's (order off the menu, cost on your own) we will revel in the yuletide chaos as baby angel, church ladies, firefighters, the Bradleys, and even the Herdmans discover the true meaning of Christmas. This play is by Barbara Robinson, based on her book, performed at the Stepping Stone Theater. After, we'll stop at Como Park Conservatory to view the Poinsettia Exhibit.

### Friday, December 7

**Fee:** \$10 (theater, exhibit, escort)

*\*Special Destination bus fare applies.*

**Bus Leaves:** 9:00 AM - GV City Hall

**Bus Returns:** 3:00 PM

*Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.*

**Register/cancel by:** November 2





# SENIOR COMMUNITY INFORMATION

## **Five Cities Transportation** 763-531-1259

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, Brunch Bunch, and senior events. To get started, call the 5 Cities office. A bi-monthly schedule will be mailed to you. Find your day and trip on the schedule and make a 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. For more information, call the Five Cities office at 763-531-1259, Mon-Fri from 8:30 AM-3:00 PM.

**FARE:** The suggested fare is \$4 cash or one punch from the pass card (\$3.50) except for Special Destination trips. Fare for Special Destination trips is \$7 cash or two punches from the pass card. Passes may be purchased from the driver for \$14/4 ride card or \$28/8 ride card with cash or a check made payable to "Five Cities Transportation."

## **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 sliding fee scale donation is suggested. Call PRISM for information or to schedule a ride at least three working days in advance. Office is open Mon-Thu 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 atrium (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.

## **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.

## **Store To Door** 651-642-1892

Need groceries for yourself? Store To Door is a non-profit providing grocery and prescription delivery services to elderly in the Twin Cities metro. This service is provided by volunteers.

**\*VOLUNTEERS NEEDED\***

**Volunteer Shoppers** - Work in partnership with five metro area Cub Foods Stores to shop for client orders and prepare them for delivery. Hours are 6:00-10:00 AM. Three month commitment requested.

**Volunteer Order Takers** - Call clients each week entering their order online into our order database. One year commitment requested.

If interested in either position, contact Kristen Hoplin at 651-642-1892 or visit [www.storetodoor.org](http://www.storetodoor.org).

## **H.O.M.E. Chore Service** 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.

## **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.

## **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

This toll-free hotline provides referrals, crisis intervention and counseling for veterans and their families 24 hours a day, 7 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!



## FREQUENTLY ASKED QUESTIONS...

### • What time does Brookview Community Center close?

Sunday thru Thursday, the facility closes no later than 10:30 PM Friday and Saturday the facility closes no later than 12:30 AM.

### • 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 PM and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 PM and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.

## HOST YOUR NEXT SPECIAL GATHERING AT **BROOKVIEW** Community Center

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

- *Birthdays 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!

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

763-512-2345

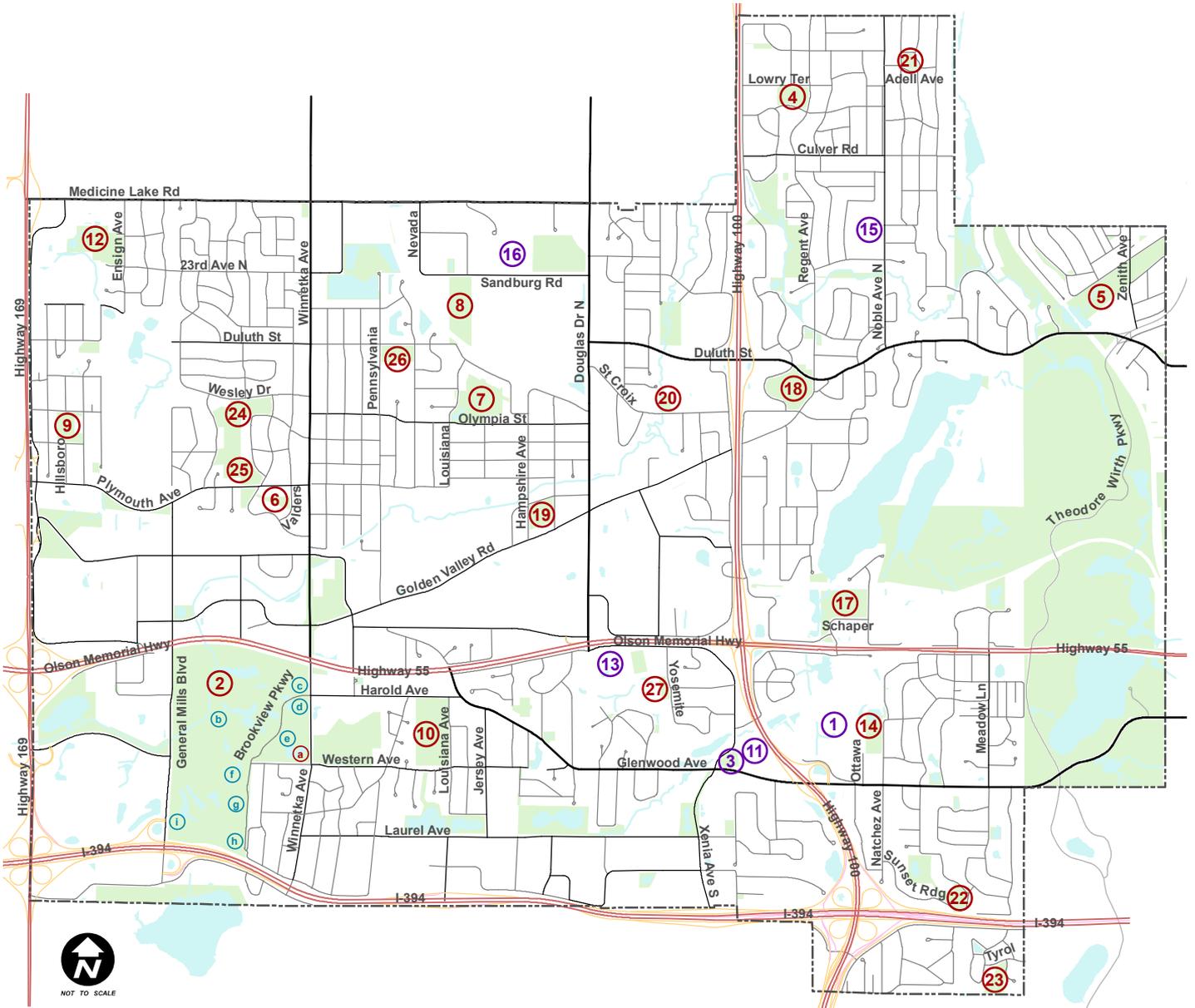
[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)





- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
  - a. Park
  - b. Golf Course
  - c. Tennis Courts
  - d. Small Shelter
  - e. Large Shelter
  - f. Par 3
  - g. Golf Course Pro-Shop & Community Center
  - h. Driving Range
  - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood Ave
- 4) Gearty.....3101 Regent Ave N
- 5) Glenview Terrace.....2351 Zenith Ave N
- 6) Golden Oaks.....1141 Valders Ave N
- 7) Hampshire.....1610 Louisiana Ave N
- 8) Isaacson Park.....7101 Sandburg Rd
- 9) Lakeview.....1521 Hillsboro Ave N

- 10) Lions.....151 Louisiana Ave N
- 11) Meadowbrook School.....5430 Glenwood Ave
- 12) Medley.....2331 Ensign Ave N
- 13) Minnesota Arts School.....6125 Olson Mem Hwy
- 14) Natchez.....201 Natchez Ave
- 15) Noble School.....2601 Noble Ave N
- 16) Sandburg Middle School.....2400 Sandburg Ln
- 17) Schaper.....631 Ottawa Ave N
- 18) Scheid.....1856 Toledo Ave N
- 19) Seeman.....1101 Florida Ave N
- 20) St. Croix.....5850 St Croix Ave N
- 21) Stockman.....3300 Major Ave N
- 22) Tyrol – North.....900 Westwood Dr S
- 23) Tyrol – South.....1510 Kaltern Ln
- 24) Wesley – North.....8305 Wesley Dr
- 25) Wesley – South.....8200 Plymouth Ave
- 26) Wildwood Park.....7401 Duluth St
- 27) Yosemite.....351 Yosemite Ave



# ADOPT A PARK

TAKE PRIDE IN YOUR PARKS 

## Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>Krouss Family</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny &amp; Knippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Federated Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB &amp; Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

## Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Elephant Park Book Group</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom &amp; Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>Covenant Village</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB &amp; Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>Robertson Family</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving &amp; Palkert Families</u>

## Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>B.A. Raak</u>
<u>Bassett Creek (S of Duluth)</u>	<u>Covenant Village</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&amp;R Architects &amp; Engineers</u>
<u>Briarwood- 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 &amp; 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>The Liberman Family</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry &amp; Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo &amp; Peggy Leppik</u>

## Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S  
Isacson Park (formerly Honeywell Little League Area) 7101 Sandburg Rd

Thank you to all the volunteers that help keep our parks and nature areas beautiful.

## Golden Valley City Council

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

**Mayor:** Shep Harris

**City Manager:** Tom Burt

**Council Members:**

Joanie Clausen, Mike Freiberg, Paula Pentel and DeDe Scanlon.

## Open Space & Recreation Commission

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

**Chair:** Jerry Sandler

**Vice-Chair:** Bob Mattison

**Members:** Roger Bergman, John Cornelius, 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 Maintenance Supervisor*

## Brookview Golf Staff

**Ben Disch**  
*Golf Operations Manager*

**Kim Truckenmiller**  
*Assistant Golf Manager*

**Brett Johnson**  
*Administrative Assistant*

**Greg Spencer**  
*Greens Superintendent*



## ACTIVITY REGISTRATION FORM

Parent/Guardian First Name: \_\_\_\_\_  
(if Participant(s) are under 18)

Address: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(if different from above)

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

Participant's First & Last Name	M/F	Birthdate	Activity Name	Activity Code	Location	Fee
<b>TOTAL DUE:</b>						

## 55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	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	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check # _____
<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard
Card #: _____	
Expiration Date: _____	
Signature for credit card payment: _____	



# REGISTRATION INFORMATION

Make checks payable to:  
City of Golden Valley

## ONLINE

[www.goldenvalleymn.gov](http://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, Minnesota 55426

## IN PERSON

Walk-in registration are accepted at Brookview Community Center during business hours.

## FAX 763-512-2344

Available on for VISA or MasterCard payments. You may fax registration 24/hours 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.

## CANCELLATION/REFUND POLICY

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

## SENIOR TRIP REFUND POLICY

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



Stay home & save gas!  
Register online with



## Volunteer Opportunities *Volunteer and make a difference.*

Look for this column each season for opportunities to volunteer with the City of Golden Valley. For more information or to Volunteer, contact Volunteer Coordinator Sandy Werts at 763-512-2341.

### Youth Soccer Coach

Late August-late October. One practice & one game each week. Must have knowledge of soccer & experience working with youth.

### Supper with Santa

Friday, December 7, 5:30-8:30 PM.  
Help with set-up, running games & clean-up.

### Rink Rat Hockey Coach

Early January to mid-February. Recreational hockey for boys & girls ages 5-12. Program consists of 2 preseason practices & 8 games, held on Friday evenings & Sunday afternoons. Knowledge of hockey & ability to work with kids of various abilities required.

### Lilac Project

Saturday, September 22, 9 AM-1 PM  
Help to beautify Highway 55 planting new plants and maintaining the previous plantings. Sign up online at <http://www.goldenvalleymn.gov/events/lilacplanting/index.php>

### Adopt a Lilac Bed

Adopt one of the many lilac beds along Highway 55. Work on it during the spring and fall to keep it looking nice.

### Storm Sewer Stenciling

A great group project -Stencil a message on neighborhood storm sewers and distribute education material to the neighborhood.

### Litter Clean-up

There are various locations around the city that accumulate litter and need to be picked-up periodically.





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

Prsrt Std  
US Postage Paid  
Permit No. 1659  
Twin Cities., MN

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

DATED MATERIAL  
PLEASE DELIVER PROMPTLY



# youth basketball

## **Basketball Camp**

*Grades K-1*

Davis Community Center  
Mon/Wed, Oct 8-24  
6:00-7:30 PM

## **High Performance Basketball Camp**

*Grades 4-6*

Forest Elementary, Crystal  
Fri, Nov 2-Dec 4 (No class Nov 23)  
6:00-7:30 PM

## **Basketball Winter Warm-up for Boys & Girls**

*Grades 2-3*

Davis Community Center  
Wed, Nov 7-Dec 19 (No class Nov 21)  
6:00-7:30 PM

*Grades 4-6*

Forest Elementary, Crystal  
Mon, Nov 5-Dec 10  
6:00-7:30 PM

## **Youth Basketball**

*Grades 2-6*

### PRACTICES

Weekday Evenings  
Beginning mid-January  
Davis Community Center

### GAMES

Saturday afternoons  
January 12-March 9  
Crystal & Davis Community Centers



### ***VOLUNTEER COACHES ARE NEEDED!***

Help get basketball off to a great start!

Volunteer parent coaches are necessary for  
the success of this program.



See page 10 for all the  
details on Youth Basketball!