

Parks Recreation



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MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

Parks & Recreation Office

200 Brookview Parkway,
 Golden Valley, Minnesota 55426
 Hours: Monday-Friday, 8:00 AM-4:30 PM
 Phone: 763-512-2345 Fax: 763-512-2344
 Activity Cancellation Line: 763-512-2350

Brookview Golf Course

Phone: 763-512-2300
 Fax: 763-512-2311
 Tee Times: 763-512-2330
 Par 3 Course: 763-512-2333
 Cancellation Line: 763-512-2300

City Hall

7800 Golden Valley Road,
 Golden Valley, Minnesota 55427
 Hours: Monday-Friday, 8:00 AM-4:30 PM
 Phone: 763-593-8000 Fax: 763-593-8109

City Offices Closed

- Friday, December 23**
Christmas
- Monday, December 26**
Christmas
- Monday, January 2**
New Year's
- Monday, January 16**
Martin Luther King, Jr Day
- Monday, February 20**
Presidents' Day

Curbside recycling in Golden Valley is toning up for the new year.

Find out more at www.goldenvalleymn.gov/recycling

New Year.	New Program.	Never Easier.
 <p>JANUARY 1 2012</p> <p>Curbside recycling program changes January 1, 2012</p>	 <p>Larger cart with lid and wheels New hauler Pick-up every other Friday No more bins</p>	 <p>No more sorting Recycle more stuff (like plastic bags and yogurt cups)</p>



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



SKATING RINK INFORMATION

Weather permitting, rinks will open on the dates listed above.

Golden Valley will maintain and have supervised shelters at the locations listed below.

RINKS OPEN:

Saturday, December 17

RINKS CLOSE:

Monday, February 20

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

Rink Maintenance

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

Regular Hours

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

Special Hours

Sat, Dec 24 (Christmas Eve)..... 12-4 PM
 Sun, Dec 25 (Christmas Day)..... CLOSED
 Mon, Dec 26-Thu, Dec 30 12-9 PM
 Sat, Dec 31 (New Year's Eve)..... 12-7 PM
 Sat, Dec 31 (Scheid only)..... 12-10 PM
 Sun, Jan 1 (New Year's Day) 10 AM-9 PM
 Mon, Jan 2-Fri, Jan 6 12-9 PM
 Mon, Jan 16 (Martin Luther King Day) 10 AM-9 PM
 Mon, Feb 20 (President's Day)..... 10 AM-9 PM

Large Shelter

Holds up to 100 people

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

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



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.

Small Shelter

Holds up to 50 people

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

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



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

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

SERVING BEER OR WINE?

Beer or wine only can be served after the permit has been purchased.
Beer/Wine Permit - \$20

Damage/Clean-up Deposit

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

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

2012 Reservations Begin:

January 12, Resident

February 9, Non Resident

Brookview Park Picnic Shelters



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 28-December 16, 2011
Brookview Community Center*

NEW YEAR'S EVE FAMILY EVENT

Saturday, December 31 • 7-10 PM
Scheid Park



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

run, jump & crawl
PRESCHOOL PLAYTIME

Brookview Community Center
Friday, January 6-March 23
10:00-11:30 AM
\$3/child or \$25/10-visit pass

Adult participation with your child at the different play areas is required. No instruction or staffing is provided. No fee for parents and children under age 1. Pay at the door.

Ages 1-5 with an Adult



Winter White-out Dance

Grades 5-7 Friday, January 27
7:00-9:30 PM

Crystal Community Center
\$5 by Jan 26, \$8 at the door
Code: 11134

Winter is upon us, and white is the theme! Wear as much white as you can to help create a Cool atmosphere and to receive a raffle ticket to win great prizes!

Snacks and beverages will be available for purchase. We'll enjoy prizes, fun & music provided by a DJ from KIDSDANCE/Total Entertainment.



Co-sponsored with Golden Valley, New Hope & Robbinsdale.



GOLDEN VALLEY'S 125TH ANNIVERSARY



Thursday December 16, is the date the vote was taken to incorporate into the village of Golden Valley.

Over the past year, the 125th Anniversary Committee has been planning activities celebrating the past, present and future of Golden Valley. These activities will continue into Golden Valley's 125th year.

Look for activities in upcoming issues of the Golden Valley CityNews, future Park and Recreation Brochures and on the city website at <http://www.goldenvalleymn.gov/events/125/index.php>.

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



Family & Friends CPR Class

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for new parents, grandparents, babysitters and others interested in learning how to save a life.

Brookview Community Center
Tuesday, January 10
7:00 pm-9:00 pm
\$10 per person
Course: 11180

Run the Valley

10k Race & 5k Race/Walk

SATURDAY, APRIL 14, 2012

Start/End at Brookview Community Center
 5k Race-8:00 AM 10k Race-8:10 AM 5k Walk-8:15 AM

REGISTRATION BEGINS JANUARY 3

In person, mail, phone at Brookview Community Center
 Online at www.zapevent.com or www.active.com (additional fee)
 \$25 thru February 29
 \$30 March 1-April 13 by 3:00 PM
 \$40 on race day from 7:00-7:45 AM

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



Water stops and post-race complimentary snacks donated by area businesses. 100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. NOTE: The 5K and 10K race will be chip-timed.

Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley, sponsored by the Golden Valley Human Services Fund.



About the Instructor...

Lisa London

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

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	Jan 9-Feb 22	9:30-11:00 AM	11141
(No class Jan 16 & Feb 20)			
Mon/Wed	Feb 27-April 4	9:30-11:00 AM	11144
Tue/Thu	Jan 10-Feb 16	9:30-11:00 AM	11142
Tue/Thu	Feb 21-March 29	9:30-11:00 AM	11143

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: \$50, *Resident \$45

Day	Date	Time	Code
Thu	Jan 5-Feb 9	11:15 AM-12:00 PM	11150
Thu	Feb 16-March 22	11:15 AM-12:00 PM	11151



Cheer America

Ages 4-16

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

REGISTER AT DAVIS COMMUNITY CENTER ON TUESDAY, FEBRUARY 7 (TIMES LISTED BELOW).

Site: Davis Community Center

Fee: \$4 Enrollment Fee, plus \$6/night at the door

	Day	Date	Time
Ages 4-8	Tue	Feb 7-April 24	6:00-6:45 PM
Ages 9-16	Tue	Feb 7-April 24	7:00-7:45 PM

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	Jan 10-Feb 14	5:45-6:15 PM	11146
Tue	Feb 21-March 27	5:45-6:15 PM	11147

About the Instructor... 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

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Jan 10-Feb 14	6:15-7:00 PM	11137
Tue	Feb 21-March 27	6:15-7:00 PM	11139

ADVANCED

Day	Date	Time	Code
Tue	Jan 10-Feb 14	7:00-7:45 PM	11138
Tue	Feb 21-March 27	7:00-7:45 PM	11140



Mites Basketball

Grades K-1

Skill-based program for Kindergarten and 1st grade girls and boys. Emphasis is on dribbling, passing, shooting and positions. Instructional scrimmages will be played. Baskets are at a lower height and mini-basketballs are used. Teams are formed the first meeting of the program. Fee includes a T-shirt. Maximum of 30 players per grade level. **Resident fee applies to Golden Valley and Crystal residents.* **Register by January 9.**

Site: Crystal Community Center
Fee: \$49, *Resident \$42

	Day	Date	Time	Code
Grade K	Sat	Jan 21-March 10	9:15-10:15 AM	11148
Grade 1	Sat	Jan 21-March 10	10:30-11:30 AM	11149



Indoor Nerf Soccer

Ages 5-7

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

Site: Davis Community Center

Date: Thu, April 12-May 17

Time: 6:00 or 7:00 PM

Fee: \$39, Resident \$34

Code: 11131



WINTER PLAYGROUND

NEW

Ages 6-12

We're cooling down the summer playground program and offering Winter Playground. Join some of the summer staff in some fun indoor and outdoor winter activities. Participants will play games, do crafts, skate, sled and more! Please dress for outdoor activities.

Site: Wesley Park Fee: \$30, Resident \$25



Day	Date	Time	Code
Tue-Thu	Dec 20-22	12:00-3:00 PM	11135
Tue-Thu	Dec 27-29	12:00-3:00 PM	11136

Ice Hockey Skills Camp

Ages 5-10

This program is designed to teach very basic ice hockey skills with an emphasis on skating, puck handling, shooting, positioning, goal tending and basic rules. There are no formal games with other teams, only scrimmages at the end of each skills session.

All participants must provide their own: hockey skates, hockey stick, helmet with mask, mouth guard and protective cup if applicable.

Site: Hampshire Park on outdoor ice

Fee: \$55, Resident \$50

	Day	Date	Time	Code
Ages 5-7	Mon-Fri	Dec 26-30	12:15-1:30 PM	11132
Ages 8-10	Mon-Fri	Dec 26-30	1:45-3:00 PM	11133



Rink Rat Hockey

Ages 5-12

This outdoor hockey program for boys and girls consists of two pre-season practices and eight instructional games. Volunteer coaches officiate all games and there are no goalies. Half of the games are played in other communities. Games will be rescheduled in the event of cancellations (weather permitting). League jersey and participation award are provided. Schedules will be mailed to all participants the week of December 26.

Partial teams will be merged with other communities if necessary. **Register by December 2.** Wait lists will be taken after that.

All participants must provide their own mandatory equipment: hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup if applicable.

Practice Site: Wesley Park

Game Sites: Vary and include Golden Valley, St. Louis Park, Minnetonka, New Hope, Robbinsdale, Plymouth and Crystal.
 Fee: \$43, Resident \$40 (applies to cities listed above)

	Day	Date	Code
Ages 5-6	Fri night/Sun afternoon	Jan 6-Feb 10	10962
Ages 7-9	Fri night/Sun afternoon	Jan 6-Feb 10	10963
Ages 10-12	Fri night/Sun afternoon	Jan 6-Feb 10	10964

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 \$50

	Day	Date	Time	Code
Ages 6-12	Mon	Jan 9-Mar 19	5:30-6:45 PM	11168
Ages 13-17	Mon	Jan 9-Mar 19	7:00-8:15 PM	11169

Drama Club

Ages 6-17

Our winter Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, February 16 at 7:00 PM. All participants must be able to participate in the final performance. Instructors have extensive training in theatre, film and advertising.



Site: Noble School
 (*Note: Class held at Brookview Community Center on Jan 12 & Feb 9)
 Fee: \$65, Resident \$60

	Day	Date	Time	Code
Ages 6-12	Tue/Thu	Jan 10-Feb 16	6:00-7:15 PM	11171
Ages 13-17	Tue/Thu	Jan 10-Feb 16	7:15-8:30 PM	11170

Private Piano Lessons *Ages 7+*

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for all ages. Courses includes 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. Fee includes participating in the recital.

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

Site: Brookview Community Center
 Fee: \$250, *Resident \$240

INSTRUCTED BY: ELLA GERBUZ

Day	Date	Time	Code
Tue	Jan 3-March 20	Between 3:00-9:00 PM	11153

INSTRUCTED BY: MILA MARON

Day	Date	Time	Code
Wed	Jan 4-March 21	Between 3:00-9:00 PM	11152
Sat	Jan 7-March 24	Between 8:00 AM-12:30 PM	11154

Youth Athletic Associations

Golden Valley Little League Baseball

www.goldenvalleylittleleague.org

Golden Valley Phoenix Soccer Club

www.gvphoenixsoccer.org

Cooper/Armstrong Girls Fastpitch Softball

www.cooperarmstrongfastpitch.org

Girls Slowpitch Softball

www.gvgs.org

Armstrong Cooper Youth Baseball

www.raybaseball.com

Armstrong Youth Hockey

www.armstrongcooperhockey.org



TARGET CENTER EVENTS

Get tickets for these great events! The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for upcoming events at the Target Center. This is for children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. TNote: Participants supply their own transportation. Children age 2 and older need a ticket. Tickets are currently available for the following events:

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

Sesame Street Live: Elmo Makes Music! at the Target Center

Sunday, January 15 • 4:30 PM

\$17 (lower level reserved)

Code: 11155

Jenny, an enthusiastic new music teacher, arrives on Sesame Street only to discover that her instruments are missing. Jenny's new Muppet friends quickly come to the rescue and discover instruments they never knew existed...rubber duckies, trash can lids and even cookie jars. Elmo and friends teach children that everyone can make and enjoy beautiful music together. Ages 2+ need a ticket. *Registration deadline is December 28 or until spaces fill.*

Harlem Globetrotters at the Target Center

Saturday, April 7 • 2:00 PM

\$19 (lower level reserved)

Code: 11157

Circle your calendar!... Actually, "Magic Circle" your calendar! The HARLEM GLOBETROTTERS are the MUST SEE EVENT OF THE YEAR and the perfect outing for your group. A Globetrotters game features many of the world's best dunkers, ball handlers and shooters – combined with comedy guaranteed to entertain all ages. From their world famous "Magic Circle" to new basketball innovations, the Globetrotters provide you with memories that will last a lifetime. Ages 2+ need a ticket. *Registration deadline is March 21 or until spaces fill.*



Michael Jackson "The Immortal" World Tour by Cirque Du Soleil at the Target Center

Wednesday, March 28 • 8:00 PM

\$49 (upper level reserved)

Code: 11156

A riveting fusion of visuals, dance, music and fantasy that immerses audiences in Michael's creative world and literally turns his signature moves upside down. Michael Jackson The IMMORTAL World Tour unfolds Michael Jackson's artistry before the eyes of the audience. In partnership with the Estate of Michael Jackson, this once-in-a-lifetime electrifying production will use Cirque du Soleil creativity to give fans worldwide a unique view into the spirit, passion and heart of the artistic genius who forever transformed global pop culture. Note: Due to the Rock Concert nature of this show, sound is expected to be loud and a lot of visual effects will take place, making the show maybe not recommended to children of young age. Ages 2+ need a ticket. *Registration deadline is February 17 or until spaces fill.*

Disney On Ice Celebrates 100 Years of Magic

Saturday, March 3 • 7:00 PM

\$16 (lower level reserved)

Code: 11182

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! You'll be captivated by the one and only Mickey Mouse, the irresistible Minnie Mouse, Goofy, Donald Duck, Jiminy Cricket, Pinocchio and many Disney Princesses. Be thrilled by exciting moments from The Lion King; Mulan; and Disney/Pixar's Finding Nemo, The Incredibles, and Toy Story films; in a skating spectacular filled with magical Disney moments you'll remember forever as Disney On Ice celebrates 100 Years of Magic! *Registration deadline is February 15 or until spaces fill.*



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. Resident fee applies to the communities listed above. For information and registration procedures, call Becca at 952-988-4177.

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INCLUSION SUPPORT *ALL AGES*

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

YOUTH PROGRAMS *AGES 5-12*

FAMILY YOGA Increase attention span, focus, muscle tone, and flexibility. Yoga is beneficial in so many ways! This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Recreation Center, 3700 Monterey Drive, St. Louis Park on Tues evenings, Jan 24-Feb 28 from 5:45-6:45 PM. \$50/Res parent/child pair, \$58/Non-Resident (\$20/additional family member).

TEEN PROGRAMS *AGES 13-21*

TAKE FIVE RESPITE Do you need something to do during winter break? Come join our respite program to meet new friends, experience recreation activities, and get out of the house. Held at Elim Church, 3978 West Broadway Ave, Robbinsdale on December 27-30 from 9:00 AM-3:30 PM. \$280.

TEEN EXPLORERS Get to know new friends while trying new activities! Games, art projects, community events, and more! Meets at various metro locations on Tuesday evenings, Jan 17-March 6 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

GIRLS CLUB Designed for girls with Asperger's Syndrome or High Functioning Autism who want to have fun with other girls!! We meet one Saturday each month for a variety of activities! Locations vary. \$30/Res, \$38/Non-Res.

SOCIAL SEEKERS This is a program for teens and young adults with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups (12-14, 15-18, and 19-30) and at various locations. Intake is required for all new participants. Call Becca for information at 952-988-4176.

ADULT PROGRAMS

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, and so much more! Held at various community locations on Wed, Jan 18-March 7 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

NON-COMPETITIVE BASKETBALL LEAGUE Have fun and improve your basketball skills! Held at a location TBD on Thu, Jan 5-March 8 from 6:30-8:00 PM. \$40/Res, \$48/Non-Res.

WALKING CLUB Keep that body moving and enjoy the community by walking at various indoor and outdoor locations on Mon, Jan 23-March 5 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. Held at various community locations. Ages 18-30 begins Jan 13 and Ages 31+ begins Jan 14. \$20/Res, \$28/Non-Res.

BOWLING FOR ALL

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

Doyle's Bowling Lane, Crystal

Saturdays, Jan 21-March 10

12:00-2:00 PM

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

Maple Lanes Bowling Alley, Fridley

Saturdays, Jan 21-March 10

3:00-5:00 PM

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

SPECIAL EVENTS

FRIDAY NIGHT DANCES

7:00-9:00 PM

\$5/at the door, no pre-reg required

St. Louis Park High School

Friday, Jan 20, Feb 17, March 16

Brooklyn Park Community Center

Friday, Feb 10

ANNUAL MEETING, HOLIDAY PARTY & ART SHOWCASE

Come help us celebrate our achievements this year and enjoy exciting works of art produced by our clients! This is also an opportunity for you to give us feedback about the programs & services we offer, as well as submit nominations for new board members.

Thursday, December 1, 6:00-8:30 PM

Minnetonka Community Center

14600 Minnetonka Blvd

\$5/door suggested donation

Watercolor Basics

Watercolor Basics is 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 week students will build on the skills learned in the previous sessions. A supply list will be provided. Students are responsible to bring their own supplies.

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

Day	Date	Time	Code
Wed	Jan 18-Feb 22	6:30-8:30 PM	11179

Drawing Exploration

Learn 'How to' methods to stimulate your drawing. Explore contour, gestural, and textural line methods. Transform shapes, ellipses, shading, and perspective to create 3-D drawings. Explore a variety of drawing materials: graphite, colored pencils, charcoal pencils, brush/tempera paint. Create a portfolio of drawings. View drawing examples from major artists for inspiration. Instructed by Gin Weidenfeller.

Site: Brookview Community Center
Fee: \$45, Resident \$40

Day	Date	Time	Code
Thu	Feb 9 & 16	1:00-2:30 PM	11159

Painting Studies with Watercolor & Gouache

Mix and blend watercolor and gouache paints to create color combinations and color schemes. Learn brush strokes, wash/glazing, wet 'n' wet, dry brush methods, resist, and paper and brush selection. Explore painting styles such as realism and abstraction. Paint studies of a simple still life, nature object or landscape. View examples from major artists for inspiration. Instructed by Gin Weidenfeller.

Site: Brookview Community Center
Fee: \$45, Resident \$40

Day	Date	Time	Code
Thu	March 8 & 15	1:00-2:30 PM	11160



Learn to Knit

Knitting is easy and relaxing. Nothing is nicer than a gift made by hand. Learn the basics by going at



your own pace. Instructor Trisha Follows is a long-time knitting enthusiast who looks forward to sharing her expertise with you. Bring size 8 knitting needles and a skein of light colored, worsted weight yarn.

Site: Brookview Community Center
Fee: \$54, Resident \$49

Day	Date	Time	Code
Mon	Jan 9-Feb 13	6:30-8:00 PM	11145

Social Ballroom Dancing 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 ballroom and country dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction in a relaxed atmosphere. Everyone who attends will be successful learning to dance!

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

Day	Date	Time	Code
Sun	Feb 19-March 11	4:30-6:00 PM	11165

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: \$69, Resident \$64

Day	Date	Time	Code
Thu	Jan 12-March 1	7:00-8:30 PM	11161
Thu	March 8-April 26	7:00-8:30 PM	11162

About the Instructor... *Tatyana Butkova*

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

Belly Dancing *Level 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	Jan 9-Feb 27	7:15-8:45 PM	11163
Mon	March 5-April 23	7:15-8:45 PM	11164

Yoga Flow with Laura

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

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

Day	Date	Fee	Code
Tue	Jan 3-31	\$55, Resident \$50	11049
Tue	Feb 14-March 20	\$65, Resident \$60	11050
Thu	Jan 5-Feb 9	\$65, Resident \$60	11051
Thu	Feb 16-March 22	\$65, Resident \$60	11052

About the Instructor...

Laura Lazowski

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

Power Yoga Flow with Laura

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

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

Day	Date	Fee	Code
Tue	Jan 3-31	\$77, Resident \$72	11106
Tue	Feb 14-March 20	\$77, Resident \$72	11105





About the Instructor... *Annette Fragale*

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.

Hula Hoop - Fun and Fitness

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

Site: Davis Community Center-Gym 2
Fee: \$17, Resident \$12

Day	Date	Time	Code
Wed	Jan 11	6:00-7:30 PM	11176

Magic for Adults (Ages 12+)

Dads, Moms and kids, you can be the life of any party with easy, fun, magic tricks. Magic is a most satisfying hobby that teaches performance skills and builds self-confidence. It's educational and it's fun. All materials are included. Instructor Annette Fragale has performed and taught throughout the United States for over 20 years. She is the host and producer of the popular television show, "The Magic Book Nook".

Site: Brookview Community Center
Fee: \$30, Resident \$25

Day	Date	Time	Code
Thu	Feb 9 & 16	6:00-8:00 PM	11177

Daytime Yoga with Annette

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

Site: Brookview Community Center
Fee: \$61, Resident \$56

Day	Date	Time	Code
Tue	Feb 7-March 27	11:00 AM-12:00 PM	11172
Tue	April 10-May 29	11:00 AM-12:00 PM	11173

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
Time: 6:00-7:00 PM

Day	Date	Fee	Code
Mon	Feb 6-March 26	\$61, Resident \$56	11174
Mon	April 9-May 21	\$54, Resident \$49	11175



Mixed Doubles Indoor Pickleball League



This exciting mini-tennis game is a combination of ping-pong, tennis and badminton and can be played with two or four players. It is played on a court the size of a badminton court which is smaller than a tennis court using tennis rules and a smaller racquet/paddle and a wiffle ball. If you have questions or are interested in registering, contact Andy at 763-512-2367.

Site: Davis Community Center
 Fee: \$20/team

Day	Date	Time	Code
Wed	Feb 1-March 7	8:00-10:00 PM	11178

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

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Jan 10-Feb 14	6:15-7:00 PM	11137
Tue	Feb 21-March 27	6:15-7:00 PM	11139

ADVANCED

Day	Date	Time	Code
Tue	Jan 10-Feb 14	7:00-7:45 PM	11138
Tue	Feb 21-March 27	7:00-7:45 PM	11140

Davis Community Center Adult Open Gyms

Adult (18+) Open Basketball

Saturdays, Jan 7-March 24
 8:00-10:00 AM

Over 40 Open Basketball

Mondays, Jan 2-March 26
 8:00-10:00 PM

Adult (18+) Open Volleyball

Tuesday, Jan 3-March 27
 8:00-10:00 PM

Thursdays, Jan 5-March 29
 8:00-10:00 PM

Sundays, Jan 8-March 25
 1:00-3:00 PM





About the Instructor...

Marie Mathey

began studying Yang style Tai Chi 30 years ago with Sifu Jerry Gardner, who now owns the Red Lotus School in Salt Lake City.

She also practices Tai Chi Fan, Qigong, Yi Chaun and Yoga. She is a certified instructor of Dr. Paul Lam and endorsed by the Arthritis Foundation. Marie welcomes students of all ages and abilities.

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: \$47, Resident \$42

Day	Date	Time	Code
Tue	Jan 10-Feb 21	8:30-9:30 AM	11117
Tue	Feb 28-April 10	8:30-9:30 AM	11118

TAI CHI - MOVING ON

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

Site: Brookview Community Center
Fee: \$47, Resident \$42

Day	Date	Time	Code
Tue	Jan 10-Feb 21	9:45-10:45 AM	11125
Tue	Feb 28-April 10	9:45-10:45 AM	11124

SKYWARN

A Severe Weather Awareness Class

This storm spotter training course shows what to look for when observing thunderstorms and covers some local severe weather climatology and basic severe weather meteorology. Attendees will be a certified weather spotter upon completion of the class. Taught by Brad Winger, a certified National Weather Service Instructor with 21 years of experience spotting and chasing storms.

Brookview Community Center

Tuesday, March 13

6:30-8:30 pm

\$10/person

Code: 11181



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



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 the year 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 below.

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

**THANKS FOR
YOUR SUPPORT!**

Senior Leadership Committee

The purpose of the Senior Leadership Committee is to advise the Northwest Hennepin Human Services Council (NWHHSC) on matters concerning the growing senior citizen segment of the population. They are entrusted with identifying pertinent issues for seniors, researching information and bringing that information back to the 15-member cities, as well as coordinating efforts with the 15-member cities to work on issues affecting Minnesota's aging population. Each member city is entitled to two representatives – Larry Kennebeck is Golden Valley's representative, however, there is an opening for another representative. If interested, contact the senior office at 763-512-2339.

SENIOR SPECIAL EVENTS

Let's Talk Trash: Golden Valley's New Recycling Programs

Wednesday, December 7 • 10:00 AM
Brookview Community Center

Recycling will be easier than ever when Golden Valley starts its new curbside program January 1, 2012. Come and learn all about it from Recycling Coordinator, Mark Ray, as he demonstrates the new recycling cart and additional items that can be recycled, explains schedule changes, and answers your questions. Donations will be accepted for refreshments. **Register by Monday, December 5.**



Navigating Medicare

Monday, February 13 • 6:30-8:30 PM
Brookview Community Center
\$10* - Code: 11129

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; it is offered in cooperation with Senior Community Services, a non-profit agency. Min: 6, Max: 30. Fee includes instructor fee, class materials and refreshments. ***NOTE: Couples may share materials and pay only one fee. Register or cancel by Monday, February 6.**

Holiday Tea

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

You are cordially invited to High Tea. The afternoon begins with tea and a performance by pianist Dan Wascoe. Dan has lived in Golden Valley for more than 50 years and has played piano for 60 years. Petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. **Register by Wednesday, December 7.**

Mary Wanderer's Trip Travelogue

Monday, January 30 • 1:00-2:30 PM
Brookview Community Center
\$4/person - Code: 11130

The adventures begin as we kick-off the Mary Wanderers, our 2012 travel program with a "meet and greet". Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy pie and ice cream. Be the first to hear about our travel adventures of one day and longer trips. Games! Prizes! And More! **Register or cancel by Thursday, January 26.**

Blood Pressure Screening

4th Wednesday of each 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.



WEEKLY CARD & GAME GROUPS

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

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

SENIOR PROGRAMS

Getting Through the Medicare & Medgap Maze

2nd Thursday of each 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.

Happy Feet Foot Care Clinic

2nd & 3rd Tuesday of each 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.



Tax Assistance 2012

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Please bring all information needed including your labeled tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.



Golden Valley Library

Thursday, February 2, 9, 16, 23, March 1, 8, 15
10:30 AM-1:30 PM

Registration begins at 10:00 AM at the door.

Brookview Community Center

Thursday, March 22, 29, April 5, 12
9:00 AM-12:00 PM

Registration begins at 8:15 AM at the door.

VOLUNTEERS ARE NEEDED!

Persons joining this program will receive free tax training leading to certification as counselors. Individuals must commit to training January 11-14 or January 17-20 from 9:00 AM-3:00 PM at Brookview Community Center and then work 6 hours/week during tax season. New volunteers will have a mentor for help during work at convenient local sites.

If interested, call Ralph, AARP coordinator, at 763-544-1942 before January 6.

SENIOR CLASSES

Advanced Beginner/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: \$37, Resident \$32

Day	Date	Time	Code
Fri	Jan 20-March 9	9:00-10:30 AM	11116
Fri	April 13-June 1	9:00-10:30 AM	11126

Defensive Driving Courses

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

Register in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 for more information.

8-HOUR FIRST TIMERS COURSE

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

Day	Dates	Time
Tue	April 17 & 24	6:00-10:00 PM

4-HOUR REFRESHER COURSE

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

Day	Dates	Time
Thu	December 8	9:00 AM-1:00 PM
Thu	January 12	9:00 AM-1:00 PM
Thu	February 9	9:00 AM-1:00 PM
Thu	March 8	9:00 AM-1:00 PM
Thu	April 12	9:00 AM-1:00 PM

Money Matters

3rd Thursday of each month
Brookview Community Center
10:00-11:00 AM

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

THURSDAY, JANUARY 19

Tax Changes for 2012

Learn what's new for preparing your 2012 Federal and State tax returns. Presented by Brenda Lutter, H & R Block Golden Valley.

THURSDAY, FEBRUARY 16

Consumer Credit of Minnesota

Consumer Credit of Minnesota is a non-profit credit counseling service dedicated to helping people regain control of their finances. With free, confidential credit counseling session and low-debt consolidation programs, the goal is to help the client become debt free. Learn how this agency may help you, or someone you know. Presented by Rayeann, staff member.



THURSDAY, MARCH 15

U of M Anatomy Bequest Program

The U of M is known for their medical school and programs. An important part of their program is "hands-on" teaching. Learn about this program and how you can be a part of furthering medical advancements and ensure the education of future health professionals. Presented by U of M Bequest Program staff.

THURSDAY, APRIL 19

Bankruptcy 101

Bankruptcy law provides for the development of a plan that allows a debtor, who is unable to pay his creditors, to resolve his debts through the division of his assets among his creditors. Today we'll learn what bankruptcy is, the bankruptcy process and the difference between Chapters 7, 11, 12, and 13. Presented by Attorney, Wayne Nelson.

Looking for...

Tai Chi for Health & Arthritis

See page 16 for class information.

SENIOR SPECIAL INTEREST GROUPS

Living Well & Wise

1st Thursday of each month
 Calvary Center Cooperative
 1:00-2:15 PM



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 Coop and Golden Valley Rehab and Care Center.

THURSDAY, JANUARY 5

Start 2012 on a Healthy Note

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

THURSDAY, FEBRUARY 2

Healing through Music

Music is all around us – in stores, elevators and in the car. Music can be a source of therapy. It can evoke emotions, build or decrease energy, help alleviate pain, trigger memories, reduce depression or anxiety and even help crying babies fall asleep. Learn how music can enhance your life. Presented by Amanda Mueller, Certified Music Therapist, Ambassador Good Samaritan.

THURSDAY, MARCH 1

Grey Hair, Blue Mood

Getting gray hair doesn't have to come with a blue mood! This discussion will focus on what it means to be emotionally/mentally healthy as we age and that our emotional health is just as important to take care of as our physical health. We will review the clues to emotional distress and identify the resources for getting support if you or a loved one is struggling with challenges from life. Presented by Katie Perzel MSW, LICSW from Volunteers of America, MN.

THURSDAY, APRIL 5

Picking a Transitional Care Facility

You've been told you need a knee or hip replacement and may not be able to go home after surgery because you need in house therapy. Panic sets in – not about the surgery but where do I go after surgery? What questions should I ask about the facility before I make my decision? Leslie Brown, Referral Manager from Golden Valley Rehab will walk you through the process. Come with questions.

Coffee Talk

4th Wednesday of each month
 Brookview Community Center
 9:45 AM
 \$2 payable at the door

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

WEDNESDAY, JANUARY 25

Autism and ADHD

You've heard the terms, what does it mean? Have your grandchildren or great grandchildren been diagnosed with this disorder? What does that mean for you? Today we'll have a basic overview of Autism and ADHD and learn several strategies for dealing with children diagnosed with autism or ADHD. Presented by LeeAnn Mateffy-Horn, MS, OTR/L, CBIS, Manager Medical Rehabilitation Services at Courage Center. Register on or before January 23.

WEDNESDAY, FEBRUARY 22

How to Stay Young for the First 100 Years!

I know what some of you are thinking. You're thinking, now wait just a minute, the title sounds catchy but do I really need to know how to stay young for a hundred years? This sounds pretty far-fetched and ambitious! Well, it's really not – you need to start thinking about what it means for you and your family to live a long time. If you don't merely want to exist on this planet- you want to live, work and play on this planet and have a QUALITY life, this talk is for you! Presented by GoHealth Chiropractic staff, Robbinsdale. Register on or before Feb 20.

WEDNESDAY, MARCH 28

Policing Through the Decades

Sgt. Dennis Arons has been a police officer since 1983. Today he'll share how police tactics, philosophy, weapons and training have changed over the last 30 years and the challenges faced by officers every day. Presented by Sgt. Dennis Arons, Golden Valley Police Department. Register on or before March 26.



SENIOR SPECIAL INTEREST GROUPS

Mondays with Mary

Brookview Community Center
9:30 AM

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.



Remember When?... with Jan

4th Thursday of each month
Dover Hill Apartments
1:00 PM

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, JANUARY 26
Remembering Favorite Books & Authors

THURSDAY, FEBRUARY 23
Remembering Gifts of Kindness

THURSDAY, MARCH 22
Remembering Pets

THURSDAY, APRIL 26
Remembering trips we have taken

Golden Tones Chorus

Practices on Thursdays, September -May
Calvary Church Music Auditorium
10:30-11:30 AM

The Golden Tones were organized in 1977. Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursdays for local senior centers, care centers, and churches. Our finale is the Spring Chorus Trip in May. Interested in joining? The only requirement is to enjoy music! Call the senior office at 763-512-2339 for a practice and performance schedule.





THE MARY WANDERER'S TRIP PROGRAM

The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. Minimum of 6 needed for bus to stop.

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

PICK-UP LOCATIONS:

Calvary Co-op & Apts • Golden Valley City Hall



About your Trip Escort... Mary Odell

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!

"A Mighty Fortress is Our Basement"

The Church Basement Ladies are at it again! It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. In the rural church basement kitchen in the spring, a reformation is underway and your favorite ladies are facing it head-on. Through it all these "bulwarks never failing" stand strong in their faith and friendships. A church basement chicken dinner will be served before the play.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	January 12	11:00 AM	4:45 PM	\$53	10966

Register or cancel by: December 9

High Tea at the St. Paul Hotel

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

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	February 1	12:30 PM	4:00 PM	\$58	10967

Register or cancel by: December 19



MARY WANDERER'S TRIP PROGRAM

"Forever Plaid" at Chanhassen Dinner Theater

Order lunch off the menu before seeing one of Chanhassen's most popular musicals, Forever Plaid. An affectionate musical homage to the close-harmony 'guy groups' that reached the height of popularity during the 1950's. Funny and timelessly tuneful, this clean-cut musical revue features '50's-style crooning and hilarious antics that will have you laughing yourself to tears. The Plaids perform precision harmonies, squabble boyishly, and execute their delightfully outlandish choreography with overzealous precision. Filled with dozens of '50's pop hits including: "Catch A Falling Star," "Chain Gang," "Day-O," "Love is A Many Splendored Thing," and many, many more! Join the legions of Forever Plaid fans—you'll be glad you did.



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	February 22	11:30 AM	4:15 PM	\$59	11077

Register or cancel by: January 25

Golden Strings at the Lafayette Club

Take a few minutes to look around the elaborate creation of James J. Hill before being seated for lunch in the Ballroom. Menu: Lafayette Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee/Iced Tea, and Gold Brick Sundae. The Golden Strings, founded and lead by virtuoso violinist Clifford Brunzell, this unique group play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	April 24	10:00 AM	3:15 PM	\$60	11078

Register or cancel by: March 19

Chocolate March

Begin the day at Emily's Bakery in downtown Hastings. Enjoy a chocolate covered donut and coffee (included) as you wander through the shop. Our next stop is historic downtown Hastings with time to shop and hear a presentation at the small Creative Confectionaire. The chocolates, truffles, fudge and other confections are made fresh by Cindy Blomquist and her chocolatiers. Using only the highest quality ingredients and premium European chocolate, they produce chocolates and other confections for the discriminating taste. The Lunch Special of the Day will be served at the Hastings Country Club with Beverage and Chocolate Cake. Our last stop will be at the Classic Rosewood Inn, a historic Bed and Breakfast inn for a presentation of chocolate and a tour of the meticulously restored Queen Anne home built in 1881 and listed on the national register of historic places.



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	March 20	9:00 AM	4:00 PM	\$49	11076

Register or cancel by: March 5





Scenic Wisconsin

Arrive at the Bass Lake Cheese Factory. Scott & Julie Erickson make award-winning cheeses the old fashioned way, using traditional recipes that have been handed down from generation to generation. Enjoy the colorful drive on rural roadways before arriving for lunch at Paradise Landing. The original supper club was built in the early 1900's as a gathering place for the residents of Balsam Lake. The new facility is relaxed and retains the spirit of hospitality with an environment that captures the love of the water and the beauty of the north woods. It is a "piece of paradise." Menu: Cup of Cream of Chicken Wild Rice Soup, Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetable, Warm Brownie with a scoop of Ice Cream, Coffee and Iced Tea. After lunch we're traveling to St. Croix Falls where the Golden Tones will present a concert for the residents of Comforts of Home Senior Living. After the performance we will visit the Luhrs/Bjornson Artworks for a pottery demonstration and the Saint Croix National Scenic Riverway Visitors Center for a short movie, view the exhibits and if it's a nice day an optional walk along the river.



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	May 3	8:25 AM	4:00 PM	\$45	11075

Register or cancel by: April 16

MARY'S EXTENDED TRIPS

Chicago Treasures by Train & Bus

June 20-23, 2012

Join Mary Odell for a trip to Chicago! Fee includes: Amtrak to Chicago, deluxe motorcoach transportation, lodging for 3 nights, meals as indicated (B=Breakfast, L=Lunch, D=Dinner), attractions, local guides, and gratuities on included meals. Call the senior office for a detailed brochure. Travel Insurance is also available.

June 20: Leave Golden Valley and board Amtrak to Chicago. Meals are available for purchase in the dining car. Arrive in Chicago and enjoy dinner together before checking into the Country Inn & Suites. [D]

June 21: Have breakfast at the hotel. Explore Chicago with a local sightseeing guide who highlights the history, architecture and culture of the city. View Chicago from the 103rd floor of the Willis Tower Skydeck. Enjoy lunch before stopping at two National Historic Landmarks, including the restored South Shore Country Club, site of the Obama's wedding reception. Shop on "Magnificent Mile" and stroll Navy Pier. See breathtaking views during dinner at Riva Restaurant. [B,L,D]

June 22: Have breakfast at the hotel before rambling along the Fox River with a guide. Visit Cantigny, originally built for the editor of the Chicago Tribune, and tour the museum and gardens. Lunch (on own) before visiting the Little Traveler Shop in historic Geneva, filled with thirty rooms of treasures to admire and/or purchase. Board the Paddlewheel River Boat for a cruise on the Fox River. Have dinner before seeing a musical at the Lincolnshire Theater. [B,D]

June 23: Have breakfast at the hotel. Join a local guide as we venture along the north shore of Lake Michigan revealing mansions, landmarks and treasures. Explore the Chicago Botanic Gardens by tram and have lunch overlooking the gardens before returning to Golden Valley. [B,L]



Fee	Deposit	Final Pay
\$855/person (Double)	\$200 by April 20	May 20
\$990/person (Single)		



SPECIAL DESTINATION TRIPS with Five Cities Transportation

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities with bus pick-ups in each city. All costs are on your own. Register for these trips by calling Five Cities at 763-531-1259, unless otherwise noted. Visit 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

Weekly Shopping Trips

The Five Cities bus will pick you up at your home or apartment building. Locations include: Cub Foods, Aldi's, Ridgedale, Walmart, Byerly's, Walgreen's, Target, and K-mart. Call the Five Cities office for a complete schedule. Call at least 24 hours in advance to make your reservation.

Brunch Bunch

4th Tuesday of each month

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.

January 24 Red Lobster, Maple Grove

Registration starts December 30.

February 28 Outback Steakhouse, Bloomington

Registration starts February 1.

March 27 Carol's Restaurant, Blaine

Registration starts March 1.

April 24 Cracker Barrel, Lakeville

Registration starts March 30.

Museum of Russian Art

Friday, February 3

Enjoy a guided tour of the exhibit "Antiquities from Ukraine: Golden Treasures and Lost Civilizations," an exhibition of artifacts dating from the Neolithic age to the Byzantine era, unearthed in present-day Ukraine. Following the tour, we'll lunch/shop at Patrick's Café at Bachman's (on your own).

Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in.

Fee: \$8 (museum admission, tour, escort)

Bus Leaves: 10:30 AM - GV City Hall

Bus Returns: 2:45 PM

Register/cancel by: January 26

*Special Destination bus fare applies.

Westminster Forums

Select Thursdays September-May • 12:00 PM

Westminster Presbyterian Church, Minneapolis

Westminster Presbyterian Church hosts FREE forums with speakers and topics of current interest. Following the forum, enjoy "Breads and Spreads." See the senior newsletter or city website for updated information.

Bus Leaves: 11:00 AM - GV City Hall

Bus Returns: 2:30 PM

*Special Destination bus fare applies.

Vivace! Afternoon Concert Series

Thursday, January 26 • 12:00 PM

Landmark Center, St. Paul

Enjoy this FREE concert performed by The Artaria String Quartet. The Landmark Center Thursday concert is sponsored by The Schubert Club and performed in Courtroom #317. After the concert, you may try lunch or dessert at Anita's Café on the main floor of the Landmark Center (cost on your own).

Bus Leaves: 11:00 AM - GV City Hall

Bus Returns: 2:15 PM

Register/cancel by: January 19

*Special Destination bus fare applies.

Macy's Flower Show

Friday, March 30

Macy's 12th Floor, Minneapolis

Spring is in bloom at the annual Macy's Flower Show! Experience this FREE flower show on a self guided tour. Enjoy dining on the 12th floor at either the Oak Grill Restaurant or the Skyroom food court (on your own).

Bus Leaves: 9:30 AM - GV City Hall

Bus Returns: 1:30 PM

Register/cancel by: March 23

*Special Destination bus fare applies.

SENIOR COMMUNITY INFORMATION

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.

PRISM Express 763-529-1252

Is a curb-to-curb transportation service provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. within PRISM's service area. A donation of \$6 per round trip is suggested. Call PRISM for information or to schedule a ride at least three working days in advance. Office is open Monday-Friday from 9:00 AM-3:00 PM.

Senior Dining 612-269-8462

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

HOME 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 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.

LinkVet 1-888-546-5838

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

Widowed Support Group

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

Golden Valley Library Programs

At Home Library Service • 612-543-8850

Service is available free-of-charge to any resident of Hennepin County who is unable to visit the library due to illness, disability or visual impairment. Delivered to your home via mail or by a volunteer—Large print or regular print books, magazines, book or music on CD and DVD's. Sign up by phone M-F from 10 AM-5 PM. Check it out—the easy way!

Computer Help @ the Golden Valley Library

Volunteers are available to give you one-on-one help with basic computer skills. Call the library at 612-543-6375 to see when they're available.





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. Bassett Creek flows through the course, crossing six holes.



2012 Patron Program

Purchase a patron card from Brookview Golf Course for 2012 and save on golf all year! Patron card applications can be picked up at Brookview Golf Course or found online at brookviewgolf.com, starting February 1st. Patron card holder benefits include:

- Discounted green fees and power cart rentals.
- Advance reservation privileges.
- Driving Range Discount
- Merchandise Discount
- Coupons
- Reciprocity with Braemar Golf Course and Baker National Golf Course. Receive their patron or preferred rates on Tuesday and Wednesday all day, and Sundays after 1PM.

Patron Card Fees

Card Type	Before 4/1/12	After 4/1/12
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (62+)	\$40	\$45
Non-Res Senior (62+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$25	\$25

Brookview Grill

IS AVAILABLE FOR RENT

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

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

PURCHASE A GIFT CARD FOR THE HOLIDAYS

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



Golf Leagues

Brookview has a wide variety of golf leagues to fit golfers of all ages and skills. For more information or to receive information on a specific league contact the Brookview Administrative Office at 763-512-2305.

Brookview Men's Golf Association

Brookview Men's Golf Association (BMGA) has weekend tournaments throughout the season, as well as a Wednesday night golf league. Interested members are encouraged to attend the Spring meeting in March (date TBD) for more information.

Brookview Women's Golf Association

18 HOLE LEAGUE

Brookview Women's Golf Association (BWGA) 18 hole League plays on Tuesday mornings from 7:00-9:00 AM. Attend the membership meeting in April (date TBD) to meet the current members and receive more information on the league.

Brookview Women's Golf Association

9 HOLE LEAGUE

Brookview Women's Golf Association 9 hole League plays 9 holes on the regulation course on Thursday mornings from 6:30-8:00 AM. Membership meeting will be held in April (date TBD) in the Brookview Grill.

Par 3 Chippers and Putters

The Chippers and Putters league play on Wednesday and Thursday nights on the par 3 course. New members are taken on a first come first serve basis.



Couples Golf League

The Couples Golf League plays 9 holes on the regulation course on Sunday nights throughout the golf season.

Senior Patron League

Members of the Senior Patron league must be 62+ as well as be a member of the Brookview Patron Program. This league plays 18 holes on Tuesday mornings.

Senior Par 3 League

The Senior Par 3 league plays on Thursday mornings starting at 7:30 AM. Interested members should attend the informational meeting in late April (date TBD).



JUNIOR GOLF LEAGUES

The Junior Golf Leagues consist of two groups: Par 3 League (ages 6-17) and Junior 9 Hole League (ages 13-17). Junior Golf Leagues play on Monday mornings starting in June. Juniors play either the Par 3 course or 9 holes on the regulation course. Junior golfers learn about the game of golf each week and enhance their skills through the league.



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:

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

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

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

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

763-512-2345

www.goldenvalleymn.gov





Handicap Accessibility in Facilities Used For Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/ Davis Community Center, Doyles Bowling Alley, Minnesota Center for Arts Education; these facilities are handicap accessible. Every effort will be made to accommodate interpretive services if requests are made at time of registration. Requests for interpretive services or printed information can be made by calling 763-512-2345 or TTY 763-593-3968.




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



Golden Valley Orchestra

The Golden Valley Orchestra provides the opportunity for adults and students to play quality music in an enthusiastic community orchestra. There are openings in all sections: strings, woodwinds, brass and percussion. The setting is non-intimidating and there are no auditions.

Rehearsals are held Monday evenings at 7:00 PM at Brookview Community Center, 200 Brookview Parkway. For more information, call Beth at 612-239-4267.

Curbside recycling in Golden Valley is toning up for the new year.

Find out more at www.goldenvalleymn.gov/recycling

New Year.



Curbside recycling program changes January 1, 2012

New Program.



Larger cart with lid and wheels
New hauler
Pick-up every other Friday
No more bins

Never Easier.

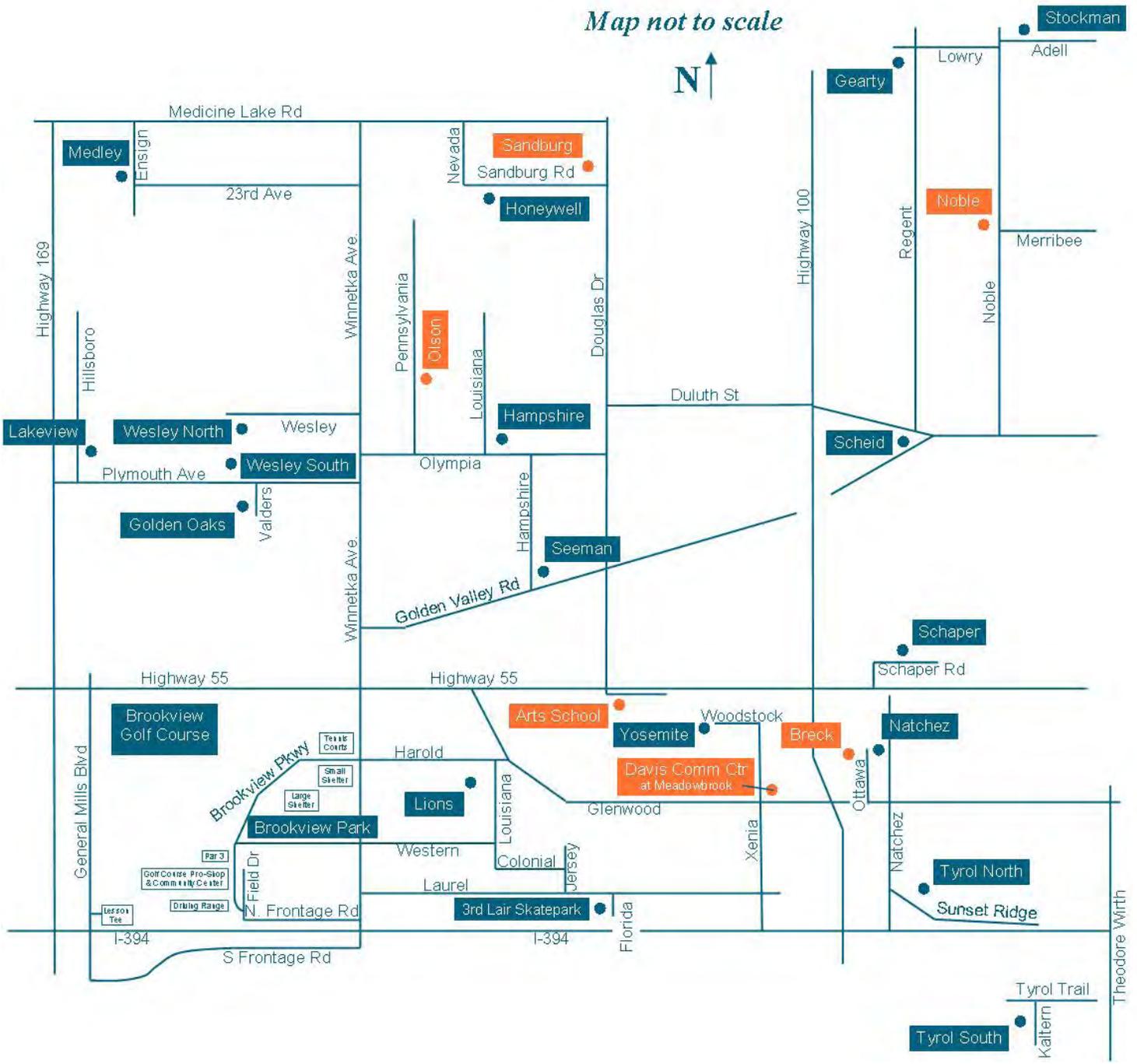


No more sorting
Recycle more stuff (like plastic bags and yogurt cups)

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

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

Map not to scale



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS 

Community Parks

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

Neighborhood Parks

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

Nature Areas

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

Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S
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: Linda Loomis

City Manager: Tom Burt

Council Members:

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

Open Space & Recreation Commission

Commission meets the 4th Monday of each month at 7:00 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 Supervisor

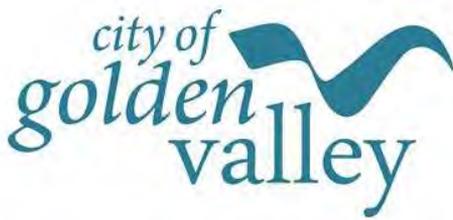
Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent



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

ACTIVITY REGISTRATION FORM

If Participant(s) are under 18,
 Parent/Guardian First & Last Name: _____
 Address: _____ Home Phone: _____
 City: _____ State: _____ Zip: _____ Work Phone: _____
 E-mail: _____ Cell Phone: _____
 Emergency Contact Name & Phone (if different from above): _____
 Special Needs, Disabilities, or Allergies we should be aware of: _____

ACTIVITY REGISTRATION

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

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Site	Special Requests	Travel Companion/ Roommate Name	FEE

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

PAYMENT TYPE:
 Cash Check # _____
 VISA MasterCard
 Card #: _____
 Expiration Date: _____
 Signature for credit card payment:

TOTAL DUE: _____
OFFICE USE ONLY
 FA \$ _____
 GC \$ _____
 Fee Paid: _____
 Date: _____
 Rec'd By: _____



REGISTRATION INFORMATION



ONLINE

www.goldenvalleymn.gov

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

MAIL

Brookview Community Center
200 Brookview Parkway
Golden Valley, 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 10% 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.

TRIP REFUND POLICY

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

INCLUSION REQUESTS

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

Make checks payable to:
City of Golden Valley

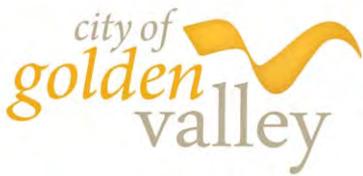


Stay out of the cold and
REGISTER ONLINE!



www.goldenvalleymn.gov

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



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

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

*****ECRWSS**
POSTAL CUSTOMER

**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

A blue banner with white decorative swirls and leaves on the left side. The text "BROOKVIEW" is in large, bold, white letters with a green leaf above the 'V'. Below it, "Community Center" is written in a smaller, white, sans-serif font.

BROOKVIEW

Community Center

A photograph of a golf course landscape. In the foreground, there is a body of water with tall grasses and yellow flowers. In the middle ground, a wooden bridge crosses a small stream. In the background, there is a green golf course with trees and a building.

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

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