



Parks & Recreation
Department

Fall 2015



www.goldenvalleymn.gov



Parks & Recreation Department

Table of Contents

Adaptive Programs	16
Adopt-A-Park	43
Adult	17
Athletic Courts	23
Brookview Community Center	35
Davis Community Center	22
Golf & Lawn Bowling	36
Locations	42
Nature Programs	14
Registration	40
Seniors	24
Special Events	3
Tennis	15
Ticket Events	13
Volunteers	38
Youth	5

Parks & Recreation Department

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

Brookview Golf Course & Lawn Bowling

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

Golden Valley City Hall

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

MISSION STATEMENT

The mission of the Golden Valley Parks 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

Mon, Sept 7	Labor Day
Wed, Nov 11	Veteran's Day
Thu, Nov 26	Thanksgiving
Fri, Nov 27	Thanksgiving
Thu, Dec 24	Christmas Eve
Fri, Dec 25	Christmas 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

September 26 Golden Valley Arts & Music Festival

Visit with friends old and new in beautiful Golden Valley while enjoying food, drink, live music, featured work of Minnesota artists, games, arts activities for families, a parade, and more. The festival features local artisanal food and craft brews, plus artists showcasing and selling their work. Community groups share information about their services and resources, Fun Square offers games and activities for younger kids and families, and Calvary Church sponsors a classic car show—all at City Hall campus under the water tower. The parade will begin at Seeman Park at 9:30 am. Like us on Facebook (www.facebook.com/gvartsandmusic) and follow us on Twitter (@GVArtsMusic) for updates and info about new events this year!

Open to all ages Golden Valley City Hall (7800 Golden Valley Rd)
Free admission 9:30 am-9:30 pm



October 16 Golf & Lawn Bowling Event For Youth

Roll over to Brookview Golf Course for a day of lessons, plus a round of golf and lawn bowling. Participants will spend time with the golf pro to work on their game. Following the lesson, you will play the nine hole golf course, have lunch and end the day with lawn bowling. Lunch is provided, along with golf clubs and balls for those who need them.

Youth ages 7-16 Brookview Golf Course F1121A
\$24 resident, \$29 non-resident 9 am-2:30 pm

School's Out!

October 23 That Halloween Party & Costume Contest

Youth in grades 6-7, join us for a hip hoppin' Halloween Party at the Crystal Community Center! Learn a hip hop routine step by step beginning at 6:30 pm. Then at 8:15 pm, we'll put it together for a performance, which will be videotaped and put on YouTube. Play the Pumpkin game, and participate in the Halloween Baggo tournament! Wear your costume for a chance to win a gift card at the costume contest at 8 pm. Each grade will have a first and second place winner. Student ID required if paying at the door. NOTE: Pizza, snacks, and pop available for purchase, in addition to what is included with the fee.

Youth in grades 6-7 Crystal Community Center F1505A
\$8 by October 16 6-8:30 pm
\$15 at the door



CALLING ALL GHOSTS & GOBLINS!

Look what's brewing at the Brookview Par 3 Course in October...

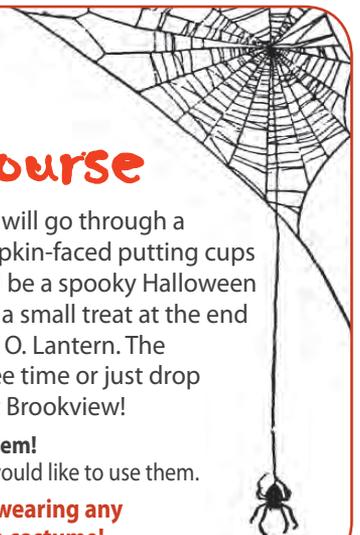
Brookview Ghoulish Golf Course

On Saturdays and Sundays in October, plus the MEA break, the Brookview Par 3 Golf Course will go through a spooky transformation. The Par 3 building will be decorated for Halloween. Big orange pumpkin-faced putting cups will be installed in all the putting greens (much easier for kids and beginners). Each hole will be a spooky Halloween theme, look for the black cat, spider web, skeleton, haunted house and more. All golfers get a small treat at the end of the round. Keep an eye out for our resident golf pro during the month of Halloween, Jack O. Lantern. The spirits are summoning you, please call 763-512-2330 to book a weekend tee time or just drop in on your broom. As Halloween creeps closer, we will be lurking for you at Brookview!



No golf clubs? No golf balls? No problem!
Free rental clubs and golf balls available to anyone who would like to use them.

\$12.50/person OR \$7/person if you're wearing any Halloween, orange clothing, or are in costume!



Special Events

November
13

Daddy/Daughter Princess Ball

Join us for an enchanted evening with Once Upon a Star's Belle, Sleeping Beauty, and Queen Elsa. Princesses and their daddies will enjoy beading a jewelry craft, dancing, and more royal fun. Each princess will receive her own personalized tote bag and castle gift to take home. All couples will have a photo taken with next day proof access. Adults bring a camera to also capture this memorable evening. Register now, this program fills up quickly!

Ages 3-8
\$26/pair

Brookview Community Center
6:30-8 pm

F1502A

December
04

Supper With Santa

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus! All children must be accompanied by an adult. Ages 1 and under are FREE!

Ages 1+ with an adult
\$10 resident
\$12 non-resident
\$5 adult meal

Brookview Community Center
6-7:15 pm
F1506A



MAILBOX TO THE NORTH POLE

December 4-18, 2015

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply.

To: SANTA

Winter Recreation Trails

Look for our winter catalog in mid-November for all the details on Brookview's Winter Recreation Trails!



BROOKVIEW
GOLF COURSE
& LAWN BOWLING

YOUR YEAR ROUND RECREATION DESTINATION

Youth Enrichment & Learning

Pre-School Playtime

AGES 1-5 WITH AN ADULT

Come run, jump, crawl, and roll indoors at Brookview Community Center. A variety of play areas will be set up for your child. Adult participant required. No instruction provided. Pay at the door or purchase a punch pass at Brookview Community Center. Children age 1 and under are free.

Brookview Community Center
 Friday, Oct 2-Mar 25 (no Nov 27, Dec 25, Jan 1)
 10-11:30 am
 \$2/child, 10-visit pass \$15



Kids' Club

AGES 3-5

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

Brookview Community Center
 9:30-11 am
 \$46 resident/\$49 non-resident

MON/WED

Sept 9-Oct 26 (no class Sept 14, Sept 23)
 F1214A

Oct 28-Dec 16 (no class Nov 11, Nov 23, Nov 25)
 F1214C

TUE/THU

Sept 10-Oct 27 (no class Sept 15)
 F1214B

Oct 29-Dec 17 (no class Nov 3, Nov 24, Nov 26)
 F1214D



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 five minutes early so your child is ready to begin at the start of the class. Resident fee applies to Golden Valley, New Hope, and St Louis Park residents.

Davis Community Center
 5:45-6:15 pm
 \$64 resident/\$68 non-resident

Tue, Sept 15-Oct 27 (no class Sept 22)
 F1120A

Tue, Nov 10-Dec 15
 F1120B

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, New Hope, and St Louis Park residents.

BEGINNER

Davis Community Center
 Tue, Sept 15-Oct 27 (no class Sept 22) F1118A
 Tue, Nov 10-Dec 15 F1118B
 6:15-7 pm
 \$70 resident/\$74 non-resident

ADVANCED

Davis Community Center
 Tue, Sept 15-Oct 27 (no class Sept 22) F1119A
 Tue, Nov 10-Dec 15 F1119B
 7-7:45 pm
 \$70 resident/\$74 non-resident

Youth Enrichment & Learning

Let It Go with Queen Elsa

AGES 3-8 WITH AN ADULT

You are invited to Queen Elsa's Frozen Snow Party! Come help Elsa make magic snow and build an Olaf snowman. Participants will play FROZEN fun games, make an ice craft and even get a sparkly snowflake painted on their cheeks. Sing-a-long to "Let It Go." Bring a camera for the special photo opportunity with Queen Elsa.



Crystal Community Center

Sat, Oct 10

10-11 am

\$16/pair

F1503A

Register by Oct 1

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.



Tap & Ballet

AGES 4+

Students will enjoy learning dance routines to a variety of music. Beginning and intermediate classes will teach basic dance skills, and experienced dancers work on more advanced tap, ballet, and jazz routines. Please wear comfortable clothing such as leotard and tights or shorts (NO jeans). Students provide their own tap and ballet shoes (black is the preferred color). To perform in the spring recital, students are required to attend BOTH sessions two and three. This is to ensure needed costume ordering and instruction time. Costumes are ordered in December for the recital and fees are collected before ordering. The cost of the costumes is kept to a minimum and there is only one costume per student. Parent viewing will be the last class of Sessions I and II only. Instructed by Toni Nelson, who has taught tap and ballet in Golden Valley since 1974, and Nicki Cullen, Toni's daughter, who has been teaching with Toni since 1992. Tentative recital dates are April 16 or April 23.

Brookview Community Center

\$42 resident/\$45 non-resident

Session I: Sat, Sept 19-Nov 14 (no class Oct 17)

Session II: Sat, Nov 21-Jan 30 (no class Nov 28, Dec 26, Jan 2)

Session III: Sat, Feb 6-April 9 (no class Feb 13, March 26)



BALLET

Beginner

8-8:30 am

Session I F1301A

Session II F1301B

Session III F1301C

Intermediate

9-9:30 am

Session I F1302A

Session II F1302B

Session III F1302C

Advanced

10-10:30 am

Session I F1303A

Session II F1303B

Session III F1303C

Master

11-11:30 am

Session I F1304A

Session II F1304B

Session III F1304C

TAP

Beginner

8:30-9 am

Session I F1305A

Session II F1305B

Session III F1305C

Intermediate

9:30-10 am

Session I F1306A

Session II F1306B

Session III F1306C

Advanced

10:30-11 am

Session I F1307A

Session II F1307B

Session III F1307C

Master

11:30 am-12 pm

Session I F1308A

Session II F1308B

Session III F1308C

Improv And Acting Fun!

AGES 6-12

Want to learn how to become a star? Improv is a must learn component to successful acting, auditioning, theater performances and the like. Students will have fun while working on developing voices, characters, skits and directing! Our instructor has a passion for the arts and holds a degree in Communications and Film from the University of Minnesota. With an extensive background in theater, music, commercials, and film, he has taken his knowledge and developed a K-12 theater program, which he has taught for seven years!

Hopkins Eisenhower Center Theater

Mon, Oct 12-Dec 14

6-7:30 pm

\$74 resident, \$78 non-resident

F1231A

Drama Club

AGES 6-17

Our fall Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, December 10 at 7 pm. All participants must be able to participate in the final performance. Both the dress rehearsal on December 8 and performance on December 10 will take place at Hopkins Eisenhower Community Center. Instructor has extensive training in theatre, film and advertising.

Noble School & Brookview Community Center

\$88 resident, \$93 non-resident

AGES 6-12

Tues & Thu, Sept 15-Dec 10 (no Oct 15, Nov 26)

6:15-7:30 pm

F1208A

AGES 13-17

Tues & Thu, Sept 15-Dec 10 (no Oct 15, Nov 26)

7:30-8:45 pm

F1208B



Cookies & Canvas

School's
Out!

AGES 7-12

Cookies and Canvas events are fun, with an artist to guide you step by step in replicating the featured painting. By the end of the event, you will create a fabulous piece of artwork! The registration fee covers all the supplies for painting and the instruction from one of our artists and the help from an assistant and a bag of cookies!

Brookview Community Center

Thu, Oct 15

1-3 pm

\$22 resident, \$24 non-resident

F1230A



Zip Line Lego Challenge

AGES 7-12

Join the challenge as we make and experiment with different Lego zip lines. Build Lego contraptions that travel up and down a zip line, climb across a tight rope, and more. Experiment to make your Lego zip faster or slower, then get them back to the top of the line. We will create and battle spinner tops, speedors, and more.

Brookview Community Center

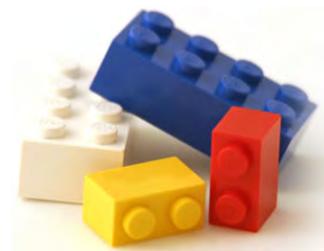
Sat, Dec 12

9 am-12 pm

\$32

F1222A

Register by Dec 4



Youth Enrichment & Learning

Private Piano Lessons

AGES 7+

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

TO REGISTER: Call 763-509-5224 to establish a lesson time. After you establish the lesson time, you will receive direction to register for the program.

Brookview Community Center
Between 3-9 pm
\$262 resident/\$267 non-resident

INSTRUCTED BY JULIE PRUSE

Tues, Sept 15-Dec 15
(no lesson Oct 13, Nov 24) F1210A

Thurs, Sept 17-Dec 17
(no lessons Oct 15, Nov 26) F1210C

INSTRUCTED BY MILA MARON

Wed, Sept 16-Dec 16
(no lesson Oct 14, Nov 25) F1210B

Discover Scuba Diving

AGES 10+

Not quite ready to take the plunge into a certification course? Discover Scuba Diving will let you try scuba to see if you like it. Our friendly instructors will give you a great experience in the Eisenhower Pool. While not an actual scuba certification, during the experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Aquaventure supplies all the gear, just bring your bathing suit and towel. Additional paperwork will be required prior to class. Class taught by Aquaventure. Sponsored by Hopkins Community Education & the city of Golden Valley.

Eisenhower Community Center Pool
(1001 Hwy 7, Hopkins)

Sat, Nov 14
11:30 am-1 pm
\$64
F2212A



When I'm in Charge

AGES 8+

This unique course offered by the American Red Cross is for boys and girls who are ever home alone. The course will cover all the safety concerns parents have when their children are by themselves, including arriving home, responsibilities, phone and Internet safety, fire and gun safety, and many others. Book included in the price of the class, and a certificate will be issued upon completion. Parents are welcome to attend the last 30 minutes of class *Resident fee applies to Golden Valley, New Hope, Crystal, and Robbinsdale.

Brookview Community Center
Sat, Oct 10
9 am-12 pm
\$52 resident/\$56 non-resident
F1221A



American Red Cross Babysitting Training

AGES 11-15

Course includes fun activities, exciting videos, lively discussions, and real-life problem solving situations. Participants must be 11 years old by the first day of class. Participants will learn Safety and Safe Play; Basic Care: Feeding and Diaper Changing; First Aid (what to do if an accident happens); Leadership (how to have fun with the kids but stay in control); Professionalism (what you should ask during a babysitting interview). Participants provide own lunch and snack. *Resident fee applies to Golden Valley, Crystal, and Robbinsdale.

Brookview Community Center
Sat, Sept 12 F1215A
Sat, Dec 19 F1215B
8 am-4:30 pm
\$77 resident/\$82 non-resident

Youth Athletics

Amazing Athletes

AGES 3-6

This is a perfect class to get moving and learn new sports and skills. Amazing Athletes gives 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.

Crystal Community Center

Thurs, Sept 24-Oct 15

5:30-6:15 pm F1101A

6:30-7:15 pm F1101B

\$38

Register by Sept 17

Crystal Community Center

Thurs, Oct 29-Nov 19

5:30-6:15 pm F1101C

6:30-7:15 pm F1101D

\$38

Register by Oct 22

Davis Community Center

Mon, Nov 2-23

5:45-6:30 pm F1101E

6:45-7:30 pm F1101F

\$38

Register by Oct 29

Youth Volleyball

AGES 6-11

Emphasis on four main skills of volleyball: serve, bump, set, and spike. Class will include age appropriate activities to maximize enjoyment and foster learning. Program sponsored by Revolutionary Sports.

Crystal Community Center

Mon, Oct 26-Nov 30

Ages 6-8, 4:45-5:30 pm F1138A

Ages 8-11, 5:30-6:15 pm F1138B

\$57

Register by Oct 12

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 participate in clinics, competitions, special performances, and parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.

Registration takes place at Davis Community Center on Tuesday, September 29 from 6:30-7:30 pm.

Davis Community Center

Ages 4-8, 6-6:45 pm

Tues, Oct 6-Dec 22 (no class Nov 3)

Ages 9-16, 7-7:45 pm

\$5 enrollment fee, plus \$7/night at the door



Flag Football

GRADES K-2

This program focuses on running with the ball, defending by grabbing flags, and age appropriate throwing and catching. All players are developmentally at a different place and this class helps make the game of football enjoyable for all abilities. The sport is noncontact so curriculum is developed to make players very active and engaged.

Robbinsdale Middle School Turf Field (3730 Toledo Ave)

\$60

Register by Aug 28

Sun, Sept 13-Oct 18

3:30-4:15 pm

F1137A

Sun, Sept 13-Oct 18

4:15-5 pm

F1137B

Youth Athletics

Fencing

AGES 6-12

Learn the fundamentals of fencing! Participants will do warm up/cool down exercises, learn guard fencing positioning, and learn how to advance and retreat. This class will have individual and group instruction. The instructor is Maria Benford from Minnesota Sword Play. All equipment is provided. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

New Hope Community Gyms

(8230 47th Ave N)

6-7 pm

\$63 resident/\$70 non-resident

Mon, Sept 14-Oct 19

F1110A

Register by Sept 8

Mon, Nov 2-Dec 7

F1110B

Register by Oct 26

SCHOOL'S OUT!

Let's have some fun!

School's
Out!

Golf & Lawn Bowling

AGES 7-16

Roll over to Brookview Golf Course for a day of lessons, plus a round of golf and lawn bowling. Participants will spend time with the golf pro to work on their game. Following the lesson, you will play the nine hole golf course, have lunch and end the day with lawn bowling. Lunch is provided, along with golf clubs and balls for those who need them.

Brookview Golf Course

Fri, Oct 16

9 am-2:30 pm

\$24 resident,

\$29 non-resident

F1121A

No School Open Gym

AGES 17 AND UNDER

All levels are welcome to participate in open gyms. Basketballs, volleyballs, and pickleball equipment is provided.

Davis Community Center - Court 1

Mon-Wed, Dec 21-23

1-5:30 pm

\$4/person



Youth Lacrosse

GRADES K-6

Learn all the skills to play lacrosse, one of the most popular and growing sports in Minnesota! Participants will be introduced to this frenetic 600-year-old game and learn stick handling, proper positioning, passing, cradling, and team skills. Please wear appropriate clothing, athletic shoes, and bring a water bottle. Equipment is provided. Both boys and girls are welcome. The last two meetings will take place at Lions Park and will include game scrimmages. Maximum 20 kids per age group.

Davis Community Center

Mon & Thurs, Sept 14-Oct 8

6:30-7:30 pm

\$59

Grade K-2 (Court 1) F1133A

Grade 3-6 (Court 2) F1133B



Blacklight Dodgeball Tourney

GRADES 2-6

Come solo or get a group of friends together for a night of fun in the dark. We will provide markers, soft dodgeballs and the DJ for this great party. Must wear a white t-shirt for this event! Teams will be made on site, by appropriate age and skill level. Prizes will be awarded for top finishers. Concessions will be available on site for purchase. Co-sponsored by Hopkins Community Education and the city of Golden Valley. Space is limited, register early!

Davis Community Center

Fri, Dec 18

6:45-9 pm

\$14

F1141A



Intro to Archery

AGES 7+

The Intro to Archery Class is for anyone who has ever wanted to learn about or try archery. This class combines history, equipment descriptions, safety, and form with plenty of shooting time for participants to get hands on the equipment and channel their inner Robin Hood. After completing this class participants will have basic knowledge of equipment types, range safety, and how to safely operate most archery equipment. Come join us and take aim. Class is taught by Average Joe's Archery. Sponsored by Hopkins Community Education and the city of Golden Valley. Min 16, max 40.

Davis Community Center

Sat, Oct 3
9 am-noon
\$34
F1140A



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!

Robbinsdale Community Gyms
(37th & Toledo Ave - Door #18)
6:00-7:30 pm
\$65

Tues, Sept 15-Oct 6
F1108A
Register by Sept 8

Tues, Oct 13-Nov 3
F1108B
Register by Oct 6

Competitive Swim Program

AGES 6-14

Whether you are interested in the introductory basic skills of competitive swimming or are ready for the ultimate training program, the Sabes Jewish Community Center has five different levels of swimming to choose from. For more information, contact Heather Moor by calling the JCC at 952-381-3459 or hmoor@sabesjcc.org.

The Sabes JCC is an independent organization and not affiliated with the City of Golden Valley. This information is provided as a service for the residents of Golden Valley.

Slacklining & Rock Climbing

AGES 9-14

How adventuresome are you? How is your balance? Come join us for these awesome activities. Part of the morning will be spent slacklining, a practicing balance: think of it as a cross between tightrope walking and using a trampoline! The other part of the morning will be spent learning about techniques and equipment used for rock climbing. You'll have a chance to see how high you can climb on a 25 foot climbing wall. All equipment and instruction provide by Three Rivers Park District. An additional waiver will be needed to participate; registrants will receive this information in advance.

Sochacki Park (3500 June Ave, Robbinsdale)

Thurs, Oct 15
9:30-11 am
\$14
F1139A
Register by Sept 26

Blizzard Ski & Snowboard School

GRADES K-12

Experience the ultimate in skiing, snowboarding, and racing instruction for beginners to experts by adult instructors! Choose from variety of grade-level programs, offered Saturdays or Sundays, starting in November or January. For more information or to register, call 763-559-EDGE (3343) or visit www.blizzardmn.com.

Blizzard Ski and Snowboard School is an independent organization and not affiliated with the City of Golden Valley. This information is provided as a service for the residents of Golden Valley.

Do you have old hockey sticks & pucks laying around?

Donate them to the Parks & Recreation Department!

This winter season, our goal is to have hockey sticks and pucks available for free use in each of the skating rink warming houses. Many kids who do not play hockey, do not have a hockey stick or pucks. If you have some old hockey sticks in the basement or the garage, please drop them off at Brookview Community Center and we will put them to good use this skating season!



Youth Athletics

Hoopstars Basketball Camps

GRADES K-1

Youth will learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl.

Davis Community Center

Mon & Wed, Oct 5-21

6-7:30 pm

\$45

F1134A

Register by Sept 25



Basketball Winter Warm-up

GRADES 2-6

Excited for the Crystal/Golden Valley Winter Basketball League? Looking to improve your skills and fundamentals before the season starts? The Winter Warm-up, in cooperation with Crystal/Golden Valley and Hoopstars, is the opportunity you are looking for. Offense, defense, dribbling, passing, shooting, and sportsmanship are all key elements to basketball, and our basketball coach, Ron Behl, will help get you ready for the upcoming league. It is also a great time to learn the game of basketball for the first time. Be sure to register for the appropriate grade session. Register by Oct 26.

GRADES 4-6

Forest Elementary School Gyms in Crystal

Mon, Nov 2-Dec 7

6-7:30 pm

\$45

F1135A

GRADES 2-3

Davis Community Center

Wed, Nov 4-Dec 16 (no class Nov 25)

6-7:30 pm

\$45

F1135B



Youth Basketball Leagues

GRADES 2-7

Recreational basketball leagues for grades 2-7. Practices begin early-January, with days and times varying due to gym and coach availability. Teams are coached by volunteers. Coaches will call team members after January 5 with practice times (held at Davis Community Center). Games will be played at the Crystal Community Center and Davis Community Center. This program is co-sponsored with the Cities of Crystal, Robbinsdale, and St Louis Park and will include teams from all cities. The focus of the program is to teach the skills of basketball, team play, and good sportsmanship. Standings are not kept and there is no tournament play. Register your child for the correct division based on his/her grade. Players are allowed to play one grade level up. We will not make exceptions. Scrimmage Day will be Jan 16, with games beginning Jan 23 and ending March 5 (seven games). The Park and Recreation Department reserves the right to limit the number of players per team, combine divisions if registration is not sufficient, and to cancel a team if a volunteer coach cannot be found. Two players may request to play together.

PRACTICES

Davis Community Center

Begin mid-January

GAMES

Davis and Crystal Community Centers

Begin mid-January

Jan 23-March 5

\$55

Register by Dec 11

Boys Grade 2 F1136A

Boys Grade 3 F1136B

Boys Grades 4-5 F1136C

Boys Grades 6-7 F1136D

Girls Grades 2-3 F1136E

Girls Grades 4-6 F1136F

Help get your child's team off to a good start--volunteer to be a coach. Volunteer coaches are necessary for the success of the program. Volunteer coaches will get their child's registration fee reimbursed at the end of the season. Max of two coaches per team.

Ticket Events

Get tickets for these great events at Target Field, Xcel Center and the Target Center. Tickets are available for all ages! You can pick up your tickets at the Parks and Recreation office about 1 week prior to the event. We will notify you when your tickets are in. **NOTE: You must supply your own transportation.**

Minnesota Twins Game

Enjoy a weekend day game at Target Field! Cheer on your Minnesota Twins as they play the Los Angeles Angels. Enjoy the breathtaking views, and dazzling amenities of Target Field, the world class home of Twins Territory. Children over 30" tall need a ticket.

Target Field (1 Twins Way, Minneapolis)

Sun, Sept 20

1:10 pm

\$15 (field view, section 304)

F4101A

Register by Aug 27



Disney on Ice "Dare to Dream"

Experience Disney's hilarious hair-raising escapade, Tangled; as Rapunzel, her unlikely companion, Flynn, and Maximus, embark on an uproarious journey that takes adventure to new lengths! Boogie to the beat of the bayou with Princess Tiana and Prince Naveen in a magical, musical journey that all begins with a fateful kiss. Fanciful dreams become reality as Cinderella meets her Prince Charming, with a glass slipper fit for an unforgettable fantasy come true. All your favorite princesses take to the ice in a spectacular finale at the ultimate Disney Princess event of a lifetime! Ages 2+ need a ticket.

Xcel Energy Center (199 W. Kellogg Blvd, St. Paul)

Register by Nov 30

Thurs, Dec 10

7 pm

\$15 (section 115)

F4102A

Sun, Dec 13

1 pm

\$18 (section 117)

F4102B

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 Hockey Association

Boys & Girls age 4+

Dawn Speltz, 612-987-4599

www.acyha.org

Armstrong Cooper Youth Baseball Association

Boys age 12-19

Dale Bierke, 763-614-9821

www.acybaseball.com

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-12

www.caheatfastpitch.org

Girls Slowpitch Softball Girls grade 3-12

Keith Hiljus

keithhiljus@yahoo.com

www.gvgs.org

Park Valley United FC Soccer Club

Boys & Girls age 5-17

www.parkvalleyunitedfc.org

WESTWOOD HILLS NATURE CENTER

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

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.

Evening Canoeing for Adults

AGES 18+

Enjoy early autumn exploring Westwood Lake by canoe at dusk. Take a break to enjoy dessert and refreshments before finishing the paddle by starlight. Program meets at General Mills Blvd Park and Ride.

Westwood Hills Nature Center

Fri, Sept 11

6-8:30 pm

\$14

F2303A

Cider Time

AGES 2+ WITH A PAID ADULT

Enjoy the fall tradition of apple cider making. Explore how plants are getting ready for winter on a leaf and seed hike. Then discover how a cider press changes apples into cider. Finish with a refreshing apple cider treat. Under 2 free with paid adult.

Westwood Hills Nature Center

Sat, Oct 10

3-4:30 pm

\$7

F1223A



34th Annual Halloween Party

AGES 2+ WITH A PAID ADULT

Celebrate fall with costumes and characters at Westwood's family friendly Halloween Party! The Nature Center is filled with indoor and outdoor games, activities and theme trails. Visit with friendly animal characters as you walk through the lighted Mother Nature's Trail or, for those who are more adventurous, dare to play Mystery Mini Golf in the dark woods. There is something for everyone including music and refreshments! Wear your own costume and join in the fun!

Westwood Hills Nature Center

Fri, Oct 16 F1504A

Sat, Oct 17 F1504B

6:30-9 pm

\$9 by Oct 7, \$11 after Oct 7



Amazing Nature Race

AGES 2+ WITH A PAID ADULT

Assemble a team for an amazing nature race. Be ready to hunt for clues, complete challenges, and have fun!

Westwood Hills Nature Center

Sat, Nov 7

12-2 pm

\$8

F1220A



TWIN CITY TENNIS CAMPS

Moving Tennis from A Game of Skill to A Game for Life

REGISTER NOW!

www.twincitytenniscamps.com

612-600-2460



Quick Start Intro Camp AGES 4-12

Beginner thru Advanced Beginner

Designed to give our young beginners an introduction and initial taste. We will emphasize athletic movement, motor skills, balance coordination along with hand and eye coordination. We focus on cooperation and rally and racket skill development while campers begin to love the game of tennis for the first time. Campers will be divided by skill level and age at the courts. This program is offered on the dates and times listed below.

Junior Development Camp AGES 6-12

Advanced Beginner thru Intermediate

Beginning players will enjoy building stroke development and proper techniques. Intermediate and advanced players will focus on scoring, serving and team matches. Player/coach ratio 6:1. Campers will be divided by skill level and age at the courts. This program is offered on the dates and times listed below.

You must specify days participating when you register.

LIONS PARK

Mon-Thurs, Aug 31-Oct 15
(no class Sept 7)

4:30-6 pm
1/day week - \$169
2/day week - \$289
3/day week - \$399
4/day week - \$509

BROOKVIEW PARK

Wed/Thurs, Sept 2-Oct 9
6-8 pm

Wednesday - \$149
Thursday - \$149

BROOKVIEW PARK

Sat, Sept 5-Oct 12
10 am-noon
\$149

Sat-Sun, Sept 5-Oct 11
1-5 pm
1/day week - \$249
2/daysweek - \$509

Brookview weekday & weekend programs- \$899
Includes 1 tournament entry on Sept 19-20

Junior High Performance Camp

Intermediate thru Advanced AGES 10-18

This camp is designed for aspiring competitive tennis players. Practices will be intense, competitive and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. Campers will be divided by skill level and age at the courts.

WESLEY PARK

Mon-Thurs, Aug 31-Oct 8
(no class Sept 7)

4-6 pm
1/day week - \$169
2/day week - \$289
3/day week - \$399
4/day week - \$509
*Makeups Oct 12-14

BROOKVIEW PARK

Sat-Sun, Sept 5-Oct 11
1-5 pm

1/day week - \$249 (5 classes)
2/day week - \$509 (10 classes)

Weekday & weekend - \$899
Includes 1 tournament entry on Sept 19-20

Twin City Tennis Camps is an independant contractor not affiliated with the City of Golden Valley.



Basics & Beyond

(USTA Level 1.0-2.5)

Beginner and advanced beginner lessons with an emphasis on strokes, rallying and serving.

Brookview Park
Wed/Thu, Sept 1-Oct 8
6-8 pm

1/day week - \$149
2/day week - \$299

Junior classes offered at the same time

Cardio & Skills Drill

(USTA Level 2.5-3.5)

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness.

Brookview Park
Mon/Wed, Aug 31-Oct 8
6-8 pm

1/day week - \$149
2/day week - \$299

Adult Drills & Match Play

Skills & Strategy Drill

(USTA Level 2.5-3.5)

Intermediate competitive drill and play.

Brookview Park
Mon/Wed, Aug 31-Oct 9
6-8pm

1/day week - \$149
2/day week - \$299

Warrior Drill

(USTA Level 4.0-5.0)

Advanced competition drill and play.

Brookview Park
Tues, Sept 1-Oct 8
6-8 pm

1/day week - \$149
2/day week - \$299

REGISTER NOW! ONLINE: www.twincitytenniscamps.com PHONE: 612-600-2460

Adaptive Recreation

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, non-competitive bowling. Bowl two games each week at Doyle's Lanes (5000 West Broadway Ave, Crystal) on Sat, Sept 12-Nov 7 (no program Oct 31) from 12-2 pm or 2-4 pm. \$40 resident, \$48 non-resident (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, Sept 15-Oct 20 from 7-8 pm. Adult fee: \$42 resident, \$50 non-resident. Family fee: \$52 resident parent/child pair (\$20/each additional family member), \$60 non-resident parent/child pair (\$28/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, Sept 15-Nov 3 from 6:30-8:30 pm. \$45 resident, \$53 non-resident.

SOCIAL SEEKERS

Teens and young adults with high functioning autism meet once a week for fun and social interaction. Groups are available for varying ages and at various locations. Intake is required for all new participants. Call today for full details and fees!

Adults

ZUMBA

Have fun while learning the popular dance moves! Join the sensation! Held at St. Louis Park Recreation Center on Mon, Sept 14-Nov 2 from 6:30-7:30 pm. \$55 resident, \$63 non-resident.

FIT N' FUN SAMPLER

Keep that body moving and enjoy the community! We will sample various indoor and outdoor fitness programs. Held on Mon, Sept 14-Oct 19 at varied evening hours. \$30 residents, \$38 non-residents.

WEDNESDAY NIGHT SOCIAL

Meet new friends while enjoying games, dances, movies, bingo, etc. Held at various metro locations on Wed, Sept 16-Nov 4 from 6:30-8:30 pm. \$45 resident, \$53 non-resident.

THE HEALTH CLUB

Take some time to take care of you! Each week we will focus on a different aspect of healthy living – yoga, hiking, making healthy meals, and MORE! Learn important skills and have fun! Held at various locations on Thu, Sept 17-Oct 22 from 6:30-8 pm. \$40 resident, \$48 non-resident.

KICKBALL

A fun non-competitive kickball league! A great way to get some exercise while having fun. Held at Brooklyn Center Youth Rec Center on Thursdays, Sept 17-Oct 22 from 6:30-8 pm. \$30 resident, \$38 non-resident.

Special Events

FRIDAY NIGHT DANCES

Join your friends and groove to all the latest hits! Held from 7-9 pm. \$5 at the door. No pre-registration required.
 Oct 16 - St Louis Park High School
 Nov 6 - Brooklyn Park Community Activity Center
 Nov 13 - Waconia Safari Island
 Nov 20 - St Louis Park High School
 Dec 18 - St Louis Park High School

GHOSTLY GALA

Join us for this annual spooky celebration with games, prizes, food, music, and dancing! Held at Brooklyn Park Community Activity Center (5600 85th Ave N) on Oct 31 from 5-7 pm. \$10.

Adult Fitness & Wellness

Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and 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. Annette is the host of award winning Channel 18 TV show, *Yoga on the Go*.

Brookview Community Center
Tues, Oct 6-Dec 1 (no class Nov 3)
11 am-noon
\$64 resident, \$68 non-resident
F2201A

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 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. Annette is host of award winning Channel 18 TV show, *Yoga on the Go*.

Brookview Community Center
Mon, Oct 5-Nov 30
6-7 pm
\$64 resident, \$68 non-resident
F2202A

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. Hoops available for purchase at class for \$15.

Brookview Community Center
Tues, Sept 15
6-7 pm
\$12 resident, \$14 non-resident
F2211A

Tae Kwon Do

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, New Hope, and St Louis Park residents.

BEGINNER

Davis Community Center
Tue, Sept 15-Oct 27 (no class Sept 22) F1118A
Tue, Nov 10-Dec 15 F1118B
6:15-7 pm
\$70 resident/\$74 non-resident

ADVANCED

Davis Community Center
Tue, Sept 15-Oct 27 (no class Sept 22) F1119A
Tue, Nov 10-Dec 15 F1119B
7-7:45 pm
\$70 resident/\$74 non-resident

Kung Fu - Southern Praying Mantis

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. A great mix of two-person exercises and solo work is 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.

Brookview Community Center
Thurs, Sept 24-Oct 29 F2205A
Thurs, Nov 5-Dec 17 F2205B
(no class Nov 26)
7-8 pm
\$70 resident,
\$74 non-resident



Adult Fitness & Wellness

Tai Chi Classes with Marie Mathay

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

NEW! Reduced Rate Pricing! Register for a 2nd Tai Chi class in the same session and pay only \$30 for your second class! Classes must be purchased together.

Brookview Community Center
\$45 resident, \$48 non-resident per class

TAI CHI FOR HEALTH & ARTHRITIS - BASIC

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

Tues, Sept 8-Oct 20 F2207A

Tues, Oct 27-Dec 15 (no class Nov 3) F2207B
8:30-9:30 am

TAI CHI FOR HEALTH & ARTHRITIS 2 - MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

Tues, Sept 8-Oct 20 F2208A

Tues, Oct 27-Dec 15 (no class Nov 3) F2208B
9:40-10:40 am

BEGINNING YANG STYLE TAI CHI

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Join Marie in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. *Qualifies for reduced rate pricing.*

Thurs, Sept 10-Oct 22 F2209A

Thurs, Oct 29-Dec 17 (no class Nov 26) F2209B
9-10 am

INTRODUCTION TO SHIBASHI QIGONG

Cultivate more energy and balance through this series of ancient, gentle breathing and moving exercises called Shibashi Qigong. An easy "follow the leader" style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities. *Qualifies for reduced rate pricing.*

Thurs, Sept 10-Oct 22 F2210A

Thurs, Oct 29-Dec 17 (no class Nov 26) F2210B
10-11 am

Yoga Flow With Laura

This 70-minute, non-competitive class combines yoga postures, targeted core work, and breathing awareness and ends with a blissful guided relaxation. Appropriate for beginners to yoga as well as those who already practice. Benefits include increased strength, flexibility, body awareness, and mental clarity. Wear comfortable clothes and bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Brookview Community Center
5:30-6:45 pm

Tues, Sept 1-Oct 27

\$90 resident, \$95 non-resident
F2206A

Thurs, Sept 3-Oct 22 (no class Sept 17, Oct 15)

\$60 resident, \$64 non-resident
F2206B

Tues, Nov 10-Dec 22

\$70 resident, \$74 non-resident
F2206C

Thurs, Oct 29-Dec 17 (no class Nov 26)

\$70 resident, \$74 non-resident
F2206D



Beginning Belly Dancing

Beginner classes are structured to benefit participants with no previous dance experience and focus on core muscle toning, body coordination, and overall body muscle strengthening while teaching dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too! Low-impact workout in fun and relaxed environment. Class taught by Tatyana Butkova.

Brookview Community Center

Wed, Sept 16-Nov 4 F2401A

Wed, Nov 11-Dec 30 F2401B

7-8:30 pm

\$64 resident, \$68 non-resident

Intermediate Belly Dancing

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscle strengthening, coordination, and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

Brookview Community Center

Mon, Sept 14-Nov 2 F2402A

Mon, Nov 9-Dec 28 F2402B

7-8:30 pm

\$80 resident, \$85 non-resident

Discover Scuba Diving

NEW

Not quite ready to take the plunge into a certification course? Discover Scuba Diving will let you try scuba to see if you like it. Our friendly instructors will give you a great experience in the Eisenhower Pool. While not an actual scuba certification, during the experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Aquaventure supplies all the gear, just bring your bathing suit and towel. Additional paperwork will be required prior to class. Class taught by Aquaventure. Sponsored by Hopkins Community Education & the city of Golden Valley.

Eisenhower Community Center Pool (1001 Hwy 7, Hopkins)

Sat, Nov 14

11:30 am-1 pm

\$64

F2212A

Ballroom Dancing For Beginners

Learn the most popular partner dances to have you dancing at weddings, parties, and all social events! Learn to dance waltz, foxtrot, swing, hustle, and polka to music commonly played at social gatherings. 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 call instructor Deanna Constantine at 612-240-8329.

Brookview Community Center

Sun, Nov 1-22

4-5:30 pm

\$55 resident, \$59 non-resident

F2403A



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 a certified in fitness, nutrition, and FMS (functional movement) with over 20 years in the fitness field.

Davis Community Center

Thurs, Oct 8-Dec 17 (no class Nov 26)

6:30-7:30 pm

\$40 resident, \$43 non-resident

F2204A

Adult Enrichment & Learning

Introduction to Drawing

Through guided exercises, this course will help beginners to see and draw accurately (advanced materials available for those with experience). Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Bring an inexpensive 9x12 spiral bound sketch book, two pencils (soft 2B or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05. Taught by Carolyn Papke, artist and retired teacher.

Brookview Community Center
Wed, Sept 9-Oct 21 (no class Oct 7)
6:30-8:30 pm
\$55 resident, \$59 non-resident
F2301A

Joy of Painting® The Bob Ross Method

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

Brookview Community Center
1-4:30 pm
\$60 resident, \$65 non-resident

FALL SCENE

Sat, Oct 10
F3101A
Register or cancel by Oct 2

WINTER SCENE

Sat, Nov 14
F3101B
Register or cancel by Nov 6

Watercolor Basics

For beginners or people who want to renew their watercolor skills, this course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Advanced students will have optional exercises. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) Bring your own supplies (supply list will be provided). Taught by Carolyn Papke, artist and retired teacher.

Brookview Community Center
Thurs, Oct 15-Nov 19
6:30-8:30 pm
\$55 resident, \$59 non-resident
F2302A

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.

Brookview Community Center
Mondays (no class on Sept 7, Dec 14, Dec 28)
9-11:30 am
\$1/week payable at the front desk



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

Brookview Community Center

Sat, Oct 24

9 am–5 pm

\$18/person

4-HOUR REFRESHER COURSES

Brookview Community Center

Thurs, Sept 10, Oct 8, Nov 12, Dec 10

9 am–1 pm

\$17/person

Having Fun With Brain Games

Let's learn and practice techniques to keep our brains sharp through activities that include the senses, movement, memory, creativity, etc. Highly useful at any age, but especially around retirement when one's lifestyles are changing. Bring a pencil. Limit of 12. Taught by Carolyn Papke.

Brookview Community Center

Tues, Sept 15-Oct 6

10-11:30 am

\$40 resident, \$43 non-resident

F3102A

Register or cancel by Sept 10



Golden Valley Library Programs

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

NOTE: The Golden Valley Library will be closed for renovation September 14-late January.

COMPUTER HELP

Volunteers are available to provide one-on- computer help at the Golden Valley Library at these times through Sept 11. No appointment necessary. Please call ahead to be sure a volunteer is available.

Mon and Thurs 9 am-12 pm

Tues and Wed 11 am-2 pm

POETRY LOVERS CONVERGE

Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Bring your friends!

1st Wed of every month

6:30 pm

FOCUS ON POETRY

Everyone (kids to teens to All poetry lovers are invited to meet and discuss a particular poet and share poems inspired by that poet.

Mon, Aug 17

6:30 pm

Davis Community Center

Open Gyms

All levels are welcome to participate in open gyms. Purchase a punch pass at Davis or Brookview Community Centers and use at any of the times listed below. Basketballs, volleyballs, and pickleball equipment is provided. Schedule is subject to change due to low attendance. Check the City website for updates.

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

FALL SCHEDULE

Sept 2-Dec 31

DAY	ACTIVITY	TIME
Sun	Family Gym Time/Shoot Buckets	1-3 pm
Sun	Pickleball Drop-in	3-5 pm
Tues	Volleyball 18+	8-10 pm
Wed	Youth Open Gym	6-8 pm
Thurs	Volleyball 18+	8-10 pm
Sat	Basketball 18+	8-10 am

NOTE: Davis Community Center will be closed Sept 7, Sept 22, Oct 24, Nov 3, Nov 13, Nov 26, Dec 24, Dec 25, Dec 31, and Jan 1. Check the website for the most up-to-date schedule.

Indoor Co-Rec Volleyball League

Gather your team of friends and co-workers and spend the dreary winter indoors playing volleyball. This intermediate level league is for teams/players with volleyball experience and who would like to play in a recreational/competitive setting. League will be split into two divisions if level of play is diverse. Nine games guaranteed.

Davis Community Center

Wed, Jan 6-Mar 2

Games scheduled at 8 pm & 9 pm

\$260 per team

FDAVISVBALL

Register by Fri, Dec 18



NO SCHOOL OPEN GYM

School's Out!

AGES 17 AND UNDER

All levels are welcome to participate. Basketballs, volleyballs, and pickleball equipment is provided. Ages 10 and under need to be accompanied by an adult.

DAVIS COMMUNITY CENTER - COURT 1

MON-WED, DEC 21-23

1-5:30 PM

\$4/PERSON AT THE DOOR



Athletic Court Rental

Davis Community Center Gym Rental

Davis Community Center, located at 5430 Glenwood Avenue, has two courts available for rent. Courts can be used for basketball, volleyball, dance, indoor hockey, conditioning, birthday parties, and more. Court reservations can be made up to six months in advance based on availability. Call Golden Valley Park and Recreation at 763-512-2345 for availability and reservations.

2015 Rental Fee:

\$25/hour per court – minimum of 2 hours



Pickleball Court Rental

Pickleball can be played on our tennis courts over the tennis net (nets can be lowered for optimal play). The parks and recreation department will no longer be supplying portable pickleball nets or equipment to the parks.

Tennis Court Rental

Courts are available for rent for \$6/hour or \$40/day for tournaments. Please call the Recreation office at 763-512-2345 to reserve your court.

Tennis & Pickleball Etiquette

If a tennis court is being used, simply hang your tennis or pickleball racquet in the designated area to show you are next for the court. The court will be released within one hour after racquet is placed in holder.

Locations	Address	TENNIS		PICKLEBALL
		Courts	Lighted	Courts
Brookview Park	200 Brookview Pkwy	6	4	
Gearty Park	3101 Regent Ave N	1	1	
Glenview Park	2351 Zenith Ave N	2	2	
Lions Park	151 Louisiana Ave N	2	-	
Medley Park	2331 Ensign Ave N	3	3	3
Scheid Park	1856 Toledo Ave N	2	2	2
Seeman Park	1101 Florida Ave N	2	-	
Wesley Park	8305 Wesley Dr	3	3	
Wildwood Park	7401 Duluth St	2	-	2



GOLDEN VALLEY SENIOR CENTER

PHONE: 763-512-2339

FAX: 763-512-2344

WWW.GOLDENVALLEYMN.GOV/RECREATION/SENIORS



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.



2015 Annual Membership Donation

Support your senior program by donating to the Golden Valley Seniors. It helps offset some costs of the senior program, PLUS, the newsletter is mailed to your door! Support your senior program by donating today.

\$5 resident, \$8 non-resident

Code: 12997

Thanks for your support!

Blood Pressure Screening **FREE**

This service is provided by licensed staff from the Ambassador Good Samaritan Center. No registration required. Service offered on a first come, first serve basis.

Brookview Community Center
Wed, Aug 26, Sept 23, Oct 28
11-11:30 am

Medicare & Health Insurance Counseling

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She'd love to work with you. Call at least three days in advance of appointment date.

Brookview Community Center
Thurs, Aug 13, Sept 10, Oct 8, Nov 12, Dec 10
Appointment times are 9 am, 10 am, and 11 am

Happy Feet Foot Care Clinic

The foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet through Happy Feet, Inc. 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 may be charged to you.

Brookview Community Center

Fridays ongoing (no clinic Oct 30, Nov 27, Dec 25)

1-3 pm

\$34, payable day of service

Other Senior Activity Locations

Calvary Center Cooperative
7600 Golden Valley Rd

Covenant Village
5800 St. Croix Ave

Crystal Community Center
4800 Douglas Dr N

Dover Hills
2400 Rhode Island Ave N

Golden Valley Library
830 Winnetka Ave N

Lenox Community Center
6715 Minnetonka Blvd

Senior Programs

Alive and Kickin' in Concert **FREE**

This inspirational group of high-spirited, charismatic seniors ages 65+ spread their musical message through contemporary music. Their mission is to give voice to seniors through personal story and popular song, empowering its members to entertain and enlighten multi-generational audiences and to surprise, reward and rethink/break stereo-types.

Covenant Village of Golden Valley

Thurs, Sept 10

2 pm

Register by Sept 7 by calling 1-877-505-9897

Medicare Advantage and Medicare Part D Presentation

The annual enrollment period for Medicare Advantage and Drug Plans begins Oct 15, 2015 and ends on Dec 7, 2015 with selections effective on Jan 1, 2016. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency.

Brookview Community Center

Wed, Oct 28

10 am

\$2, payable at the door

Register by Oct 26 by calling 763-512-2339

Honoring Our Veteran's **FREE**

Today is a day to remember and honor our Veteran's. The Beyond the Yellow Ribbon Committee and the Westphal Legion will start the morning with coffee and a short ceremony. Our guest speaker is Marcus Kuboy. Sergeant Kuboy, an Army medic, speaks about his experiences while deployed in Iraq and how being hit by a road side bomb while riding in a Humvee has effected his life. After the accident he spent 14 months hospitalized in Walter Reed and the Minneapolis VA and at this time was presented with the choice to get "bitter" or "better". Through many struggles, Marcus has made an amazing recovery and speaks about how the choices he has made impacted his life. Marcus's personality and positive attitude shines through as he touches on the topic of choice during tough times. Co-sponsored by the Beyond the Yellow Ribbon Committee of Crystal, Golden Valley, New Hope and Robbinsdale, Westphal Legion, and the Golden Valley Park and Recreation Department.

Westphal American Legion

(3600 France Ave N, Robbinsdale)

Wed, Nov 11

9:30 am



An Afternoon Of Laughs With Bob Stromberg

Bob Stromberg is a funny man. For over thirty years, he has traveled the world performing his very unique and perfect blend of standup, story, and shtick. He's the co-author and an original star of the megahit theatrical comedy, Triple Espresso (A Highly Caffeinated Comedy), which has been seen by over two million people from San Diego to the West End of London. The Chicago Sun Times called Bob, "...a mesmerizing physical comedian." The London Times called him, "...a genuinely funny man."

Covenant Village of Golden Valley

Tues, Dec 8

2 pm

FREE

Register by Dec 4

by calling 1-877-505-9897

Holiday Tea

Join us for a delightful afternoon with entertainment by the ladies singing group, "The Happy Notes," followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Brookview Community Center

Mon, Dec 14

1 pm

\$9/person

F3301A

Register by Dec 7



Senior Programs

Mondays with Mary

Join Mary on Mondays to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Golden Valley Care Center, Dinner At Your Door, Senior Dining, and Golden Valley Seniors. We'll supply the materials and coffee. You bring your time and talent. As we say, "The more the Mary-ier". Donations accepted for refreshments. No pre-registration required. Just show up!

Brookview Community Center
Mondays (no meeting Sept 7)
9:30-11 am



Weekly Card & Game Groups

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. No pre-registration required!

DAY	GROUP	TIME
Monday	Dominoes	1 pm
Tuesday	Cribbage	1 pm
	Hand & Foot	1 pm
	500	6:30 pm
Wednesday	500	1 pm
Thursday	Euchre	1 pm
	Contact Bridge	6:30 pm
Friday	Bridge	9 am

Remember When...? with Jan

FREE

We all have special memories and we usually start by saying "remember when?...." Let's go back and enjoy that time in our life with our friends. No pre-registration required.

Dover Hill Apartments - Community Room
1 pm

- Thurs, Aug 27** Remembering A Prized Possession
- Thurs, Sept 24** Remembering Favorite Movies
- Thurs, Oct 22** Remembering Halloween Treats and Costumes
- Thurs, Nov 19** Remembering Favorite Games
- Wed, Dec 16** Remembering Holiday Celebrations

Pedal Pushers

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:30 am and then bike 6-12 miles, stopping along the way for short breaks, to enjoy the scenery, and each other. All riding levels are welcome. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to be placed on the mailing list to receive meeting locations and directions. Register at least one day in advance.

- Aug 6** LRT North
- Aug 25** Big Rivers Trail
- Sept 17** Mystery ride with the Golden Valley Police
- Sept 29** Dakota Rail Regional Trail
- Oct 13** Midtown Greenway



Living Wise & Well **FREE**

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 pre-registration required.

Calvary Center Cooperative
1 pm

THURS, SEPT 3

Choosing a Rehab Facility

With hospital stays shorter and shorter, a rehabilitation facility is usually the next step before returning home. Learn what questions to ask about rehab facilities, what are your choices as a consumer, and more BEFORE you need one. Presented by Barb Burger, LPN, Ambassador Good Samaritan.

THURS, OCT 1

The Eyes Have It

Dr. Tim Ehlen will present and lead a discussion where the most common eye and ocular conditions will be explored. The presentation and discussion will include an updated review of the development, diagnosis of, treatment and expected outcomes of common eye conditions including eyelid abnormalities, corneal degenerations, cataract, diabetic retinopathy and other vascular conditions,, age-related macular degeneration, and glaucoma. An open-forum format will be used so that questions can be asked and discussion can be generated at any time. Presented by Dr. Tim Ehlen, a surgical ophthalmologist who has been practicing for over 18 years at Northwest Eye Clinic.

THURS, NOV 5

Excuse Me - What Did You Say?

Have you noticed that you need to turn up the volume on the radio or television? Or you're not hearing the entire conversation around you? Learn the signs of a hearing loss, how hearing loss is detected, how tinnitus and vertigo affect your hearing and the treatment options available. Presented by Subhadra Chereddy, MD, Hennepin County Medical Center Clinic, Golden Valley.

THURS, DEC 3

Holiday Decorating Made Easy

Frank is back with easy decorating ideas to make your space alive for the holidays. Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.

2015-2016 Local Author Series

NEW EVENT! Four Minnesota authors will be featured at Crystal Community Center. Sponsored by the cities of Brooklyn Center, Crystal, Golden Valley, New Hope, Robbinsdale, and District 281 Community Education.

The Last Keeper At Split Rock Lighthouse - Mike Roberts

In 1969, Mike Roberts turned off the light at Split Rock Lighthouse when he was the last duty officer to serve at the iconic landmark. Hear the stories of life at Split Rock, of Lake Superior and of making ends meet on the North Shore. Mike will share stories about his years working for the U.S. Coast Guard. Mike is a retired US Coast Guard, Lighthouse Keeper, and Author. He enlisted in the Coast Guard in April 1966 and was sent to boot camp in Cape May, New Jersey for training. He was transferred to the Duluth Lifeboat Station and served on Search and Rescue and Aids to Navigation while there. He went to Split Rock Lighthouse in December of 1966 and was stationed there until it was permanently closed in January 1969.

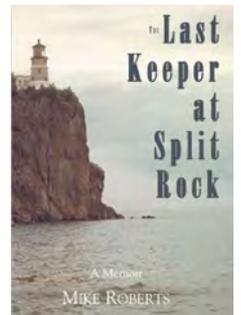
Crystal Community Center

Wed, Oct 14

7-8:30 pm

\$3 at the door

Register by Oct 9



Nalah and the Pink Tiger and Nalah Goes to Mad House City - Anne Sawyer-Aitch

Nalah and the Pink Tiger was inspired by Anne's lively little niece. Sawyer-Aitch wrote the story over two years ago, then developed a style which she calls Illuminated Illustration, featuring multiple layers, cut-outs, and backlighting. Anne has also created and produced puppet shows that go with her books. Anne is a Minnesota State Arts Board Roster Artist, stilt-walker, illustrator, and playwright. She specializes in puppetry, blending the mysterious art of shadow play with technology in her Magic Lantern Puppet Theater productions. Several of Anne's projects include her multi-media show, Children and Other Optical Illusions at Open Eye Figure Theatre, and a commissioned piece titled, Shadows of the Floating World for the Minneapolis Institute of Arts.

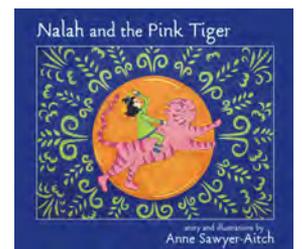
Crystal Community Center

Thur, Dec 3

6:30-7:15 pm

\$3 at the door

Register by Nov 30



Senior Programs

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. Donations accepted for refreshments. No pre-registration required.

Brookview Community Center
10 am

THURS, AUG 20

The Corporate Tax Structure

Minnesota is the home base for several national and international companies. We hear that companies are moving their offices and staff out of state or out of the country because of Minnesota's tax rate, yet some companies are moving operations to Minnesota. What are the tax advantages and/or disadvantages for companies in Minnesota and how does that affect us as taxpayers? Presented by Pam Ricker, C.P.A., Ricker and Associates.

THURS, SEPT 17

Should I Stay or Should I Go?

Professional Organizer, Karen Bumgardner, will walk us through how to set up and organize a filing system, what papers need to be kept (and how long), how to label files, how to maintain once organized, and the importance of shredding personal documents. Presented by Karen Bumgardner, CEO, Better Organization.

THURS, OCT 15

Insurance: Too Much, Too Little or Just Right

Do you know what insurance is required by law? What other insurance should you carry? Is your insurance coverage adequate? What questions should you ask before selecting an agent? What is the difference between an independent agent/agency vs. a State Farm/Allstate agency? Presented by Joe Wozniak, Young Insurance Agency.

THURS, NOV 19

Financial and Health Care Legal Powers - What is new for 2015?

Join attorney Elizabeth Michaelis, who practices in the areas of Estate Planning and Elder Law, when she details the financial Power of Attorney, which underwent significant changes last year. We will also take a close look at the Minnesota Health Care Directive and compare it with the POLST and other "Compassionate Care" documents appearing on the scene in 2015. Examples will be provided. Bring your questions! Presented by Elizabeth Michalis, J.D., MBA, Guardian Counsel Law Office.

THURS, DEC 17

Hot Topics

Review the 2015 market, discuss a current topic, and plan for 2016.

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the senior office to register in advance so there are treats and coffee for all.

Brookview Community Center
10 am
\$2, payable at the door



WED, AUG 26

Tablets and Smartphones:

What To Buy And How To Use Them

Whether you are thinking about buying a tablet or have one and want to learn more about it, join Ron Timm for this fun and informative class! Learn the difference between Android or Apple operating systems, size, the difference between 4G and 3G and storage. Learn about apps, where to find them and which ones are fun and useful as well as which ones are compatible with your system. Learn how to avoid and detect viruses, how to download books and videos, how to listen to music, take a picture and so much more. Register by Aug 24.

WED, SEPT 23

Roots of American Music - Blues, Ballads, and Rags

"Roots of American Music" started life as "Blues in the Schools" in Florida and graduated to the story of how that most American music, Blues, came to be and to influence popular music. Presented by John Rogers. John has given performances to over 4,000 people, ranging from kindergarten to very senior. John has recorded two disks of acoustic Blues, and was a 2010 finalist in the International Blues Competition in Memphis, Tennessee. Register by Sept 21.

WED, OCT 28

Medicare Advantage and Medicare Part D

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on Oct 14, 2015 and ends on Dec 7, 2015 with selections effective on Jan 1, 2016. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Register by Oct 26.

Senior Lawn Bowling League

Lawn bowling is one of the easiest sports to learn to play. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for all ages, teaching coordination and mental focus. Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms will receive 1 point before match play begins. Register individually or as a team of 4-8 players. Minimum of 4 teams/Maximum of 16. Participating cities are Golden Valley, Crystal, Edina, and St. Louis Park. Fee includes 6 weeks of league play, game equipment, prizes, and official.

NOTE: You will need flat soled shoes that won't damage the surface of the green, sunscreen (an absolute must when bowling in the sun), and a sun visor or hat.

Brookview Lawn Bowling Courts

Wed, Sept 9-Oct 14

10-11 am

\$5 league fee, plus \$3/week

Register by Sept 3



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 required. No pre-registration required.

Davis Community Center

Sundays

3-5 pm

\$4/daily fee or \$28/10-time punch pass

Crystal Community Center

Mondays and Thursdays

9 am-1pm

\$2/daily fee or \$15/10-time punch pass

Ballroom Dancing

Join the crowd that loves to ballroom dance to Dick Macko's Band. It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary. No pre-registration required.

Lenox Community Center - Gymnasium

Thursdays (no meeting Nov 26, Dec 24)

1-3:30 pm

\$7/person at the door



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! Trip registrations are taken on a first-come, space available basis in person, by mail, or online. Use the code number and state your pick-up location and meal choice (if offered) when registering.

Pick-ups available at Calvary Cooperative/Apartments or Golden Valley City Hall.

Cruising the St. Croix

We're traveling to Stillwater to board one of the modern vessels from the St. Croix Boat and Packet Company fleet, climate controlled and fully accessible for our 2-hour cruise. Table seating is available on the first floor. Relax and enjoy the sights (hopefully beautiful fall colors) of the St. Croix River. A deli luncheon is served buffet style during the cruise. Enjoy a variety of meats, cheeses, salads, and dessert bars. Coffee and soft drinks included. As we leave Stillwater, we'll make a short stop at Pine Tree Apple Orchard. The orchard has hundreds of acres with many apple varieties and their bakery! Homemade pies, donuts, rollovers, caramel apples and more-YUM! Fee includes lunch, boat ticket, transportation, and escort.

Thurs, Sept 17

\$54

9:55 am pick-up

3:30 pm approximate return

Register/cancel by Mon, Aug 24

S3203A



"Glensheen" at the Minnesota History Theater

Arrive at the Minnesota History Theater to attend the world premiere of "Glensheen," that uncovers the murder mystery at the Glensheen Mansion in Duluth. This American tragedy was one of the most intriguing and public stories in Minnesota history. The playwrights explore the complex nature of the investigation and the bizarre behavior of the accused murderer, Roger Caldwell, and his wife Marjorie. Glensheen is a dark musical with a crackling satirical edge – in the vein of Broadway favorites Sweeney Todd or Chicago.

After the show, we will enjoy lunch at Tavern on Grand.

Menu choice (indicate choice when registering):

1. Walleye Basket: pieces of battered and deep-fried walleye fillet; 2. Grilled Chicken Breast. Both entrees are served with seasoned tavern fries, cole slaw, beverage, and ice cream. Fee includes theater ticket, lunch, tax, and gratuity, transportation, and escort.

Thurs, Oct 8

\$70

8:50 am pick-up

2:30 pm approximate return

Register/cancel by Tues, Sept 8

S3212A



**At time of registration, you must indicate a Bus Pick-up Location:
Golden Valley City Hall or Calvary Center Cooperative**

Discover Grapes and Hops

Enjoy the drive through farmlands and the rural communities of Minnesota before arriving at the New Ulm Visitors Center for a cup of coffee. On to the August Schell Museum of Brewing. Hear the history of the family and the brewery, founded in 1860. You will go up to the old copper kettle area, see a short video of the production areas and the brewing process. The tour ends with assorted beers and 1919 Root Beer sampling in the Rathskeller Tap Room. NOTE: Part of the tour is outside, with steps. Please wear appropriate footwear. Time is allowed to visit the gift store or stroll through the beautiful gardens. We will leave in time to experience the Glockenspiel, one of the world's few free-standing carillon clock towers. It stands 45 feet high, and its largest Bourden (bell) weighs 595 pounds while the total weight of the bells is two tons. Walk down the street (about one block) to Veigel's Kaiserhoff Restaurant for lunch. Menu: Vienna-style schnitzel, red cabbage, spaetzles and gravy, rye bread, beverage, and dessert (Optional menu: grilled chicken filet, rice pilaf, green beans, rolls, beverage, and dessert. Optional menu must be ordered when registering for the trip). If you finish lunch early, visit nearby shops. Arrive at Morgan Creek Vineyards for a tour and tasting. Established in 1993, the vineyard enjoyed its first vintage season in the fall of 1998 and the opening of Minnesota's only underground winery. The underground earth shelter provides perfect cellar temperature for wine production and aging, creating an inviting atmosphere for the tasting room and gift shop. Our last stop is the Emma Krumbie Orchard in Belle Plaine where apples and apple products are in abundance – yum! Fee includes lunch, transportation, and escort.

Wed, Oct 14
\$70
7:35 am pick-up
6 pm approximate return
Register/cancel by Sept 30
S3210A

Geritol Frolics

Arrive in Baxter at the Christmas Point Wild Rice Company, a family owned and operated store with three floors of home décor, gourmet foods, casual clothing, a coffee bar, and more. Enjoy lunch at the Prairie Bay Restaurant. Menu: garden salad, balsamic glazed chicken breast, garlic mashed potatoes, caramel and apple bread pudding, and beverage. On to the Franklin Arts Center for a matinee performance of "Geritol Frolics 2015." This variety show, where all 50 performers are 50+ years old, has singing, dancing, and comedy. On the ride home, we'll make a short stop at the Travel Plaza in Little Falls for a snack (on your own). Fee includes theater ticket, lunch, transportation, and escort.

Fri, Oct 23
\$70
8:50 am pick-up
8:30 pm approximate return
Register/cancel by Sept 25
S3207A

Hormel Holiday Tea

The historic Hormel Home, decorated for the holidays, is a great way to start the season. Enjoy a traditional English Tea as strolling musicians and orators entertain visitors. Built in 1871 and the home of the Hormel family from 1901-1926, the house was donated to the YWCA in 1926 and is annually decorated for the holiday season by local merchants, florists, designers, and collectors. Our final stop is the Russell Stover Candy Kitchen, a good time to purchase holiday gifts and goodies. We are hoping to make a short stop at Hope Creamery, an independently owned creamery that churns out butter in small batches the old-fashioned way. Waiting for confirmation from Hope Creamery. Fee includes holiday tea, transportation, and escort.

Fri, Nov 20
\$53
9:50 am pick-up
5:15 pm approximate return
Register/cancel by Oct 27
S3208A

Mary Wanderer's Trip Program

At time of registration, you must indicate a Bus Pick-up Location:
Golden Valley City Hall or Calvary Center Cooperative

Holly & Ivy Christmas Tour in Des Moines, Iowa

DAY 1 – Leave Golden Valley. Have coffee and rolls at **Trumbles Restaurant**. Arrive at the Des Moines Botanical Gardens to enjoy a light lunch. Visit the Poinsettia display and the conservatory with tropical plantings, desert blossoms, and a tumbling waterfall. Tour **Terrace Hill**, a National Historic Landmark and the Governor's Residence, decorated for Christmas. The Gift Shop, located in the original icehouse, features Iowa related merchandise. Begin the Holly & Ivy Holiday Home Tour sponsored by the **Salisbury House**. The finest local decorators adorn spectacular mansions, private estates, elegant residences, and distinctive historic houses. First, take a self-guided tour through the historic Salisbury House. This magnificent mansion, the family home of cosmetic magnate Carl Weeks, was completed in 1928, was modeled after the King's House in Salisbury England and is filled with the family's original furnishings and collections. Check into the County Inn & Suites hotel. Have dinner at the **Machine Shed Restaurant**. After dinner, enjoy the drive through Des Moines' Water Works Park to view the **Jolly Holiday Lights Display**, a 3.5 mile riding tour of magical lights. Don't forget to get your picture taken with Santa (\$10) and enjoy a cookie and cocoa at Santa's Wish Shop! The gift shop, located at the end of the route, has snacks, Santa, and small gift items with proceeds benefiting Make-A-Wish Iowa. [C,L,D]

DAY 2 – Have breakfast and see homes decorated in grand Christmas style on the **Holly & Ivy tour**. Each year private homes are selected to feature unique architecture, exquisite design and seasonal traditions. Conclude the tour at the **Central Presbyterian Christmas Market**. Enjoy a bowl of homemade soup and visit the craft sale. Say good-bye to Des Moines as we travel to **Trumble's for dinner**. Estimated return time to Golden Valley is 7:30 pm. [B,L,D]

Fee includes: lodging for one night, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort, Mary Odell.

NOTE: Private homes and public estates on this tour will require guests to walk and stand for over thirty minutes at each stop. Very limited or no seating options are available. Some homes are decorated on more than one level.

Sat-Sun, Dec 4-5
\$335/person (Double)
\$390/person (single)
\$75 deposit due Oct 12
Final payment due Nov 2
Payments are non-refundable after Oct 12
S3206A

Uff Da! Tour

Begin the day at Ingebretsen's Scandinavian Center filled with gifts, clothing, baked goods, and traditional Nordic Foods just in time for the holidays. On to the American Swedish Institute for a tour of the new Nelson Cultural Center and lunch. Enjoy a Smörgåsbord of traditional Swedish dishes including meatballs, gravlax, potatoes, rye bread, beet salad, cucumber salad, dessert, and beverage. After lunch, spend time in the Bokhandel Gift Shop with Swedish crystal and glass, collectibles, jewelry, candy, and more. Take a guided tour of the Turnblad Mansion and the American Swedish Institute. Learn about the fascinating Turnblad family, the art and architecture of the exquisite 33-room mansion, and the history of early Minneapolis. In 1929, the Turnblads gave their home to the community, founding the museum and cultural center that would become the American Swedish Institute. Fee includes tour, lunch, transportation, and escort.

Tues, Dec 15

\$69

10:10 am pick-up

3:30 pm approximate return

Register/cancel by Nov 19

S3209A



Senior Community Information

Senior Leadership Committee

Northwest Hennepin Human Services Council is currently accepting applications for membership on the Senior Leadership Committee to represent Golden Valley. The Senior Leadership Committee meets to identify and educate themselves and the community about issues that are affecting seniors. They work to build and strengthen relationships with seniors and to connect seniors to available resources.

ACTIVITIES

The role of the Senior Leadership Committee member is to represent human services needs of senior residents residing in his or her city to NWHHSC. The Senior Leadership Committee member is a partner with NWHHSC staff supporting the mission of NWHHSC.

The Senior Leadership Committee's mission is to:

- Identify human services needs of seniors through citizens' input and Senior Leadership Committee representation,
- Provide citizen input, upon request, to NWHHSC on ways to address and meet those identified needs.
- Organize an area-wide Senior Forum each year that focuses on timely topics of special interest to seniors.

MEMBERS

If you are a senior in Northwest Hennepin County and would like to serve on the committee, please download the Senior Leadership Committee Application at www.nwhhsc.org and submit it to NWHHSC.

Senior Dining

763-531-1183

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested, but no one will be denied a meal. Takeout meals are also available. Call from 9-11:30 am for reservations and questions.

Senior Linkage Line

1-800-333-2433

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

Store To Door

651-642-1892

Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer order takers call clients from their homes each week and enter orders into an online ordering system. Volunteer shoppers work in partnership with several metro area Cub Foods and work to shop and prepare orders for weekday morning deliveries. Call or visit www.storetodoor.org.

Widowed Support Group

This group meets every Saturday at the New Hope Country Kitchen (42nd and Winnetka) at 2 pm, and the first Thursday of the month at Evans Nordby Funeral Home (60th and Brooklyn Blvd) at 1:30 pm. New people are always welcome!

NEED HELP WITH FALL LEAVES?

Get it during the 2015 Raking Blitz!

Between Friday, October 23 and Friday, November 6, volunteers will be assigned to assist Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will rake, bag leaves and take them to the curb. Raking dates and times will be arranged with the individual homeowners, based on the volunteer's availability. The residents must provide recyclable/compostable leaf bags to the volunteers. The Raking Blitz is a cooperative program with Senior Community Services' H.O.M.E. Program, Calvary Lutheran Church, and the City of Golden Valley. Call H.O.M.E at 952-746-4046 by October 1 if you are a homeowner in need of assistance with raking.

VOLUNTEER RAKERS NEEDED!

Improve your health while helping a senior citizen remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals or groups – youth, faith-based, neighbors, friends, businesses, and families. Seasonal: starting mid-October (depending upon the weather). This is a one-time unpaid fun, flexible activity on weekdays or weekends. Feel free to sign up multiple times! Contact the H.O.M.E. Volunteer Coordinator at 952-767-7894 or scsvolunteer@seniorcommuntiy.org by October 1 to schedule a time.



Senior Community Information

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

H.O.M.E. stands for Household and Outside Maintenance for the Elderly. H.O.M.E. provides affordable services that help seniors continue to live independently in their homes. The core staff, along with skilled workers and volunteers, provide homemaking and home maintenance services for residents age 60 and older in Golden Valley. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

- Interior and exterior painting
- Minor repairs and plumbing
- Safety bars
- House cleaning and laundry
- Errands and grocery shopping
- Snow shoveling
- Raking and window washing

The Mission of the H.O.M.E. Program is to assist those age 60 and better with household chores to help promote independence. Each year they receive a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, basement cleaning, and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. H.O.M.E. also places volunteers with individuals who need assistance with seasonal chores such as snow removal and lawn mowing. The volunteer opportunities are flexible and great for individuals as well as groups.

LinkVet Hotline **1-888-546-5838**

Online support is available seven days a week for Minnesota Veterans and their families. LinkVet is staffed by a team of support specialists trained through the Minnesota Department of Veterans Affairs (MDVA). Contact us by phone (1-888-LinkVet), live chat or ask a question. The support team is standing by to assist you.

Senior Community Services Outreach Program **952-746-4028**

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

Dinner at Your Door **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 at from 9-11:30 am for information and menu.

Fair For All **763-450-3880**

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

Veteran Crisis Line **1-800-273-8255**

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Golden Valley Library Programs For Seniors

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

NOTE: The Golden Valley Library will be closed for renovation September 14-late January.

COMPUTER HELP

Volunteers are available to provide one-on-one computer help at the Golden Valley Library at these times through Sept 11. No appointment necessary. Please call ahead to be sure a volunteer is available.

Mon and Thurs 9 am-12 pm
Tues and Wed 11 am-2 pm

POETRY LOVERS CONVERGE

Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Bring your friends!

1st Wed of every month
6:30 pm

FOCUS ON POETRY

Everyone (kids to teens to All poetry lovers are invited to meet and discuss a particular poet and share poems inspired by that poet.

Mon, Aug 17
6:30 pm

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.

Our venue is 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, a caterer's kitchen, and a patio, deck and gazebo with expansive golf course views.

Host your next event at Brookview!

Golf Tournament
Lawn Bowling Event
Birthday Party
Wedding Reception
Graduation
Retirement Party
Religious Celebration
Business Conference
Business Meeting



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





BROOKVIEW

GOLF COURSE & LAWN BOWLING

YOUR YEAR ROUND RECREATION DESTINATION



Contact us today!
763-512-2300
www.brookviewgolf.com

BROOKVIEW GRILL

is available for rent

The grill's warm and comfortable atmosphere makes it a perfect setting for business retreats, trainings, meetings or private gatherings such as receptions, grooms dinners, showers, holiday, birthday or retirement parties. 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
Rental Fees:	\$25/hr residents businesses or organizations \$35/hour non-residents \$45/hour corporate/business groups
Deposits:	\$75 deposit due at the time of application \$100 damage deposit, which will be returned within a week of the event if no deductions are necessary
Food/ Beverage:	All events at Brookview Grill must be catered by a licensed caterer. Full bar service is available through Brookview.

For more information about the Brookview Grill including pricing and availability, contact the Brookview Administrative Office at 763-512-2305.

CALLING ALL GHOSTS & GOBLINS!

Look what's brewing
at the Brookview Par 3 Course in October...



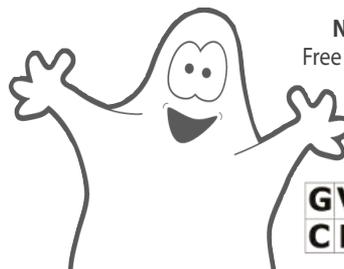
Brookview Ghoulish Golf Course

On Saturdays and Sundays in October, plus the MEA break, the Brookview Par 3 Golf Course will go through a spooky transformation. The Par 3 building will be decorated for Halloween. Big orange pumpkin-faced putting cups will be installed in all the putting greens (much easier for kids and beginners). Each hole will be a spooky Halloween theme, look for the black cat, spider web, skeleton, haunted house and more. All golfers get a small treat at the end of the round. Keep an eye out for our resident golf pro during the month of Halloween, Jack O. Lantern. The spirits are summoning you, please call 763-512-2330 to book a weekend tee time or just drop in on your broom. As Halloween creeps closer, we will be lurking for you at Brookview!

No golf clubs? No golf balls? No problem!

Free rental clubs and golf balls available to anyone who would like to use them.

\$12.50/person OR \$7/person
if you're wearing any
Halloween, orange clothing,
or are in costume!



GOLF & LAWN BOWLING

School's Out!

AGES 7-16

Roll over to Brookview Golf Course for a day of lessons, plus a round of golf and lawn bowling. Participants will spend time with the golf pro to work on their game. Following the lesson, you will play the nine hole golf course, have lunch and end the day with lawn bowling. Lunch is provided, along with golf clubs and balls for those who need them.

BROOKVIEW GOLF COURSE

FRI, OCT 16

9 AM-2:30 PM

\$24 RESIDENT, \$29 NON-RESIDENT

F1121A



BROOKVIEW PUB BOWL LAWN BOWLING TOURNAMENT

BRING YOUR FRIENDS, BUILD A TEAM,
AND BOWL OVER THE COMPETITION

FRIDAY, SEPT 4-SUNDAY, SEPT 6, 2015

Lawn Bowling Coed Fours Team Event - \$125/Team
Registration due by Friday, Aug 15, 2015

Welcome Party at Brookview | Friday, Sept 4, 5-7 pm
Championship Games | Sunday, Sept 6



200 Brookview Parkway, Golden Valley, MN 55426 • 763-512-2300 • Fax: 763-512-2311
www.brookviewgolf.com

Golf Course Fees

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole Course	\$30	\$37
9-Hole Course	\$17	\$20
Power Cart 18-Hole	\$24	\$30
Power Cart 9-Hole	\$16	\$20
Twilight*	\$17	\$21
Twilight* with Power Cart	\$25	\$31

*After 3:30 pm on Friday, Saturday, Sunday and Holidays.

Patron Card Holders may make reservation 7 days in advance.
General Public may make reservations 5 days in advance.

PAR 3 COURSE FEES

9-Hole Course	\$9	\$12.50
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JUNIOR RATES

18-Hole (Ages 10-17)	\$22.50	\$24.50
9-Hole (Ages 10-17)	\$12.50	\$14.50
9-Hole Par 3 (Ages 6-17)	\$8	\$9.50

60+ SENIOR GOLF PROGRAM

All seniors may play the regulation or Par 3 course for a reduced green fee at designated times. Reservations must be made and tee times are based on availability. Not valid on holidays, special events, or league play.

Mon-Fri before noon

18-Hole Senior	\$26	\$30
9-Hole Senior	\$15.50	\$17

Valid anytime, 7 days a week

9-Hole Par 3 Senior	\$8	\$9.50
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DRIVING RANGE

Large Bucket	\$7
Large Patron Bucket	\$5
Small Bucket	\$5
Warm-up Bucket	\$3
10 Bucket Pass	\$57

Lawn Bowling Fees

RINK RENTAL (PER HOUR)

Public	\$25
Golden Valley Resident or Brookview Patron	\$20

PRIVATE GROUP RENTAL (PER HOUR)

Private Rink Rental	\$25
Half Green Rental (4 Rinks)	\$100
Full Green Rental (8 Rinks)	\$200
Game Official	\$25
Deck Rental (up to 4 hours)	\$100



We Volunteer
Be a part of our team
goldenvalleymn.gov/community

Volunteers Make a Difference!

Check out the volunteer opportunities listed below and contact the Parks and Recreation Department today to lend a helping hand! Visit our website for more information and to complete the online application.

SPECIAL EVENTS

Step-To-It Challenge
Run The Valley
Rake-A-Thon
Penny Carnival
Bike Rodeo
Fire Department Open House
Golden Valley Golf Classic
Make-A-Difference Day

YOUTH ATHLETICS

Basketball Coach
Hockey Coach
Soccer Coach
Junior Golf League

COMMUNITY PROGRAMS

Kids Fishing Club
Photo Posse
Summer Concert Series
Tap & Ballet Show
Youth Holiday Programs

OPEN SPACE & PARK IMPROVEMENT

Adopt-A-Park
Annual Clean-up Day
Mighty Tidy Day
Storm Sewer Stenciling
Buckthorn Removal
Lilac Project/Maintenance



For more information on these volunteer opportunities,
VISIT: www.goldenvalleymn.gov/community **E-MAIL:** ParkandRec@goldenvalleymn.gov **CALL:** 763-512-2345

JOIN THE TEEN COMMITTEE!

The Teen Committee meets monthly on the 4th Monday of each month at 6 pm at Brookview Community Center. The Teen Committee helps promote teen perspectives on issues and activities for the city and advice on matters referred by the Open Space and Recreation Commission or the City Council.



Fill out the online application at:
www.goldenvalleymn.gov,
visit the Boards and Commissions page.

JOIN US!
We need your thoughts and ideas!

NEED HELP WITH FALL LEAVES?

Get it during the 2015 Raking Blitz!

Between Friday, October 23 and Friday, November 6, volunteers will be assigned to assist Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will rake, bag leaves and take them to the curb. Raking dates and times will be arranged with the individual homeowners, based on the volunteer's availability. The residents must provide recyclable/compostable leaf bags to the volunteers. The Raking Blitz is a cooperative program with Senior Community Services' H.O.M.E. Program, Calvary Lutheran Church, and the City of Golden Valley. Call H.O.M.E at 952-746-4046 by October 1 if you are a homeowner in need of assistance with raking.

VOLUNTEER RAKERS NEEDED!

Improve your health while helping a senior citizen remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals or groups – youth, faith-based, neighbors, friends, businesses, and families. Seasonal: starting mid-October (depending upon the weather). This is a one-time unpaid fun, flexible activity on weekdays or weekends. Feel free to sign up multiple times! Contact the H.O.M.E. Volunteer Coordinator at 952-767-7894 or scsvolunteer@seniorcommuntty.org by October 1 to schedule a time.



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



Registration Information

Online

www.goldenvalleymn.gov

NEW

VISIT OUR NEW ON-LINE REGISTRATION SYSTEM!

Visit the city's website for access to the new online registration system. You can now create your own account and log-in information. Online is available 24/hrs a day. **NOTE: Your old pin and barcode numbers will no longer work for the new system. You will be required to create a new account.**

In Person

Walk-in registrations are accepted at Brookview Community Center. Registrations received after 4:30 pm will be processed the following business day.

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

Fax

763-512-2344

Available with a credit card payment, 24/hours a day. Registrations received after 4:30 pm will be processed the following business day.

E-mail

parkandrec@goldenvalleymn.gov

You may scan and email your registration with a credit card payment, 24/hours a day. Registrations received after 4:30 pm will be processed the following business day.

PLEASE NOTE: As of January 1, 2015, we no longer accept phone-in registrations.

Golden Valley accepts cash, checks payable to City of Golden Valley, and the following credit cards



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 cancelled 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.

New & Improved *New & Improved* *NEW*

Golden Valley has
a **NEW** registration system!

GV
RecConnect

<http://webtrac.goldenvalleymn.gov>

- Create your own account online
- Choose your own log-in information and make your own account changes
- Simple and easy to use and navigate
- 24/7 Access to your account
- Book your own facilities (coming soon)



ACTIVITY REGISTRATION FORM

PARKS & RECREATION DEPARTMENT

200 Brookview Parkway
Golden Valley, Minnesota 55426
P: 763-512-2345 F: 763-512-2344
www.goldenvalleymn.gov

Household Primary Person (First & Last Name): _____ (REQUIRED) D.O.B. _____

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	D.O.B (REQUIRED)	Activity Name	Activity Code	Location	FEE

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	D.O.B (REQUIRED)	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.

SIGN: _____ **DATE:** _____

Payment Information (please fill in)

<input type="checkbox"/> Cash	<input type="checkbox"/> Visa/MC/Amex/Disc # _____	Expire: _____	TOTAL DUE:
<input type="checkbox"/> Check # _____	Sec Code: _____	Sign for credit card: _____	

OFFICE USE ONLY - Date Processed: _____ By: _____

Activity Locations

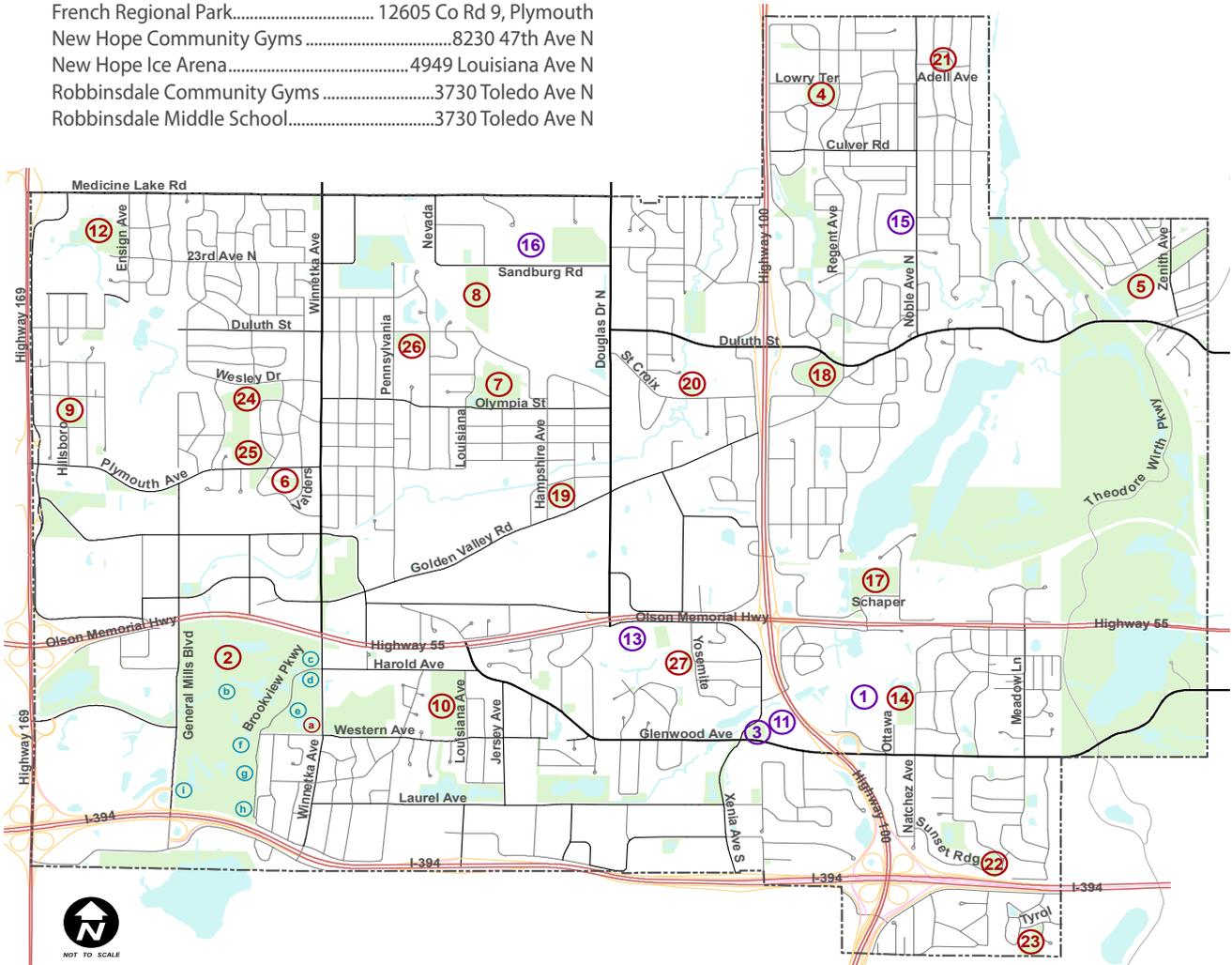
- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
 - a. Park
 - b. Golf Course
 - c. Tennis Courts
 - d. Small Shelter
 - e. Large Shelter
 - f. Par 3
 - g. Golf Course Pro-Shop & Community Center
 - h. Driving Range
 - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood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

Brookview 200 Brookview Pkwy N	The Andress Family
Gearty 3101 Regent Ave N	Herb Purdy
Hampshire 1610 Louisiana Ave N	Brian Middleton
Lakeview 1521 Hillsboro Ave N	WorkAbilities
Lions 151 Louisiana Ave N	Kueny & Knippenberg Family & Golden Valley Girls Softball
Medley 2331 Ensign Ave N	Golden Valley Women's Club
Schaper 631 Ottawa Ave N	SBG, Inc
Scheid 1856 Toledo Ave N	WSB & Associates
Wesley (North) 8305 Wesley Dr	Moore/Gasparini Families
Wesley (South) 8200 Plymouth Ave	Jack Stratton

NEIGHBORHOOD PARKS

Glenview 2351 Zenith Ave N	Robbinsdale Transition Center
Golden Oaks 1141 Valders Ave N	Kim Stroup
Natchez 201 Natchez Ave N	Hanscom & Dritsas Families
North Tyrol 900 Westwood Dr S	Marcie Schlaeger
Paisley Park 220 Paisley Ln	AVAILABLE
Seeman 1101 Florida Ave N	Northwest Suburban Optimist Club
South Tyrol 1510 Kaltern Ln	Allianz
St. Croix 5850 St. Croix Ave N	John & Pam Goranson & Barb Osborne
Stockman 3300 Major Ave N	WSB & Associates
Sweeney Lake	Hidden Lakes Association
Wildwood 7401 Duluth St	AVAILABLE
Yosemite 351 Yosemite Ave N	Geving & Palkert Families

NATURE AREAS

Adeline 910 Adeline Ln	Mike McHugh - State Farm Insurance
Bassett Creek (North of Duluth) 2130 Zane Ave N	B.A. Raak
Bassett Creek (South of Duluth)	John & Pam Goranson & Barb Osborne
Bassett Creek (West of Wisconsin)	ATS&R Architects & Engineers
Briarwood 2600 Unity Ave	Girl Scout Troops 2316 & 1670
General Mills 9201 Olson Memorial Hwy	GMI Grounds Crew
General Mills Research Nature Area	The Gannon's
Golden Ridge Nature Area 9145 Earl St	AVAILABLE
Laurel Ave (East of Florida)	Golden Valley Lutheran Church
Laurel Ave (West of Florida to Jersey)	The Liberman Family
Laurel Ave (West of Jersey to Pennsylvania)	Jerry & Joan Monson
Mary Hills 2190 Bonnie Ln	AVAILABLE
Pennsylvania Woods 2301 Rhode Island Ave N	John & Pam Goranson & Barb Osborne
Rice Lake 4120 Bassett Creek Dr	Tremere Family
Western Ave 7600 Western Ave	Ilo & Peggy Leppik

Adopt-A-Park is a public service program for volunteers to help Golden Valley keep its parks beautiful. Although the main focus is picking up litter, assistance is also needed to identify safety hazards and communicate other issues associated with each park. To learn more about adopting a park, please call 763-512-2345.

THANK YOU TO ALL THE VOLUNTEERS THAT HELP KEEP OUR PARKS AND NATURE AREAS BEAUTIFUL. 

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.



Parks & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426

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

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

**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

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 pm at Brookview Community Center.

Chair: Bob Mattison

Vice-Chair: Gillian Rosenquist

Members: Roger Bergman, John Cornelius, Kelly Kuebelbeck, Anne Saffert, 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