

Fall Activities 2016



Parks & Recreation
Department

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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
Email: parkandrec@goldenvalleymn.gov
Activity Cancellation Line: 763-512-2350

Brookview Golf Course & Lawn Bowling

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

Golden Valley City Hall

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

MISSION STATEMENT

The mission of the Golden Valley Parks and Recreation Department is to build community through people, parks, and programs.

VISION STATEMENT

The City of Golden Valley shall nurture places, events, and associations that maintain recreation as a focal point of family and community life.

CITY OFFICES CLOSED

Mon, Sept 5	Labor Day
Fri, Nov 11	Veteran's Day
Thur, Nov 24	Thanksgiving
Fri, Nov 25	Thanksgiving
Fri, Dec 23	Christmas
Mon, Dec 26	Christmas



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



Special Events

September 17 Golden Valley Arts & Music Festival

Come visit in the Valley! Meet friends and neighbors old and new at the Golden Valley Arts and Music Festival. Enjoy music, arts and arts activities, games, a parade, food trucks, craft beers, wine, and more!

During the day, this Golden Valley community tradition features a variety of live musical performances, Minnesota artists and crafts people showcasing and selling their work, and creative activities for younger kids and families. Community groups share information about their opportunities and resources, and Calvary Church sponsors a classic car show. The parade starts at 9:30 am and will run west along Golden Valley Road between Boone and Pennsylvania. At night the energy revs up thanks to the danceable, entertaining sounds of "The Midwest's Hottest Club Band," High & Mighty. Like us on Facebook at www.facebook.com/gvartsandmusic and follow us on Twitter @GVArtsMusic for updates and news.



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

October 05 Brookview Community Center Ground Breaking

Join the City Council for the groundbreaking of the new Brookview Community Center. Construction is scheduled to begin October 2016, with an anticipated Grand Opening in October 2017. Come and be a part of this exciting event!

Brookview Community Center (south end of parking lot)
5:30 pm



November 04 Daddy/Daughter Princess Ball

Join us for an enchanted evening with Once Upon a Star's Cinderella, Ariel, and Jasmine. Princesses and their daddies will enjoy a mermaid jewelry craft, dancing, and more royal fun. Each princess will receive her own personalized tote bag and castle gift to take home. All couples will have a photo taken with next day proof access. Adults, bring a camera to also capture this memorable evening. Register now, this program fills up quickly! When registering, please register your CHILD, not adult.

Ages 3–8 with an adult Brookview Community Center F1502A
\$26/child - Dads are FREE 6:30–8 pm



December 02 Supper With Santa

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

Ages 1+ with an adult Brookview Community Center
\$10 res/\$12 non-res/\$5 adult meal 6–7:15 pm
F1506A



Special Events

Projected Timeline

September 2016

- Driving Range closes and parking expansion begins

October 2016

- Groundbreaking (details on page 3)
- Project construction begins

February 2017

- New Brookview enclosed

March 2017

- Internal building construction begins

April 2017

- Landscaping begins (south end)

October 2017

- Relocation begins
- Grand Opening
- Old Brookview demolition
- Final landscaping begins

May 2018

- Landscaping complete

NEW & IMPROVED BROOKVIEW FACILITY COMING IN 2017!

Check the City website at www.goldenvalleymn.gov for complete details and updates.

GHOULISH GOLF

October 20–31 • Brookview Par 3

*As Halloween creeps closer,
we will be lurking for you at Brookview!*

- Spooky Halloween flags
- Big pumpkin-faced putting cups (much easier for kids and beginners)
- Treats for each golfer
- Tips from our golf pro, Jack O. Lantern

The Spirits Are Summoning You

Book a tee time at 763-512-2330 or just drop in on your broom.

No golf clubs? No golf balls? No problem?
Free rental clubs and golf balls available.



\$12.50/person
\$7/person for those in costumes,
Halloween-themed, or orange clothing

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 participation 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 7–March 31 (closed Nov 11, 25, Dec 23, 30)
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

\$48 resident/\$51 non-resident

Mon/Wed, Sept 12–Oct 26 (no class Oct 3, 12)
F1214E

Tue/Thur, Sept 13–Oct 25 (no class Oct 4)
F1214B

Tue/Thur, Oct 27–Dec 15 (no class Nov 8, 22, 24)
F1214G

Mon/Wed, Oct 31–Dec 14 (no class Nov 21, 23)
F1214H

Little Tigers Self Defense

AGES 3–5

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches, and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline, and respect—great personal tools to carry into the future. Please arrive five minutes early so your child is ready to begin at the start of the class. Resident fee applies to Golden Valley, New Hope, and St Louis Park residents.

Davis Community Center

5:45–6:15 pm

Tue, Sept 6–Oct 11 (no class Sept 27)
\$64 resident/\$68 non-resident
F1120D

Tue, Oct 18–Nov 22 (no class Nov 8)
\$64 resident/\$68 non-resident
F1120E

Tue, Nov 29–Dec 20
\$52 resident/\$56 non-resident
F1120F

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.

Davis Community Center

6:15–7 pm

Tue, Sept 6–Oct 11 (no class Sept 27)
\$64 resident/\$68 non-resident
F1118E

Tue, Oct 18–Nov 22 (no class Nov 8)
\$64 resident/\$68 non-resident
F1118C

Tue, Nov 29–Dec 20
\$52 resident/\$56 non-resident
F1118D



Youth Enrichment & Learning

Theme Park Engineering

No School!

AGES 5–9

Have a blast in this all new Lego class using Lego Technics Engineering Kits to explore the world of science, technology, engineering, and mathematics in a team-based environment. Each session will explore new engineering principles such as gears, wheels, levers, and pulleys. Then we will build working theme park rides and machines that reinforce concepts learned. After each building project, students will customize, share, compete in challenges, and enjoy experimenting with their creations. Possible models include Catapult Game, Crazy Floors, Merry-Go-Rounds, Go-Karts, Moving Clowns, Popcorn Cart, and more.

Crystal Community Center

Thur, Oct 20

9 am–12 pm

\$32

Register by Oct 12

F1222A



Circus Magic For Kids

No School!

AGES 6–12

Parents, take a break while your happy children get some great exercise and learn new skills to amaze their friends and family. This fun, active, learning experience during winter break will include plate spinning, scarf juggling, balloon tricks, magic, puppet and more! Annette Fragale is a clown school graduate, a professional magician, and producer of the award winning TV show "The Magic Book Nook."

Brookview Community Center

Thur, Dec 29

1–3 pm

\$15 resident/\$17 non-resident

F1211A



Drama Club

AGES 6–18

Hone your acting chops through fun activities, music and a final performance. Invite family and friends to join us for our performance on the last day of class at 7 pm. All participants must be able to participate in the final performance. Instructors have extensive training in theater, film, and advertising.

Meadowbrook School Cafeteria

*Brookview Community Center on Oct 6 and Nov 3

\$144 resident, \$149 non-resident

AGES 6–12

Tue/Thur, Oct 4–Dec 15*

(no class Oct 20 & Nov 24)

6:15–7:30 pm

F1208C

AGES 13–18

Tue/Thur, Oct 4–Dec 15*

(no class Oct 20 & Nov 24)

7:30–8:45 pm

F1208D

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.



Cookies And Canvas

AGES 7–12

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

Brookview Community Center
1–3 pm
\$26 resident, \$29 non-resident

No School!

Thur, Oct 20
F1230A



Tue, Dec 27
F1230B



Fabulous Fall Drawing

AGES 9–12

Celebrate the season with a little drawing! Create a frameable piece of fall-themed art using charcoal and chalk pastels. Draw something about the wonderful season of fall—whether it be an apple orchard still life or a landscape of autumn trees. All supplies provided.

Robbinsdale Public Safety Building
(41st & Hubbard Aves)
Wed, Oct 12
7–8:15 pm
\$20
F1407A

Dreamy Drawing

AGES 9–12

Artist Marc Chagall used bright colors, floating figures, and awesome animals all rolled into one drawing using oil and water color pastels to express his thoughts and dreams. Try your hand at drawing your dreams using his techniques. All supplies provided.

Robbinsdale Public Safety Building
(41st & Hubbard Aves)
Wed, Nov 9
7–8:15 pm
\$20
F1407B

Super Mario Game Coding **NEW**

AGES 8–13

Get hands-on experience developing your own game using Scratch 2, a visual coding platform. Learn coding concepts and how to think like a programmer while creating a two-dimensional, arcade-style, Super Mario Brother's-themed game. The first part of the class will be instructor-led; students will have the opportunity customize their games during the remaining time. Games created in class will be available online, or students can bring a USB drive for immediate access.

Crystal Community Center
Sat, Nov 5 & 12
9 am–12 pm
\$62
F1225A
Register by Oct 28



Youth Enrichment & Learning

Private Piano Lessons

AGES 7+

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

TO REGISTER: Call 763-509-5224 to establish a lesson time. You will then receive directions to register for the program.

Brookview Community Center
3–9 pm

Recital Dates: Dec 17 or 18
\$274 resident/\$279 non-resident

Instructed by Jocelyn Schendel
Tue, Sept 13–Dec 13 (no class Oct 31, Nov 21)
F1210A

Instructed by Mila Maron
Wed, Sept 14–Dec 14 (no class Oct 19, Nov 23)
F1210B

Instructed by Julie Pruse
Thur, Sept 15–Dec 15 (no class Oct 20, Nov 24)
F1210C



When I'm In Charge

AGES 8+

This unique course offered by the American Red Cross is for all boys and girls age 8 and older who are ever home alone. The course will cover all the safety concerns parents have when their children are by themselves, including arriving home, responsibilities, phone and Internet safety, fire and gun safety, and more. Book included in price of the class. A certificate will be issued upon completion. Parents are welcome and encouraged to attend the last 30-minutes of class.

Brookview Community Center

Mon, Sept 19 F1211A

Mon, Nov 7 F1121B

5:30–8:30 pm

\$52/class



American Red Cross Babysitting Training

AGES 11–15

The American Red Cross Babysitter's Training Course has been updated to incorporate the 2015 Emergency Cardiac Care and the Pediatric First Aid/CPR course.

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. It will help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe, and help children behave; learn about basic child care; and learn first aid and CPR for infants and children. Recommended age for this course is 11–15. Participants provide their own lunch and snack.

Brookview Community Center

Sat, Oct 8 F1215A

Sat, Nov 5 F1215B

Sat, Dec 17 F1215C

8 am–6 pm

\$108 resident/\$103 non-resident

Youth Athletics

Amazing Athletes

AGES 3–5

In this class, kids will get moving and learn new sports and skills. Amazing Athletes gives every child the chance to learn the fundamentals of many different sports and improve hand-eye coordination, gross motor skills, and cognitive development. These sampler classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis.

Crystal Community Center

\$50/session (five classes per session)

Thur, Sept 22–Oct 20

Register by Sept 14

5:30–6:15 pm F1101A

6:30–7:15 pm F1101G

Thur, Oct 27–Dec 1 (no class Nov 24)

Register by Oct 19

5:30–6:15 pm F1101H

6:30–7:15 pm F1101I

Davis Community Center

\$40/session (four classes per session)

Mon, Nov 7–Dec 5 (no class Nov 14)

Register by Oct 28

5:45–6:30 pm F1101K

6:45–7:30 pm F1101L

Flag Football

AGES 4–8 (AGES 4–6 WITH AN ADULT)

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

AGES 4–6 (WITH AN ADULT)

Robbinsdale Middle School Turf Field

Sun, Sept 11–Oct 16 F1137C

3:30–4:15 pm

\$49/session

AGES 6–8

Robbinsdale Middle School Turf Field

Sun, Sept 11–Oct 16 F1137D

4:15–5:15 pm

\$60/session



RevSports Volleyball

AGES 6–11

Emphasis on four main skills of volleyball—serve, bump, set, and spike. Age appropriate activities will maximize enjoyment and foster learning.

Crystal Community Center

Mon, Oct 24–Nov 28

\$57

AGES 6–8

4:45–5:30 pm

F1138C

AGES 8–11

5:30–6:15 pm

F1208D



Youth Lacrosse

GRADES K–6

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

Davis Community Center

Mon & Thur, Sept 19–Oct 17 (no class Oct 6)

6:30–7:30 pm

\$59/class

Grade K–2 (court 1) F1133C

Grade 3–6 (court 2) F1133D



Youth Athletics

Junior Bowling League

AGES 6–18

Bowling is one of the fastest growing sports in Minnesota schools! Sign up as a team of three players or as an individual for the Texa-Tonka Lanes Junior Bowling League. Players will play three games per week and receive coaching from the Texa-Tonka pro staff. There will also be a tournament and the chance to win scholarship money. All abilities welcome. Class will be run in partnership with Hopkins Community Education.

Texa-Tonka Lanes (8200 Minnetonka Blvd)
Sat, Oct 15–Nov 19
10:45 am–12:45 pm
\$59
F1144A



No School Golf

No School!

AGES 8–12

The day will include a chaperoned round of golf on the Brookview Par 3 course, lunch at the Grill and some rest and relaxation at Brookview Park. Looking for more fun on October 20? Check out Cookies and Canvas on page 7!

Brookview Golf Course
Thur, Oct 20
9:30 am–1 pm
\$29
Register by Oct 14
F1121B



Blacklight Dodgeball Tourney

GRADES 2–6

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

Davis Community Center
Fri, Dec 16
6:45–9 pm
\$17
F1141A



Fencing

AGES 6–12

Learn the fundamentals of fencing, including warm up/cool down exercises, guard fencing positioning, and how to advance and retreat. Individual and group instruction provided by Minnesota Sword Play. All equipment provided. Registration deadline is one week prior to the session. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

New Hope Community Gyms (8230 47th Ave N)
Mon, Sept 12–Oct 17 F1110C
Mon, Nov 7–Dec 12 F1110D
6–7 pm
\$63 resident, \$70 non-resident

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.

Robbinsdale Community Gyms (enter door #18)
Tue, Oct 4–25
6–7:30 pm
\$65
Register by Sept 27
F1108C



Do you have old hockey sticks & pucks laying around?

Donate them to the
Parks & Recreation Department!

Our goal is to have hockey sticks and pucks available for FREE use in each of the skating rink warming houses. 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 winter!



Tap & Ballet AGES 4+

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

Brookview Community Center Tentative Recital Date: April 8
 \$42 resident/\$45 non-resident

Session I: Sat, Sept 17–Nov 12 (no class Oct 22)
 Session II: Sat, Nov 19–Jan 28 (no class Nov 26, Dec 24, 31)
 Session III: Sat, Feb 4–April 1 (no class Feb 18)

BALLET

Beginner
8–8:30 am
 Session I F1301A
 Session II F1301B
 Session III F1301C

Intermediate
9–9:30 am
 Session I F1302A
 Session II F1302B
 Session III F1302C

Advanced
10–10:30 am
 Session I F1303A
 Session II F1303B
 Session III F1303C

Master
11–11:30 am
 Session I F1304A
 Session II F1304B
 Session III F1304C

TAP

Beginner
8:30–9 am
 Session I F1305A
 Session II F1305B
 Session III F1305C

Intermediate
9:30–10 am
 Session I F1306A
 Session II F1306B
 Session III F1306C

Advanced
10:30–11 am
 Session I F1307A
 Session II F1307B
 Session III F1307C

Master
11:30 am–12 pm
 Session I F1308A
 Session II F1308B
 Session III F1308C

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



GET OUT AND PLAY!

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

Sept 6–Dec 31
 (closed Sept 5, Nov 8, 24-25, Dec 23-26, 30, Jan 1)

Day	Activity	Time
Sunday	Family Gym Time/Shoot Buckets	1–3 pm
Wednesday	Youth Open Gym	6–8 pm
Saturday	Open Basketball (All Ages)	8–10 am

NOSCHOOL OPENGYM

AGES 17 AND UNDER
 (10 AND UNDER WITH AN ADULT)

No School!

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

Thur–Fri, Oct 20–21
Tue–Thur, Dec 27–29

Davis Community Center (Court 1)
1–5:30 pm
\$4/person at the door

Youth Athletics

Hoopstars Basketball Camps

GRADES K-1

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

Davis Community Center
Mon & Wed, Oct 3-19
6-7:30 pm
\$52

Register by Sept 26
F1134C



Basketball Winter Warm-up

GRADES 2-6

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

GRADES 4-6

Forest Elementary School Gyms, Crystal
Mon, Nov 7-Dec 12
6-7:30 pm
\$52
F1135C
Register by Oct 30

GRADES 2-3

Davis Community Center
Wed, Nov 9-Dec 21 (no class Nov 23)
6-7:30 pm
\$52
F1135D
Register by Oct 30



Looking for **Mites Basketball?**

Find it in our Winter Catalog
coming out in December!

Youth Basketball Leagues

GRADES 2-7

Recreational basketball leagues for grades 2-7. Practices begin early January, with days and times varying due to gym and coach availability. Teams are coached by volunteers. Coaches will call team members by Jan 2 with practice times (held at Davis Community Center). Games will be played at the Crystal Community Center and Davis Community Center. The focus of the program is to teach the skills of basketball, team play, and good sportsmanship. Standings are not kept and there is no tournament play. Register your child for the correct division based on his/her grade. Players are allowed to play one grade level up. We will not make exceptions. Scrimmage Day will be Jan 21, with games beginning Jan 28 and ending March 11 (seven games). This program is co-sponsored with the Cities of Crystal, Robbinsdale, and St Louis Park and will include teams from all cities. The Parks and Recreation Department reserves the right to limit the number of players per team, combine divisions if registration is not sufficient, and to cancel a team if a volunteer coach cannot be found. Two players may request to play together.

PRACTICES

Davis Community Center
Begin mid-January

GAMES

Davis and Crystal Community Centers
Begin mid-January
Jan 28-March 11
\$60
Register by Dec 9

Boys Grade 2	F1136A
Boys Grade 3	F1136B
Boys Grades 4-5	F1136C
Boys Grades 6-7	F1136D
Girls Grades 2-3	F1136E
Girls Grades 4-6	F1136F

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

Other Community Youth Opportunities

These programs are offered by independent organizations not affiliated with the City of Golden Valley. This information is provided as a service to the residents of Golden Valley.



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.

Ages 4–16

Davis Community Center

Tue, Oct 4–Dec 20 (no class Nov 8)

Ages 4–8: 6–6:45 pm

Ages 9–16: 7–7:45 pm

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

Register Tue, Sept 20, 6:30–7:30 pm, at Davis Community Center.



Experience the ultimate in skiing, snowboarding, and racing instruction from beginners to experts! At seven local snowsports areas, our top quality adult instructors will teach you to improve your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season-long discounts and rentals are available), we provide the rest. Lessons are 11 Saturdays (Dec–Feb) or eight Sundays (Jan–Feb). You will be contacted before the trip each week for your reservation. Using our flexible pay-as-you-go trip fee structure, you pay about \$65/week to cover round trip bus transportation and lift ticket. If you can't attend that week, you don't owe anything.

Register at www.blizzardmn.com or call 763-559-3343
(Mention code GVR16 when registering)

Ages 6–18 (Grades K–12)

Trips run approximately 8 am–5:30 pm

Pick-up at Leann Chin (7650 Hwy 55, Golden Valley)

Mites (Grades K–1) Sat/Sun \$369

Make new friends with your same two instructors and small group of six friends all day long each week on exciting terrain.

SuperMites (Grades 2–3) Sat \$399, Sun \$369

Learn more and more skills to conquer the hill!

SuperKyds (Grades 4–5) Sat \$379, Sun \$349

Develop skills at your own level and master bumps, jumps and carving turns!

Classic (Grade 5–12) Sat \$319, Sun \$219

Explore cool trails and terrain parks with experienced instructors during 4½ hours of instruction with plenty of time to free ski or ride, too!

Teen Sampler Program (Grade 7–12) 4 Sat \$169

Can't commit to an entire season or have you always wanted to learn how to ski or snowboard? Then this program is for you! It offers 4½ hours of instruction each trip.

Team Blizzard (Grades 5–12)

Ski Racing or Snowboard and Freestyle Team instruction.

Ticket Events

Join us for these great events at Target Field, Xcel Center, and 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.

Cirque Du Soleil Toruk The First Flight At Target Center

Inspired by James Cameron's *Avatar*, *Toruk – The First Flight* transports you to the world of Pandora in a visually stunning live setting. Experience a storytelling odyssey through a new world of imagination, discovery, and possibility. *The First Flight* is a mythical tale set thousands of years before the events depicted in the film *Avatar* and before any humans ever set foot on Pandora. Ages 2 and older need a ticket.

Sat, Oct 1
4 pm
\$35/person (upper level sides, low to middle rows)
F4101A
Register by Sept 14

Disney On Ice At Xcel Energy Center

Experience world-class ice skaters, heartwarming Disney stories, lavish costumes, dazzling lighting, and enchanting music an extraordinary show. Audiences can sing and dance along with their favorite Disney characters, including Mickey Mouse, Minnie Mouse, the Disney Princesses, the Toy Story gang, and the Lion King stars all in an ice skating spectacular. Ages 2 and older need a ticket.

Thur, Dec 1 7 pm \$19/person (lower level seating) F4012A Register by Nov 15	Sat, Dec 3 3 pm \$25/person (lower level seating) F4012B Register by Nov 15
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Youth Athletic Associations

Golden Valley Little League Baseball

Boys & Girls age 6–12
Pat Dale, 763-593-9077
www.goldenvalleylittleleague.org

Armstrong Cooper Youth Baseball Association

Boys ages 12–19
Brian Nelson, 612-720-9642
www.acybaseball.com

Girls Slowpitch Softball

Girls grades 3–12
Keith Hiljus
keithhiljus@yahoo.com
www.gvgs.org

Armstrong Cooper Youth Hockey Association

Boys & Girls ages 4+
Dawn Speltz, 612-987-4599
www.acyha.org

Cooper/Armstrong Girls Fastpitch Softball

Girls ages 9–12
www.caheatfastpitch.org

Park Valley United FC Soccer Club

Boys & Girls ages 5–17
www.parkvalleyunitedfc.org



TRY A FREE HOCKEY CLINIC!

New to hockey or skating? Not sure whether your child is ready to be on the ice? Try out our clinics at no cost! No previous skating experience required. Helmets and skates required. Limited quantities of helmets available to borrow. Bike helmets may be used in lieu of hockey helmets. Attend all five days for FREE!

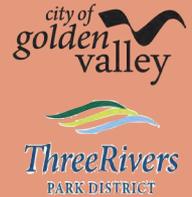
New Hope Ice Arena (4949 Louisiana Ave N, New Hope)

Sept 17, 12:30 pm	Oct 1, 10 am	Nov 12, 10:45 am
Sept 24, 10 am	Oct 8, 2:30 pm	

www.armstrongcooperhockey.org Where your first mite hockey season is only \$50!

Nature Programs

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. These programs are run in cooperation with the City of Golden Valley and Three Rivers Park District.



Fall Birding and Phenology Citizen Science Hike

AGES 5+ WITH AN ADULT

Learn about how events in nature are timed. Collect data for scientists that helps them understand nationwide trends. Please dress for the weather; program will be outside the whole time. Instruction provided by Three Rivers Park District staff. Youth under 18 must attend with a paid adult.

Sochacki Park (3500 June Ave N, Robbinsdale)

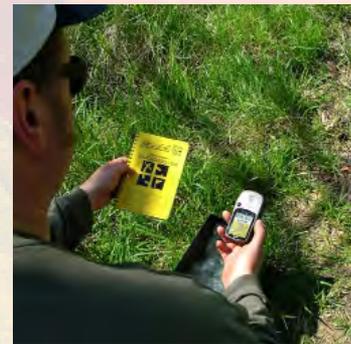
Sat, Sept 24

10 am–12 pm

\$6/person

F1237A

Register by Sept 22



Geocaching For S'mores

ALL AGES

Yummy, gooey s'mores! Learn geocaching basics and search for delicious treasure. All instruction and equipment provided by Three Rivers Park District. Please dress for the weather. All ages are welcome. Youth under 18 must attend with a paid adult.

Sochacki Park (3500 June Ave N, Robbinsdale)

Sun, Oct 2

1–3 pm

\$8/person

F1217A

Register by Sept 29

Adult Enrichment & Learning

Beginning Belly Dancing

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

Brookview Community Center
7–8:30 pm
\$64 resident/\$68 non-resident

Wed, Sept 7–Oct 26
F2401A

Wed, Nov 2–Dec 28
F2401B

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
7–8:30 pm
\$80 resident/\$85 non-resident

Mon, Sept 12–Oct 31
F2402A

Mon, Nov 7–Dec 26
F2402B

Ballroom Dancing For Beginners

Learn the most popular partner dances to have you dancing at weddings, parties, and all social events! Learn to dance waltz, foxtrot, swing, hustle, and polka to music commonly played at social gatherings. Confidently enter the dance floor knowing some “real” moves to do together with your partner! FREE make-up and repeat classes at other locations. Teens and adults of all ages welcome. For more information, visit www.constantinedance.com, or call instructor Deanna Constantine at 612-240-8329.

Brookview Community Center
Sun, Oct 2–23
4–5:30 pm
\$55 resident/\$59 non-resident
F2403A



Joy Of Painting® The Bob Ross® Method

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

Brookview Community Center

1–4:30 pm

\$60 resident/\$65 non-residents

Sat, Oct 8

F3101A

Register by Oct 2

Sat, Nov 12

F3101B

Register by Nov 6



Friday 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 Fridays (no meeting on Nov 11, 25, Dec 23)

9–11:30 am

\$1/week payable at the front desk

Basic Self-Defense

This interactive empowerment class will cover a variety of useful and powerful defense techniques, including prevention and awareness. Students learn techniques for verbal 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

Sat, Oct 1–8

Noon–2 pm

\$50 resident/\$53 non-resident

F2213A

Golden Valley Library Events for Adults

612-543-6375 • www.hclib.org

Poetry Lovers Converge

Sept 7, Oct 5, Nov 2 • 6:30–8 pm

Everyone is invited to read original or favorite poems, or just come and listen. All languages, all ages, all authors!

Celebrate Asia: Thai Cooking with Nongkran Daks

Sept 21 • 6:30–8 pm

Join Executive Chef Nongkran Daks on her extraordinary journey from being forced to cook as a child to someone joyously now sharing the culinary bounty of Thailand. Nongkran takes us on a tour of Thailand's regions through its cuisine. She is also the author of Nong's Thai Kitchen.

Adult Book Club

Oct 10 • 6:30–8 pm

Call the library for the title of the book we'll discuss.

Used Book Sales

Oct 15 (children's books only), 10 am–5 pm

Oct 16 (children's books only), Noon–5 pm

Oct 21, Noon–5 pm

Oct 22, 10 am–5 pm

Oct 23, Noon–3 pm

NaNoWriMo

Join your fellow authors in a dedicated space for writing and socializing. Prompts and encouragement provided.

Kick Off: Nov 1, 4–8 pm

Write-In: Nov 6, Noon–5 pm

The Home Stretch: Nov 30, 4–8pm



Adult Fitness & Wellness

Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and improving balance, posture, circulation, and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat. Annette is the host of award winning Channel 18 TV show, *Yoga on the Go*.

Brookview Community Center
11 am–noon

Tue, Oct 4–Nov 22 (no class Nov 8)
\$56 resident/\$60 non-resident
F2201A

Tue, Nov 29–Dec 20
\$32 resident/\$35 non-resident
F2201B

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
6–7 pm

Mon, Sept 26–Nov 21 (no class Oct 31)
\$64 resident/\$68 non-resident
F2202A

Mon, Nov 28–Dec 19
\$32 resident/\$35 non-resident
F2202B

Yoga Flow With Laura

This non-competitive class combines yoga postures, targeted core work, 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. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Facilitated by Laura Lazowski.

Brookview Community Center
5:30–6:45 pm

Tue, Sept 6–Oct 25
\$80 resident/\$85 non-resident
F2206A

Thur, Sept 1–Oct 13
(Sept 15 will be held at Calvary Coop Prairie Room)
\$70 resident/\$74 non-resident
F2206B

Tue, Nov 1–Dec 20 (no class Nov 8)
\$70 resident/\$74 non-resident
F2206C

Thur, Oct 20–Dec 8 (no class Nov 24)
\$70 resident/\$74 non-resident
F2206D



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.

Davis Community Center
6:15–7 pm

Tue, Sept 6–Oct 11 (no class Sept 27)
\$64 resident/\$68 non-resident
F1118E

Tue, Oct 18–Nov 22 (no class Nov 8)
\$64 resident/\$68 non-resident
F1118C

Tue, Nov 29–Dec 20
\$52 resident/\$56 non-resident
F1118D

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
7:15–8:15 pm
\$70 resident/\$74 non-resident

Thur, Sept 8–Oct 20
F2205A

Thur, Oct 27–Dec 15
(no class Nov 24)
F2205B



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

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

Sept 6–Dec 31

(closed Sept 5, Nov 8, 24–25, Dec 23–26, 30, Jan 1)

Day	Activity	Time
Sunday	Family Gym Time/Shoot Buckets	1–3 pm
Sunday	Pickleball Drop-in	3–5 pm
Monday	Basketball 35+	8–10 pm
Tuesday	Volleyball 18+	8–10 pm
Wednesday	Youth Open Gym	6–8 pm
Thursday	Volleyball 18+	8–10 pm
Saturday	Open Basketball (All Ages)	8–10 am

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. While easy for beginners to learn, it can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can—just drop in.

INDOOR PICKLEBALL

Davis Community Center
Sundays beginning Sept 11
3–5 pm
\$4/at door, \$28/10-time punch pass

OUTDOOR PICKLEBALL

Medley Park
Tuesdays
9–11 am

Bring your paddle and play pickleball with other enthusiasts. All courts are reserved for pickleball play during this time frame.



Find information on
outdoor courts in
Golden Valley on page 36.

Adult Fitness & Wellness

Tai Chi Classes With Marie Mathay

Marie Mathay teaches tai chi and qigong classes in a variety of venues throughout the Twin Cities metro area. She has practiced tai chi for more than 30 years and holds five certifications from the Tai Chi for Health Institute based in Sydney, Australia. Marie loves working with students of all ages and abilities.

TAI CHI SPECIAL!

Register for a second class in the same session and pay only \$30 for your second class. Classes must be purchased together.

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

Based on Sun style tai chi, this set of 21 gentle movements developed by Dr Paul Lam promotes better balance, strength, flexibility, posture, and lowered stress. A great class to begin your tai chi journey! Suitable for all ages and abilities. Endorsed by the Arthritis Foundation.

Brookview Community Center
8:30–9:30 am

Tue, Sept 6–Oct 18
\$49 resident/\$52 non-resident
F2207A

Tue, Oct 25–Dec 13 (no class Nov 8)
\$45 resident/\$48 non-resident
F2207B

TAI CHI FOR HEALTH & ARTHRITIS – MOVING ON

For those who have learned the first half of the form, we continue with the last 21 movements, emphasizing tai chi principles, depth of understanding, and energy flow. We practice the entire form every class.

Brookview Community Center
9:40–10:40 am

Tue, Sept 6–Oct 18
\$49 resident/\$52 non-resident
F2208A

Tue, Oct 25–Dec 13 (no class Nov 8)
\$45 resident/\$48 non-resident
F2208B

YANG STYLE TAI CHI PRACTICE GROUP

Join Marie in learning the Cheng Man Ching 37, one of several Yang forms widely practiced today. This is an advanced class suitable for those who wish to further their tai chi study.

Brookview Community Center
9–10 am
\$49 resident/\$52 non-resident

Thur, Sept 8–Oct 20
F2209A

Thur, Oct 27–Dec 15 (no class Nov 24)
F2209B

SHIBASHI QIGONG – PART 1 & 2

Cultivate more energy, strength, flexibility, and better balance through this series of gentle Chinese moving and breathing exercises. Each part consists of 18 follow-the-leader exercises. Part 1 heals and restores health; Part 2 builds strength and stamina. Suitable for all ages and abilities. Perfect on its own or as a complement to your tai chi practice. No experience necessary.

Brookview Community Center
10–11 am

Thur, Sept 8–Oct 20
\$49 resident/\$52 non-resident
F2210A

Thur, Oct 27–Dec 15 (no class Nov 24)
\$45 resident/\$48 non-resident
F2210B





TWIN CITY TENNIS CAMPS

MOVING TENNIS FROM A GAME OF SKILL TO A GAME FOR LIFE.



REGISTER NOW!

www.twincitytenniscamps.com • 612-600-2460



Junior Quick Start Intro Camp

Beginner–Advanced Beginner Ages 4–12

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

Junior Development Camp

Advanced Beginner–Intermediate Ages 5–15

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

NOTE: Prices increase after Aug 21, 2016.

LIONS PARK

After School

Tue–Fri, Sept 6–Oct 14

4:30–6 pm

1½ hrs \$95

BROOKVIEW PARK

Evening

Tue/Wed/Thur, Sept 6–Oct 14

6:15–7:30 pm

1¼ hrs \$95

Weekend

Sat, Sept 10–Oct 15

10 am–noon, Noon–1 pm, 1–5 pm

1 hr \$85

2 hrs \$119

4 hrs \$209

Weekend

Sun, Sept 11–Oct 16

Noon–1 pm, 1–5 pm

1 hr \$85

4 hrs \$209

Junior High Performance Camp

Intermediate–Advanced Ages 9–18

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

NOTE: Prices increase after Aug 21, 2016.

WESLEY PARK

After School

Mon–Thur, Sept 5–Oct 13

(no class Sept 5)

4–6 pm

2 hrs \$129

BROOKVIEW PARK

Evening

Tue/Thur, Sept 6–Oct 14

6–8 pm

2 hrs \$99

Weekend

Sat, Sept 10–Oct 15

10 am–noon, 1–3 pm, 1–5 pm

1 hr \$119

2 hrs \$139

4 hrs \$209

Weekend

Sun, Sept 11–Oct 16

1–3 pm

2 hrs \$119

Adult Tennis Lessons

Advanced Beginner–Intermediate
(USTA Level 1.0–2.5)

Advanced beginner and beginner lessons with an emphasis on strokes, rallying, and serving. Junior lessons are offered at the same time as these adult lessons.

BROOKVIEW PARK

Tue/Thur, Sept 6–Oct 13

6–8 pm

6 classes \$119, 11 classes \$199

Intermediate–Advanced Intermediate
(USTA Level 2.5–3.5)

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness. Junior lessons are offered at the same time as these adult lessons.

BROOKVIEW PARK

Wed, Sept 7–Oct 12

6–8 pm

6 classes \$119, 11 classes \$199

Adult Warrior Drill

(USTA Level 4.0–5.0)

Advanced competition drill and play.

BROOKVIEW PARK

Mon, Sept 5–Oct 17 (no class Sept 5)

6–8 pm

6 classes \$119, 11 classes \$199

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



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

Adaptive Recreation

The adaptive recreation program is a cooperative effort of REACH for Resources and the Cities of Golden Valley, Brooklyn Center, Brooklyn Park, Plymouth, Maple Grove, Chanhassen, Chaska, Waconia, and St Louis Park. REACH serves individuals with developmental disabilities and their families in Western Hennepin County. Services include adaptive recreation, independent living support, and counseling. For more information, call 952-200-3030 or go to www.reachforresources.org.



ALL AGES (5+)

- Bowling
- Steps & Social Time
- Tae Kwon Do
- Yoga

TEEN (13–21)

- Bowling
- Social Seekers
- Teen Explorers
- Yoga

ADULT

- Kickball
- Zumba Fitness (ages 16+)
- Wednesday Night Social
- Democracy and Discussion
- Empowerment Group
- On The Town

CLASSES & SPECIAL EVENTS

- Karaoke Night – Aug 12
- Weekend Venture – Aug 26–28
- Bingo Night – Sept 30
- Glitter Glam Pumpkins – Oct 17
- Snacks & Cinema (Hocus Pocus) – Oct 27
- Ghostly Gala – Oct 29
- Pizza & Thanksgiving Bingo – Nov 15
- Gingerbread Houses – Dec 2
- Weekend Venture – Dec 2–4
- Snacks & Cinema (Frozen) – Dec 7
- Tiny Trees & Candy Sleighs – Dec 13
- Holiday Jamboree – Dec 15
- Cooking: Holiday Treat Platter – Dec 19
- Friday Night Dances For All (varies)

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 parks and recreation programs. Registration for these programs is done through your Parks 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 952-200-3030 or visit us online at www.reachforresources.org.



GOLDEN VALLEY SENIOR CENTER

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.



Phone: 763-512-2339

Fax: 763-512-2344

www.goldenvalleymn.gov/recreation/seniors

2016 Annual Membership Donation

Support your senior 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

Thank You
For Your Support!

Blood Pressure Screening **FREE**

Stop by Brookview on the fourth Wednesday of the month for a FREE blood pressure check. Service is provided by Barb Burger, LPN, Ambassador Good Samaritan. No appointment necessary. Service offered first come, first served.

Brookview Community Center
Wed, Aug 24, Sept 28, Oct 26
11–11:30 am

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, Aug 11, Sept 8, Oct 13, Nov 10, Nov 28
Appointment times are 9, 10, and 11 am
(Oct 13 times will be 10 am, 11 am, and 12 pm)

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
2nd and 4th Friday of each month
(No care Nov 25, Dec 23)
9 am–3:30 pm
\$36, payable day of service
with cash or check only



Other Senior Activity Locations

Calvary Center Cooperative.....7600 Golden Valley Rd
Covenant Village..... 5800 St Croix Ave
Crystal Community Center.....4800 Douglas Dr N
Dover Hills Apartments 2400 Rhode Island Ave N
Golden Valley Library830 Winnetka Ave N
Lenox Community Center 6715 Minnetonka Blvd

Senior Programs

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 12
1 –2:30 pm
\$9/person
F3301A
Register by Dec 9



Weekly Card & Game Groups

New players are always welcome to our card and game groups. Please arrive at least 10 minutes before the 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

Friday Films At Meadow Ridge

From Fred Astaire to Steve Zahn, we've got you covered. Join us at Meadow Ridge in Golden Valley to enjoy musicals, documentaries, classic movies, and more! Refreshments provided to complement the film. Call the Golden Valley Recreation office at 763-512-2345 to register by the Wednesday before the Friday showing.

Meadow Ridge (7475 Country Club Dr, Golden Valley)
Movies begin at 2 pm

Fri, Aug 19 – *The Notebook*
Fri, Sept 23 – *Still Alice*
Fri, Nov 18 – 1 year anniversary party

Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Golden Valley Rehab and Care Center, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent, and occasionally, a treat! Donations accepted for refreshments.

Brookview Community Center
Mondays (no meeting Sept 5, Dec 26)
9:30–11 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. No meeting in Nov 3.

Calvary Center Cooperative
1–2:30 pm

THUR, SEPT 1

Aging On Your Terms

You have worked hard during your lifetime; don't let nagging health concerns prevent you from enjoying your carefree golden years. This presentation will focus on practical and natural ways to maintain and improve your health. Life is meant to be lived, and these practices will ensure that you are able to dictate the terms of your life. Presented by Nick Wegleitner, Doctor of Chiropractic at Innate Health Chiropractic.

THUR, OCT 6

Age Is Just A Number

Barry ZeVan was Inducted into the Minnesota Broadcasting Hall of Fame in 2013 and continuously in the professional broadcasting and entertainment industry since age 5½. Barry is a Telly Award-winning and three-time Emmy-nominated producer, writer, director, talent, and production designer locally, nationally, and internationally. He garnered the highest local ratings in US television broadcasting history as "Barry ZeVan, The Weatherman" in Minneapolis-St Paul in the mid-1970s. His recent Minneapolis Star Tribune blogs reflect his unusually remarkable life experiences with colleagues and friends who are, and were, global leaders in the entertainment and political arenas. His autobiographic memoir, released in January 2016, is entitled, "Barry ZeVan – My Life Among The Giants, A Memoir," and subtitled "Thank You, Jerry Stiller.... for urging me to write this book."

THUR, DEC 1

Holiday Decorating Made Easy

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

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

WED, AUG 24

Songs And Stories Of Greenwich Village, 1966

Greenwich Village, that magical place of beatniks, characters, and coffee bars before Starbuck's, when folk music dominated. Ardent folklorists made their way to the Deep South and the hills of Appalachia, discovering music and culture. The true Village folk scene was less "Michael Row Your Boat Ashore" and more discovered music, the kinds people played on their porches and in their parlors before records, and stories of the fascinating time. Presented by John Rogers, musician and storyteller. John has been playing guitar for more than 40 years and has recorded two disks of acoustic Blues. John was 2010 finalist in the international Blues Competition in Memphis, Tennessee. His CD "Old and New, Borrowed and Blue" was a semifinalist in the 2011 Blues Challenge "best CD" contest. Register by Aug 23.

WED, SEPT 28

We Are Building A New Brookview Community Center

In October 2016 the building process will begin for the New Brookview Community Center, which is expected to be completed by the end of 2017. Staff will talk about the process, show plans for the new facility, and be available to answer questions. Please join us and share in the excitement. Register by Sept 27.

WED, OCT 26

Spring Flowering Bulbs

Fall's the time to plant those beautiful spring-flowering bulbs. Learn from a Master Gardener how to plant many types and enjoy slides of spring-flowering favorites. Register by Oct 25.

Senior Programs

Money Matters **FREE**

With rising consumer costs, finances and investments are of more interest than ever. 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, AUG 18

Process For Setting Utility Rates

AARP advocates for affordable, reliable, and safe utility service for our members. AARP will discuss its advocacy work at the Minnesota capitol this year protecting reliable telephone landline service and our "Raise Your Voice" campaign around the Xcel Rate case that could raise your rates by nearly 10 percent. Learn why we're fighting to make sure you only pay what's fair and reasonable and how your voice can make a difference.

THUR, SEPT 15

Financial Benefits For Veterans And Surviving Spouses

Are you a Veteran or a surviving spouse? You may be eligible for a little-known financial benefit that can help pay for your long-term care needs. You can use the funds for home-care, assisted living, or skilled nursing. Learn eligibility requirements, how to apply, and how to get free assistance in completing the forms. Information on other benefits will include home modification grants, medical, long-term care, and burial.

THUR, OCT 20

Estate Planning

What does estate planning mean and what does it consist of? Do I need to do estate planning? What are the estate planning options and how do I do it in the most economical way? This presentation will answer all your questions and separate the myths from reality.



THUR, NOV 17

Be Wise, Be Informed, Be Empowered

Gary Johnson is the senior outreach manager for the Better Business Bureau of Minnesota and North Dakota. He has been associated with the BBB since 2004 and brings 40 years of business experience to the speaker's platform. His program of "BE Wise, Be Informed, Be Empowered" will cover topics like Scam Alerts, BBB Business Reviews, and how to empower yourself to take action to protect yourself and others in today's marketplace.

THUR, DEC 15

What To Know To Get Your Home Ready For Sale

For most people our home is one of our most valuable assets. Selling a home at retirement age presents a unique set of considerations. Whether you're downsizing, buying in a new community or moving in with family, careful planning and forethought can help you maximize your equity and minimize the stress associated with this major life change. Find out about current market trends, get tips for home preparation, staging, required inspections, transaction fees, and capital gains exclusions and learn what to expect from the home selling experience. Karla Rose is a top Real Estate Agent with Edina Realty with 20+ years of experience specializing in the Golden Valley and west suburban area.



Pedal Pushers

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

UPCOMING RIDES:

Aug 4: Lake Rebecca

Aug 25: Big River Trail

Sept 6: Big Stone Mini Golf/Sculpture Garden

Sept 20: Golden Valley Police Ride

Oct 4: End of Season Lunch Gathering and Ride



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.

INDOOR PICKLEBALL

Davis Community Center

Sundays

3–5 pm

\$4/at door, or

\$28/10-time punch pass

OUTDOOR PICKLEBALL

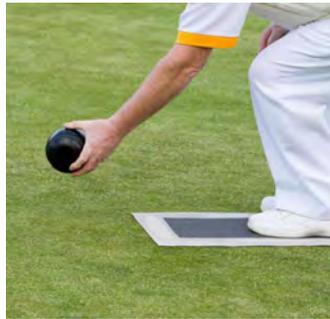
Medley Park

Tuesdays

9–11 am

Bring your own paddle. All courts are reserved for play during this time.

[Find information on outdoor courts in Golden Valley on page 36.](#)



Senior Lawn Bowling League

Lawn bowling is one of the easiest sports to learn. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for all ages, teaching coordination and mental focus. You'll need flat soled shoes that won't damage the surface of the green (you do NOT have to buy special shoes that are just for lawn bowling), sunscreen (an absolute must when bowling), and a sun visor or hat. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. Register individually or as a team of four to eight players. Minimum of four teams, maximum of 16 teams. Adult family members and friends are welcome to play as well. Fee includes six weeks of league play, game equipment, official, and prizes.

Brookview Lawn Bowling Greens

Wed, Sept 7–Oct 12

10–11 am

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

F3302A

Register or cancel by Sept 1



Senior Programs

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 a 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, Oct 15
9 am–5 pm
\$18/person

4-HOUR REFRESHER COURSES

Brookview Community Center
Thur, Sept 8, Oct 13, Nov 10, Dec 8
9 am–1 pm
\$17/person

Friday 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 Fridays

(no meeting on Nov 11, 25, Dec 23)

9–11:30 am

\$1/week payable at the front desk



Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and improving balance, posture, circulation, and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat. Annette is the host of award winning Channel 18 TV show *Yoga on the Go*.

Brookview Community Center

11 am–noon

Tue, Oct 4–Nov 22 (no class Nov 8)

\$56 resident/\$60 non-resident
F2201A

Tue, Nov 29–Dec 20

\$32 resident/\$35 non-resident
F2201B

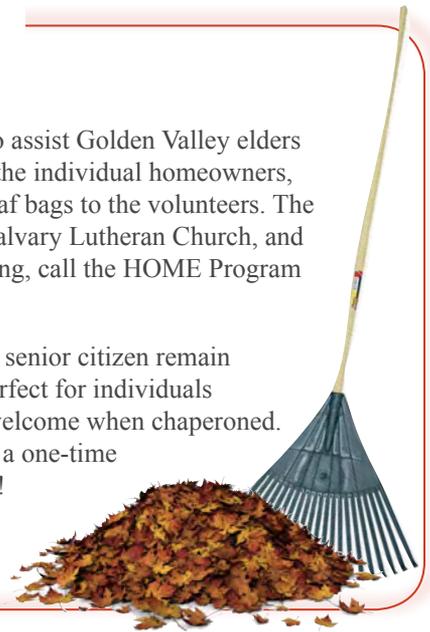
Find other
class offerings
on pages 16–20.

2016 Raking Blitz

Need help raking your fall leaves?

Are you a senior citizen needing help with raking this fall? Volunteers may be available to assist Golden Valley elders rake, bag leaves, and take them to the curb. Raking dates and times will be arranged with the individual homeowners, based on the volunteer's availability. The resident must provide recyclable/compostable leaf bags to the volunteers. The Raking Blitz is a cooperative effort with Senior Community Services' HOME Program, Calvary Lutheran Church, and the City of Golden Valley. If you are a homeowner age 60+ in need of assistance with raking, call the HOME Program at 952-746-4046 or home@seniorcommunity.org before Oct 1.

VOLUNTEER RAKERS NEEDED! Leaf it to fall. Improve your health while helping a senior citizen remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals or groups—youth, faith-based, neighbors, friends, businesses, and families. Kids age 7+ welcome when chaperoned. Seasonal, starting mid-October (depending upon the weather) until the snow stays. This is a one-time unpaid fun, flexible activity on weekdays or weekends. Feel free to sign up multiple times! Contact the HOME Volunteer Coordinator at 952-767-7894 or scsvolunteer@seniorcommunity.org before October 1 to schedule a time.



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.

Million Dollar Quartet at Old Log Theater

Million Dollar Quartet, *a buoyant new jukebox musical about a day in the history of rock 'n' roll.*

New York Times

Join us for the theater performance of *Million Dollar Quartet*. This Tony Award Winning Musical is set on Dec 4, 1956, when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together at Sun Records for one of the greatest jam sessions ever. *Million Dollar Quartet* brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Walk The Line," "Whole



Lotta Shakin' Goin' On," "Who Do You Love?" "Sixteen Tons," "Folsom Prison Blues," "Hound Dog," and more. Lunch will be in the Old Log Dining Room.

Menu (state choice when registering): Beef short ribs with potatoes, tilapia with potatoes, vegetarian pasta with pesto cream sauce, or boneless chicken breast with potatoes. All served with seasonal vegetable, dinner rolls, coffee, tea, or soft drink, and dessert.

Wed, Sept 7

\$66

10:45 am pick-up

4:35 pm approximate return

Register/cancel by Aug 8

Y3216A

Ozark Jubilee Country Christmas at Treasure Island Event Center

Ozark Jubilee features an all-star cast of Branson's top entertainers. "This dynamic show salutes the music of the great Legends of country music in the first half of the show. The second half of the show is a variety of Christmas music that will touch your heart, from traditional standards such as "Silent Night" and "White Christmas" to more contemporary selections. This show features vocals,



comedy, and instrumentals. World-class fiddler Doofus Doolittle presents his unique brand of humor and some of the best fiddle and violin music ever. Enjoy his stories about some of the legendary artists he has performed with. He will salute comedians of yesteryear such as Archie Campbell, String Bean, and Minnie Pearl. Enjoy this holiday musical event with the sounds of laughter, bluegrass, gospel, country, and traditional Christmas music. Treasure Island will extend \$10 per person slot play for those who attend.

Thur, Nov 10

\$73

9:45 am pick-up

5:35 pm approximate return

Register/cancel by Oct 3

Y3221A

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



Camelot At The Chanhassen Dinner Theater

Enjoy lunch and a matinee performance of *Camelot*, the legendary tale of King Arthur, his knights of the Round Table, their valiant adventures, and a love story for the ages. *Camelot* features music, book, and lyrics by the creative duo Alan Jay Lerner and Frederick Loewe (*My Fair Lady*, *Brigadoon*) and is based on the King Arthur legends found in T.H. White's novel *The Once and Future King*. In the story, Guinevere, King Arthur's lovely wife, encourages him to establish the Knights of the Round Table. As the Knights grow in fame, Lancelot, the most celebrated knight of all, becomes friend and confidant to Arthur when rumors begin to circulate about Lancelot and Guinevere. Can Camelot be the idealistic place of Arthur's dreams? Winning multiple Tony Awards, including Best Musical Score, *Camelot* features well-known songs "I Wonder What the King is Doing Tonight," "What Do The Simple Folk Do?," "If Ever I Would Leave You," and the beloved title song, "Camelot." This crowd-pleasing musical is filled with romance, pageantry, humor, and a rich, stirring story that stands the test of time.

For lunch, select from a limited menu, which includes a beverage.

Wed, Nov 16
\$74

10:15 am pick-up
4:45 pm approximate return

Register/cancel by Oct 7
Y3220A

Mamma Mia at Fireside Theatre

DAY 1 - Take this opportunity to ring in the New Year at the spectacular Fireside Theatre in Fort Atkinson, WI. Depart from Golden Valley City Hall at 9 am and stop for lunch at the Norske Nook Restaurant in Osseo, WI. Check into the Holiday Inn Express in Fort Atkinson and enjoy a welcome reception. Transfer to the Fireside Dinner Theatre for the annual New Year's Eve feast while enjoying the theater performance of *Mamma Mia*. The show features the music of ABBA and has completed a 14-year run on Broadway. The Fireside Theatre brings to life the characters, story, and music that make *Mamma Mia* the ultimate feel-good show! A mother, a daughter, a Greek island paradise, a trip down the aisle you'll never forget, and the story-telling magic of ABBA's timeless songs propel this enchanting tale of love, laughter, and friendship, creating an unforgettable show. [L,D]

Day 2 - Have breakfast at the hotel and travel to Wisconsin Dells for lunch, where you'll enjoy the delectable culinary selection at the Trappers Turn Restaurant, located at the newly opened ultimate golf course created by Andy North and Roger Packard. The New Year's Day Hot Buffet features a deluxe salad bar, hot bread station, a variety of desserts and beverages. The estimated return time to Golden Valley is 4:30 pm. [B,L]

Fee Includes: Deluxe motor coach transportation, lodging for one night, meals as indicated [C – coffee & rolls, B - breakfast, L - lunch, D - dinner], attractions as outlined, host Mary Odell from Golden Valley Seniors, and gratuities on included meals and attractions.

Sat, Dec 31, 2016–Sun, Jan 1, 2017

\$425/person (double), \$495/person (single)

\$115 deposit per person due Mon, Oct 31

Final payment due Fri, Nov 11

Payments are non-refundable after Oct 31

Y3219A



MAMMA MIA!

Deck The Halls In Mankato

The trip begins with a short stop at the Minnesota Landscape Arboretum Gift Store to shop. Browse through the remodeled store filled with great ideas for Christmas gifts, including a great mix of merchandise produced in Minnesota by local artisans. Upon arrival in Mankato, take a guided tour of the historic Hubbard House, showcasing traditional Victorian Christmas decorations. The mansion was home to the R.D. Hubbard family for 67 years and was built in several stages beginning in 1871. It is one of the finest examples of Victorian-style homes in Mankato. After our time at the Hubbard House, we arrive at Charley's Restaurant, serving Mankato for more than 25 years with fine dining and a family atmosphere. The chef will prepare an early dinner menu with beverage and small dessert. After dinner, it will be time to see the Kiwanis Holiday Lights Display at Sibley Park, at which time everyone will be divided into two groups. The first half of the group will board a horse drawn wagon for a ride through the park, while the second half enjoys activities in the park. Park amenities include paved pathways, concessions for sale in the warming house, heated rest rooms near the entrance, a skating rink with a synthetic surface, live reindeer, and animated choreographed lights. Then the second group will take the wagon ride and the first group will enjoy the park. There are more than one million lights in the park. Older displays were created by volunteers who bended, welded, and molded metals into forms. They then attached color rope lights to the frames to create the display. Displays include the Candy Cane Cottage, the Elves' snowball fight, flying Santa, and the 19-piece Nativity scene.

Fri, Dec 9

\$66

11:45 am pick-up

8:20 pm approximate return

Register/cancel by Nov 14

Y3217A



Senior Community Information

Senior Leadership Committee

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

ACTIVITIES

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

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

MEMBERS

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

Senior Dining **763-531-1183**

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

Dinner At Your Door **763-531-1183**

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to Senior Dining to eat. If you are interested in this program, as a consumer or a driver, call Joanne at 763-531-1183 from 9–11:30 am for information and menu.

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

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

H.O.M.E can help with:

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

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

Senior Linkeage Line **1-800-333-2433**

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

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

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance, and caregiving. Practical and emotional concerns are addressed. For more information, or to make an in-home appointment, call 952-746-4028.

Store To Door 651-642-1892

Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer Order Takers call clients from their homes each week and enter orders into an online system. Volunteer shoppers work in partnership with several metro area Cub Foods stores and work to shop and prepare orders for weekday morning deliveries. Call 651-642-1892 or visit www.storetodoor.org.

Fare For All 763-450-3880

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

Widowed Support Group 763-533-3000

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

LinkVet Hotline For Veterans 1-888-546-5838

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

Veteran Crisis Line 1-800-273-8255

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

Golden Valley Library Programs For Seniors

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 the 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 or visit www.hclib.org.



YOUR YEAR-ROUND RECREATION DESTINATION



763-512-2300
www.brookviewgolf.com

GHOULISH GOLF

October 20–31 • Brookview Par 3

*As Halloween creeps closer,
we will be lurking for you at
Brookview!*

- Spooky Halloween flags
- Big pumpkin-faced putting cups (much easier for kids and beginners)
- Treats for each golfer
- Tips from our golf pro, Jack O. Lantern

The Spirits Are Summoning You

Book a tee time at 763-512-2330 or just drop in on your broom.

No golf clubs? No golf balls? No problem?
Free rental clubs and
golf balls available.



\$12.50/person

\$7/person for those in costumes,
Halloween-themed, or orange clothing

No School Golf For Kids

AGES 8–12

Includes chaperoned round of golf at Brookview Par 3, lunch at the Grill, and some rest and relaxation time at Brookview Park. Looking for more fun Oct 20? Check out Cookies and Canvas on page 7!

Brookview Golf Course

Thur, Oct 20

9:30 am–1 pm

\$29

Register by Oct 14

F1121B

No School!



YOUR YEAR-ROUND RECREATION DESTINATION

Golf Course Rates

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole	\$30	\$37
9-Hole	\$17	\$20
Power Cart 18-Hole (per rider)	\$12.50	\$15.50
Power Cart 9-Hole (per rider)	\$8.25	\$10.25
Twilight*	\$17	\$21
Twilight* with Power Cart	\$25.25	\$31.25

*After 3:30 pm on Friday, Saturday, Sunday, and holidays.
 Patron Card Holders may make reservations seven days in advance.
 General Public may make reservations five days in advance.

PAR 3 COURSE FEES

9-Hole	\$9	\$12.50
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JUNIOR RATES

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

60+ SENIOR GOLF PROGRAM

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

Mon-Fri before noon

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

Valid anytime, seven days a week

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

Large Bucket	\$8
Large Patron Bucket	\$6
Small Bucket	\$6
Warm-up Bucket	\$4
10 Large Bucket Pass	\$67

Lawn Bowling Rates

RINK RENTAL (PER HOUR)

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

PRIVATE GROUP RENTAL (PER HOUR)

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

Come & Visit Brookview Grill

Visit the Brookview Grill for cold beer, fabulous cocktails, and delicious burgers. Cozy up by the fire pit and enjoy the view. S'mores kits also available.



Breakfast Served All Day

Coming Again This Winter!

Winter Recreation Trails & Disc Golf

Stay Tuned For More Information...



Facilities

Tennis & Pickleball Courts

Tennis & Pickleball Courts

Interested in playing tennis or pickleball but unsure where to play? If a court is being used due to a rental or lesson program, the schedule will be posted on our website. Find availability at www.goldenvalleymn.gov. Pickleball is played on our tennis courts over the tennis net. Nets can be lowered for optimal play.

TENNIS & PICKLEBALL COURT ETIQUETTE

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

COURT LIGHTS

Courts with lights have push button timers. If you would like to turn on the lights, simply push the button and the lights will stay on until 10 pm. Lights automatically go off at 10 pm.

Court Locations

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

COURT RENTAL

Courts are available for rent. Please call the Parks and Recreation office at 763-512-2345 for availability and to reserve your court.

Per hour

\$6 resident/\$8 non-res

Tournament (per day)

\$40 resident/\$50 non-res



**OPEN
Pickleball**

Medley Park

Tuesdays, 9–11 am

Bring your paddle and play pickleball with other enthusiasts.

All courts are reserved for pickleball play during this time frame.

Sandburg Athletic Facility GRAND OPENING

Sat, Sept 10 • 10 am

Sandburg Learning Center

(2400 Sandburg Lane - at the new sun shelter)

Please join the City of Golden Valley and all the project partners for the ribbon cutting and grand opening of the Sandburg Athletic facility.

Light refreshments will be served and youth soccer games will follow the event.

Event will be cancelled in the case of inclement weather. Details will be noted on www.goldenvalleymn.gov.

Gym Rental

Davis Community Center has two courts available for rent. Courts can be used for basketball, volleyball, dance, indoor hockey, conditioning, birthday parties, and more. Court reservations can be made up to six months in advance based on availability. Call Golden Valley Parks and Recreation for availability and reservations, or check the online calendar for updated schedules. Davis Community Center is located at Meadowbrook School at 5430 Glenwood Ave N, Golden Valley.

RENTAL FEES

2 hour minimum

\$25/hr/court resident/\$30/hr/court non-resident



Picnic Shelters

Reservations can be made in person or online. Time frames are 11 am–4 pm or 5 pm–dusk. Book a half day or all day. Reservation can be made:

IN PERSON

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

ONLINE

<https://webtrac.goldenvalleymn.gov>

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

FEES

Larger Shelter (100 max)	\$130 resident
	\$150 non-resident
Small Shelter (50 max)	\$100 resident
	\$115 non-resident
Beer/Wine Permit	\$30
Damage/clean-up/noise deposit (refundable)	\$100

Small Shelter



Larger Shelter



For more information, visit us on line at
<https://webtrac.goldenvalleymn.gov>

Brookview Community Center

Beginning Oct 1, 2016 through late fall 2017, due to limited building access during construction of the NEW community center, Brookview Community Center will not be hosting private party rentals.

Come and visit the **NEW** Brookview Community Center in fall 2017. We will have a brand new facility where you can host 200+ people for your wedding reception, golf outing, party, meeting, and more!

Wedding Reception

Birthday Party

Graduation

Retirement Party

Religious Celebration

Golf Tournament

Lawn Bowling Event

Business Conference

Business Meeting



**For more information or construction updates, visit
www.goldenvalleymn.gov/recreation/brookview/index.php**

Community Opportunities



Volunteers Make A Difference!

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



SPECIAL EVENTS

Run The Valley (April)
Bike Rodeo (May)
Golden Valley Golf Classic (July)
Penny Carnival (July)
Valley Volunteer Day (Oct)
Rake-A-Thon (Oct–Nov)

YOUTH ATHLETICS

Hockey Coach (Jan–Feb)
Basketball Coach (Jan–March)
Soccer Coach (Sept–Oct)
Junior Golf League (June–July)

COMMUNITY PROGRAMS

Tap & Ballet Show (April)
Lawn Bowling Attendant (May–Oct)
Kids Fishing Club (June–July)
Summer Concert Series (June–Aug)
Photo Posse (varies)
Youth Holiday Programs (Dec)

OPEN SPACE & PARK IMPROVEMENTS

Adopt-A-Park (April–Oct)
Mighty Tidy Day (Oct)
Storm Sewer Stenciling (seasonal)
Lilac Project/Maintenance (seasonal)

Contact us today to lend your helping hand!

VISIT: www.goldenvalleymn.gov/community/volunteers/index.php | E-MAIL: ParkandRec@goldenvalleymn.gov | CALL: 763-512-2345

2016 GREAT FALL CLEAN UP

MIGHTY TIDY DAY

Saturday, October 8
8 am–1 pm

Bring your junk and gently used furniture & household goods!

(fees apply to all junk items except batteries, clean metal, and paper shredding)

at BROOKVIEW PARK

South of Hwy 55 and west of Winnetka Ave on Brookview Parkway. Enter site from Winnetka Ave or Harold Ave onto Brookview Parkway and exit onto Western Ave (watch for signs).

LEAF DROP OFF

Saturday, October 29
8 am–1 pm

Friday, November 4
8 am–3 pm

Saturday, November 5
8 am–1 pm

Saturday, November 12
7 am–1 pm

Golden Valley Residents Only

Must provide proof of Golden Valley residency (Minnesota driver's license or ID).

www.goldenvalleymn.gov

5 REASONS TO PICK UP YOUR DOG'S POOP

- 5 It shows courtesy to your community. No one wants to step in your dog's poop or have it in their yard, boulevard, or park.
- 4 It reduces exposure to eggs and larvae of roundworms, hookworms, tapeworms, and other parasites.
- 3 It keeps feces from washing into storm drains and local water systems, thereby preventing harmful pollutants to the ecosystem.
- 2 It's easy.
- 1 It's the law. Section 10.33, Subd 2 of the Golden Valley City Code prohibits you from allowing an animal to defecate on public or private property without immediately removing it and discarding it in a sanitary manner. The Code also requires you to have the proper disposal tools with you whenever you take your dog onto public property or other people's property.




**Market in the Valley
Farmers' Market**

Sundays / 9am - 1pm
through - October 2nd
Behind City Hall under the Water Tower
7800 Golden Valley Road

Local Food & Fun/"Play Hard - Eat Veggies!"

www.marketinthevalley.org

City to Pilot New Seasonal Off-Leash Pet Exercise Areas

The City of Golden Valley is piloting a program to offer seasonal off-leash pet exercise areas in the outdoor hockey rinks at Gearty and Medley Parks beginning September 6.

The off-leash exercise areas will feature access gates and waste receptacles. All pets must be leashed before entering and when exiting the areas. All pets must also be up-to-date on vaccinations, trained for verbal control to prevent inappropriate and/or aggressive behavior, and removed from the area if the outing is causing issues for other pet owners. Owners are legally responsible for any harm, injuries, and/or damage caused by their pet, as well as for proper clean-up and disposal of pet waste. A notification of closure will be posted on the City website.



Gearty & Medley
Hockey Rinks
7 am–10 pm
Begins Sept 6

city of
golden valley

Open daily until
winter rink
maintenance begins.

Visit the City website at
www.goldenvalleymn.gov
for more information and closure updates.

Registration Information

Online

<https://webtrac.goldenvalleymn.gov>

Register online by creating your own account and log-in information. Available 24 hrs/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

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



REGISTRATION CONFIRMATION

Receipts are available upon request. 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 if 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 is distributed.

SENIOR TRIP REFUND POLICY

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

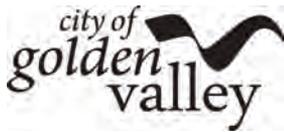
FINANCIAL AID

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. Please contact them at 952-200-3030.





ACTIVITY REGISTRATION FORM

PARKS & RECREATION DEPARTMENT

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

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

Address: _____ Primary Phone: _____

City: _____ State: _____ Zip: _____ Secondary Phone: _____

Email: _____

Emergency Contact Name: _____ Phone: _____
(if different from above)

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

Participant's First & Last Name	M/F	D.O.B (REQUIRED)	Activity Name	Activity Code	Location	FEE

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	D.O.B (REQUIRED)	Trip Name	Trip Code	Pick-up Location	Special Requests	FEE

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

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

SIGN: _____ **DATE:** _____

Payment Information (please fill in)

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

OFFICE USE ONLY - Date Processed: _____ By: _____

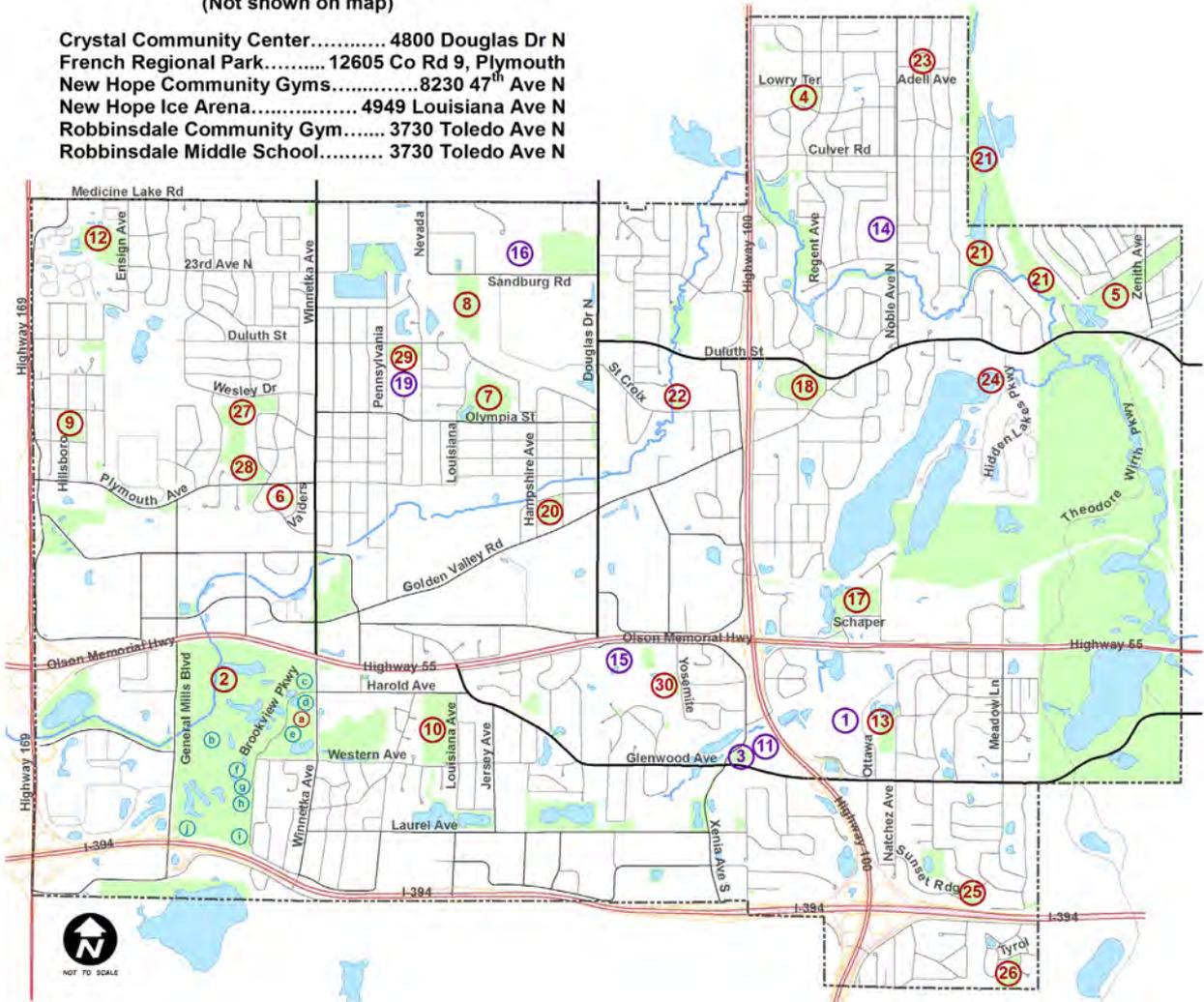
Activity Locations

- 1) Breck School..... 123 Ottawa Ave N
- 2) Brookview..... 200 Brookview Pkwy N
 - a. Park
 - b. Regulation Golf Course
 - c. Tennis Courts
 - d. Small Picnic Shelter
 - e. Large Picnic Shelter
 - f. Par 3 Golf Course
 - g. Lawn Bowling Green
 - h. Golf Grill, Pro Shop, Community Center
 - i. Driving Range
 - j. Lesson Tee
- 3) Davis Community Center..... 5430 Glenwood Ave
- 4) Gearty..... 3101 Regent Ave N
- 5) Glenview Terrace..... 2351 Zenith Ave N
- 6) Golden Oaks..... 1141 Valders Ave N
- 7) Hampshire..... 1610 Louisiana Ave N
- 8) Isaacson Park..... 7101 Sandburg Rd
- 9) Lakeview..... 1521 Hillsboro Ave N
- 10) Lions..... 151 Louisiana Ave N

- 11) Meadowbrook School..... 5430 Glenwood Ave
- 12) Medley..... 2331 Ensign Ave N
- 13) Natchez..... 201 Natchez Ave
- 14) Noble School..... 2601 Noble Ave N
- 15) Perpich Center for the Arts..... 6125 Olson Mem Hwy
- 16) Sandburg Athletic Facility..... 2400 Sandburg Ln
- 17) Schaper..... 631 Ottawa Ave N
- 18) Scheid..... 1856 Toledo Ave N
- 19) SEA School..... 1751 Kelly Dr
- 20) Seeman..... 1101 Florida Ave N
- 21) Sohacki..... 3500 June Ave N
- 22) St. Croix..... 5850 St Croix Ave N
- 23) Stockman..... 3300 Major Ave N
- 24) Sweeney Lake..... 1805 Hidden Lakes Pkwy
- 25) Tyrol – North..... 900 Westwood Dr S
- 26) Tyrol – South..... 1510 Kalmern Ln
- 27) Wesley – North..... 8305 Wesley Dr
- 28) Wesley – South..... 8200 Plymouth Ave
- 29) Wildwood Park..... 7401 Duluth St
- 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 47th 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

Brookview	200 Brookview Pkwy N	AVAILABLE
Gearty	3101 Regent Ave N	Herb Purdy & Friends
Hampshire	1610 Louisiana Ave N	Brian Middleton
Lakeview	1521 Hillsboro Ave N	WorkAbilities, Inc
Lions	151 Louisiana Ave N	Kueny & Knippenberg Family
Medley	2331 Ensign Ave N	Gene & Kathy Schlumpberger
Schaper	631 Ottawa Ave N	SBG, Inc
Scheid	1856 Toledo Ave N	WSB & Associates, Inc
Wesley (North)	8305 Wesley Dr	Moore/Gasparini Families
Wesley (South)	8200 Plymouth Ave	Jack Stratton

NEIGHBORHOOD PARKS

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

NATURE AREAS

Adeline	910 Adeline Ln	Mike McHugh – State Farm Insurance
Bassett Creek (north of Duluth)	2130 Zane Ave N	B.A. Raak
Bassett Creek (south of Duluth)		John & Pam Goranson & Barb Osborne
Bassett Creek (west of Wisconsin)		ATS&R Architects & Engineers
Briarwood	2600 Unity Ave	Girl Scout Troops 2316 & 1670
General Mills	9201 Olson Memorial Hwy	General Mills Grounds Crew
General Mills Research Nature Area		The Gannons
Golden Ridge Nature Area	9145 Earl St	AVAILABLE
Laurel Ave (east of Florida)		Golden Valley Lutheran Church
Laurel Ave (west of Florida to Jersey)		The Lieberman Family
Laurel Ave (west of Jersey to Pennsylvania)		Joan Monson
Pennsylvania Woods	2301 Rhode Island Ave N	AVAILABLE
Sochacki Park (Mary Hills Area)	2190 Bonnie Ln	BPKZ, CPAs
Sochacki Park (Rice Lake Area)	4120 Bassett Creek Dr	Tremere Family
Western Ave	7600 Western Ave	Ilo & Peggy Leppik

Adopt-A-Park is a public service program for volunteers to help Golden Valley keep its parks beautiful. 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**
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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 City Hall.

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: John Cornelius

Vice-Chair: Gillian Rosenquist

Members: Roger Bergman, Andy Bukowski, Kelly Kuebelbeck, Bob Mattison, Anne Saffert, Kimberly Sanberg, and Dawn Speltz



Parks & Recreation Staff

Rick Birno

Director of Parks & Recreation

Carrie Anderson

Recreation Supervisor

Brian Erickson

Recreation Supervisor

John Stutzman

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

Golf Operations Coordinator

Greg Spencer

Greens Superintendent