



parks & recreation

winter activities 2015

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Golden Valley City Hall

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

Parks & Recreation Department

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

Brookview Golf Course & Lawn Bowling Green

200 Brookview Parkway
Golden Valley, Minnesota 55426
Phone: 763-512-2300
Fax: 763-512-2311
Tee Times: 763-512-2330
Par 3 Course: 763-512-2333
Cancellation Line: 763-512-2300

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.

City Offices Closed

Wed, Dec 24	Christmas
Thu, Dec 25	Christmas
Thu, Jan 1	New Year's Day
Mon, Jan 19	Martin Luther King Day
Mon, Feb 16	Presidents Day



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.

Special Events

December
31

New Year's Eve Family Event

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!

All Ages Scheid Park
7:00-10:00 PM FREE

January
23

Winter White Out Dance

Wear as much white as you can to help create a Cool atmosphere and to receive a raffle ticket to win prizes! Snacks and beverages available for purchase. DJ music provided by Total Entertainment. Cosponsored with Crystal, New Hope and Robbinsdale.

Grades 5-7 Crystal Community Center Code: 13087
7:00-9:00 PM \$5 by Jan 22, \$8/door

February
1

Winter Family Festival

Bring your family and friends to Wesley Park for some outdoor winter fun! Enjoy sledding, ice skating with costumed characters, hayrides, hot chocolate, and a bonfire with marshmallow roasting. Event is free and open to all to enjoy!

All Ages North Wesley Park
1:00-4:00 PM FREE



March
20

Aloha Spring Dance

Dancing, contests and more! Brighten up this tropical night by wearing your Hawaiian print shirt and be eligible for a special drawing! DJ music provided by Total Entertainment. Snacks and beverages available for purchase. Cosponsored with Crystal, New Hope and Robbinsdale.

Grades 5-7 Crystal Community Center Code: 13088
7:00-9:00 PM \$5 by March 19, \$8/door

Mailbox to the North Pole

December 5-19, 2014

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.



Special Events

April
11

Run the Valley 10K Run & 5K Run/Walk

Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley on Saturday, April 11, sponsored by the Golden Valley Human Services Fund.

Brookview Community Center will be race headquarters. The 10K race and 5K run and walk, will start and end at Brookview Community Center. NOTE: The 5K and 10K race will be chip-timed. Water stops and post-race complimentary snacks donated by area businesses.

Fee includes t-shirt, race number only and chip timing. Chip timing is not included in youth fee. To be eligible for medal, chip timing must be used. T-shirt sizes for all participants guaranteed if registered by March 1. NEW FOR 2015 – Moisture Wick performance t-shirts in royal blue!

Registrations are taken in person and by mail with check, cash or VISA/MasterCard at the Golden Valley Parks and Recreation office; Online at www.zapevent.com or www.active.com (additional fee charged); and race day from 7:00-7:45 AM at Brookview Community Center. Sorry, phone registrations cannot be accepted. 100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need.

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

8:00 AM - 10K Run	Begin/End at Brookview Community Center
8:10 AM - 5K Run	\$30 by Feb 28, \$35 March 1-April 10 (by 2 PM), \$40 Race day
8:15 AM - 5K Walk	\$20 Youth 12 and under with an Adult

Kid's "Fun" Run the Valley

Join us for the 2nd annual Fun Run for Kids! The course begins in the Driving Range parking lot and follows Field Drive to the Brookview parking lot for a total of .2 miles. The event is aimed at Kid's age 2-8. Fee includes fun run number and participation ribbon. Parents may accompany little ones for free. Registrations are taken in person and by mail with check, cash or VISA/MasterCard at the Golden Valley Parks and Recreation office. Sorry - phone registrations are not accepted.

Ages 2-8	Brookview Community Center & Park
7:45 AM	\$5/Child, Parents free



Skating Rink Information

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

(Weather permitting)

RINKS OPEN: Saturday, December 20

RINKS CLOSE: Monday, February 16



Regular Hours

Monday-Friday	4-9 PM
Saturday	10 AM-9 PM
Sunday (Wesley, Scheid, Lions)	1-9 PM
Sunday (Hampshire, Medley, Gearty)	10 AM-6 PM

Special Hours

Mon & Tue, Dec 22 & 23	10-9 PM
Wed, Dec 24 (Christmas Eve)	10-4 PM
Thu, Dec 25 (Christmas Day)	CLOSED
Fri, Dec 26	10-9 PM
Mon & Tue, Dec 29 & 30	10-9 PM
Wed, Dec 31 (New Year's Eve)	10-7 PM
Wed, Dec 31 (Scheid only)	10 AM-10 PM
Thu, Jan 1 (New Year's Day)	10 AM-9 PM
Fri, Jan 2	10 AM-9 PM
Mon, Jan 19 (Martin Luther King Jr Day)	10 AM-9 PM
Mon, Feb 16 (Presidents' Day)	10 AM-9 PM

Rink Maintenance

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

PARK	Hockey Rink	General Rink	No Shelter
Gearty	X	X	
Hampshire	X	X	
Lions	X	X	
Medley	X	X	
Scheid	X	X	
Wesley	X	X	
N. Tyrol		X	X
S. Tyrol		X	X
Yosemite		X	X

New Closing Policy for Outdoor Winter Activities



- The air temperature is -10F or colder, as per the National Weather Service.
- The wind chill index is -15F or colder, as per the National Weather Service.
- Warm temperatures softening ice, making them unsafe for skating.
- If there is a snowfall of more than 2", this could delay cleaning the rinks and opening the warming house.



FAT BIKE CYCLING
CROSS-COUNTRY SKIING
SNOWSHOEING
SKIJORING
TRAIL USE IS FREE!



WINTER RECREATION TRAILS



Brookview Golf Course will be grooming **two winter multi-use recreation trails** this winter season in a partnership with Three Rivers Park District. The new trails will **meander through the golf course** and be 6' to 8' wide. The corduroy style compacted snow grooming will encompass two trail distances, **one ¾ of a mile and one 3½ miles in length**. Trails will not have lights and will rely upon natural snow. Helmet required for Biking. **Trail maintenance** will begin when snow conditions are appropriate and will continue through late February (contingent upon weather and snow conditions).

FAT BIKE RENTAL AT BROOKVIEW

This is a wonderful opportunity to try out winter Fat Bike Cycling. Fat Bikes are rented in two hour increments and come with a bike helmet (required), a small storage bag and lights for after dark trail use. A waiver is required for all bike rentals and individuals under the age of 18 are required to have a parent or guardian sign. Call in advance to book your rental!

Rental Hours: Available during winter Brookview Grill hours (see page 7)

Fee: \$25/two hour rental, plus credit card hold until bike is returned

Reservations: Call 763-512-2305

Brookview Golf is partnering with Tonka Cycle & Ski and Salsa Bikes to offer Fat Bike rental for use on the new winter recreation trails.



In the event of inclement weather, please call the weather line at 763-512-2300 (press option 2, then option 1) for trail conditions and closure updates.





BROOKVIEW GRILL OPEN FOR THE WINTER SEASON

December 12-February 23

Come & see us!

The Brookview Grill will be open this winter season Fridays through Sundays, plus winter break and non-school days beginning December 12 and continuing through February 23. The Grill will offer a special winter food menu and full line of on-sale beverages. Warm up in the Brookview Grill or by the outdoor fire pit with a cup of Hot Chocolate and a S'more kit. We like to say we are the Hot Chocolate and S'more specialists! The Grill is located at Brookview Community Center with perfect access to the new winter multi-use recreation trails. **NOTE:** The Brookview Grill will not open when the temperature exceeds 10 below zero or a combination of temperature/wind chill exceeding 15 below zero.

Private rentals for the Grill and outdoor fire pit are available. Please call 763-512-2305 for more information.

GRILL HOURS (December 12-February 16)

Fridays	11 AM-9 PM
Saturdays	10 AM-8 PM
Sundays.....	10 AM-5 PM
Winter Break Weekdays (Dec 22-Jan 2)....	10 AM-5 PM
Christmas Eve	Closed
Christmas Day.....	Closed
New Year's Eve	10 AM-3 PM
New Year's Day	10 AM-5 PM
Martin Luther King Day	10 AM-5 PM
Presidents' Day	10 AM-5 PM

Fat Bike Races at Brookview

Brookview Golf Course is hosting two Fat Bike races of pure awesomeness on the new winter multi-use recreation trails.

Races will be timed using computer chips with a mini-wave start format of up to six bikers at a time. Race events are limited to 160 participants. Prizes will be awarded to top three racers in each category. Categories will include:

Beginner (1 lap), Sport (2 laps) and Expert (3 laps). Each lap is approximately 3½ miles in length. Only Fat Bikes are allowed to race with tires a minimum of 3.8" wide.

Race information and registration form are available on-line at www.brookviewgolf.com, or by calling 763-512-2305.

Participants are encouraged to register in advance.

Races are sponsored in conjunction with T-hree Rivers Park District, Tonka Cycle & Ski and Salsa Bikes.

Race Site: Brookview Golf Course

Fee per Race: \$20 In advance, \$25 Race day

Brookview Tour De Fat

Saturday, January 3

Check-in: Friday, January 2, 12:00-8:00 PM
and Saturday, January 3, 7:30-10:00 AM

Race Time: First race wave begins at 10:00 AM

Brookview Fat Bike Meltdown

Saturday, February 21

Check-in: Friday, February 20, 12:00-8:00 PM
and Saturday, February 21, 7:30-10:00 AM

Race Time: First race wave begins at 10:00 AM

Visit www.brookviewgolf.com for more information.

Family Snowshoe Day at Brookview

Tuesday, December 30 • 1:00-3:00 PM

FREE

Three Rivers Park District is partnering with the Parks and Recreation Department to offer a family snowshoe event at Brookview Golf Course on the new multi-use winter recreation trails. Three Rivers Park District Staff will be onsite providing equipment and education for all who would like to tryout the wonderful world of winter snowshoeing. In the event of inclement weather, please call the weather line at 763-512-2300 (press option 2, then option 1) for updated event status.



Youth

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. Adult participation required. No instruction provided. Pay at the door or purchase a punch pass. Children 1 and under are free!

Site: Brookview Community Center

Date: Friday, Oct 3-March 27

Time: 10:00-11:30 AM

Fee: Daily \$2/child, 10-visit pass \$15

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

Time: 9:30-11:00 AM

Fee: \$48, Resident \$45

MON/WED

Date: Jan 5-Feb 18 & Fri, Jan 30 (No Jan 19, 21 & Feb 16)

Code: 13046

Date: Feb 23-April 1

Code: 13048

TUE/THU

Date: Jan 6-Feb 19 & Fri, Feb 6 (No Jan 15, 20 & 22)

Code: 13047

Date: Feb 24-April 2

Code: 13049

Preschool Imagination Movers

AGES 3-5

Calling all boys and girls ages 3-5 who love to move! This class is taught through playful, structured activities that revolve around a different movement concept each week. Individual creativity and movement imagination are encouraged as children explore the many dance principles in Time, Space, and Energy. Props, percussion instruments and a wide variety of music are all part of the fun. Children will quickly build movement vocabulary, develop body awareness and gain self-confidence. Children should wear comfortable clothes that allow for action. No special shoes necessary! **Resident fee applies to Golden Valley, Crystal and Robbinsdale residents.*

Site: Crystal Community Center

Date: Mon, Feb 2-April 6 (No class Feb 16)

Time: 10:30-11:30 AM

Fee: \$79, *Resident \$72

Code: 13067

Register by: January 23

Imagination Movers

AGES 6-10

Calling all boys and girls ages 6-10 who are eager to express themselves through movement and discover new ways of moving! Creative dance provides an alternative to the classical rules and set structure of Ballet, Tap and Jazz. Individual creativity and freedom of expression are encouraged as children explore dance principles of time, space, and energy and work towards mastery of movement. Creative dance students wear comfortable clothing that allow for action and dance in bare feet. An informal showing takes place on the last day. **Resident fee applies to Golden Valley, Crystal and Robbinsdale residents.*

Site: Crystal Community Center

Date: Mon, Feb 23-March 16

Time: 6:00-7:00 PM

Fee: \$37, *Resident \$30

Code: 13066

Register by: February 17

"Happy Birthday" Party!



AGES 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview. Call 763-512-2345 for more information.

“A Charlie Brown Christmas” at the Old Log Theater

AGES 2+ WITH AN ADULT

Old Log Theatre in Greenwood is proud to present *A Charlie Brown Christmas*. Join Charlie Brown and the Peanuts gang as they await the arrival of the Great Pumpkin, enjoy a special Thanksgiving feast and search for the perfect tree for Snoopy at Christmas. This musical will warm the hearts of young and old during this holiday season. Tickets will be available in the lobby of the theater. Your own transportation must be provided.

Site: Old Log Theater
(5185 Meadville St, Greenville)

Date: Tue, Dec 23

Time: 9:45 AM-12:00 PM

Fee: \$11/person

Code: 13018

Kids Yoga & Mindful Movement

AGES 4-12

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: Sat, Jan 10-Feb 7

Fee: \$64, Resident \$60

AGES 4-7

Time: 9:15-10:00 AM

Code: 13085

AGES 8-12

Time: 10:15-11:00 AM

Code: 13086

Science in the Kitchen *with Science Explorers*

AGES 3½-6

Our kitchens can be amazing science labs...so join Science Explorers as we throw open the kitchen cabinets and enjoy fun, “hands-in” science. We will explore states of matter and more with experiments that bubble, fizzle, crackle and pop. Be sure to dress so you can get messy. Note: Corn, wheat and dairy may be used in this class, but not consumed. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena

Date: Wed, Jan 28-Feb 11

Time: 9:30-11:30 AM

Fee: \$40, *Resident \$33

Code: 13077

Battling Robo Botz *with Science Explorers*

GRADES 2-6

Youth in grades 2-6, have you ever wanted to build a robot? Join us as we build simple motorized robots and will battle for the title “Best Bot”. After each round, your team will reconfigure your robot to build it bigger... better...stronger, using your new-found knowledge of mechanical movement. Imagine, build and battle your way through the competition of amazing Robo-Botz. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena

Date: Mon, Feb 16

Time: 9:30 AM-12:00 PM

Fee: \$27, *Resident \$20

Code: 13076

Private Piano Lessons

AGES 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

TO REGISTER: Contact the Coordinator at 763-509-5224 to establish a lesson time, then call the Recreation office to register over the phone.

INSTRUCTED BY JULIE PRUSE

Site: Brookview Community Center

Available Times: 3:30-9:00 PM

Date: Tue, Jan 13-March 17

Fee: \$220, *Res \$210

Code: 13071

Date: Thu, Jan 15-March 19

Fee: \$220, *Res \$210

Code: 13072

INSTRUCTED BY MILA MARON

Site: Brookview Community Center

Available Times: 3:30-9:00 PM

Date: Wed, Jan 7-March 18

Fee: \$241, *Res \$231

Code: 13070

Youth

Winter Playground

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

Date: Mon/Tue/Fri, Dec 29, 30 & Jan 2

Time: 1:00-3:00 PM

Fee: \$22, Resident \$20

Code: 13083

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, March 12 at 7:00 PM. All participants must be able to participate in the final performance. Instructors have experience in theatre, film and music.

Site: Meadowbrook School (some classes may be held at Brookview)

Date: Tue/Thu, Jan 6-March 12

Fee: \$104, Resident \$99

AGES 6-12

Time: 6:15-7:30 PM

Code: 13129

AGES 13-17

Time: 7:30-8:45 PM

Code: 13130

Children's Museum-To-Go Have A Ball

School's Out!

GRADES K-4

Energize your minds using critical thinking skills such as observing, predicting and problem solving to maneuver balls through a series of challenges. This is a Minnesota Children's Museum interactive, multi-sensory class which is sure to ignite imaginations and make learning fun! Instruction and all materials provided by the Museum. **Registration deadline: December 8 at 12 PM.**

Site: Robbinsdale Police & Fire Building (41st & Hubbard Ave)

Date: Mon, Dec 22

Fee: \$18

GRADE K-1

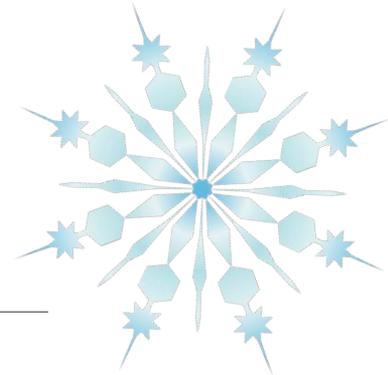
Time: 9:30-10:20 AM

Code: 13073

GRADE 2-4

Date: 10:30 -11:20 AM

Code: 13074



Winter Escape Trip

School's Out!

AGES 7-11

Come experience a winter "getaway." First we will take a fascinating journey from the coastline to the depths of the ocean at Sea Life Aquarium at the Mall of America. Discover a magical underwater world filled with a dazzling array of amazing creatures. You will also get to tour behind the scenes where you will see first hand how they care for over 10,000 animals. You'll visit the food prep kitchen, laboratory and the top of the tanks! After Sea Life we will have lunch and a movie at New Hope Cinema Grill. After the movie there will be time to spend your own money on arcade games. Fee includes bus transportation, admissions, pizza, pop and supervision. Adult volunteer chaperones welcome. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale.*

Date: Tue, Jan 20

Bus Pick-up: 8:45 AM at New Hope Cinema Grill (2749 Winnetka Ave)

End of Day Pick-up: 3:30 PM at New Hope Cinema Grill

Fee: \$44, *Resident \$37

Code: 13075

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 provide own lunch and snack. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale.*

Site: Brookview Community Center

Time: 8:00 AM-4:30 PM

Fee: \$82, Resident \$77

Date: Sat, Jan 3 **Code:** 12887

Date: Sat, March 14 **Code:** 13050

Date: Sat, April 25 **Code:** 13051

Date: Sat, June 6 **Code:** 13052

3D Engineering: Architectural & Structural Design

AGES 5-10

Join us and bring your imagination to life! Become a master bricklayer, and use our special architectural Lego kits to build your creations. Be an architect as you learn the principles of construction. The main goal of the course is to introduce the concept of 3 Dimension and its role in designing. Working in teams, students will construct buildings, structures, towers, castles and more. Students learn principles of construction and use math skills as they experiment with scale and size, staggering vs. stacking and more. In a hands-on class using LEGO® materials, we'll build houses with removable roofs, castles with turrets, and towers of strength! It just may be impossible to exhaust the creative potential of LEGO bricks. With an active imagination as your guide, there are endless possibilities. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Sat, Feb 21-28

Time: 9:00 AM-12:00 PM

Fee: \$69, *Resident \$62

Code: 13090

Register by: February 13

Lego Minecraft Engineering

AGES 6-11

From the hit video game, Minecraft, comes our awesome Lego and Papercrafts class. We will be creating mob figures, custom blocks, mosaics, custom biomes and terrains from the MineCraft Video Game! We will use both cardboard papercrafts and Legos to create our worlds. Builders will be challenged to bring their virtual designs from the game to life and get to take home a daily project. Most materials will be for class use only. Take-homes include: a mini Lego Micro-biome, 2 Lego micro-figs and 2 papercrafts. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Thu-Fri, April 102

Time: 1:00-4:00 PM

Fee: \$69, *Resident \$62

Code: 13092

Register by: March 24

Minecrafting: Buildcraft & Redstone

AGES 8-12

Minecraft, one of the most popular video game in history, offers an amazing world of endless possibilities, limited only by your imagination. This class is for Intermediate and Advanced Minecrafters who will learn how to expand their world's abilities using popular game-enhancing mods. Participate in building challenges, using mods like BiblioCraft, BuildCraft, BukkitForge, Ender Storage, Industrial Craft and Zan's Minimap. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Sat, Jan 24-31

Time: 9:00 AM-12:00 PM

Fee: \$75, *Resident \$68

Code: 13089

Register by: January 16

Robotics: Jedi & Imperial Droids

AGES 7-12

Star Wars, Robotics and Engineering! we will use the "Micro Scout" Lego Mindstorm Robotics System's microcomputer for the brain of our droids. Use the built-in light sensor, motor and sound to bring our droids to life. Create familiar Star Wars droids or use the Force to create droids of your own design. In this exciting hands on class student working in pairs will be using the Robotic Mindstorms Droid and Darkside developer kit to build and experiment with up to 6 different models. Learn about robotics and engineering as we build the base models, then customized the droids. Possible models include the micro-walker, L8GO Trainer, Starfighter, X-Walker. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

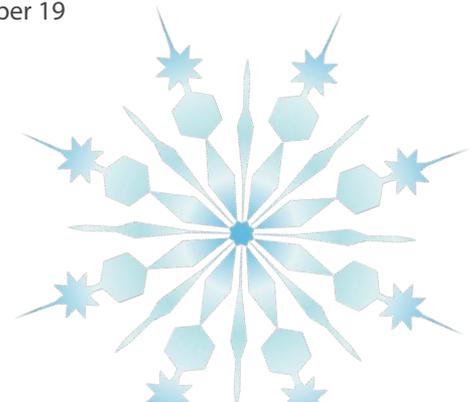
Date: Mon-Tue, Dec 29-30

Time: 1:00-4:00 PM

Fee: \$69, *Resident \$62

Code: 13091

Register by: December 19



Youth

Parent/Child Everyday Heroes Art Class

by Kidcreate Studio

AGES 18MO - 6 WITH ADULT

Firefighters are brave and strong. They fight fires and keep us safe. They're everyday heroes! Plus, they drive a really awesome truck! Join us as we create a cool painting of a fire truck that your little firefighter fanatic will love. Come and create right along with your child, children must be accompanied by a caregiver. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Mon, Jan 12

Time: 9:30-10:15 AM

Fee: \$20/pair, *Resident \$13/pair

Code: 13096

Register by: January 5

Clay Character Art Camp

School's Out!

AGES 5-10

Your favorite cartoon characters will come to life as we get messy with many different types of clay in this fun camp. Scooby, Alvin the Chipmunk and a Minion are just a few of the incredible creations your child will construct as they learn basic terms and techniques for working with clay. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Mon-Tue, Dec 29-30

Time: 9:30-11:30 AM

Fee: \$49, *Resident \$42

Code: 13094

Register by: December 19

Happy Hamster Art Camp

School's Out!

AGES 5-10

Every kid dreams of having a hamster! In this camp, their dream will come true...sort of. We will create a pet hamster out of clay and then create awesome hamster sized accessories for their new hamster pal. We'll make everything their hamster needs to be happy like carriers, exercise wheels, cute costumes and so much more. No trips to the pet store required! **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Thu-Fri, April 1-2

Time: 9:30-11:30 AM

Fee: \$49, *Resident \$42

Code: 13095

Register by: March 24

Jewelry Box Creation

AGES 5-12

Let's get crafty together and make an adorable jewelry box. What a great place to keep all your treasures in. Making a mess may be the best, but getting crafty is pretty cool too! **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center

Date: Sat, Feb 7

Time: 9:30-11:30 AM

Fee: \$29, *Resident \$22

Code: 13093

Register by: January 30



Gymnastics

AGES 2+

Get ready for another exciting session of gymnastics! New Hope Parks and Recreation offers a gymnastics program led by quality staff who will provide their expertise to help participants achieve better physical fitness, coordination, and gymnastics skills.

Program is held at Sandburg School. Golden Valley residents will receive the resident fee for this program. For more information or to register, call New Hope Recreation at 763-531-5153.

Amazing Athletes

AGES 3-6

This is a perfect class for kids to get moving and learn new sports and skills. We will give every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills and cognitive development. Classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis. **Resident fee applies to Golden Valley, Crystal, New Hope & Robbinsdale residents.*

Site: Crystal Community Center

Fee: \$56, *Resident \$49

Date: Thu, Jan 15-Feb 12

Time: 5:30-6:15 PM **Code:** 13036

Time: 6:30-7:15 PM **Code:** 13037

Date: Thu, Feb 26-March 26

Time: 5:30-6:15 PM **Code:** 13038

Time: 6:30-7:15 PM **Code:** 13039

Mites Basketball Instructional Program

GRADES K-1

This skill-based program for girls and boys will have an emphasis 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. Run in cooperation with Crystal Recreation. **Resident fee applies to Golden Valley and Crystal residents. Register by January 16.*

Site: Crystal Community Center

Date: Sat, Jan 24-March 14

Fee: \$50, *Resident \$43

GRADE K

Time: 9:15-10:15 AM

Code: 13068

GRADE 1

Time: 10:30-11:30 AM

Code: 13069

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. The 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 end of the program, students will perform a group recital. Students receive a certificate and medal.

Register at Davis Community Center on Tuesday, February 3 from 6:30-7:30 PM.

Site: Davis Community Center

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

AGES 4-8

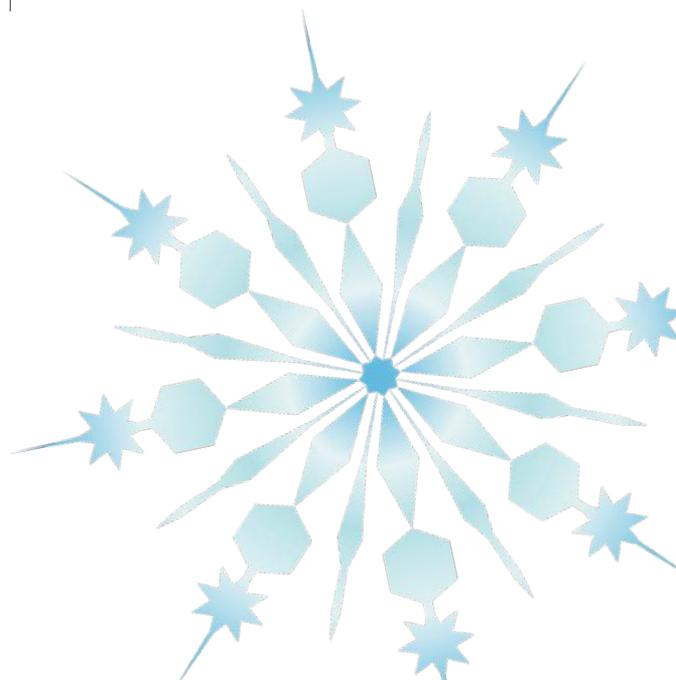
Date: Tue, Feb 10-April 28

Time: 6:00-6:45 PM

AGES 9-16

Date: Tue, Feb 10-April 28

Time: 7:00-7:45 PM



Youth

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. 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

Time: 5:45-6:15 PM

Fee: \$52, *Resident \$49

Date: Tue, Jan 13-Feb 10

Code: 13056

Date: Tue, Feb 24-Mar 24

Code: 13057

Date: Tue, April 7-May 5

Code: 13058

Tae Kwon Do

AGES 5+

This 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 residents.*

Site: Davis Community Center

Fee: \$63, *Resident \$59

BEGINNER

Time: 6:15-7:00 PM

Date: Tue, Jan 13-Feb 10

Code: 13060

Date: Tue, Feb 24-Mar 24

Code: 13062

Date: Tue, April 7-May 5

Code: 13064

ADVANCED

Time: 7:00-7:45 PM

Date: Tue, Jan 13-Feb 10

Code: 13061

Date: Tue, Feb 24-Mar 24

Code: 13063

Date: Tue, April 7-May 5

Code: 13065

Kids Smart

AGES 5-12

Self-defense and safety is taught by a black-belt certified martial arts instructor. Participants learn quick responses for “no-win” situations and what to say or do when confronted by a threatening stranger. Learn easy maneuvers to get out of holds and how to take control of a situation. **Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center

Date: Mon, Jan 19

Time: 12:30-2:30 PM

Fee: \$40, *Resident \$36

Code: 13055

Register by: January 14

Fencing Class

AGES 6-12

Youth will learn real fencing skills while having fun in this 4 week class. This program, provided by Minnesota Sword Play, will introduce children to the fundamentals of fencing. With an emphasis on skill building, concentration and self discipline, this camp is designed to enhance motor skill, social and perceptual growth by teaching safe, age appropriate foil fencing skills. All equipment provided. Run in cooperation with New Hope Recreation. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Community Gyms

Date: Mon, January 26-March 2

Time: 6:00-7:00PM

Fee: \$70, *Resident \$63

Code: 13020

Archery

AGES 8-15

All levels are welcome to join this class. Youth will be instructed by their skill levels. Beginners will learn the basics including safe range practices and intermediate/ advanced students will review the basics and learn more advanced skills. All instruction and equipment is supplied by Orion Archery. Be a part of this fast growing sport! This course is run in cooperation with Robbinsdale Park and Recreation. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Robbinsdale Community Gyms

Time: 6:00-7:30 PM

Fee: \$72, *Resident \$65

Date: Tue, Jan 27-Feb 17

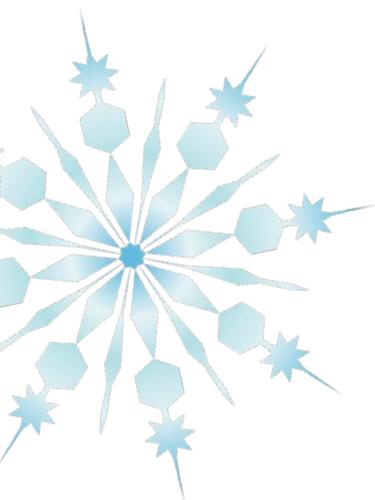
Code: 13019

Register by: January 20

Date: Tue, Feb 24-March 17

Code: 13035

Register by: February 17



Rink Rat Hockey for Boys & Girls

AGES 7-14

Cooperative outdoor hockey league with other surrounding suburbs. League will begin with 2 practices and the rest of the season will be instructional games, without goalies. Some games will be played in other communities. Leagues divided into age divisions (7-9, 10-12 and 13-14 years). Teams may be combined with other communities. Jersey and participation award are provided. Friday practices and games will be 6:30 or 7:30 PM. Sunday practices and games will be 4 or 5 PM. January 4 & 9 will be practices, with the remaining days for games. Specific schedule will be available to participants by January 4. **Participants must supply own equipment:** Hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup (if applicable).

Site: Wesley Park and/or rinks in surrounding suburbs

Date: Fri evening & Sun afternoon, Jan 4-Feb 8

Fee: \$45, Resident \$40

Register by: December 12

Ages 7-9 Code: 12890

Ages 10-12 Code: 12891

Ages 13-14 Code: 12892

Ice Hockey Skills Camp

AGES 5-10

This program is designed to teach boys and girls basic ice hockey skills with an emphasis on skating, puck handling, shooting, positioning, goal tending and basic rules. No formal games with other teams, only scrimmages at the end of each session. **Participants provide their own:** hockey skates, hockey stick, helmet with mask, mouth guard and protective cup if applicable.

Site: Hampshire Park (outdoor ice)

Fee: \$25, Resident \$20

AGES 5-7

Date: Mon/Tue/Fri, Dec 29, 30 & Jan 2

Time: 12:15-1:30 PM

Code: 13079

AGES 8-10

Date: Mon/Tue/Fri, Dec 29, 30 & Jan 2

Time: 1:45-3:00 PM

Code: 13080

Blizzard Ski & Snowboard Instruction

GRADES 5-12

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts! Explore and improve your skills with experienced instructors at seven different metro ski and snowboard areas. You provide your own food and gear (season long rentals are available), we provide the rest! You will be contacted prior to the trip each week for your reservation. Weekly trip fee of about \$60 covers round trip bus transportation and lift ticket. Contact us for details and more information!

Pick-up Location: Ridgedale Mall - Minnetonka (SE "Pheasant" lot)

Date: Sun, Jan 11-Mar 1

Time: 8:00 AM-5:30 PM (approx)

Fee: \$209, plus \$60 weekly

Register: www.blizzardmn.com or 763-559-EDGE (3343)

School's Out! Open Gyms at Davis Community Center

Davis Community Center will have Open Gym on No-School days. Balls provided. Come and have a ball indoors!

Dates: Dec 22, 23, Jan 2 & 26, Feb 16, Mar 16, 17, 30 & 31

Fee: \$4/visit or \$28/10-time punch pass

FAMILY GYM TIME - 1:00-3:00 PM

OPEN TO ALL WITH ADULT

All youth must be accompanied by a parent/guardian over the age of 18. Scooters, soccer balls, basketball and more! Adults free with child.

YOUTH OPEN GYM - 3:00-5:30 PM

AGES 11+

Shoot hoops, practice volleyball skills, play a game of catch or work on dribbling skills.



Nature Programs

Westwood Hills Nature Center

Westwood Hills Nature Center is a 160-acre natural area in St. Louis Park located just south of I-394 and east of Hwy 169. Parking and admission are free. It features marsh, woods and restored prairie. Wood chipped, boardwalks and hard surface accessible trails are open from dawn to dusk year-round. Naturalists conduct year-round programs to educate their visitors of our natural world.

8300 W. Franklin Ave, St. Louis Park, MN 55426 • 952-924-2544
www.westwoodhillsnaturecenter.org

Winter Solstice Walk

ALL AGES WITH AN ADULT

Experience the solitude and beauty of the Nature Center's trails at night on the shortest day of the year. Go out on a self-guided hike on a trail lit by luminaries. Warm up by a bonfire and cook s'mores after the hike. Be ready to hike $\frac{3}{4}$ mile and dress for the weather.

Site: Westwood Hills Nature Center
Date: Fri, Dec 19
Time: 6:00-8:00 PM
Fee: \$5/person
Code: 13123

Westwood Winter Extravaganza Open House

ALL AGES WITH AN ADULT

Winter is as perfect a season as any to get outside and be active with family and friends. Join us at the Nature Center to try some great winter activities. Play lake mini golf, cruise around on kick sleds, see how far you can slide the snow snakes, partake in a snow people building contest, and learn to build a fire. Snowshoes will also be available to rent. A fire and hot chocolate will be ready to warm you if you get cold. Activities are weather dependent and may change.

Site: Westwood Hills Nature Center
Date: Sun, Jan 11
Time: 1:00-3:00 PM
Fee: \$8/person
Code: 13124

Winter Wonderland Camp

School's Out!

GRADE K-5

Curious about new ways to have fun in the winter? Spend the day with friends and naturalists at the Nature Center. We will explore the woods on snowshoes, rip across the lake on kicksleds, play games in the cattails, and spend some time indoors doing crafts and meeting a live animal. Hot chocolate will be served but bring snack, lunch, and warm clothes. These activities may change due to weather.

Site: Westwood Hills Nature Center
Date: Wed, Dec 31
Time: 9:00 AM-2:30 PM
Fee: \$32/person
Code: 13127

Maple Syruping Open House

ALL AGES WITH AN ADULT

Spring is near! The nights are still cold but the days are warming up. Everything is beginning to thaw. You know what that means? It's time to head to the sugar bush to tap some maple trees. Team up with the naturalists at Westwood Hills Nature Center to harvest sap (if it the weather is right) and turn it into maple syrup. Learn the history of maple syruping in this area as well as traditional techniques to build fires and make baskets. End your afternoon with a sweet treat and some hot chocolate. Dress for the weather.

Site: Westwood Hills Nature Center
Time: 1:30-3:30 PM
Fee: \$8/person
Date: Sun, March 22
Code: 13125
Date: Wed, April 1
Code: 13126

DID YOU KNOW?

20% OF WESTWOOD HILLS NATURE CENTER IS IN GOLDEN VALLEY!

Spring Break Animal Care Camp

School's Out!

GRADE K-5

The spring thaw season can be a tough time to stay active and busy. Winter may be on its way out but it still does not always feel like spring. All this doesn't mean that there is nothing to do! The animals on exhibit at the Nature Center are still doing their thing and the naturalists are busy taking care of them. Lend a hand to the naturalists as they take care of Westwood Hill's critters and learn about all that goes into maintaining these awesome animals. Get an up close and behind the scenes view of Westwood's reptiles, amphibians and birds of prey. Dress for the weather and be prepared to spend some time outside as well to search for wild animals on the trails around the Nature Center. Pack a snack and a lunch.

Site: Westwood Hills Nature Center

Date: Thu, April 2

Time: 9:00 AM-2:30 PM

Fee: \$32/person

Code: 13128

Snowshoeing for Beginners

AGES 8+

Snowshoeing is a great way to get outside and enjoy the beauty of a Minnesota winter. This easy and fun sport can be done just about anywhere-even on the golf course! This program will explore the history of snowshoeing and the different styles that are commonly used. After a warm inside introduction, participants will head outside with the naturalist to explore and make some tracks! No experience is necessary. Bring your own snowshoes or use ours.

Site: Brookview Community Center - Winter Recreation Trail

Date: Sat, Feb 21

Time: 10:00-11:30 AM

Fee: \$19, Resident \$12

Code: 13108

Register by: February 13

Full Moon Snowshoe Hike

AGES 16+

Leave your clubs behind but pack your mittens as we explore both the open and wooded areas of the Brookview Golf Course in Golden Valley. The full moon and the silence of winter will be a great way to distress in the middle of the week and burn a few calories! Program will cover the history of snowshoeing and the different styles that are commonly used. No experience is necessary. Bring your own snowshoes or use ours.

Site: Brookview Community Center - Winter Recreation Trail

Date: Wed, Feb 4

Time: 7:00-8:30 PM

Fee: \$19, Resident \$12

Code: 13107

Register by: January 26



Target 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.

A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation.

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

Harlem Globetrotters "Washington Generals Revenge Tour" at the Target Center

The iconic Harlem Globetrotters are coming to town with their unrivaled family show, featuring some of the greatest athletes on the planet. With incredible ball handling wizardry, amazing rim-rattling dunks and trick shots, side-splitting comedy and unequalled on-court fan interaction, this must-see event is guaranteed to entertain the whole family-creating memories that will last a lifetime. Age 2+ need a ticket.

Date: Sat, April 4

Fee: \$29 (lower level corner)

Time: 7:00 PM

Register by: March 18

Code: 13098



youth athletic associations

**Golden Valley
Little League Baseball
Boys & Girls age 6-12**
Pat Dale, 763-593-9077
gvdales@comcast.net
www.goldenvalleylittleleague.org

**Armstrong Cooper
Youth Baseball Association
Boys age 12-19**
Dale Bierke, 763-614-9821
www.acybaseball.com

**Girls Slowpitch Softball
Girls grade 3-12**
Keith Hiljus
keithhiljus@yahoo.com
www.gvgs.org

**Armstrong Cooper
Youth Hockey Association
Boys & Girls age 4+**
Dawn Speltz, 612-987-4599
www.acyha.org

**Cooper/Armstrong Girls
Fastpitch Softball
Girls age 9-12**
www.caheatfastpitch.org

**Park Valley United FC
Soccer Club
Boys & Girls age 5-17**
www.parkvalleyunitedfc.org

Adaptive Programs

The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area.

952-988-4177 www.reachforresources.org



All Ages

BOWLING

Join us for fun, noncompetitive bowling. Bowl 2 games each week at Doyle's Lanes (5000 West Broadway Ave, Crystal) on Sat, Jan 10-Feb 28 from 12:00-2:00 PM or 2:00-4:00 PM. Fee \$35 (plus \$3.50 each week).

FAMILY YOGA

Increase attention span, focus, muscle tone, and flexibility. This is a combination class for kids and adults with disabilities. Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult. Held at St. Louis Park Recreation Center on Tue, Jan 20-Feb 24 from 7:00-8:00 PM. Adult Fee \$40, Family Fee \$50 per parent/child pair (\$20/each additional family member).

INCLUSION SUPPORT

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 to discuss the needs/accommodations for yourself or your child. We request a minimum of two weeks notice for a successful inclusion.

Teens

TEEN EXPLORERS

Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and much more! Held at various metro locations on Tue, Jan 13-Mar 3 from 6:30-8:30 PM. Fee \$40.

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 952-988-4176 for more information.

Adults

ZUMBA

Have fun while learning the popular dance moves! Join the sensation! Held at St. Louis Park Recreation Center on Mon, Jan 12-Mar 2 (No Jan 19, Feb 16) from 6:30-7:30 PM. Fee \$40 Resident, \$48 Non-resident.

WEDNESDAY NIGHT SOCIAL

Meet new friends while enjoying games, dances, movies, bingo, etc. Held at various north metro locations on Wed, Jan 14-Mar 4 from 6:30-8:30 PM. Fee \$40.

NON-COMPETITIVE BASKETBALL LEAGUE

Have fun and improve your basketball skills. Held at Brooklyn Center Youth Rec Center on Thu, Jan 15-Mar 19 (No Mar 12) from 6:30-8:00 PM. Fee \$40.

Special Events

FRIDAY NIGHT DANCES

Held at St. Louis Park High School (6425 West 33rd St, St. Louis Park) on Jan 16, Feb 20, Mar 20 from 7:00-9:00 PM. Fee \$5 at the door.

SUPER BOWL PARTY

Watch the BIG GAME with your friends and enjoy food, games, and activities throughout! Held at Brookview Golf Grill on Feb 1 from 5:00-9:00 PM. Call Kirsten at 952-988-4177 for more details.

BINGO NIGHT!

Join us for a night of fun and prizes on Mar 6 from 6:30-8:00 PM at Brooklyn Park Community Activity Center. Fee \$5.

Adult

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, Feb 3-March 24

Time: 11:00 AM-12:00 PM

Fee: \$69, Resident \$64

Code: 13103

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, Feb 2-March 23

Time: 6:00-7:00 PM

Fee: \$69, Resident \$64

Code: 13102

Hoop It Up! 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 available for purchase for \$15.

Site: Davis Community Center

Date: Wed, Jan 14

Time: 6:00-7:30 PM

Fee: \$14, Resident \$12

Code: 13121

The Fascinating World of Balloon Art

Have you ever marveled at the skills of a balloon artist as he (she) created flowers, animals, magic swords, hats, etc.? Annette Fragale has been creating balloons figures at various events for over 25 years. She is presenting this workshop for adults and children 12 and over in this special one-time class. You will learn which products work best and where to find them. The basic twists and locks will be taught. You will soon be creating masterpieces! It's lots of fun. There will be other surprises! Class materials are included in the fee. Annette is host of the popular award winning TV show, "The Magic Book Nook".

Site: Brookview Community Center

Date: Thu, Jan 15

Time: 6:00-7:30 PM

Fee: \$17, Resident \$15

Code: 13122

Holiday Centerpiece Making with Some Cheer!

Bring Holiday Cheer home this season with a magnificent table centerpiece hand crafted by YOU! Join us to make your own centerpiece from winter greenery and other seasonal items. Participants must provide a vase or container; we will supply the materials and instruction. Please bring a floral or pruning scissors if you are able. Snacks will be provided. Wine and beer will be available for purchase.

Site: Brookview Community Center/Grill

Date: Thu, Dec 18

Time: 6:00-8:30 PM

Fee: \$41, Resident \$35

Code: 12947



Yoga Flow with Laura

This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners, 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

Date: Tue, Jan 6-Feb 10
Fee: \$64, Resident \$60
Code: 13003

Date: Thu, Jan 8-Feb 12
Fee: \$64, Resident \$60
Code: 13001

Date: Tue, Feb 17-March 24
Fee: \$64, Resident \$60
Code: 13002

Date: Thu, Feb 19-March 26
Fee: \$64, Resident \$60
Code: 13000

Spring Meditation

Here's an opportunity to release the everyday tensions we hold in our bodies and minds; and experience the joy of relaxing. Spring is a natural time to unfold your inner beauty! Join us for an hour of gentle movement and a deeply relaxing guided meditation that will sweep off winter's layers and prepare you for the budding of Spring. You'll have the choice of meditation while sitting on a chair or lying on the floor. If you'd like to lie, bring a small pillow, blanket and mat. No previous experience in meditation required.

Site: Brookview Community Center
Date: Sat, March 21
Time: 9:30-10:30 AM
Fee: \$12, Resident \$10
Code: 13101

Beginning Modern Dance

Feel the joy of moving through the art of dance! Class begins with a warm-up influenced by yoga and Pilates, focusing on strength, flexibility, and body part articulation. Standing work includes balance, alignment, and foot work. Movement phrases across the floor emphasize spatial awareness, rhythmic clarity, momentum, and dynamic movement qualities. Some elements of improvisation are included. Bare feet and active wear recommended.
**Resident fee applies to Crystal, Golden Valley and Robbinsdale.*

Site: Crystal Community Center
Date: Mon, Feb 23-March 16
Time: 7:15-8:15 PM
Fee: \$41, *Resident \$34
Code: 13106
Register by: February 17

Dance for the Ageless

No experience necessary. We'll begin with gentle floor work and standing warm-ups which serves to strengthen, stretch and balance the body. Included are exercises influenced by modern dance, yoga and Pilates focusing on joint articulation, balance, foot work and preparing the body to move through space. **Resident fee applies to Crystal, Golden Valley and Robbinsdale.*

Site: Crystal Community Center
Date: Mon, Feb 2-April 6
Time: 9:15-10:15 AM
Fee: \$79, *Resident \$72
Code: 13105
Register by: January 23

Ballroom Dancing for Beginners

Both newcomers to dance, and prior attendees, are sure to have fun in this newly designed course! Learn steps in swing, hustle and other social dances to have you dancing at weddings, parties, clubs, cruises and more! Learn to dance to music from the 50s through today and commonly played at all social gatherings, from rock-n-roll and pop music, to rhythm & blues and country. Confidently enter the dance floor knowing some "real" moves to do together with your partner! FREE make-up and repeat classes at other locations. Teens and adults of all ages welcome! For more information, visit www.ConstantineDance.com, or contact instructor Deanna Constantine at 612-240-8329 with questions.

The Constantine family has been offering quality dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction where everyone who attends will be successful learning to dance!

Site: Brookview Community Center
Date: Sun, Feb 8-March 1
Time: 4:30-6:00 PM
Fee: \$59, Resident \$55
Code: 13100

Adult

Writers' Workshop Classes

Charlene Torkelson is an author and illustrator with over 70 published books and articles. Join her at the workshops listed below. The Writers' Workbook will be available for purchase at the classes for \$10 (optional).

Site: Brookview Community Center

Fee: Per class - \$22, Resident \$20

All 4 classes - \$76, Resident \$72

START AT THE BEGINNING

An idea for a great story has been haunting you for some time. You know you have always had a talent for writing, and now you want to start moving beyond putting the words on paper. Discover how to start becoming a "writer."

Date: Mon, Feb 2

Time: 6:00-7:30 PM

Code: 13115

FIND THE RIGHT PUBLISHER

You have your ideas or maybe have even finished an article or book - now is the time to begin finding the publisher for your project. What steps should you take to find the perfect match for your project?

Date: Mon, Feb 2

Time: 7:30-9:00 PM

Code: 13116

MOVING FROM HOBBY TO FULL-TIME

Look at the financial potential of a writing opportunity. What does it take to move from a hobby to a writing career. Look at contracts, publishing terms, and opportunities to do more with your writing interests.

Date: Mon, March 9

Time: 6:00-7:30 PM

Code: 13117

EDIT & COMPLETE YOUR PROJECT

The idea is there, the words are down on paper, and you need that extra motivation to finish. How do you take your project beyond the first draft? Learn the steps to polish and edit your work, then take a look at the self-publishing and e-book options.

Date: Mon, March 9

Time: 7:30-9:00 PM

Code: 13118

More Watercolor and/or Drawing

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own photos. Bring your watercolor supplies, containers and/or drawing tools, and appropriate paper. Class limit 10. Instructor Carolyn Papke is an artist and retired teacher.

Site: Brookview Community Center

Date: Wed, Feb 11-March 4

Time: 6:30-8:30 PM

Fee: \$48, Resident \$45

Code: 13111

Sketching with Mixed Media

A class to review drawing techniques and apply a variety of "wet or dry" styles to enhance your sketches. We will combine pencil, pen, marker, with washes from watercolor, colored or aquarelle pencil, and crayon. Bring your supplies and a sketchbook to the first class. Instructor Carolyn Papke is an artist and retired teacher.

Site: Brookview Community Center

Date: Wed, Jan 14-Feb 4

Time: 6:30-8:30 PM

Fee: \$48, Resident \$45

Code: 13112

Tips for Aging Creatively

Engage in a variety of stimulating, entertaining, and creative activities and learn about ways to nourish the brain as we age. Instructor Carolyn Papke is a retired teacher with experience in perceptual motor development and the arts.

Site: Brookview Community Center

Fee: \$48, Resident \$45

Date: Thu, Jan 8-29

Time: 7:00-8:30 PM

Code: 13113

Date: Thu, Feb 5-26

Time: 1:00-2:30 PM

Code: 13114



Tae Kwon Do

OPEN TO ALL AGES 5+

This 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 residents.*

Site: Davis Community Center

Fee: \$63, *Resident \$59

BEGINNER

Time: 6:15-7:00 PM

Date: Tue, Jan 13-Feb 10

Code: 13060

Date: Tue, Feb 24-Mar 24

Code: 13062

Date: Tue, April 7-May 5

Code: 13064

ADVANCED

Time: 7:00-7:45 PM

Date: Tue, Jan 13-Feb 10

Code: 13061

Date: Tue, Feb 24-Mar 24

Code: 13063

Date: Tue, April 7-May 5

Code: 13065

Southern Praying Mantis Kung Fu

Learn a traditional Chinese martial art that is primarily used for close quarters self protection. You will train with an emphasis on timing and feeling, developing power, and practical skills. All levels of fitness and coordination are welcome in this class. There is a great mix of two person exercises and solo work covered. You will train hard, develop proficiency of theory and technique, and progress accordingly. There are no ranks other than teacher and student. Everyone works with everyone. Taught by 6th Generation Disciple, Casey Fryer.

Site: Brookview Community Center

Time: 7:00-8:00 PM

Fee: \$75, Resident \$70

Date: Thu, Jan 8-Feb 12

Code: 13120

Date: Thu, Feb 19-March 26

Code: 13131

Boot Camp

Come ready to burn calories, build endurance, and have a great time while at it. Boot Camp is a combination of strength, cardio, muscle endurance, flexibility, and core, with a mix of functional movement patterns. You get EVERYTHING you need in less than an hour! We get you in and get you out! We keep you moving and burning fat from the first minute to the very last second! This is a challenging and effective hour of training. Instructor Shannon Burton is certified in fitness, nutrition, and FMS (functional movement) with over 20 years in the fitness field.

Site: Davis Community Center

Date: Sun, Jan 4-March 15

Time: 8:30-9:30 AM

Fee: \$45, Resident \$40

Code: 13104

Pickleball Clinics

Do you play or want to play pickleball? Here's your chance to learn the game of pickleball and/or advance your skills. We will have some equipment provided but feel free to bring your own paddle if you have one. You **MUST PRE-REGISTER** at least one week prior to program date.

Site: Davis Community Center

Time: 3:30-4:30 PM

Fee: \$7, Resident \$5

BEGINNER CLINIC FOR ALL AGES

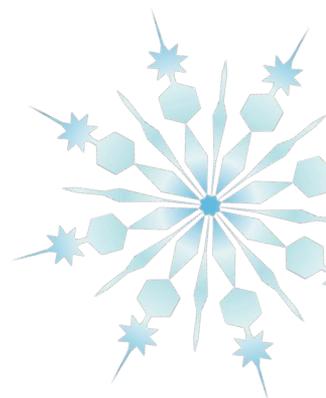
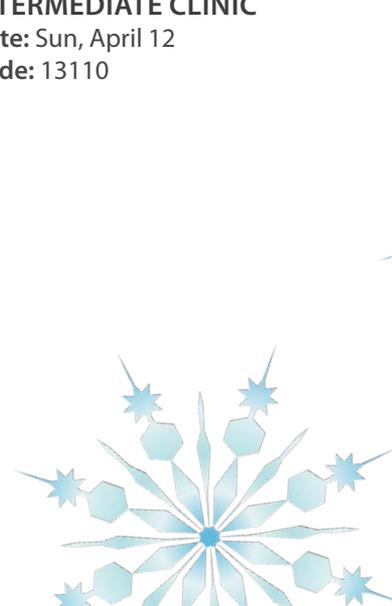
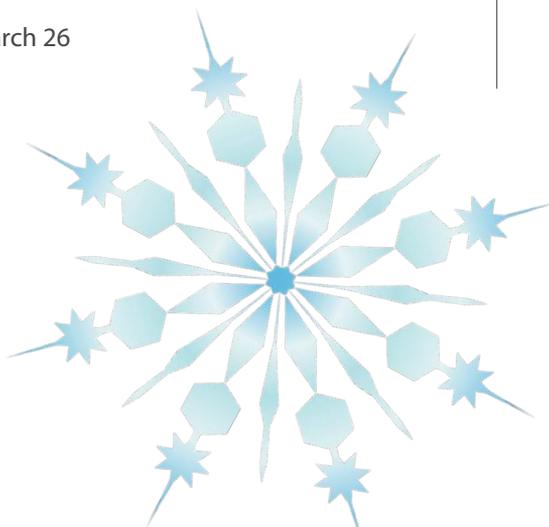
Date: Sun, March 22

Code: 13109

INTERMEDIATE CLINIC

Date: Sun, April 12

Code: 13110



Adult

Davis Community Center Open Gyms

All levels are welcome to participate. Purchase a punch pass at Davis or Brookview Community Centers and use at any of the times listed below. Basketballs and volleyballs provided. NOTE: Schedule is subject to change due to low attendance. Please check the City website for changes.

Davis Community Center will be closed on December 24, 25, 29, 30, 31 & January 1. All programs and activities will be cancelled during this time.

Date: December 7-March 29

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

Day	Activity	Time
Sunday	Family Gym Time/ Shoot Buckets	1:00-3:00 PM
Sunday	Pickleball Drop-in	3:00-5:00 PM
Monday	Basketball 35+	8:00-10:00 PM
Tuesday	Volleyball 18+	8:00-10:00 PM
Thursday	Volleyball 18+	8:00-10:00 PM
Saturday	Basketball 18+	8:00-10:00 AM



Adult Summer Softball Leagues

GENERAL LEAGUE INFORMATION

Games begin the last week of April. All games are played with a 60-minute time limit at Schaper Park. Start times are 6:05, 7:05, 8:15, and 9:15 PM. All Men's leagues play two games per evening, Co-Rec plays single games. Games are 7 Innings. Leagues run 11 weeks.

REGISTRATION INFORMATION

- Registrations packets will be available beginning December 15. Registrations will be taken beginning immediately. You do NOT need to wait until the deadline date to turn in your registration.
- Registration deadline for returning teams is Thursday, February 12, 2015, at 4:30 PM. After February 12, your league space is not guaranteed.
- Teams wanting to change leagues will be given consideration prior to new teams that want to join the league.
- All new teams can submit their registration at any time and will be held in the order they are received. All completed registration information must be submitted to the Park and Recreation Office, with teams in the league last year given priority until the February 13 deadline. New teams will be contacted to fill remaining league spaces on February 13.
- Full payment of league fees must be submitted before a team is registered.

LEAGUE FEES

Resident: Anyone who lives or works full time in Golden Valley.

Non-Resident: Anyone who does not live or work full-time in Golden Valley.

All leagues play double headers except Sunday Co-Rec plays single games.

Men's Monday All C & D classifications	Res \$645, Non-Res \$845
Men's Tuesday All C & D classifications	Res \$645, Non-Res \$845
Men's Wednesday All C & D classifications	Res \$645, Non-Res \$845
Men's Thursday All C & D classifications	Res \$645, Non-Res \$845
Co-Rec Sunday 11/12" Class D classifications	Res \$515, \$12 per Non-Res



Seniors

Golden Valley Senior Center

Located in the Evergreen Room at the Brookview Community Center.

Join scheduled activities, register for events, trips and classes.

All programs are held at Brookview unless otherwise noted.

Phone: 763-512-2339

Fax: 763-512-2344

www.goldenvalleymn.gov/recreation/seniors



2015 Annual Membership Donation

Subscribe to the bi-monthly Senior Newsletter, by paying an annual membership donation. Your donation is good for January-December 2015 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset costs for the senior program. Support your senior program by donating today!

Donation: \$8, Resident \$5 **Code:** 12997

*Thanks For
Your Support!*

Blood Pressure Screening

Service provided by a licensed nurse from the Ambassador Good Samaritan Center. *No screening in December.*

Site: Brookview Community Center

Date: Wed, Jan 28, Feb 25 & March 25

Time: 11:00-11:30 AM

FREE

Helping You Through the Medicare Maze

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make a free appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She'd love to work with you!

Site: Brookview Community Center

Date: Thu, Dec 11, Jan 8, Feb 12 & March 12

Time: Appointment times are 9:00, 10:00 & 11:00 AM

Happy Feet Foot Care Clinic

This foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you. *Clinic will not be held on December 26.*

Site: Brookview Community Center

Time: 12:00-3:00 PM

Date: Every Friday

Fee: \$34, payable day of service

Other Senior Activity Locations

Calvary Center Cooperative

7600 Golden Valley Rd

Calvary Lutheran Church

7520 Golden Valley Rd

Crystal Community Center

4800 Douglas Dr N

Dover Hills

2400 Rhode Island Ave N

Golden Valley City Hall

7800 Golden Valley Rd

Golden Valley Library

830 Winnetka Ave N

Seniors

Holiday Concert with The Robbinsdale City Band

Thu, Dec 4 • 7:00 PM
Crystal Community Center

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

Holiday Tea

Mon, Dec 15 • 1:00 PM
Brookview Community Center

Join us for a delightful afternoon with entertainment followed by delicious finger foods and desserts. Our entertainer is Jim Berner, who performs songs and stories of the pop and country singers of the 1940's-1960's and has been a staple at the Minnesota State Fair for eleven years. He promises to put you into the holiday mood. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Fee includes entertainment and refreshments.

Fee: \$9/person

Register by: December 8

Code: 12812

Mary Wanderer's Travel Show

Mon, January 26 • 1:00 PM
Brookview Community Center

The adventures begin as we kick-off the Mary Wanderers, our 2015 travel program with a "meet and greet". Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy dessert and ice cream. Be the first to hear about our travel adventures of one day and longer trips. Games! Prizes! And More!

Fee: \$4/person

Register by: January 22

Code: 12975

Tax Assistance 2015

Golden Valley Library
Thursdays, February 5-April 9
9:30 AM-1:30 PM

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Trained volunteer tax counselors will help seniors and individuals with low- to moderate-income with routine forms. Tax forms are filed electronically. Service provided by volunteers from AARP programs. Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers. Registration taken day of service on a first-come, first-served basis starting at 9:00 AM.

Please bring the following records and information:

- New 2014 tax form booklets
- Copy of 2013 tax returns and claim for property tax refund
- All documents and information concerning 2013 income, adjustments, deductions, credits and payments
- 2014 property tax statement or Certificate of Rent Paid Card with mailing label, if you received one from either the Minnesota Department of Revenue or IRS



Mondays with Mary

Join Mary every Monday at 9:30 AM to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee. You bring your time and talent. "The more the Mary-ier." *No meeting on January 19 and February 16.*

Daytime Pickleball

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. This is not a league. Come when you can - just drop in! Equipment available on a limited basis. Gym shoes are required.

Site: Crystal Community Center

Days: Mondays & Thursday

Time: 10:00 AM-2:00 PM

Fee: \$2/person each week

Remember When...? with Jan

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

Site: Dover Hill Apartments

Time: 1:00-2:30 PM

Wednesday, December 17

Remembering Christmas Cards

Thursday, January 22

Remembering Valentines

Thursday, February 26

Remembering Snow Storms

Thursday, March 26

Remembering Hobbies

Thursday, April 23

Remembering Restaurant Prices in the "Old Days"

Coffee Talk

Join us for juice, treats, informative programs and, of course, coffee! Call the senior office to register in advance so there's treats and coffee for everyone. *No meeting in December.*

Site: Brookview Community Center

Time: 9:45-11:15 AM

Fee: \$2, pay at door

WEDNESDAY, JANUARY 28

Beyond the Yellow Ribbon

A Yellow Ribbon Community unites all areas within a community to create a comprehensive network that connects and coordinates agencies, organizations, resources and employers for the purpose of proactively supporting Servicemembers and military families. Learn about this program and how you can become involved. Presented by Marshall Tanick and Lynn Gitelis. *Register by January 26.*

WEDNESDAY, FEBRUARY 25

The Many Faces of a Firefighter

Becoming a firefighter is no easy task. Today learn why people become firefighters, the recruitment process, training, commitment, the type of calls firefighters respond to, what a typical day is like, and the different styles of fire service. Presented by Steve Baker, NREMT-P, Fire Education Specialist, City of Golden Valley. *Register by February 23.*

WEDNESDAY, MARCH 25

Crimes of Opportunity

In your home, apartment, car, or out and about, how do you protect yourself from a "Crime of Opportunity"? Learn simple tips on keeping you and your loved ones safe. Presented by officers from the Golden Valley Police Department. *Register by March 23.*



Seniors

Living Wise & Well

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. *No meeting in January.*

Site: Calvary Center Cooperative

Time: 1:00-2:30 PM

FREE

THURSDAY, DECEMBER 4

The Power of Flowers

Flowers are the perfect pick-me-up. The colors, beauty, and smell brighten a room (and person) immediately. We'll learn when to give flowers, what's appropriate, how to use flowers in decorating and more. Be ready to treat your senses! Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.

THURSDAY, FEBRUARY 5

Keeping Active During the Winter Months

Staying active during the cold and ice of winter is a challenge. Learn some easy ways to stay active indoors. Our presenters will guide you through Range of Motion and Light Stretching exercises to prevent injury, maintain mobility and decrease general weakness. Presented by the Golden Valley Rehab and Care Center Therapy Department staff.

THURSDAY, MARCH 5

Meet the Pharmacist

Meet Matthew, the Pharmacist from the Golden Valley Walgreens. He will be presenting information on: How OTC medications mix with prescription drugs, What Immunizations are needed and when, the difference between generic and brand name drugs, and the new services pharmacists provide. Presented by Matthew Adams, PharmD, Golden Valley Walgreens.

THURSDAY, APRIL 2

Crohn's Disease and Colitis

Crohn's disease and ulcerative colitis are both major categories of Inflammatory Bowel Diseases (IBD). IBD affects an estimated 1.4 million Americans. These chronic diseases tend to run in families and they affect males and females equally. Meet the challenges of living with Crohn's disease or ulcerative colitis head-on with helpful tips from this educational discussion. You'll learn facts about Crohn's and ulcerative colitis as well as simple strategies for working with your gastroenterologist to manage your disease. You'll also learn about free educational support and resources available to you. Presented by Lisa Bain, Patient Advocate, Crohn's and Colitis Advocate Program, sponsored by AbbVie. Learn about the symptoms and treatment options for this chronic disease.

Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. Refreshments provided by Golden Valley Rehab and Care Center. Donation accepted for refreshments.

Site: Brookview Community Center

Time: 10:00-11:15 AM

THURSDAY, DECEMBER 18

Hot Topics

Bring a hot topic to discuss and help plan the 2015 program.

THURSDAY, JANUARY 15

Tax Changes for 2015

It's time to think about filing taxes again. Learn what's new for preparing your 2014 Federal and State tax returns. Presented by Brenda Lutter, H & R Block Golden Valley.

THURSDAY, FEBRUARY 19

Investing 102 - The Senior Version

What works and what doesn't in this changing economic environment? Are ETFs any better than index funds? When might an annuity be better than a managed-payout fund or systematic withdrawals? Are the classic strategies of asset allocation and rebalancing still valid? What investing questions should I ask a financial planner. Presented by Dale Stenseth, Money Matters member and regular presenter on several topics.

THURSDAY, MARCH 19

Getting the Best Price for Your Home

Whether you are thinking about selling your home/townhome/condo in six months or in a year, now's the time to get thinking about one of your biggest investments and what it means to your future. This presentation provides you with tools, ideas and resources to start preparing and transforming your home for better marketability and sale-ability. Presented by Anne Saatela, KellerWilliams.

THURSDAY, APRIL 16

Medical Assistance 101

Learn the law and other sources relating to Medical Assistance including the general eligibility requirements. Presented by Kyle R. Bailey, Esq.

Defensive Driving

Adults age 55+, 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.

Registration & Certificate of Completion:

To guarantee certificate at class completion, register at least 7 days 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
Date: Sat, Feb 28
Time: 9:00 AM-5:00 PM
Fee: \$18/person

4-HOUR REFRESHER COURSE

Site: Brookview Community Center
Date: Thu, Dec 11, Jan 8, Feb 12, March 12, April 9
Time: 9:00 AM-1:00 PM
Fee: \$17/person

Weekly Card & Game Groups

FREE

New players are always welcome to our 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.

Day	Group	Time
Monday	Dominoes	1:00 PM
Tuesday	Cribbage	1:00 PM
	500	6:30 PM
Wednesday	500	1:00 PM
Thursday	Euchre	1:00 PM
	Bridge	6:30 PM
Friday	Bridge	9:00 AM

Monday Open Painting Studio

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class as we prepare for our Art Display at the Golden Valley Library in May.

Site: Brookview Community Center

Date: Mondays, ongoing

Time: 9:00-11:00 AM

Fee: \$1/week payable at the front desk



More Watercolor and/or Drawing

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own photos. Bring your watercolor supplies, containers and/or drawing tools, and appropriate paper. Class limit 10. Instructor Carolyn Papke is an artist and retired teacher.

Site: Brookview Community Center

Date: Wed, Feb 11-March 4

Time: 6:30-8:30 PM

Fee: \$48, Resident \$45

Code: 13111

Tips for Aging Creatively

Engage in a variety of stimulating, entertaining, and creative activities and learn about ways to nourish the brain as we age. Instructor Carolyn Papke is a retired teacher with experience in perceptual motor development and the arts.

Site: Brookview Community Center

Fee: \$48, Resident \$45

Date: Thu, Jan 8-29

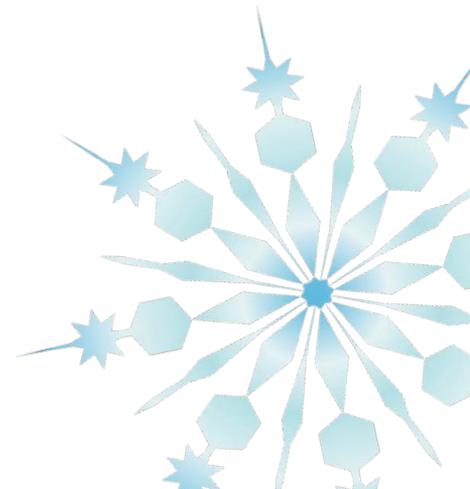
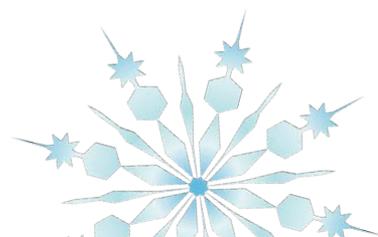
Time: 7:00-8:30 PM

Code: 13113

Date: Thu, Feb 5-26

Time: 1:00-2:30 PM

Code: 13114



Seniors

Beginning Yang Style Tai Chi & Intro to Qigong

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's. Join instructor Marie Mathay in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

Site: Brookview Community Center

Time: 9:00-10:00 AM

Fee: \$48, Resident \$45

Date: Thu, Jan 8-Feb 19

Code: 12994

Date: Thu, Feb 26-April 9

Code: 12993

Tai Chi for Diabetes

Tai Chi for Diabetes is a low-impact, slow, and mindful exercise program designed by Dr. Paul Lam to help prevent and improve the control of diabetes. Based on ancient Chinese exercises, Tai Chi for Diabetes will help you reduce stress and maintain physical and mental balance. No Tai Chi experience necessary. All abilities welcome. Taught by Certified Instructor Marie.

Site: Brookview Community Center

Time: 10:00-11:00 AM

Fee: \$48, Resident \$45

Date: Thu, Jan 8-Feb 19

Code: 12996

Date: Thu, Feb 26-April 9

Code: 12995

Tai Chi for Health & Arthritis

These Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes.

BASIC

This program 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!

Site: Brookview Community Center

Time: 8:30-9:30 AM

Fee: \$48, Resident \$45

Date: Tue, Jan 6-Feb 17

Code: 12981

Date: Tue, Feb 24-April 7

Code: 12982

MOVING ON

For persons who have completed at least one session of Tai Chi, we continue on our Tai Chi journey.

Site: Brookview Community Center

Time: 9:35-10:35 AM

Fee: \$48, Resident \$45

Date: Tue, Jan 6-Feb 17

Code: 12988

Date: Tue, Feb 24-April 7

Code: 12989



Mary Wanderer's Trip Program

◆ ◆ ◆ ◆
*Comfortable motor coaches,
good food, knowledgeable
tour guides and Mary as our
escort, our trips are planned
with you in mind!*

At time of registration, you must
indicate a Bus Pick-up Location:

Golden Valley City Hall or Calvary Center Cooperative

"Hello Dolly!" at Chanhassen Dinner Theater

Wednesday, January 28

Arrive at the Chanhassen for lunch from the matinee menu. Then sit back and enjoy the enduring classic "Hello Dolly". Dolly Levi is a delightfully scheming busybody who makes her living as a matchmaker in glamorous New York City. She's out to make a match for Horace Vandergelder, the "well-known half-a-millionaire," with the charming hat maker, Irene Molloy - but in the process, Dolly snares a groom for herself. Dolly masterfully orchestrates romance and adventure in a glittering mixed up night on the town. Hello Dolly! has garnered universal praise receiving ten Tony Awards. Audiences will love hits such as "Put on Your Sunday Clothes," "Before The Parade Passes By," "It Takes A Woman" and the show's rousing title tune hailed as one of the greatest production numbers in American musical theatre history, "Hello, Dolly!" Fee includes lunch, theater ticket, motorcoach transportation and escort.

Fee: \$75

Bus Pick-up: 10:25 AM

Approx Return: 4:45 PM

Register/cancel by: December 22

Code: 12431

"Triple Espresso" at Music Box Theater

Thursday, February 12

Arrive at Ping's Szechuan Restaurant for the all-you-can-eat lunch buffet featuring award-winning Asian cuisine. The buffet includes appetizers, fried rice, mild and spicy entrees, salads, fruits, and hot tea. Enjoy the homemade Hawaiian donuts for dessert. Off to the Music Box Theater for "Triple Espresso-a highly caffeinated comedy". Meet Hugh Butternut, Buzz Maxwell and Bobby Bean, a musician, an illusionist and a comic entertainer for whom nothing ever goes quite the way it was meant to be. It's a high-energy, vaudeville-inspired comedy that grabs the funny bone and just won't let go! Fee includes buffet lunch, theater ticket, motorcoach transportation and escort.

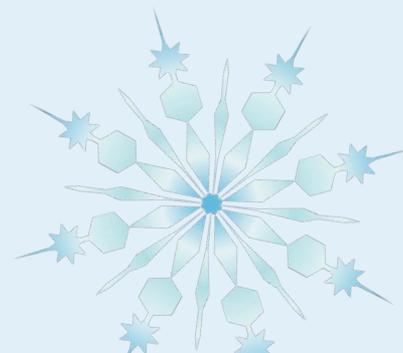
Fee: \$70

Bus Pick-up: 10:30 AM

Approx Return: 3:30 PM

Register/cancel by: January 9

Code: 12973



Seniors

“Ring of Kerry” at Paramount Theater

Friday, March 13

This Friday the 13th will be your lucky day! We'll arrive at Ciatti's Ristorante in St. Cloud for lunch. Menu: Chicken Marsala, Signature House Salad, Vegetable of the Day, Bread, cookie and soda or coffee. Then off to the Paramount Theater, a turn-of-the-century renovated 700-seat theater. Visit the Visual Arts Center and/or the Gallery and Gift Store before the 1:30 PM performance. “Ring of Kerry” is a bursting-with-energy Irish music group that captures the hearts of listeners. All five of its engaging musicians sing and play several instruments. From the thundering sound of the bodhran to the sparkle of the hammered dulcimer; from the lilt and rhythm of fiddle and guitar to the haunting wails of the flute and pennywhistles, the band has developed a blend that is animated, ruggedly beautiful and fun. Audiences always react with great enthusiasm! Fee includes lunch, performance, motorcoach transportation and escort.

Fee: \$70

Bus Pick-up: 9:55 AM

Approx Return: 4:45 PM

Register/cancel by: February 13

Code: 12998

A Summer Adventure in Lake Geneva, Wisconsin

June 24-26, 2015

Enjoy the colorful drive through Wisconsin to the picturesque village of **Lake Geneva**. The area was a popular summer retreat for the barons of wealth in lumber, cattle, oil, steel, cement, manufacturing, and durable goods. Cruise Lake Geneva aboard the **U.S. Mail Boat**, as postal delivery is made to the beautiful mansions on the lake, built from the 1850's through the heyday of the Roaring 1920's. Enjoy a dinner and show at the **Dancing Horses Dinner Theater**. In Genesee Depot, tour the **Ten Chimneys Estate**, created by theatre legends Alfred Lunt and Lynn Fontanne. At the **Fireside Theatre** in Ft. Atkinson, have the Signature Buffet Dinner before the performance “Guys On Ice.”

FEE INCLUDES: Lodging for two nights, meals, tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

Fee: \$595/person (Double), \$795/person (single)

Deposit: \$100/person due by Monday, April 27

Final payment due: Friday, May 15

Code: 13015

Cancellations: Payments are non-refundable after April 27.

SAVE THE DATE!

North Shore Fall Colors Tour

September 29-October 1, 2015

Holly & Ivy: A Winter Escape

December 4-5, 2015

Golden Valley Library Programs For Seniors

For more information, please call 612-543-6375 or visit www.hclib.org.

POETRY LOVERS CONVERGE

Share an original or a favorite poem or listen to your neighbors share theirs. Led by poet and Golden Valley Librarian, Guthema Roba. No registration is required and open to all ages.

**1st Wednesday of every month
6:30-8:00 PM**

FOCUS ON POETRY

This venue is where poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian, Guthema Roba. No registration is required and open to all ages.

**Mondays, Nov 17, Dec 15, Jan 26, Feb 23
6:30 PM**

COMPUTER HELP

Volunteers are usually available at the following times to give you one-on-one help with basic computer skills.

**Mon & Thu: 9 AM-12 PM
Tue & Wed: 11 AM-2 PM**

Senior Dining [612-269-8462](tel:612-269-8462)

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$3.75 is requested, but no one will be denied a meal. Take out meals are also available. Call from 9:00-11:30 AM for reservations and questions. Menus are available in the kitchen.

Dinner at Your Door [763-531-1183](tel:763-531-1183)

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:00-11:30 AM for information and menu.

H.O.M.E. [952-746-4046](tel:952-746-4046)

Do you or a loved one need a little help around the house? Senior Community Services' Household and Outside Maintenance for Elderly (HOME) program may be able to provide you with relief. The HOME program provides affordable housekeeping and handyman services for seniors 60 and older. Their network of skilled workers is pre-screened to ensure that you feel safe and confident about the services you receive.

HOME can help with:

- Housekeeping
- Laundry
- Minor maintenance repairs
- Snow shoveling
- Lawn mowing
- Seasonal yard work
- Safety device installation
- Interior and exterior painting
- Window washing

Older adults contribute to the cost of these services based on their monthly income and ability to pay – making HOME the only program serving all of suburban Hennepin County that provides these services on a sliding fee scale. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant. Senior Community Services is a non-profit organization with five programs serving seniors in Golden Valley. Their goal is to enhance the quality of life of older adults and support their caregivers so seniors can remain in their homes and communities as they age. For more information on programs, visit www.seniorcommunity.org or call 952-541-1019.

Fare For All [763-450-3880](tel:763-450-3880)

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

Senior Community Services Outreach Program [952-746-4028](tel:952-746-4028)

Experienced licensed social workers assist older clients (55+) and their families to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible.

Available support includes:

- Performing multidimensional assessments of client needs, strengths, and preferences
- Developing service/care plans
- Connecting clients with a broad range of services
- Monitoring services and helping to resolve problems
- Assisting in identifying financial programs e.g. food stamps, Medical Assistance, etc.
- Facilitating caregiver education and support groups
- Providing caregiver consultation/coaching as a member of Eldercare Partners

Practical and emotional concerns are addressed. Call Krystal for information or to make an in-home appointment.

Store to Door [651-642-1892](tel:651-642-1892)

Need groceries for yourself? Store To Door is a nonprofit providing grocery & prescription delivery services to elderly in Twin Cities metro. This service is provided by volunteers. Other opportunities include: Volunteer Shoppers - Work in partnership with five metro Cub Foods to shop client orders and prepare orders for delivery. Shoppers hours 6:00-10:00 AM 3 month commitment. Volunteer Order Takers-call clients each week entering their order online into our order database. One year commitment requested. Contact Kristen for more information or visit: www.storetodoor.org.

LinkVet Hotline [1-888-546-5838](tel:1-888-546-5838)

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

Senior Linkage Line [1-800-333-2433](tel: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.

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 (60th & Brooklyn Boulevard) at 1:30 PM. New people are always welcome!

Brookview Picnic Shelters

Hosting a neighborhood, family or company picnic? Rent a picnic shelter at Brookview Park, located in Golden Valley at the southwest corner of Highway 55 and Winnetka Avenue. Brookview Park picnic shelters are sure to be crowd pleaser with great views of Brookview Golf Course, a maximum park capacity of 300, and conveniently located restrooms at the large shelter and the tennis court building across the parkway from the small shelter. Both are available to all users of the park.

Reservations 2015

Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours, Monday-Friday from 8:00 AM-4:30 PM.

PLEASE NOTE: On January 8 from 8:00-9:00 AM, we will only be accepting in-person reservations. All reservations accepted after 9:00 AM.

Golden Valley Residents
Begin January 8 at 8:00 AM

Non-Residents
Begin February 12 at 8:00 AM

Reservable Hours

11 AM - 4 PM or 5 PM - Dusk

Beer & Wine Permit

Beer and wine can be served after purchasing the \$25 permit and only in conjunction with a shelter reservation.

Damage/Clean-up Deposit

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

PLEASE NOTE: Deposit refunds are processed one week after 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.



Large Shelter

Holds up to 100 people, fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Resident \$125
Non-Res \$145



Small Shelter

Holds up to 50 people, 2 water fountains, 10 tables, 6 outlets, restroom are a short distance at large shelter.

Resident \$95
Non-Res \$110

For more information, please call 763-512-2345 or visit www.goldenvalleymn.gov.

BROOKVIEW COMMUNITY CENTER

Looking for space in Golden Valley to host up to 200 people for your wedding reception, party or meeting? Then, come check out Brookview Community Center. Nestled in the tranquil setting overlooking the beautiful rolling greens of Brookview Golf Course. Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and patio, deck and gazebo with expansive golf course views.

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

For more information, please call
763-512-2345 or visit www.goldenvalleymn.gov.



Tree & Bench Memorials

DID YOU KNOW? The Golden Valley Parks and Recreation Department offers a memorial and commemoration program for park benches and trees. These donations are welcome and grace our parks and public areas for decades while providing organizations, families, and individuals a unique opportunity to mark a notable event or honor a special person.

For more information, contact the Golden Valley Parks and Recreation Department at 763-512-2345.



BROOKVIEW GOLF COURSE & LAWN BOWLING

YOUR FRIENDLY, FULL-SERVICE, NEIGHBORHOOD GOLF COURSE



763-512-2305
www.brookviewgolf.com

2015 Patron Program

Purchase a patron card from Brookview Golf Course for 2015 and save on golf all year!



Patron card applications can be picked up at Brookview Golf Course or found online at www.brookviewgolf.com, starting February 1.

Card holder benefits include:

- Discounted green fees and power cart rental
- Advance reservation privileges
- Driving Range & Merchandise Discounts
- Coupons

PATRON CARD TYPE	Before 4/1/15	After 4/1/15
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-Res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

Brookview Grill Rental

The grill's warm, comfortable atmosphere makes it a perfect setting for any event! The view from the grill's wall of windows is spectacular in any season. The grill is available to rent from December through February. Full bar service is available, as well as catering options. The grill can be set-up and decorated. Groups renting the grill also have access to Brookview's new Fire Pit located just outside the grill.



Capacity: 75 people

Fees: \$25/hr for Golden Valley residents, businesses or organizations
\$35/hour for non-residents
\$45/hour for corporate or business groups

Deposits: \$75 deposit due with application. \$100 damage deposit, which will be returned within a week of the event if no deductions are necessary.

Food/ Beverage: Food must be provided by a licensed caterer. Full bar service is available through Brookview Golf Course.

For information and availability, contact the Brookview Office at 763-512-2305.

BROOKVIEW GRILL IS OPEN FOR THE WINTER SEASON!

See page 7 for details.



For more information on these volunteer opportunities,
please visit www.goldenvalleymn.gov/community or call 763-512-2345.

PRESCHOOL PLAYTIME

Preschool playtime is an opportunity for fun physical activity for children ages 1-5 (with a parent). Greet and interact with kids, read to kids, assist with fee collection, set-up and clean-up on Fridays, January 2-March 27 from 10:00-11:30 AM. Flexible hours.

RINK RAT HOCKEY COACH

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

YOUTH BASKETBALL COACH

If basketball is your love, be a coach for boys or girls in grades 2-6. Training will be provided. Commitment is from January-March, with practices during the week and games on Saturday. Coaches should have an understanding of the game of basketball and an ability to work with youth of various abilities. Apply by December 19.

WINTER WHITE-OUT DANCE

Held on Friday, January 23 at Crystal Community Center from 6:15-10:00 PM. Help students in 5th-7th grades celebrate winter at this dance by serving as a chaperone, helping with registration or concessions and with easy set-up and clean-up.

ALOHA SPRING DANCE

Held on Friday, March 20 at Crystal Community Center from 6:15-10:00 PM. Help students in the 5th-7th grades welcome spring at this special dance by serving as a chaperone, helping with registration, concessions and easy set-up and clean-up.

RUN THE VALLEY 2015

Event is held on Saturday, April 11 from 7:00-10:00 AM. Your help is needed to be a site host, registration, course help, finish line help, photographer, water stop help or course sweeper and with the NEW Kids Fun Run. Proceeds from the annual Run the Valley support social service agencies serving Golden Valley.

DANCE RECITAL AIDES

The annual tap and ballet dance recital features youth ages 4+. Volunteers are needed on Saturday, April 25 in the afternoon to greet, hand out programs and usher and stage assistance.

PHOTO POSSE

Enjoy photography? Golden Valley's communications department is looking for residents interested in taking photos of City events and community interactions for use in the City's publications and website.

ADOPT-A-PARK

Help keep your favorite neighborhood park, nature area or lilac bed clean and looking good. As an Adopt-A-Park volunteer, you will keep an eye on your adopted place and at least twice a year pick up litter. If you, your family, group, office or organization are interested in doing something to make the community a better place to live, work and play, consider Adopting-A-Park!

Park locations currently needing adopting are:

- Mary Hills Nature Area (2190 Bonnie Ln)
- Wildwood Park (7401 Duluth St)
- South Tyrol (5701 Golden Hills Dr)

ADOPT-A-LILAC BED

With Adopt-A-Lilac Bed, take responsibility for weeding a patch along Highway 55, 2-3 times a year.

2015 Summer Concert & Movie Series Sponsorship

SPONSOR A SUMMER CONCERT OR MOVIE AT BROOKVIEW PARK THIS YEAR!

The Parks and Recreation Department is working to create connectivity between programs and events offered through the Parks and Recreation Department and local organizations and businesses. A sponsorship program has been created for businesses and organizations to sponsor concerts and movies for the 2015 season. Sponsorship commitments will be partnered with city funds for the summer concert and movie series to improve and expand the events for the community. Sponsorships are \$500 each and need to be confirmed by January 31, 2015. Please contact the Park and Recreation office at 763-512-2345.



NEW

For more information on sponsoring a 2015 summer concert, please contact Carrie Anderson at 763-512-2367. Call today to reserve your 2015 concert date!

SKATE with US!

Ice Skating Lessons at the St. Louis Park Rec Center



St. Louis Park
MINNESOTA

Experience LIFE in the Park

From hockey to competitive figure skating, there is a class for you!

- Skating lessons for the entire family
- Caring certified coaches
- All ages and levels welcome
- Free skate rental and practice ice with class

Visit our website or call
www.stlouispark.org
(952) 924-2540



St. Louis Park Rec Center
3700 Monterey Drive
St. Louis Park, MN 55416



Have broken stuff lying around? Don't trash it – Fix-It!

Hennepin County Fix-It Clinic **FREE!**



Bring in small household appliances, clothing, electronics and more...with free guided assistance, you can disassemble, troubleshoot and fix your item.

First come, first served. Items must be carry-in – no oversized items. Please bring any tools and supplies that might be helpful. This event is family friendly!

Examples of what to bring: paper shredder, toaster, DVD player, jewelry, coffee pot, radio, sewing machine, lamp, toys, curtains/linens, mixer, blender, bike light, printer, laptop.

**Sunday
December 14
12-4 PM**

Brookview Community Center
200 Brookview Parkway

Volunteers needed

Do you have skills in soldering, electronics repair, computer repair, sewing or general tinkering?

We need volunteers to help others learn to repair their items. To volunteer, email Nancy Lo at nancy.lo@co.hennepin.mn.us or call 612-348-9195.



Hennepin County
Environmental Services
612-348-3777

www.hennepin.us/FixItClinic
www.facebook.com/HennepinEnvironment

OPERATION: RESCUE ROOM

Do you have the baddest bathroom in the west metro? The cruddiest kitchen in the county?

The 2015 West Metro Home Remodeling Fair is looking for ugly rooms that need to be rescued.

The fourth annual Operation Rescue Room contest will give \$1,000 to the homeowner whose room is voted most in need of help by visitors to the Home Remodeling Fair on Feb 22, 2015. Last year, Jill Wanous of Minnetonka won the contest and used the money to fix up her bathroom.

Get rules and entry forms at www.homeremodelingfair.com/rescue. Deadline to enter is Feb 15, 2015.



www.homeremodelingfair.com/rescue

WEST METRO HOME REMODELING FAIR



FREE!

**Sunday, Feb 22
10:30 am - 3:30 pm**

**@ Eisenhower
Community
Center
1001 Hwy 7, Hopkins**

www.HomeRemodelingFair.com

Activity Locations

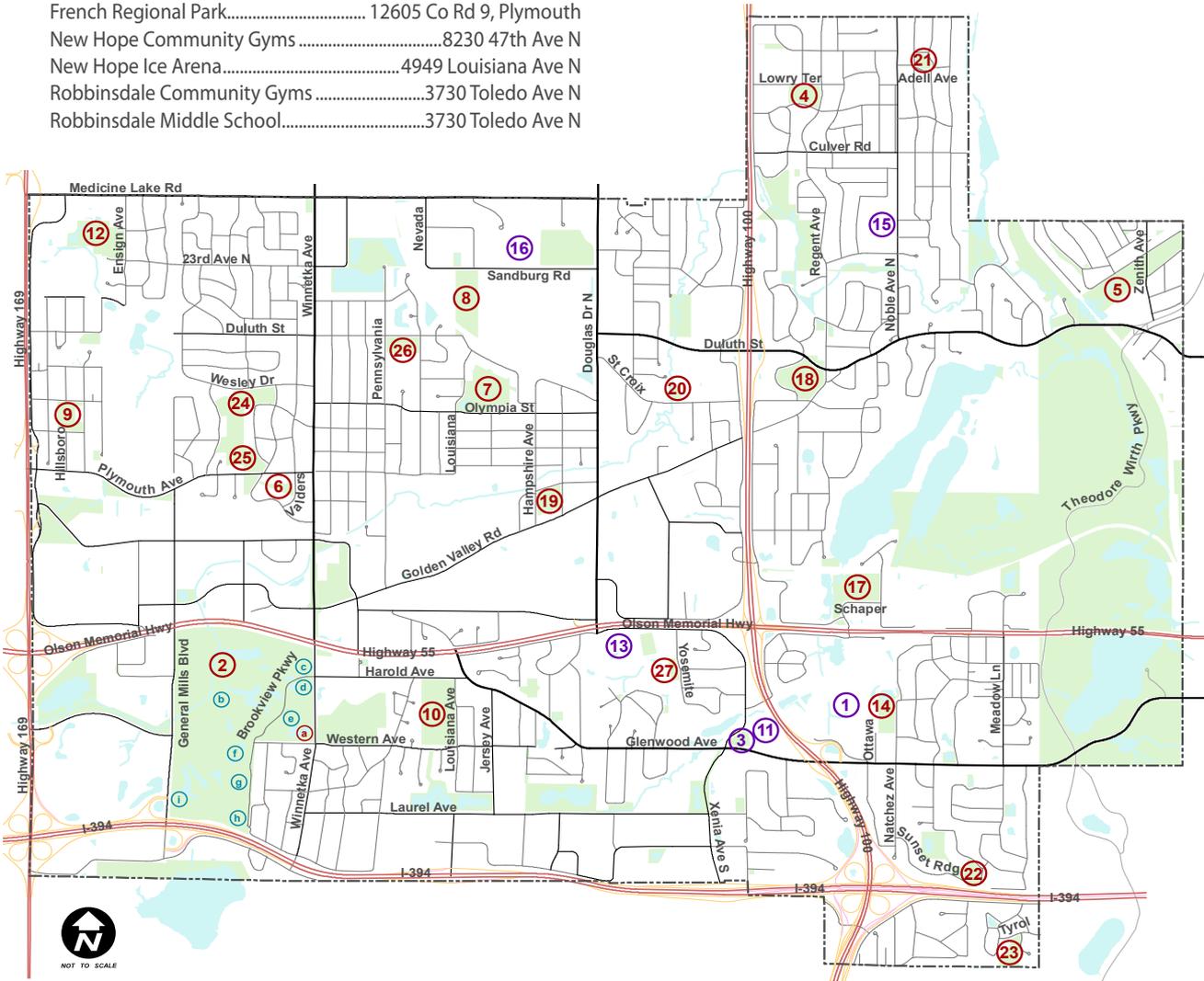
- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
 - a. Park
 - b. Golf Course
 - c. Tennis Courts
 - d. Small Shelter
 - e. Large Shelter
 - f. Par 3
 - g. Golf Course Pro-Shop & Community Center
 - h. Driving Range
 - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood 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

community locations

(Not shown on map)

- Crystal Community Center.....4800 Douglas Dr N
- French Regional Park.....12605 Co Rd 9, Plymouth
- New Hope Community Gyms.....8230 47th Ave N
- New Hope Ice Arena.....4949 Louisiana Ave N
- Robbinsdale Community Gyms.....3730 Toledo Ave N
- Robbinsdale Middle School.....3730 Toledo Ave N



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS 

Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>The Andress Family</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>WorkAbilities</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny & Knippenberg Family & Golden Valley Girls Softball Golden Valley Women's Club</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>SBG, Inc</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>WSB & Associates</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Jack Stratton</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	

Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Robbinsdale Transition Center</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom & 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>John & Pam Goranson & Barb Osborne</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB & Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>AVAILABLE</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving & 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>John & Pam Goranson & Barb Osborne</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&R Architects & Engineers</u>
<u>Briarwood- 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 & 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 & Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>AVAILABLE</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo & Peggy Leppik</u>

Special Use Facilities

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

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

To learn more about adopting a park, please call 763-512-2345.

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, Larry Fonnest, Steve Schmidgall and Andy Snope.

Open Space & Recreation Commission

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

Chair: Bob Mattison

Vice-Chair: Gillian Rosenquist

Members: Roger Bergman, John Cornelius, Kelly Kuebelbeck, Anne Saffert, Jerry Sandler, Dawn Speltz and Daniel Steinberg.

Parks & Recreation Staff

Rick Birno

Director of Parks & Recreation

Carrie Anderson

Recreation Supervisor

Brian Erickson

Recreation Supervisor

Jeanne Fackler

Recreation Supervisor

Sheila Van Sloun

Administrative Assistant

Kris Wiinikainen

Receptionist

Bert Tracy

Public Works Maintenance Manager

Al Lundstrom

Park Maintenance Supervisor

Brookview Golf & Lawn Bowling Staff

Ben Disch

Golf Operations Manager

Kim Straw

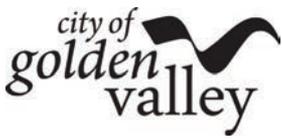
Assistant Golf Manager

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	DOB	Activity Name	Activity Code	Location	Fee
TOTAL DUE:						

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 and its partner cities or other governmental agencies (hereinafter collectively "City") 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 release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and 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: _____

registration information

Online

www.goldenvalleymn.gov

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line 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 for VISA or MasterCard payments.
You may fax registration 24/hours a day.

Please make checks payable to City of Golden Valley.

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

Full refunds will be given 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.

**PLEASE NOTE:
We no longer accept
phone-in registrations.**

Stay home & stay warm!
Register online with



www.goldenvalleymn.gov

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

DATED MATERIAL
PLEASE DELIVER PROMPTLY

2015 Summer Concert & Movie Series Sponsoprship

**SPONSOR A SUMMER
CONCERT OR MOVIE
AT BROOKVIEW PARK THIS YEAR!**



NEW

The Parks and Recreation Department is working to create connectivity between programs and events offered through the Parks and Recreation Department and local organizations and businesses. A sponsorship program has been created for businesses and organizations to sponsor concerts and movies for the 2015 season. Sponsorship commitments will be partnered with city funds for the summer concert and movie series to improve and expand the events for the community. Sponsorships are \$500 each and need to be confirmed by January 31, 2015. Please contact the Park and Recreation office at 763-512-2345.

**For more information on sponsoring a 2015 summer concert,
please contact Carrie Anderson at 763-512-2367. Call today to reserve your 2015 concert date!**

• Fat Bike Races at Brookview •

Brookview Fat Bike Meltdown

Saturday, February 21

Brookview Tour De Fat

Saturday, January 3



See page 7 or visit
www.brookviewgolf.com
for more
information.