

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



Let it snow.



# Parks & Recreation

Winter Activities 2016





Parks & Recreation Department

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**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**

Thur, Dec 24	Christmas Eve
Fri, Dec 25	Christmas Day
Fri, Jan 1	New Year's Day
Mon, Jan 18	Martin Luther King Jr Day
Mon, Feb 15	Presidents' Day



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



**OPENING DAY:**  
SATURDAY,  
DEC 19

# ICE SKATING RINKS

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

**Weather permitting, rinks will remain open until:**  
**Monday, Feb 15 at Gearty, Hampshire, Lions, & Medley**  
**Sunday, Feb 28 at Wesley & Scheid**



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

## Rink Maintenance

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

## Regular Hours

Mon-Fri	4-9 pm
Sat	10 am-9 pm
Sun (Wesley, Scheid, Lions)	1-9 pm
Sun (Hampshire, Medley, Gearty)	10 am-6 pm

## Special Hours

Mon-Wed, Dec 21-23	10 am-9 pm
Thur, Dec 24 (Christmas Eve)	10 am-4 pm
Fri, Dec 25 (Christmas Day)	CLOSED
Mon-Wed, Dec 28-30	10 am-9 pm
Thur, Dec 31 (New Year's Eve)	10 am-7 pm
Thur, Dec 31 (Scheid only)	10 am-10 pm
Fri, Jan 1 (New Year's Day)	10 am-9 pm
Mon, Jan 18 (Martin Luther King Jr Day)	10 am-9 pm
Mon, Feb 15 (Presidents' Day)	10 am-9 pm

## Closing Policy For Outdoor Winter Activities

Activities close when:

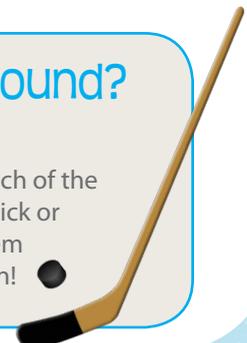
- the air temperature is -10 F or colder, per the National Weather Service
- the wind chill index is -15 F or colder, per the National Weather Service
- warm temperatures soften ice, making rinks unsafe for skating

A snowfall of more than 2 inches could delay cleaning ice rinks and opening warming houses.

**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!



## Special Events

### December 31 New Year's Eve Family Event

Bring the whole family and enjoy extended hours for sledding and skating on New Year's Eve.

Open to all ages      Scheid Park  
Free admission      7–10 pm



### January 22 Winter Family Festival

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

Open to all ages      North Wesley Park  
Free admission      6–8 pm

### February 12 Mother/Son Sports Spectacular

Father's and daughters get a special night—now it's time for moms and sons to spend an evening together having fun. Come dressed in your favorite jersey or sportswear and celebrate like you just won the Superbowl! Participate in numerous sport skill stations, win prizes, and race your friends and other moms through a giant inflatable obstacle course. Re-energize with pizza and cookies. Then, dance to music from the DJ like you're celebrating the Twins winning the World Series! Price includes drink, pizza, cookie, and admission. Make great mother and son memories in this new fun event. Co-sponsored by Hopkins Community Ed and Golden Valley Parks and Recreation.

Grades K–5 with female adult      Davis Community Center  
\$29/couple, \$5/each additional      6:30–8:30 pm  
Register by Feb 5      W1503A

**NEW!**



### April 16 Youth Tap & Ballet Recital

You are invited to attend and support our young dancers at the annual Tap and Ballet Recital. The dancers will be dressed up and have been practicing for this big show. They love loud applause and can't wait to see you in the audience! Doors open at 12:30 pm. Sponsored by the Golden Valley Parks and Recreation Tap and Ballet program.

Open to all ages      Breck School Theater      1–3 pm      Free admission



**Brookview Picnic Shelter Reservations are NOW ONLINE!**

Reservations can be made beginning  
Jan 14 for residents and Feb 11 for non-residents.

See page 36 for details.

## April 16 Run The Valley

Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley, sponsored by the Golden Valley Human Services Fund. All proceeds are allocated to non-profit organizations that serve Golden Valley residents in need.

The certified course travels through parks and residential Golden Valley, with Brookview Community Center as race headquarters where the race will start and end. Water stops and post-race complimentary snacks donated by area businesses.

Fee includes a T-shirt and race number. NOTE: 5K and 10K race will be chip-timed. Chip timing not included in youth fee or walk. To be eligible for a medal, chip timing must be used. T-shirt sizes for all participants guaranteed if registered by March 1.

Registrations are taken in person and by mail with check, cash, or credit card at Brookview Community Center, 200 Brookview Parkway, Golden Valley 55426. Online registrations will be taken through April 14 at [www.zapevent.com](http://www.zapevent.com), [www.active.com](http://www.active.com) (additional fee charged) or [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov). Race day registrations will be taken from 7–7:45 am at Brookview Community Center.

For more information, visit [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov) or call the Golden Valley Parks and Recreation office at 763-512-2345.

8 am: 10K Run (Y2501B)      10K/5K Run: \$30 by Feb 29, \$35 March 1–April 15, \$40 April 16  
 8:10 am: 5K Run (Y2501A)      5K Walk: \$25  
 8:15 am: 5K Walk (Y2501E)      \$20 youth 12 and under with an adult (Y2501C)  
 Begin/End at Brookview Community Center

## April 16 Kids "Fun" Run The Valley

Join us for the 3rd annual Fun Run for Kids! The course begins in the Driving Range parking lot and follows Field Drive to the Brookview parking lot for a total of .2 miles. The event is aimed at kids ages 2–7. Sponsored by Bassett Creek Dental. Fee includes fun run number and participation ribbon (Parents may accompany little ones for free).

7:45 am      Brookview Community Center and Park  
 Ages 2–7 (with an adult)      \$5 per child (Y2501D)



# SCHOOL'S OUT!

Get out of the house and come join us!

## Paint On Canvas - Reindeer Games

AGES 5-12

Who's the most famous reindeer of all time? Rudolph, of course! During this popular class, kids will learn how to paint Rudolph the Red-Nosed Reindeer step-by-step as they create on a real canvas board.



Crystal Community Center

Mon, Dec 21

9:30-11:30 am

\$22

W1219A

Register by Dec 14

## No School Open Gym For Kids

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

Mon-Wed, Dec 21-23

1-5:30 pm

\$4/person at the door

## Minecraft Game Designer

AGES 7-12

Don't just play Minecraft—turn it from a game into a visual learning tool! This course introduces students to a whole new world of possibilities in Minecraft. They will learn basic game design skills while collaborating to build Adventure Maps, as well as some advanced features such as Command Blocks. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. Participants will be able to take their custom worlds home on a flash drive so they can continue to develop these worlds on their home computers. Bring drink and peanut-free snack daily.

Crystal Community Center

Mon-Tue, Dec 28-29

9 am-12 pm

\$63

W1220A

Register by Dec 18



## Crazy Catapults Science Class

AGES 8-12

The kingdom needs you! The royal family has appointed you as its royal master engineer. Your task is to determine the best castle construction to protect the walls against a marshmallow catapult. You'll build your own simple catapults to test your castle walls and to practice your skills of trajectory and accuracy. Resident fee applies to Golden Valley, New Hope, Crystal, and Robbinsdale.

New Hope Ice Arena (4949 Louisiana Ave N)

Mon, Feb 15

9:30 am-noon

\$21 resident, \$28 non-resident

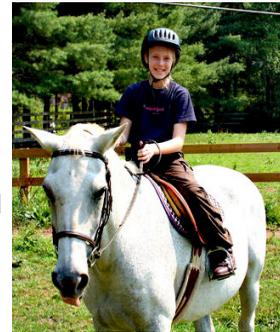
W1221A

Register by Feb 8

## Horse Riding Day Camp

AGES 6-17

Enjoy the excitement of horseback riding camp! Learn how to work with and care for horses, including balance and control in the saddle, leading, grooming, tack-up, and feeding and watering. There are also horse crafts and other related activities such as horseshoe painting, mane and tail braiding, horse baths, horse tag. Proper attire includes sneakers or boots (closed toe with a heel), long pants, and layers depending on weather. Bring bug spray, sunscreen, nut-free snacks, water bottle, and nut-free bag lunch. ASTM/SEI certified helmets provided. Signed waivers required. This camp is run in partnership with Hopkins-Minnetonka Recreation Services and Golden Valley Parks and Recreation.



Boulder Pointe Horse Stables in Anoka  
Bus pick-up/drop-off: Brookview Park Large Shelter

Fri, April 1

8 am-3:45 pm

\$89

W1232A

## Youth Enrichment & Learning

### Preschool 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. Children age 1 and under are free.

Brookview Community Center

Fri, Oct 2–Mar 25 (no class 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

Jan 4–Feb 17

(no class Jan 18, Feb 15)

W1214A

Feb 22–March 30

W1214C

#### TUE/THUR

Jan 5–Feb 18

(no class Feb 11, Feb 18)

W1214B

Feb 23–March 31

W1214D



### Little Tigers Self Defense

AGES 3–5

Master Tom Malone will teach your child basic self-defense and martial arts skills while developing coordination and flexibility. Participants will learn basic kicks, punches, and strikes 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, Jan 5–Feb 16 (no class Jan 26)

W1120A

Tue, March 1–April 5

W1120B



### 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, Jan 5–Feb 16 (no class Jan 26) W1118A

Tue, March 1–April 5 W1118B

6:15–7 pm

\$70 resident/\$74 non-resident

#### ADVANCED

Davis Community Center

Tue, Jan 5–Feb 16 (no class Jan 26) W1119A

Tue, March 1–April 5 W1119B

7–7:45 pm

\$70 resident/\$74 non-resident

### 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 three-hour block of time at Brookview. Call 763-512-2345 for more information.



## Youth Enrichment & Learning

### Preschool Discover and Play

AGES 1–5 WITH AN ADULT

Discover nature and burn off energy! During each of these programs, children will be able to learn with hands-on activities. Discover time runs from 9:15–10 am. Playtime, which runs from 10–11:30 am, will join our weekly Preschool Playtime kiddos in jumping, rolling, spinning, and more.

Brookview Community Center  
9:15–11:30 am  
\$9/child

### CRITTER CLOSE-UP

Westwood Hills Nature Center's indoor animals come out to say "hi" and have lunch! Watch snakes slither, a toad hop, and a salamander gobble its favorite food. Get the chance to touch and learn a bit more about some of these amazing animals.

Fri, Jan 29  
W1223A  
Register by Jan 22

### WINTERTIME ANIMAL

Join a naturalist from Westwood Hills Nature Center and find out which animals are still out and about in the cold months of winter. Spend some hands-on time with animal pelts, bones, and other artifacts and learn about some animal clues you can find in the snow.

Fri, Feb 26  
W1223B  
Register by Feb 19



### Preschool Imagination Movers

AGES 3–5

Calling all boys and girls ages 3–5 who love to move! This class is taught through playful, structured activities that help children develop body awareness, build movement vocabulary, and practice interacting in a group setting. Each class focuses on a different element of dance based on the principles of time, space, and energy. Individual creativity is encouraged. Props, percussion instruments, and a wide variety of music are all part of the fun. Children must wear clothes that allow for action.

Crystal Community Center  
Tue, Jan 19–March 15 (no class Feb 9)  
10–10:45 am

\$65/child  
W1217A  
Register by Jan 11



### Crazy Gears and Wheels

AGES 5–10

If you love Legos, making things move, building, and experimenting, this class is for you! Working in teams, students will build crazy wheeled and geared contraptions that spring into action. Have fun while you learn the principles of mechanical engineering and simple machines. Make tops, spinners, zip lines, rubber band powered cars, crimping cars, and other crazy contraptions.

Crystal Community Center  
Sat, Feb 20 & 27  
9 am–noon

\$56/child  
W1218A  
Register by Feb 12



## MAILBOX TO THE NORTH POLE

Dec 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.

## Drama Club

AGES 6–17

Our winter Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased Thursday, March 17 at 7 pm. All participants must be able to participate in the final performance. Instructed by Eric Oslon.

Meadowbrook School

(some classes may be held at Brookview)

Tue & Thur, Jan 19–March 17

\$99 resident, \$104 non-resident

AGES 6–12

6:15–7:30 pm

W1208A

AGES 13–17

7:30–8:45 pm

W1208B



Instructor Eric Oslon has been teaching drama for seven years and has been acting in the Twin Cities for more than 16 years. He holds a degree in communication and film from the University of Minnesota.

## Drama Camp

AGES 6–12

Spend some of your winter break indulging in theater. Kids will learn to create characters, voices, and scripts through a variety of fun improv and acting games. Work together to come up with a final skit and show off your newly formed talents. Instructed by Eric Oslon. NOTE: Bring a lunch each day.

Brookview Community Center

Mon–Wed, Dec 28–30

9 am–3 pm

\$60 resident, \$64 non-resident

W1209A

## 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, and theater performances. Students will have fun while working on developing voices, characters, skits, and directing. Instructor Eric Oslon has taken his knowledge and developed a K–12 theater program, which he has taught for seven years!

Brookview Community Center

Mon, Feb 1–March 14

6–7:30 pm

\$59 resident, \$63 non-resident

W1231A

## Winter Playground

AGES 6–12

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

Wesley Park

Mon–Wed, Dec 28–30

1–3 pm

\$20 resident, \$22 non-resident

W1225A



## Youth Enrichment & Learning

### Juggling Class

AGES 8–13

Learn how to juggle in this fun new class. Juggling is a unique activity that can be creative and rewarding. Learn the basic three-ball pattern called “the cascade,” plus for advanced beginners, work on learning tricks! Enjoy the health benefits of this lifelong skill, including building hand-eye coordination, reducing tension, and working on concentration. Equipment is provided. Fee includes juggling balls you get to take home!

Brookview Community Center

Wed, Jan 27–Feb 24

6–7 pm

\$68

W1224A

Register by Jan 20



### Magic For All Ages

AGES 10+

Have you ever wondered how Penn and Teller did their amazing tricks? You, too, can dazzle friends and family when you know the secrets of magic and illusion. This fun-filled, easy class will teach you to be the star at every party. All ages are welcome, especially parents, grandparents, uncles, cousins, etc. Materials are included. Annette Fragale is a popular performer who has a TV show called “The Magic Book Nook” on Channel 18. She presents her shows throughout the US at county fairs, libraries, civic events, and more.

Brookview Community Center

Tue, Jan 12–19

6–8 pm

\$30 resident, \$33 non-resident

W1211A

### 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 directions to register for the program.

Brookview Community Center

Between 3–9 pm

\$242 resident/\$247 non-resident

**INSTRUCTED BY JULIE PRUSE**

Tue, Jan 5–March 15 W1210A

Thur, Jan 7–March 17 W1210C

**INSTRUCTED BY MILA MARON**

Wed, Jan 6–March 16 W1210B

### 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); and Professionalism (what you should ask during a babysitting interview). Participants provide own lunch and snack. Resident fee applies to Golden Valley, Crystal, and Robbinsdale.

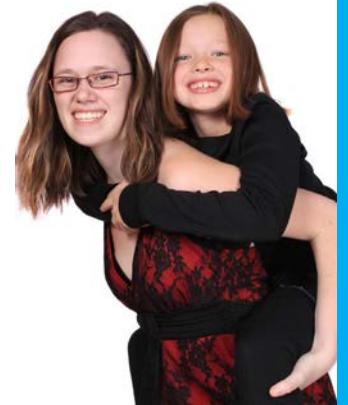
Brookview Community Center

Sat, Jan 16 W1215A

Sat, March 12 W1215B

8 am–4:30 pm

\$77 resident/\$82 non-resident



## Other Community Youth Opportunities

**These programs are offered by 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.**

### Cheer America

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  
Tuesday, Feb 2, from 6:30–7:30 pm.

Ages 4–6  
Davis Community Center  
Tue, Feb 9–May 17  
(no class Feb 23, April 26, May 10)  
Ages 4–8, 6–6:45 pm  
Ages 9–16, 7–7:45 pm  
\$5 enrollment fee, plus \$7/night at the door

### Gymnastics

New Hope Parks and Recreation will again be offering gymnastics classes to kids of all skill levels this winter and spring. The program will help participants develop better physical fitness, coordination, and gymnastics skills, all while having a great time! Classes are held at the Sandburg Learning Center in Golden Valley. For more information or to register, please call 763-531-5151.

### Blizzard Ski & Snowboard School

For more information or to register, please call 763-559-3343 or visit [www.blizzardmn.com](http://www.blizzardmn.com).

#### GRADES K–12

Experience the ultimate in skiing, snowboarding, and racing instruction from beginners to experts! At seven different metro ski and snowboard areas, our top quality adult staff will teach you to improve your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season long rentals are available), we provide the rest!

#### GRADES 5–12

Make friends and explore cool trails and terrain parks with experienced instructors as you improve skills at your own pace in up to 4.5 hours of instruction each week. You'll also have plenty of time to free ski or ride, too! Meets Sun, Jan 10–Feb 28. Fee is \$219\*.

Pick-up/drop-off:  
Leeann Chin (7650 Hwy 55 & Rhode Island Ave)  
Approximate time: 8 am–5:30 pm

\*Weekly Trip Fees: You will be contacted prior to the trip each week for your reservation. Using our flexible pay-as-you-go trip fee structure, you pay a weekly trip fee of about \$60 to cover round trip bus transportation and lift ticket. If you can't attend that week, you don't owe anything!



## 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  
\$49/class

Thur, Jan 14–Feb 11  
5:30–6:15 pm W1101A  
6:30–7:15 pm W1101B  
Register by Jan 8

Thur, Feb 25–March 24  
5:30–6:15 pm W1101C  
6:30–7:15 pm W1101D  
Register by Feb 19

### Youth Bowling Fun!

GRADES K–12

Join the fastest growing high school sport in America! We have teamed up with the professional coaches at Texa Tonka Lanes to offer this new program. Enjoy a mix of bowling instruction and actual game play. Shoes are provided. Balls are provided, or you can bring your own. Sponsored by Hopkins Community Education and the City of Golden Valley.

Texa Tonka Lanes (8200 Minnetonka Blvd, St Louis Park)  
Sat, Feb 20–March 5  
\$19/person

GRADES K–6  
10:30 am–noon  
W1144A

GRADES 7–12  
1–3 pm  
W1144B



### 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, Jan 25–March 7 (no class Feb 15)  
W1110A  
Register by Jan 18

Mon, April 4–May 9  
W1110B  
Register by March 28

### Intro To Archery

AGES 7+

If you've ever wanted to learn about or try archery, this class combines history, equipment descriptions, safety, and form with plenty of shooting time to channel your inner Robin Hood. Participants will leave with a basic knowledge of equipment types, range safety, and how to safely operate most archery equipment. Come join us and take aim! Taught by Average Joe's Archery. Sponsored by Hopkins Community Education and the City of Golden Valley.

Davis Community Center  
Sat, March 19  
9 am–noon  
\$34  
W1140A



### 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 N, Door #18)  
6–7:30 pm  
\$65

Tue, Jan 26–Feb 16  
W1108A  
Register by Jan 15

Tue, Feb 23–March 15  
W1108B  
Register by Feb 12

## Snowshoe At Brookview

AGES 8+

Snowshoeing is a great way to get outside and enjoy the beauty of a Minnesota winter. This easy and fun sport can be done just about anywhere—even on the golf course! This program will explore the history of snowshoeing and the different styles that are commonly used. After a warm inside introduction, participants will head outside with the naturalist to explore and make some tracks. No experience is necessary. Bring your own snowshoes or use ours. After snowshoeing, warm up by the fire while making s'mores. The Fattyshack will be open and will feature snacks, hot sandwiches, and beverages for purchase.

Brookview Golf Course     \$7/person  
Sat, Feb 13                     W1216A  
2–4 pm

## Fat Biking For Teens

AGES 13–18

Come see what all the Fat Bike hype is about. Take a spin around the Brookview bike course and warm up at the Fattyshack, then hang out at the fire and roast some s'mores. Bring your friends for a night out! Fattyshack will be open until 9 pm for food and drink.

NOTE: Parent/guardian MUST sign a waiver of liability for any youth under age 18. Forms are available on the day of event or can be signed at the Brookview Golf Course ahead of time. Youth will NOT be allowed to rent a bike without waiver signed by a parent/guardian.

This program was planned with the help of the Golden Valley Teen Committee.

Sat, Jan 9  
4–8 pm  
\$10/person for one hour fat bike rental



## Wiff-O Ball League **NEW!**

AGES 9–12

Get ready for summer by playing in the Wiff-O Ball League at Davis Community Center. Balls and bats will be provided, with teams umpiring their own games. A tournament will be held on final day. During registration, you will have the option to indicate who you would like on your team, otherwise you will be placed on a team randomly. Teams will be formed with a minimum of three and a maximum of five players.

Davis Community Center  
Mon, March 7–April 4  
6 or 7 pm (varies by week)  
\$19/person



## Hockey League

AGES 10–13

Boys and girls are welcome to join this outdoor recreational league using pond hockey goals on a rink. No goalies used, and there will be a mixture of practices and instructional games. All levels of abilities and skills welcome! Must supply own equipment, including hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup if applicable. Practices and some games will be held at Wesley Park. Other possible game locations are in Robbinsdale and Crystal. Final schedule will depend on registration numbers. Games will be either a 4x4 or 5x5 format. Friday, Feb 12 is a make-up day if needed. VOLUNTEER COACHES ARE NEEDED! Call the Golden Valley Parks and Recreation office to help out.

North Wesley Park                     \$25  
Fri/Sun, Jan 8–Feb 12                 W1143A  
Friday evenings, Sunday afternoons     Register by Dec 18

# Youth Athletics

## Mites Basketball Instructional Program

**GRADES K-1**

Skill-based program for kindergarten and 1st grade girls and boys. Emphasis is on dribbling, passing, shooting, and positions. Instructional scrimmages will be played. Baskets are at a lower height and mini-basketballs are used. Teams are formed the first meeting of the program. Fee includes a T-shirt.

**Crystal Community Center**  
Sat, Jan 23–March 12  
\$45  
Register by Jan 15

**KINDERGARTEN**  
9:15–10:15 am  
W1142A

**1ST GRADE**  
10:30–11:30 am  
W1142B



## Youth Basketball Leagues

**GRADES 2-7**

This recreational basketball leagues for youth focuses on teaching skills, team play, and good sportsmanship. Standings are not kept and there is no tournament play. Practices begin early January, with days and times varying due to gym and volunteer parent coach availability. Coaches will call team members after Jan 5 with practice day/time. This program is co-sponsored by the Cities of Crystal, Robbinsdale, and St Louis Park and will include teams from all cities. Scrimmage day will be Jan 16. Golden Valley's Parks and Recreation Department reserves the right to limit the number of players per team, combine divisions if registration is not sufficient, and cancel a team if a volunteer coach cannot be found. Register your child for the correct division based on his/her grade. Players are allowed to play one grade level up. Two players may request to play together.

**REGISTER BY DEC 11!**

**PRACTICES**

Davis Community Center  
Begin mid-January

**GAMES**

Davis and Crystal Community Centers  
Jan 23–March 5 (7 games)

\$55/person

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

**VOLUNTEER COACHES NEEDED!**

Volunteer coaches are necessary for the success of the program. Coaches will get their child's registration fee reimbursed at the end of the season. Max two coaches per team.



**Golden Valley Little League Baseball**  
Boys & Girls age 6-12  
Pat Dale, 763-593-9077  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

**Armstrong Cooper Youth Baseball Association**  
Boys age 12-19  
Brian Nelson, 612-720-9642  
[www.acybaseball.com](http://www.acybaseball.com)

**Girls Slowpitch Softball**  
Girls grade 3-12  
Keith Hiljus  
[keithhiljus@yahoo.com](mailto:keithhiljus@yahoo.com)  
[www.gvgs.org](http://www.gvgs.org)

**Armstrong Cooper Youth Hockey Association**  
Boys & Girls age 4+  
Dawn Speltz, 612-987-4599  
[www.acyha.org](http://www.acyha.org)

**Cooper/Armstrong Girls Fastpitch Softball**  
Girls age 9-12  
[www.caheatfastpitch.org](http://www.caheatfastpitch.org)

**Park Valley United FC Soccer Club**  
Boys & Girls age 5-17  
[www.parkvalleyunitedfc.org](http://www.parkvalleyunitedfc.org)

## Youth Athletic Associations

## 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 one week before the event. We will notify you when your tickets are in. NOTE: You must supply your own transportation.

### Marvel Universe Show

Marvel fans, assemble! Watch your favorite Marvel Super Heroes, including Spider Man and the Avengers (Iron Man, Black Widow, Hulk, and more) and threatening villains come to life in this action-packed arena extravaganza! Feel the energy with cutting-edge special effects, pyrotechnics, aerial stunts, martial arts, motorcycles, and more. Join Marvel fans of all ages for this once-in-a-lifetime performance. The fate of the universe depends on it! Children under age 2 are free.

Target Center (600 1st Ave N, Mpls)

Fri, April 8

7 pm

\$25/ticket (upper or lower level sides)

W4103A

Register by March 23



### "Cinderella"

AGES 2+

Old Log Theatre in Greenwood is proud to present Cinderella. This classic story finds its power in an enchanted pumpkin, sparkling slippers, a palace, a prince, and a young girl whose belief in herself can overcome any obstacle. Excitement is added with her magical Fairy Godmother, Wicked Stepmother, and ugly Stepsisters. This charming fairytale will delight children of all ages. Meet in the lobby of the Old Log Theatre to receive tickets. You must provide your own transportation.

Old Log Theater

(5185 Meadville St, Excelsior)

Tue, Dec 22

9:45 am-noon

\$12/ticket

W4104A



## 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. Call us at 612-200-3030 or visit us online at [www.reachforresources.org](http://www.reachforresources.org).

- Friday Night Dances
- Weekend Ventures
- Bingo Night
- Bowling
- Basketball
- Yoga
- Zumba
- Social Groups
- Teen Explorers



### INCLUSION SUPPORT IS ALSO AVAILABLE

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.

**Call 612-200-3030 or visit us online at [www.reachforresources.org](http://www.reachforresources.org).**

## 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 18TV show *Yoga on the Go*.

**Brookview Community Center**  
Tue, Feb 2–March 22  
11 am–noon  
\$64 resident, \$68 non-resident  
W2201A



### 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, Feb 1–March 21  
5:55–6:55 pm  
\$57 resident, \$61 non-resident  
W2202A

### 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

Tue, Jan 5–Feb 23 (8 sessions)  
\$80 resident, \$85 non-resident  
W2206A

Thur, Jan 7–Feb 25 (6 sessions)  
\$60 resident, \$64 non-resident  
W2206C

Tue, March 1–April 26 (9 sessions)  
\$90 resident, \$95 non-resident  
W2206B

Thur, March 3–April 28 (9 sessions)  
\$90 resident, \$95 non-resident  
W2206D



### Ballroom Dancing For Beginners

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

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

**Brookview Community Center**  
Sun, Feb 21–March 13  
4–5:30 pm  
\$55 resident, \$59 non-resident  
W2403A



## 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 second 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



### **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!

Tue, Jan 5–Feb 16	Tue, March 1–April 12
8:30–9:30 am	8:30–9:30 am
W2207A	W2207B

### **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.

Tue, Jan 5–Feb 16	Tue, March 1–April 12
9:40–10:40 am	9:40–10:40 am
W2208A	W2208B

### **BEGINNING YANG STYLE TAI CHI**

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s 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.

Thur, Jan 7–Feb 18	Thur, March 3–April 14
9–10 am	9–10 am
W2209A	W2209B

### **INTRODUCTION TO SHIBASHI QIGONG**

Cultivate more energy and balance through this series of ancient gentle breathing and moving exercises called Shibashi Qigong, including 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.

Thur, Jan 7–Feb 18	Thur, March 3–April 14
10–11 am	10–11 am
W2210A	W2210B

## 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, Jan 5–Feb 16 (no class Jan 26) W1118A  
Tue, March 1–April 5 W1118B  
6:15–7 pm  
\$70 resident/\$74 non-resident

### **ADVANCED**

Davis Community Center  
Tue, Jan 5–Feb 16 (no class Jan 26) W1119A  
Tue, March 1–April 5 W1119B  
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  
7–8 pm

Thur, Jan 7–Feb 11 (6 sessions)  
\$60 resident, \$64 non-resident  
W2205A

Thur, Feb 18–March 31 (7 sessions)  
\$70 resident, \$74 non-resident  
W2205B



## Adult Fitness & Wellness

### Boot Camp

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

**Davis Community Center**  
 Sun, Jan 3–April 3  
 9–10 am  
 \$50 resident, \$53 non-resident  
 W2204A



### Cardio Kickboxing

Cardio kickboxing classes are a great way to add something fun and get a great energetic workout at the same time. Using speed, agility, and power, Cardio Kickboxing combines the punches, uppercuts, and hooks of boxing with various powerful kicks used in martial arts. By training as a kickboxer, a student gains greater confidence, improved cardiovascular fitness, increased muscular endurance, and greater flexibility. Kickboxing is a complete full body workout and an excellent form of exercise for effective weight loss when training on a regular basis. Because it requires a higher level of intensity than many other aerobic exercises, kickboxing may also promote greater gains in balance, stability, and strength. Burn 900 to 1,200 calories in one hour!

**Davis Community Center**  
 Wed, Jan 6–March 23  
 6–7 pm  
 \$45 resident, \$48 non-resident  
 W2203B

### Women's Basic Self Defense Workshop

This interactive empowerment class will cover a variety of useful and powerful defense techniques, including prevention and awareness. Students learn techniques for verbal de-escalation, boundary-setting, and physical strategies for dealing with standing confrontations. Learn basic close-quarter physical techniques to use if verbal tactics are not enough. An emphasis is placed on addressing situations involving conflict with acquaintances, as this is the highest risk category for women. Learn tactics to keep yourself safe in situations of imminent violence. Students will have opportunities to practice use of physical and verbal skills in drills and simulated attack scenarios.

**Davis Community Center**  
 Wed, March 30–April 6  
 5:45–7:45 pm  
 \$50 resident, \$53 non-resident  
 W2213A



### 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 muscle strengthening while teaching dance 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, Jan 6–Feb 24 W2401A  
 Wed, March 2–April 20 W2401B  
 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, Jan 4–Feb 22 W2402A  
 Mon, Feb 29–April 18 W2402B  
 7:05–8:35 pm  
 \$80 resident, \$85 non-resident

## Adult Enrichment & Learning

### 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  
Weekly on Mondays  
9–11:30 am  
\$1/week payable at the front desk



### Creating With Paper

Cut, fold, design, color, glue, and stitch paper into beautifully crafted objects. Make designs, paper sculptures, pop-up and valentine cards, booklets, beads, birds on a stick, etc. Some of the items could be used for cards or wall hangings. Bring pencil, scissors, glue, ruler, and plain paper, colored papers, and any special papers you have saved. Instructed by Carolyn Papke, artist and teacher.

Brookview Community Center      W2304A  
Tue, Jan 26–Feb 16      Register by Jan 22  
7–8 pm  
\$30 resident, \$33 non-resident

## CARD & GAME GROUPS at Brookview Community Center

The Seniors Program at Brookview invites adults of any age for card games. New players always welcome!

#### EUCHRE

Thursdays @ 1 pm

#### CRIBBAGE

Tuesdays @ 1 pm

#### BRIDGE

Thursdays @ 6:30 pm  
Fridays @ 9 am

#### 500

Tuesdays @ 6:30 pm  
(Resumes March 1)

### Social Media Basics For Active Adults

Learn social media basics, including Facebook, Twitter, and Instagram, to help you stay connected with friends and family near and far. We will cover security and privacy settings, publishing content, responding appropriately, and how to participate and contribute to social networking sites. This course is a great introduction and will help you easily understand in greater detail all the positive aspects of the social landscape you might have been missing. Bring your laptop or tablet (optional). NOTE: This class is also offered at Crystal Community Center on Tuesday, Jan 26 at 10 am and Wednesday, March 9 at 1 pm. Call 763-531-0052 for registration information.

Brookview Community Center  
Thur, Feb 11 W3101A  
Wed, April 6      W3101B  
1–2:45 pm  
\$6 resident, \$7 non-resident



### Defensive Driving

Adults age 55+ can save up to 10 percent, get a three-year discount on car insurance premiums, and become better drivers 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 seven 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, March 12  
9 am–5 pm  
\$18/person

#### 4-HOUR REFRESHER COURSES

Brookview Community Center  
Thur, Dec 10, Jan 14, Feb 11, March 10, April 14  
9 am–1 pm  
\$17/person

## Adult Athletics

### Open Gyms At Davis Community Center

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 provided. Schedule subject to change due to low attendance. Check the City website for updates.

**NOTE:** Davis Community Center will be closed Dec 24, Dec 25, Dec 31, Jan 1, Feb 5, and Feb 23. Check the website for the most up-to-date schedule.

#### DEC 7–MARCH 27

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

DAY	ACTIVITY	TIME
Sunday	Family Gym Time/Shoot Buckets	1–3 pm
Sunday	Pickleball Drop-in	3–5 pm
Monday	Basketball 18+	8–10 pm
Tuesday	Volleyball 18+	8–10 pm
Wednesday	Youth Open Gym	6–8 pm
Thursday	Volleyball 18+	8–10 pm
Saturday	Basketball (All Ages)	8–10 am

### 5-On-5 Men's Basketball League

**NEW!**

This is an eight-game season league with one pre-season scrimmage and a single elimination divisional playoff at end of season. Roster limit is 12. Information is available on the City of Golden Valley website at [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov), or call the Parks and Recreation office at 763-512-2345.

Davis Community Center

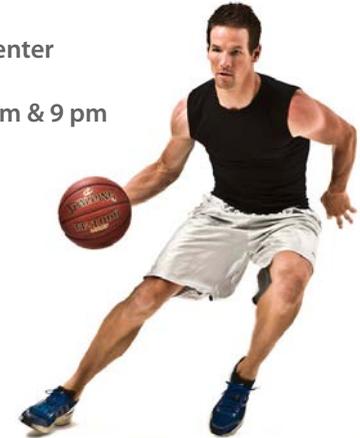
Mon, Jan 4–March 7

Games times are 8 pm & 9 pm

\$650 per team

WMBBALL

Register by Dec 28



## Adult Men's Softball Leagues

### REGISTRATION INFORMATION

- Registration deadline for returning summer teams and new resident teams is Thursday, Feb 11, 2016, at 4:30 pm. After Feb 11, your league space is not guaranteed.
- Resident teams consist of 50 percent or more rostered players living or working in Golden Valley.
- Teams wanting to change leagues will be given consideration before new teams that want to join the league.
- All new teams can submit their registration at any time and will be held in the order they are received. All completed registration information must be submitted to the Park and Recreation office, with teams in the league last year given priority until the Feb 11 deadline. New teams will be contacted to fill remaining league spaces on Feb 12.
- Full payment of league fees must be submitted before a team is registered.

### MANAGER'S MEETING

The Manager's meeting will be held on Wednesday, April 6 at 7 pm at Brookview Community Center. Manager or a team rep must attend in order to qualify for end of season in-house tournament and first-come first-serve practice slots.

### LEAGUE SPECIFICS

Eleven weeks of double header games played at Schaper Park from late April–late June. Game times are 6:05, 7:05, 8:15, or 9:15 pm, with a 60-minute time limit.

\$815 per team

### Leagues Available

Men's Monday D classification  
Men's Tuesday D classification  
Men's Wednesday D classification  
Men's Thursday D classification



# SOCHACKI Park

3500 June Ave N  
Robbinsdale, MN  
55422

## WINTER ACTIVITIES

**NEW!**

*Sochacki Park is a nature-based recreational area managed and operated as a partnership between the City of Golden Valley, Three Rivers Park District, and the City of Robbinsdale. Environmental education, outdoor recreation programs, and destination amenities that are respectful and integrated into the natural settings within the park will offer the opportunity to experience wilderness in the city.*

**Each event is open to all ages 7+ (ages 7–17 must be accompanied by an adult).  
Fee is \$7 per person per event.**

### New Year's Eve Snowshoe & S'mores

Enjoy this Minnesota winter sport with a guided hike through Sochacki Park. Instruction, supplies, and equipment will be supplied by Three Rivers Park District. Sit around the campfire after the hike and roast s'mores under the evening sky. Dress to be outdoors the entire time.

Thur, Dec 31  
6–7:30 pm  
\$7/person  
W1222A  
Register by Dec 18

### Animal Tracks & Trails

Explore the park and discover what lives in the forest. End with a treat over the campfire.

Sat, Jan 30  
1–3 pm  
\$7/person  
W1222B  
Register by Jan 18



### Family Snowshelters & Quinzhee Building

Explore the different techniques used to build igloos, snow caves, and quinzhees. Then, build a quinzhee with our instructors. Instruction, supplies, and equipment will be provided by Three Rivers Park District. Dress to be outdoors the entire time.

Sat, Feb 6  
1–2:30 pm  
\$7/person  
W1222C  
Register by Jan 25



# GOLDEN VALLEY SENIOR CENTER

Phone: 763-512-2339

Fax: 763-512-2344

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



Located in the Evergreen Room at the Brookview Community Center.

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

All programs are held at Brookview unless otherwise noted.



## 2016 Annual Membership Donation

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

\$5 resident, \$8 non-resident  
Y3200A

*Thanks for your support!*

## Blood Pressure Screening

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

Brookview Community Center  
Wed, Jan 27, Feb 24, and March 23  
11-11:30 am

**FREE**

## Medicare And 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, who can answer your Medicare Insurance questions, help 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  
Thur, Dec 3, Jan 14, Feb 11, and March 10  
Appointment times are 9, 10, and 11 am

## Other Senior Activity Locations

**Calvary Center Cooperative**  
7600 Golden Valley Rd

**Dover Hills**  
2400 Rhode Island Ave N

**Covenant Village**  
5800 St. Croix Ave

**Golden Valley Library**  
830 Winnetka Ave N

**Crystal Community Center**  
4800 Douglas Dr N

**Lenox Community Center**  
6715 Minnetonka Blvd

## Happy Feet Foot Care Clinic

This clinic is conducted by licensed nurses who specialize 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.

### Need to cancel your appointment?

You must call Happy Feet at least 24 hours in advance, or you may be charged a fee.

Brookview Community Center  
Every Friday  
12-3 pm  
\$34, payable day of service



## Senior Programs

### Holiday Concert With The Robbinsdale City Band

The tradition continues! Join us for the annual band concert and sing-a-long with the Robbinsdale City Band. The concert will feature traditional band music plus holiday favorites—there's something for everyone. Donations for refreshments will be accepted.

**Crystal Community Center**  
Thur, Dec 3  
7 pm refreshments  
7:30 pm concert



### An Afternoon Of Laughs With Bob Stromberg **FREE**

Bob Stromberg is a funny man. For more than 30 years, he has traveled the world performing his 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 more than 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**  
Tue, Dec 8  
2 pm  
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

### Mary Wanderers Travel Show

The adventures begin as we kick-off the Mary Wanderers, our 2016 travel program, with a meet and greet. Meet Alice and Mary, our trip planner and escort, plus greet your fellow travelers as you enjoy dessert and coffee/tea. Be the first to hear about our travel adventures of one day and longer trips. Games, prizes, and more!

**Brookview Community Center**  
Mon, Jan 25  
1 pm  
\$4/person  
F3103A  
Register/cancel by Jan 21



### Tax Assistance 2016

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

**Please bring the following records and information:** 1) Last year's tax returns; 2) Social Security cards for all taxpayers and dependents; 3) Photo ID; 4) All income statements, including: W-2s (Wages received in 2015), 1099's (Pension and Distributions from IRAs received in 2015), SSA-1099 (Social Security Benefit received in 2015), 1099-INT (Interest received in 2015), 1099-DIV (Dividends received in 2015), Statement of Unemployment Compensation received in 2015, and any other income information received during 2015; 5) Self-employment information for 2015; 6) Mortgage Interest paid in 2015; 7) Real Estate Taxes paid in 2015 or Hennepin County 2015 Property Tax Statement; 8) Certificate of Rent Paid in 2014; 9) Hennepin County 2016 Property Tax Statement (not available until March 2016); 10) Verification of Health Insurance for 2015; 11) Bring a blank check for direct deposit of your refund (used only to verify routing and account information).

**Golden Valley Library (830 Winnetka Ave N)**  
Thur, March 3–April 14  
9 am–1:30 pm

**NOTE:** Registration taken at  
the door the day of the service  
starting at 9 am



## Senior Programs

### Living Wise And 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  
1–2:30 pm



#### THUR, JAN 7

##### It's More Than Books

Did you know that libraries are more than books? Mary Anderson, senior librarian, Hennepin County Library (Golden Valley and Sumner), will introduce you to some of the many library services available to seniors. Learn how to access and download free e-books and get some ideas for your next great book to read, whether it's on the printed page or on an e-reader, tablet, or smartphone. Also, learn first-hand about the Golden Valley library renovation and the new Golden Valley Reads program.

#### THUR, FEB 4

##### Medical Practices And Procedures During The Civil War

Medical practices and procedures have come a long way since the 1860s. Learn what the common ailments were during the Civil War and how soldiers were treated medicinally and surgically. Presented by Dr Steven Johnson, Civil War re-enactor with Battery I 1st US Artillery.

#### THUR, MARCH 3

##### Massage Therapy – Is It For Me?

Geriatric massage can be especially helpful for maintaining and improving overall health as we age. Did you know the techniques can help enhance blood circulation, combat depression, relieve anxiety, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage overall well-being? Learn about the training a therapist receives, the massage experience, and benefits. Presented by Karen Montanez of Massage Envy, Golden Valley.

### 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

Wed, Dec 16 Remembering Holiday Celebrations  
Thur, Jan 28 Remembering Winter Outdoor Activities  
Thur, Feb 25 Remembering Favorite Valentines

### 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-er." Donations accepted for refreshments. No pre-registration required—just show up!

Brookview Community Center  
Mondays (no meeting Jan 18, Feb 15)  
9:30–11 am



### Weekly Card And 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

## 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**  
10–11:15 am

### THUR, DEC 17

#### Hot Topics

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

### THUR, JAN 21

#### Tax Changes For 2015

It's time to think about filing taxes again. Learn what's new for preparing your 2015 Federal and State tax returns. Presented by Brenda Lutter, H & R Block Golden Valley.

### THUR, FEB 18

#### Investing 103 – 2016 Update

Change is continuous and surrounds us. Let's look at the changes in the investment world and how to deal with them. Index funds and ETFs are increasing in popularity. How does their performance compare? We'll look at test results of actual purchases. Asset allocation is important for investors of all ages. We'll see how to use a spreadsheet program to backtest and optimize various allocations, considering risk. Presented by Dale Stenseth, Money Matters member. Dale enjoys researching topics related to finances and personal privacy and presenting to local senior groups.

### THUR, MARCH 17

#### The Local Economic Engine Of Redevelopment

Economic development is critical in keeping a community vibrant. Golden Valley has several projects under consideration and construction. Today, we will learn why development is advantageous to taxpayers, the programs available to encourage developers to build within a city, and the process to get approval. Presented by Jason Zimmerman, planning manager, City of Golden Valley.

## 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**  
9:45–11:15 am  
\$2, payable at the door



### WED, JAN 27

#### How To Stay Young Your First 100 Years

Today more and more Americans are living longer. By 2020, in fact, more than 20 percent of the population will be over age 65, and studies show some people will even be reaching age 150 by 2050! If you plan on living long, wouldn't you like to feel young and healthy along the way? This class gives you information about what you can do to take care of yourself so you can remain active and feel as young as possible for as long as possible. Oprah said that 60 is the new 40, so strap on those dancing shoes! There's lots of life waiting ahead for you to enjoy! Presented by Dr Una Forde, Golden Sun Chiropractic, Golden Valley. Register by Jan 25.

### WED, FEB 24

#### Emergency Services: Are You Prepared?

Today's presentation will answer the following questions: What is a medical emergency? When should I call 911? What is a "File of Life?" What are the symptoms of a heart attack and stroke? You'll also learn about being safe in your home, the value of a fire safety plan, how to control cooking fires, and everything you wanted to know about smoke alarms. Presented by Steve Baker, NREMT-P, paramedic and Golden Valley fire education specialist. Register by Feb 22.

### WED, MARCH 23

#### Crimes Of Opportunity

In your home, apartment, car, or out and about, how do you protect yourself from a crime of opportunity? What are the latest scams affecting residents? Learn simple tips on keeping you and your loved ones safe. Presented by Joanne Paul, crime prevention specialist, Golden Valley Police Department. Register by March 21.

### WED, APRIL 27

#### The Art Of Rome

Author Gregory J. Pulles will bring the art of Rome, and the artists who created it, to you. Experience Rome's art in photographs taken by Mr Pulles. Learn about the Laocoon and the Ludovisi Throne, and travel through all of Rome's museums and the Sistine Chapel. Meet Caravaggio, Donatello, Raphael, Michelangelo, and more. Register by April 25.

## Senior Programs

### Baby Boomers And Beyond Body And Balance Workouts

Nancy Stoneberg, certified personal trainer and Twin Cities Live fitness consultant, has dedicated much of her time in training and educating the 55+ crowd and helping them realize it's never too late to make a positive difference in strength, balance, and overall wellness. Get a great workout, with professional supervision. The classes are for all levels and abilities. Nancy's motto is "YES, YOU CAN!" Register for one month or more. Make-ups allowed.

**Robbinsdale Police & Fire Building Community Room**  
(41st & Hubbard Ave N, Robbinsdale)  
9-9:45 am  
\$24/class

Jan 8-29	Feb 5-26	March 4-25
W3102A	W3102B	W3102C



### 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

### Defensive Driving

Adults age 55+ can save up to 10 percent, get a three-year discount on car insurance premiums, and become better drivers 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 seven 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, March 12  
9 am-5 pm  
\$18/person

#### 4-HOUR REFRESHER COURSES

**Brookview Community Center**  
Thur, Dec 10, Jan 14, Feb 11, March 10, April 14  
9 am-1 pm  
\$17/person

### 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.**

### Sinatra And Company: Music From The Rat Pack Era

Arrive at the St James Hotel for lunch in the Summit Room, then on to the Sheldon Theater. Built in 1904 with funds from local businessman T.B. Sheldon, the Sheldon is the country's first city-owned theatre. Gloriously restored to its original grandeur in 1986, it is described as a "glittering jewel box" and charms performers and audiences alike. Sit back and enjoy a totally entertaining presentation featuring iconic music from the 50s and 60s crooners—guys and gals! You'll hear songs from Sinatra, Garland, Ella, Marilyn, Dino, Sammy, Dinah, Rosemary, and more, all with the spontaneous feel of a Rat Pack concert. Don't miss this swingin' afternoon!

**Lunch Menu:** Soup and sandwich buffet with soup of the day, garden greens with choice of dressing, turkey breast, honey baked ham, Swiss and cheddar cheeses, sliced tomatoes and onions, leaf lettuce, pickles, condiments, and selection of breads, served with an assortment of fresh baked cookies, coffee, tea or /milk.

Fri, Feb 26      9 am pick-up  
\$67                5:05 pm approx return  
Y3207A            Register/cancel by Jan 22

### Tasting Irish Treats—A Progressive Lunch

The first course for this progressive Irish Tasting Tour starts with a cup of soup prepared by the chef at O'Gara's Irish Grill. Service is amidst unique Irish décor. The mural of leprechaun cobblers on the wall was done from a creation by founder Jim O'Gara. The shillelagh over the all-wood bar comes from County Sligo, home of the first O'Gara clan. The next stop is O'Malley's Irish Pub in Woodbury. Most of the walls, floors, the fireplace, and the bar were built by hand, in memory of Tim O'Malley, by family, friends, and neighbors.

**Menu (state choice when registering):** 1) Homemade shepherd's pie—diced choice sirloin and vegetables in savory gravy, topped with homemade potatoes and parmesan cheese and baked until golden brown; 2) Fish and chips—hand-battered cod in O'Malley's Harp beer batter, served with "chips," tartar, and coleslaw. Meals include a non-alcoholic beverage.

We will conclude the Irish Tasting Tour at the elegant Lake Elmo Inn, with hot coffee and some delicious bread pudding topped with Irish whiskey. With an escort named Mary Margaret, you can count on Irish surprises along the way.

Tue, March 8      10:25 am pick-up  
\$69                3:15 pm approx return  
Y3206A            Register/cancel by Feb 15

### Coffee Concert At Orchestra Hall

Enjoy coffee and donuts in the renovated lobby of Orchestra Hall. Then, rediscover the best of Rogers and Hammerstein's marvelous musicals on film, with the Minnesota Orchestra delivering the soundtrack live as highlights from these unforgettable stories are shown on the silver screen in utterly perfect synchronization. Great moments from the world's greatest musicals and gorgeous music performed by the best—get ready for your heart to be stolen all over again with the music of South Pacific, Carousel, The King and I, The Sound of Music, and Oklahoma. Oh, What a Beautiful Concert! After the concert, we'll have lunch at the Hen House Eatery, formerly Peter's Grill.

**Menu:** Cup of soup made from scratch, cookie, beverage, and choice of chicken salad sandwich or corned beef and swiss sandwich. NOTE: Sandwich can be chosen at the restaurant.

Thur, April 7      Register/cancel by Feb 16  
\$70                Y3205A  
10:10 am pick-up  
3:15 approximate return



## 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

### Blithe Spirit At The Old Log Theater

After lunch at the Old Log Theater, enjoy the Noel Coward play "Blithe Spirit." Researching for his new novel, Charles Comdomine invites the implausible medium Madame Arcati to his house for a séance. While consumed in a trance, Madame Arcati unwittingly summons the ghost of Charles' dead wife Elvira. Appearing only to Charles, Elvira soon makes a play to reclaim her husband, much to the chagrin of Charles' new wife Ruth. If he wants his latest marriage to stand a GHOST of a chance, he'd better conjure up a solution quickly. One husband, two feuding wives, and a whisper of mischief in the air—who will win in Coward's unworldly comedy?

#### Lunch Menu (state choice when registering):

1) Beef short rib, potatoes, and vegetable; 2) Tilapia, potatoes, and vegetable; 3) Vegetarian pasta with pesto cream sauce and vegetable; 4) Boneless chicken breast, potato, and vegetable. All entrees served with dinner rolls, dessert, coffee, or tea.

Wed, April 13      Register/cancel by March 16  
\$66.50              Y3203A  
11 am pick-up  
4:30 pm approximate return



### Disney's The Lion King At The Orpheum Theater

Children and grandchildren are welcome to join you to experience the phenomenon of Disney's The Lion King. Winner of six Tony Awards®, including Best Musical, Tony Award® winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. The Lion King also features some of Broadway's most recognizable music, crafted by Tony Award® winning artists Elton John and Tim Rice. Join us for this unforgettable experience.

**NOTE: Early deadline date.**

Tue, July 12      Register/cancel by March 21  
\$79                Y3204A  
6:30 pm pick-up  
10:30 pm approximate return

### Pella Tulip Time Festival

**DAY 1 – THUR, MAY 5:** Leave Golden Valley at approximately 7:15 am. Arrive in Albert Lea for breakfast at Trumbles Restaurant (included). Spend the afternoon in downtown Pella. Take time for lunch (on own). Experience specialty Dutch foods offered by vendors, organizations, and restaurants. We have reserved bleacher seats for the Grandstand Street and Stage Performance followed by the Volks Parade. Enjoy Dutch dancing and singing, Parade of Provinces, Dutch costume style show, presentation of the Queen and her Court, the famous street scrubbing, and the presentation of the colors. Check into Country Inn and Suites in Pella. The property has an indoor pool, exercise room, elevator, and in-room coffee service. Enjoy a traditional Dutch evening meal (included) at Central College Graham Conference Center. After dinner, return downtown to enjoy some local entertainment and see the lighted Volks parade.

**DAY 2 – FRI, MAY 6:** Enjoy a self-serve hot breakfast (included) at the Country Inn and Suites. Tour the Pella Historical Village and Vermeer Mill. The buildings replicate the Dutch heritage, boyhood home of Wyatt Earp, and the largest working grain windmill in the US. After the tour, take free time to visit a variety of attractions in downtown Pella. There is a quilt show, flower beds, antique displays, the historic Scholte House, craft markets, wagon tours, Dutch bakeries, meat markets, and shopping. Have lunch (included) at the famous Tulip Tea Room. Leave Pella early afternoon and make a rest stop at the Trails Travel Center in Albert Lea (on own). The estimated return to Golden Valley is 6 pm.

Fee includes lodging, meals (as listed), tours and/or attractions, deluxe motorcoach transportation, and tour escort, Mary Odell.

Travel insurance is available through Travel Guard. Call Travel Guard at 1-800-826-1300 (ARC #49317 Silver Plan) or Medicine Lake Tours at 952-829-0644. Tour documents are sent approximately two weeks before departure.

May 5–6, 2016  
\$345/person (Double)  
\$425/person (single)  
\$115 deposit per person due March 7  
Final payment due March 21  
Payments are non-refundable after March 7  
Y3201A



## Senior Community Information

### **Senior Dining** [763-531-1183](tel:763-531-1183)

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between the hours of 9–11:30 am. Menus are available in the kitchen. Ask a friend to join you for a great meal at a reasonable cost.

### **Dinner At Your Door** [763-531-1183](tel:763-531-1183)

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.

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

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

HOME can help with:

- housekeeping
- laundry
- minor maintenance repairs
- snow shoveling
- lawn mowing
- seasonal yard work
- safety device installation
- interior/exterior painting
- window washing

Older adults contribute to the cost of these services based on their monthly income and ability to pay, making HOME the only program serving all of suburban Hennepin County that provides these services on a sliding fee scale. HOME also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant. If you are a senior, a caregiver, or know someone who could use some assistance with household chores or maintenance repairs, call the HOME program today!

### **Senior Linage Line** [1-800-333-2433](tel:1-800-333-2433)

Call us first with your questions. Trained staff and volunteers have access to local, state, and national information. If they cannot answer your question, they will find the number of someone who can.

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

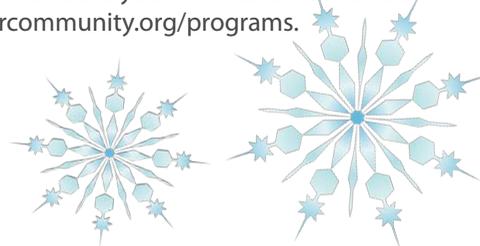
Experienced licensed social workers help older clients (age 55+) and their families to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes:

- performing multidimensional assessments of client needs, strengths, and preferences
- developing service/care plans
- connecting clients with a broad range of services
- monitoring services and helping to resolve problems
- assisting in identifying financial programs (eg, food stamps, Medical Assistance, etc)
- facilitating caregiver education and support groups
- providing caregiver consultation/coaching as a member of Eldercare Partners

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

### **Senior Partners Care** [952-767-0665](tel:952-767-0665)

Does the financial burden of the gap left between medical bills and Medicare keep you or a loved one from getting critical medical care needed to stay healthy? Stop worrying, there's a solution! Let Senior Partners Care (SPC) help you. SPC is a statewide program, which began in 1973, that helps low to moderate income Medicare beneficiaries limit their out-of-pocket medical expenses. SPC has partnered with many of the major metropolitan area healthcare systems and hundreds of clinics and providers statewide. Some of our key metro providers are Fairview, HCMC, Park Nicollet/Methodist, North Memorial, HealthEast, and Minnesota Oncology. Partners agree to accept Medicare as full payment on Medicare covered services for SPC members. Senior Partners Care members must be enrolled in Medicare Parts A and B, cannot have a supplemental medical insurance policy (though they can have a Part D Drug only policy), cannot be on Medical Assistance, and must meet our program's financial guidelines: \$1,961 in gross income per month for a single person and \$2,655 per month for a couple, and liquid assets of less than \$48,500 per household, regardless of size. This excludes a house you live in and one car. Call or visit [www.seniorcommunity.org/programs](http://www.seniorcommunity.org/programs).



## Senior Community Information

### **Senior Community Services Caregiver Services** [612-770-7005](tel:612-770-7005)

Senior Outreach and Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. For computer-savvy caregivers, the program also offers an online care team tool—CareNextion—to provide an efficient method of enlisting other family and friends in sharing the care.

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

Fare For All is a great way to save money on quality, nutritious food. Fresh fruits, vegetables, and frozen meat are purchased in bulk to save you up to 40 percent off grocery store prices. Volunteers at the warehouse pre-pack the produce and meat into food packages that range in price from \$10–25. Fare For All is community supported and open to everyone. There are 30 locations in the greater Twin Cities metro area where the food packages are sold once a month. All locations are cash and carry—there is no need to register in advance. Closest locations are in New Hope and St Louis Park. Fare For All accepts cash, credit, debit, and EBT cards.

### **LinkVet Hotline For Veterans** [1-888-546-5838](tel:1-888-546-5838)

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

### **Store To Door** [651-642-1892](tel:651-642-1892)

Store To Door is a Twin Cities-based, volunteer grocery shopping and delivery service that provides seniors (age 60+) personal, reliable access to their choice of food and household essentials so they can continue to live in their own homes. Sign-up for services by calling Store To Door's office. You will complete a brief interview, be assigned a delivery date, and be given a date your order taker will call you. Seniors needing our services are paired with a volunteer order taker who call on a regular basis (bi-weekly or monthly) to take their orders. Volunteers shop for a person's order at one of six participating Cub Foods locations. A Store To Door paid driver delivers groceries into the home and receives payment. The same route driver comes every week to deliver groceries. Store To Door has a commitment to deliver peace of mind for seniors and their caregivers at each step of our service. Our staff and volunteers have genuine caring for your senior's health and well-being and act as your eyes and ears. If you would like to support a senior's access to food as a volunteer shopper or work out of your home using your phone and computer to take orders, please email [carolyn@storetodoor.org](mailto:carolyn@storetodoor.org).

### **Widowed Support Group** [763-533-3000](tel:763-533-3000)

Widowed Persons Service is a grief support program, created in 1973 by the American Association of Retired Persons (AARP). The group meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka) at 2 pm and the first Thursday of the month at Evans Nordby Funeral Home (6000 Brooklyn Blvd) at 1:30 pm. Other activities are planned throughout the month. Meet other men and women who understand your loss.

## Golden Valley Library Programs

**NOTE:** The Golden Valley Library will be closed for renovation Sept 14–Jan 22.

### **COMPUTER HELP**

Volunteers are available to provide one-on-one help with basic computer skills starting early February. Please call ahead for availability.

Mon 9 am–12 pm  
Tues and Wed 11 am–2 pm

### **POETRY LOVERS CONVERGE**

You're invited to read an original or a favorite poem, or just come and listen. In all languages, and for all ages and all authors. Bring your friends!

1st Wed of every month  
6:30–8 pm

### **FOCUS ON POETRY**

Poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian Guthema Roba. No registration required.

3rd Mon of the month  
6:30 pm

For more information, please call [612-543-6375](tel:612-543-6375) or visit [www.hclib.org](http://www.hclib.org).



**YOUR YEAR-ROUND RECREATION DESTINATION**



763-512-2305  
www.brookviewgolf.com

### 2016 Patron Program

*Purchase a patron card and save all year at Brookview Golf Course!*

Patron card applications can be picked up at Brookview Golf Course or [www.brookviewgolf.com](http://www.brookviewgolf.com) starting Feb 1, 2016.

PATRON CARD TYPE	By 4/1/16	After 4/1/16
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-Res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

Card holder benefits include discounted green fees and power cart rental, advance reservation privileges, driving range and merchandise discounts, and coupons.

### Brookview Grill Rental

*The view from Brookview Grill's wall of windows is spectacular in any season! Available to rent December through February. Groups renting the grill also have access to Brookview's fire pit, located just outside the grill.*

**Capacity:** 75 people

**Food:** Food must be provided by a licensed caterer. Catering options are also available through Brookview.

**Beverage:** Alcoholic beverages must be provided by Brookview Bar Service.

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



*Gift Card*

### Holiday Gift Cards Are Here!

Looking for a gift for the golfer in your life? Gift cards are available for purchase year-round and are good for golf, lawn bowling, and our winter fat bike rentals. Stop by the Pro Shop to purchase a gift card during our winter hours.



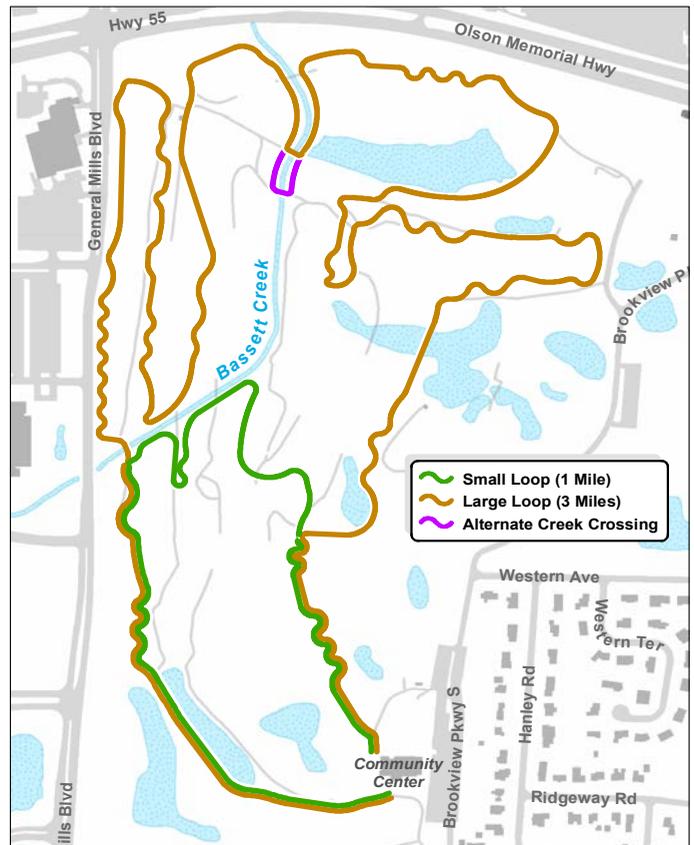


# WINTER RECREATION TRAILS



FAT BIKING • CROSS COUNTRY SKIING • SNOWSHOEING • SKIJORING • DISC GOLF

Brookview Golf Course will be grooming **two multi-use recreation trails** this winter in a partnership with Three Rivers Park District. The trails will **meander through the golf course** and be 4- to 8-feet wide. The corduroy style compacted snow grooming will encompass trails **1 mile and 3 miles long**. Trails will not have lights and will rely on natural snow. Helmets are required for biking. **Trail maintenance** will begin when snow conditions are appropriate and will continue through late February (contingent upon weather conditions).



## WINTER TRAIL GRAND OPENING EVENT Friday, Dec 11 • 5-9 pm

Come and check out this **FREE ½-hour Fat Bike Demo!**

Take a short loop on the winter trail with a Fat Bike.

Demos will be on a first-come, first-served basis. Bikers must be at least 5 feet tall.

**AFTER, STOP BY THE FATTYSHACK!**

Warm up with a Fatty Burger, cocktail, or roast s'mores at the fire pit. Details on page 34.

## FAT BIKE RENTAL AT BROOKVIEW GOLF COURSE

Brookview Golf has partnered with Tonka Cycle & Ski and Salsa Bikes to offer fat bike rentals for use on the Brookview winter recreation trails.

Fat bikes are rented in two-hour increments and come with a bike helmet (required), a small storage bag and lights for after dark trail use. A waiver is required for all bike rentals, and individuals under age 18 are required to have a parent or guardian sign.

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



### Intro To Fat Biking

**NEW!**

Fat biking is a great way to add something fun and different this winter while getting a great, energetic, workout outdoors! Join resident fat biker and former police bike host, Denny Arons, on the groomed fat bike trails at Brookview Golf Course. Lunch and bikes provided. Minimum 5, maximum 9. More space available for participants with their own fat bikes.

Brookview Golf Course	10 am–12 pm	W5111A
Wed, Dec 30	1–3 pm	W5111B
\$45/person		

### Fat Biking For Teens

**NEW!**
**AGES 13-18**

Come check out what all the fat bike hype is about. Take a spin around the Brookview bike course and warm up at the Fattysack. Then, hang out at the fire pit roasting s'mores. Bring your friends for a night out! Fattysack will be open until 9 pm for food and beverages.

**NOTE:** Parent/guardian **MUST** sign a waiver of liability for any youth under 18. Forms are available on the day of event or can be signed at the Brookview Golf Course ahead of time. Youth will **NOT** be allowed to rent a bike without waiver signed by a parent/guardian.

*This program was implemented with the help of the Golden Valley Teen Committee.*

Sat, Jan 9  
4–8 pm  
\$10/person for 1 hour fat bike rental





**YOUR YEAR-ROUND RECREATION DESTINATION**

**WINTER DISC GOLF** **NEW!**  
at Brookview

New this winter season at Brookview is the addition of an 18 hole disc golf course. Winter disc golf is exploding in popularity, and we are thrilled to be partnering with Gotta Go Gotta Throw for the design and sponsorship of this new amenity. The new course is free and open seven days a week.

No discs? No problem! Discs are available for rental during winter Fattysack hours (see below). Stop in for great food and a full line of beverages.

*Gotta Go Gotta Throw is the preeminent disc golf supplier in the upper Midwest and is located right here in Golden Valley. Visit [www.gottagottathrow.com](http://www.gottagottathrow.com).*



**Opens Nov 30**  
**18 Hole Disc Golf: Free**  
**Golf Disc Rental: \$6**

**BROOKVIEW**  
**MELTDOWN**  
**FAT BIKE SNOW RACE**

**SATURDAY, JANUARY 16TH, 2016**

**FIRST RACE @ 10 AM**

**BROOKVIEW GOLF COURSE**

200 BROOKVIEW PKWY  
GOLDEN VALLEY, MN  
55426  
763-512-2305



**BEGINNER SPORT EXPERT**

**RACE FEE**

**\* \$15 PRE-REGISTRATION**

**\* \$18 DAY OF RACE (IF SPACE IS AVAILABLE)**

**RACE WILL BE LIMITED TO 160 PARTICIPANTS.**

**Stop In This Winter Thursday–Sunday**

The Brookview Grill and Clubhouse will be open this winter Thursdays through Sundays, plus winter break and school holidays. The Fattysack will provide fat bike rentals, restrooms, and a full food and beverage selection. Warm up in the Fattysack or grab a hot chocolate and s'more kit to enjoy at the fire pit!

**FATTYSACK HOURS**

Thursday ..... 4–9 pm  
Friday ..... 11 am–9 pm  
Saturday ..... 11 am–9 pm  
Sunday ..... 11 am–5 pm

**SPECIAL HOURS**

Christmas Eve ..... Closed  
Christmas Day ..... Closed  
New Year's Eve ..... 11 am–3 pm  
New Year's Day ..... 4–9 pm  
Martin Luther King Day ..... 11 am–5 pm  
President's Day ..... 11 am–5 pm



**Fattysack**  
at Brookview Grill



*Bloody & A Burger*

NOTE: The Fattysack will NOT be open when the temperature exceeds -10° F or a combination of temperature/wind chill exceeding -15° F.

## Community Events



A community that reads together stays together. "Golden Valley Reads," a new joint venture between the City of Golden Valley and Hennepin County Library–Golden Valley, seeks to encourage Golden Valley residents to read one book together each year. The book for 2016 will be "Ordinary Grace" by William Kent Krueger. In this stand-alone novel,

protagonist Frank Drum explores the web of secrets and betrayal that shattered his family and their small Minnesota community in 1961. Krueger will discuss the journey that resulted in the writing of this book Monday, May 9, 2016, 7 pm, at the Brookview Community Center. Books will be available for purchase.

### 2015-2016 Local Author Series at Crystal Community Center

Come and check out these featured Minnesota authors at Crystal Community Center! Sponsored by the Cities of Brooklyn Center, Crystal, Golden Valley, New Hope, Robbinsdale, and District 281 Community Education. \$3 per event and payable at the door. Register in advance by calling 763-512-2339 by the listed deadline.

#### ***Nalah and the Pink Tiger, and Nalah Goes to Mad House City, by Anne Sawyer-Aitch***

*Nalah and the Pink Tiger* was inspired by the author's lively little niece. Sawyer-Aitch wrote the story more than two years ago, then developed a style she calls Illuminated Illustration, featuring multiple layers, cut-outs, and backlighting. She has also created and produced puppet shows that go with her books. Sawyer-Aitch 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 Sawyer-Aitch projects include her multimedia 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.

Thur, Dec 3  
6:30–7:15 pm  
Register by Nov 30

#### ***The Sea Wing Disaster: Tragedy On Lake Pepin, by Frederick Johnson***

The capsizing of the steamer Sea Wing and the death of 98 of its passengers July 13, 1890 horrified Minnesota and the nation. A severe Lake Pepin storm hammered the riverboat, its attached barge, and their 215 passengers during a Sunday evening return voyage to Red Wing. Residents of that city, home to most of the victims, suffered through four days of anguish. Twin City newspapers rightfully called Red Wing the "City of the Dead." The wreck of the Sea Wing ranks among the most deadly accidents on the nation's inland waters.

Bio: Red Wing native Frederick L. Johnson has combined two professional careers, teaching in St. Paul Public Schools for 34 years, earning several prestigious excellence in teaching awards, and as a writer, editor, and reporter for the South Washington County (MN) Bulletin. Mr. Johnson has to his credit ten books about Minnesota history along with numerous magazine articles in respected journals.

Wed, Feb 10  
7–8:30 pm  
Register by Feb 5

#### ***Roger Marias And A Cast Of Hundreds, by Gregory Rom***

In this historical narrative, Gregory Rom describes the events in Major League Baseball (MLB) in 1957 through 1968. The American and National League pennant pursuits seemed to unfold with more apparent drama over the course of the summer. In his unique approach, Rom reports on individual games of the leading teams in each pennant race. He summarizes key games and player performances of each World Series of the 12-year period. Rom skillfully interweaves background information to provide historical baseball context about the most successful players of the era.

Bio: Gregory Rom is a 38-year resident of Maple Grove, MN. He was born in Fargo, ND and is a 1968 graduate of Moorhead High and later a graduate of Concordia College. By describing baseball games from some 50 years ago, Rom hopes readers can imagine themselves attending the games.

Wed, April 13  
7–8:30 pm  
Register by April 8



## Brookview Picnic Shelters Reservations

Hosting a neighborhood, family, or company picnic?

Rent a picnic shelter at Brookview Park, located in Golden Valley at the southwest corner of Hwy 55 and Winnetka Ave. Brookview Park picnic shelters are sure to be crowd pleasers, with great views of Brookview Golf Course and a maximum park capacity of 300.

### Reservations 2016

*Reservation can be made two ways!*

#### IN PERSON

Monday–Friday, 8 am–4:30 pm  
Brookview Community Center  
200 Brookview Parkway  
Golden Valley, MN 55426

#### ONLINE **NEW for 2016!**

<http://webtrac.goldenvalleymn.gov>

Create an account with your own personal user name and pin. Then, book your shelter and print your permit!

For the 2016 season, reservations will begin at midnight as follows:

Golden Valley Residents.....January 14  
Non-Residents .....February 11

### Reservation Time Frames

11 am–4 pm and/or 5 pm–dusk

### Damage/Clean-Up/Noise Deposit

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

*PLEASE NOTE: Deposit refunds are processed one week after reservation. Due to processing procedures, deposits paid by check or cash could take up to four weeks to receive, and those paid by credit card will be processed immediately.*

### Beer & Wine Permit

**\$30 fee is payable at time of reservation.**

For those who wish to serve beer and/or wine, a permit may be purchased to serve at your event (only in conjunction with a shelter reservation).



#### Large Shelter

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

Resident \$130  
Non-Res \$150



#### Small Shelter

Holds up to 50 people, two water fountains, 10 tables, six outlets (restrooms are a short distance at the large shelter).

Resident \$100  
Non-Res \$115

*Reserve today in-person or online at <http://webtrac.goldenvalleymn.gov>.*

## Brookview Community Center

Looking for space in Golden Valley to host up to 200 people for your wedding reception, party, or meeting? 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](http://www.goldenvalleymn.gov).*



# 2016 SUMMER CONCERT & MOVIE SPONSORSHIPS



The Parks and Recreation Department is working to create connectivity between its programs and events and local organizations and businesses. A program has been created for businesses and organizations to sponsor concerts and movies for the 2016 season. Sponsorship commitments will be partnered with City funds for the summer concert and movie series to improve and expand the events for the community. Sponsorships are \$500 each and need to be confirmed by Jan 29, 2016. Please contact the Park and Recreation office at 763-512-2345.



*Sponsor a summer concert at Brookview Park or a movie in a neighborhood park this summer!*

**Call 763-512-2345 for more information today!**



**We Volunteer**  
Be a part of our team

[goldenvalleymn.gov/community/volunteer/index.php](http://goldenvalleymn.gov/community/volunteer/index.php)



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  
Valley Volunteer 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  
Mighty Tidy Day  
Storm Sewer Stenciling  
Buckthorn Removal  
Lilac Project/Maintenance

*Volunteers Make a Difference!*

For more information about these volunteer opportunities,

**VISIT:** [www.goldenvalleymn.gov/community/index.php](http://www.goldenvalleymn.gov/community/index.php) **E-MAIL:** [ParkandRec@goldenvalleymn.gov](mailto:ParkandRec@goldenvalleymn.gov) **CALL:** 763-512-2345

*Go behind the scenes with the  
Golden Valley Police Department.*

## Citizens' Police Academy



This in-depth, eight-week class is part of GVPD University (GVPDU), an ongoing safety education series for citizens presented by the Golden Valley Police Department. Must be 18 or older to attend.  
Apply at: [www.goldenvalleymn.gov/police/index.php](http://www.goldenvalleymn.gov/police/index.php).

**TOPICS**

911 Dispatch Center  
Police Investigations  
Crime Analysis  
Hennepin County Crime Lab  
Hennepin County Canine Unit  
NW Metro Drug Task Force  
SWAT Team  
Use of Force  
Patrol Operations

**Jan 22–March 1  
Tuesdays, 6–9 pm**

*Tuition: Free  
Location: Public Safety Building  
7800 Golden Valley Road*

*Your partner for a safer community.*



**St. Louis Park**  
MINNESOTA

*Experience LIFE in the Park*

## SKATE with US!

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](http://www.stlouispark.org)  
(952) 924-2540

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

## Registration Information

### Online

<http://webtrac.goldenvalleymn.gov>

Register online by creating your own account and log-in information. Online is available 24/hrs a day.

### 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/hrs a day. Registrations received after 4:30 pm will be processed the following business day.

### E-mail

[parkandrec@goldenvalleymn.gov](mailto:parkandrec@goldenvalleymn.gov)

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

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 be e-mailed for registrations received by mail, e-mail, or fax. You will be contacted only if the program is full, canceled, or a program change is necessary.

### CANCELLATION/REFUND POLICY

Full refunds will be given on requests made at least two or more days before the start of a program, class, or event. Full refunds will also be given when a program is canceled by the Parks and Recreation Department. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case-by-case basis.

### ADULT LEAGUE REFUND POLICY

A refund will be given if requested in writing before the league game schedule being distributed.

### SENIOR TRIP REFUND POLICY

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets, meals, or transportation. For extended trips, no refunds after the deposit deadline date.

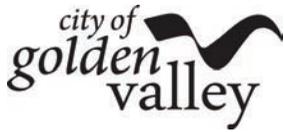
### FINANCIAL AID

Financial aid is available for residents of Golden Valley for Golden Valley Parks and Recreation sponsored programs, events, and classes. Please call the Parks and Recreation Department for more information.

### INCLUSION REQUESTS

When registering, if you have a special needs requirement to participate in any of our programs or activities, please note at the time of registration. Inclusion services are available and provided by Reach for Resources (see page 15 for details).





## 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: _____	<b>TOTAL DUE:</b>
<input type="checkbox"/> Check # _____	Sec Code: _____ Sign for credit card: _____	

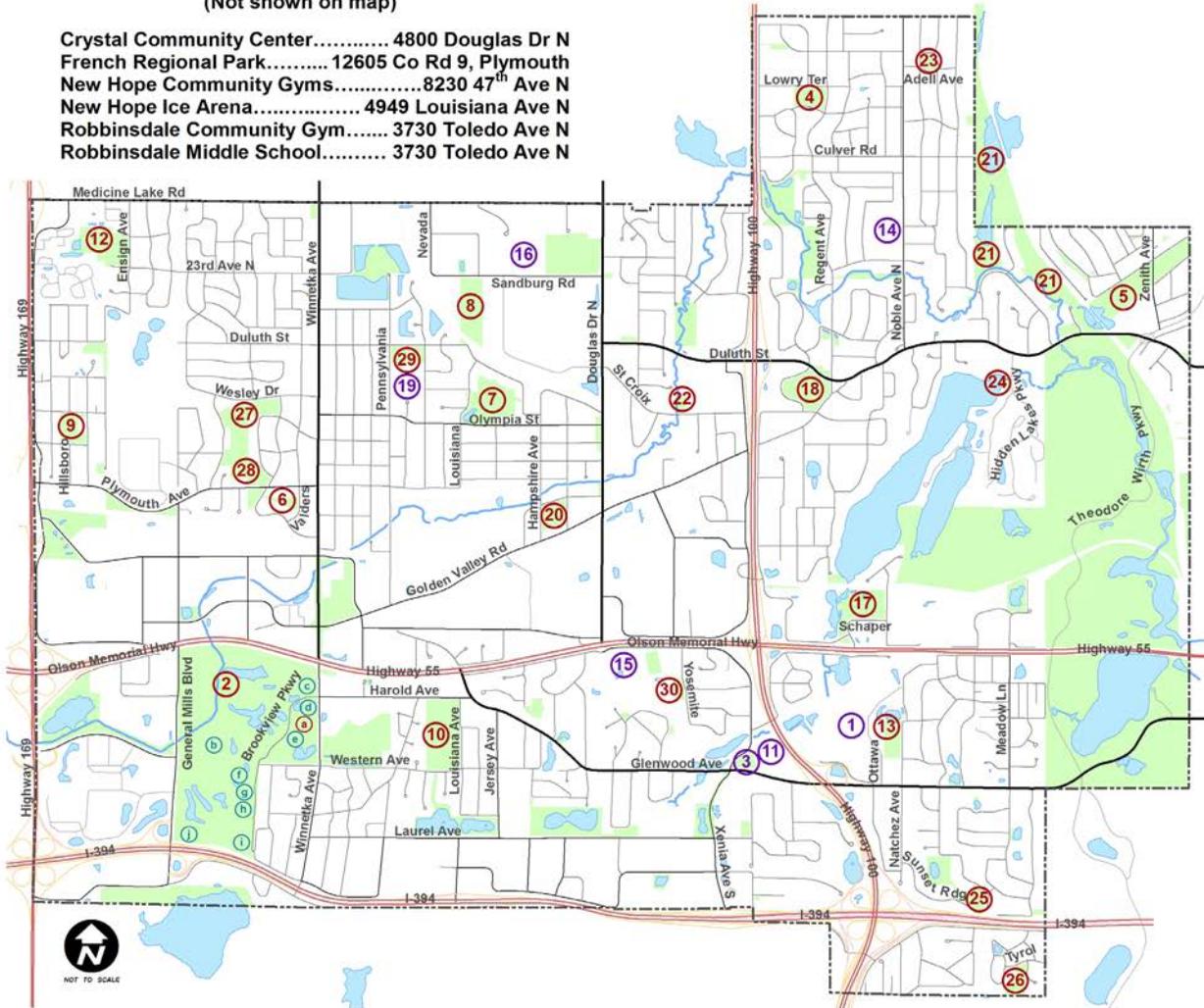
OFFICE USE ONLY - Date Processed: \_\_\_\_\_ By: \_\_\_\_\_

# Activity Locations

- |  |   |
|--|---|
| 1) Breck School..... 123 Ottawa Ave N            | 11) Meadowbrook School..... 5430 Glenwood Ave           |
| 2) Brookview..... 200 Brookview Pkwy N           | 12) Medley..... 2331 Ensign Ave N                       |
| a. Park  | 13) Natchez..... 201 Natchez Ave                        |
| b. Regulation Golf Course                        | 14) Noble School..... 2601 Noble Ave N                  |
| c. Tennis Courts                                 | 15) Perpich Center for the Arts..... 6125 Olson Mem Hwy |
| d. Small Picnic Shelter                          | 16) Sandburg Athletic Facility..... 2400 Sandburg Ln    |
| e. Large Picnic Shelter                          | 17) Schaper..... 631 Ottawa Ave N                       |
| f. Par 3 Golf Course                             | 18) Scheid..... 1856 Toledo Ave N                       |
| g. Lawn Bowling Green                            | 19) SEA School..... 1751 Kelly Dr                       |
| h. Golf Grill, Pro Shop, Community Center        | 20) Seeman..... 1101 Florida Ave N                      |
| i. Driving Range                                 | 21) Sochacki..... 3500 June Ave N                       |
| j. Lesson Tee                                    | 22) St. Croix..... 5850 St Croix Ave N                  |
| 3) Davis Community Center..... 5430 Glenwood Ave | 23) Stockman..... 3300 Major Ave N                      |
| 4) Gearty..... 3101 Regent Ave N                 | 24) Sweeney Lake..... 1805 Hidden Lakes Pkwy            |
| 5) Glenview Terrace..... 2351 Zenith Ave N       | 25) Tyrol – North..... 900 Westwood Dr S                |
| 6) Golden Oaks..... 1141 Valders Ave N           | 26) Tyrol – South..... 1510 Kaltern Ln                  |
| 7) Hampshire..... 1610 Louisiana Ave N           | 27) Wesley – North..... 8305 Wesley Dr                  |
| 8) Isaacson Park..... 7101 Sandburg Rd           | 28) Wesley – South..... 8200 Plymouth Ave               |
| 9) Lakeview..... 1521 Hillsboro Ave N            | 29) Wildwood Park..... 7401 Duluth St                   |
| 10) Lions..... 151 Louisiana Ave N               | 30) 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 47<sup>th</sup> Ave N  
 New Hope Ice Arena..... 4949 Louisiana Ave N  
 Robbinsdale Community Gym..... 3730 Toledo Ave N  
 Robbinsdale Middle School..... 3730 Toledo Ave N



# ADOPT-A-PARK

..... Take Pride in Your Parks .....

## COMMUNITY PARKS

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

## NEIGHBORHOOD PARKS

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

## NATURE AREAS

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

**Council Members:**

Joanie Clausen, Larry Fonnest, Steve Schmidgall, and Andy Snope

**City Manager:** Tim Cruikshank

### **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