

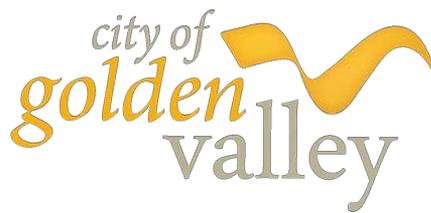
Winter Activities 2016



city of
golden valley

Parks & Recreation
Department

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



Parks & Recreation Department

Table of Contents

Adaptive Programs 21
Adopt-A-Park 43
Adult 15
Brookview Community Center 37
Community Information 38
Golf & Lawn Bowling 32
Ice Skating Rinks 3
Locations 42
Picnic Shelter 36
Registration 40
Seniors 22
Special Events 4
Ticket Events 14
Winter Recreation at Brookview 34
Youth 6
Youth Athletic Associations 14

Parks & Recreation Department

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

Brookview Golf Course & Lawn Bowling

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

Golden Valley City Hall

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

MISSION STATEMENT

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

VISION STATEMENT

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

CITY OFFICES CLOSED

Table with 2 columns: Date and Holiday Name. Rows include: Fri, Dec 23 (Christmas), Mon, Dec 26 (Christmas), Mon, Jan 2 (New Year's), Mon, Jan 16 (Martin Luther King Jr Day), Mon, Feb 20 (Presidents' Day).



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



OPENING DAY:
Thur, Dec 22

ICE SKATING RINKS

The City of Golden Valley will maintain ice and have supervised shelters at the locations listed below as indicated. Weather permitting, rinks will remain open until:

Mon, Feb 20: Gearty, Hampshire, Lions, Medley, Stockman,
North Tyrol, South Tyrol, Yosemite

Sun, Feb 26: Wesley, Scheid



PARK	Hockey Rink H	General Rink G	Warming House W
Gearty	X	X	X
Hampshire	X	X	X
Lions	X	X	X
Medley	X	X	X
Scheid	X	X	X
Wesley	X	X	X
North Tyrol		X	
South Tyrol		X	
Yosemite		X	
Stockman		X	

Closing Policy For Outdoor Winter Activities

Activities close when:

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

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

Regular Hours

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

Special Hours

Wed–Fri, Dec 21–23	10 am–9 pm
Sat, Dec 24 (Christmas Eve)	10 am–4 pm
Sun, Dec 25 (Christmas Day)	CLOSED
Mon–Wed, Dec 26–28	10 am–9 pm
Sat, Dec 31 (New Year's Eve)	10 am–4 pm
Sat, Dec 31 (Scheid only)	10 am–10 pm
Sun, Jan 1 (New Year's Day)	10 am–9 pm
Mon–Fri, Jan 2–6	10 am–9 pm
Mon, Jan 16 (Martin Luther King Jr Day)	10 am–9 pm
Sun, Feb 5 (Superbowl)	10 am–4 pm
Mon, Feb 20 (Presidents' Day)	10 am–9 pm

Rink Maintenance

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



Online Ice Rink Calendar **NEW!**

Now you can check your neighborhood rink for open skating hours as well as weather closures. Visit www.goldenvalleymn.gov/parks/skatingrinks and click the snowflake for updated information.

Special Events

January 20 Winter Family Festival **FREE**

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

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

February 10 Superhero Date Night

Boys, grab your mom (or favorite adult female sidekick) and join us to save the day from treacherous supervillains. Dress as your favorite superhero (adults too) and show off your super powers while participating in super power skill stations, racing through a giant inflatable obstacle course, and winning cool prizes. Recharge your powers with pizza and cookies, then dance with a DJ to celebrate saving the world! Price includes drink, pizza, cookie, and admission. Co-sponsored by Hopkins Community Education and Golden Valley Parks and Recreation.

Grades K–5 with female adult Davis Community Center
\$29/couple, \$5/each additional 6:30–8:30 pm
Register by Feb 6 W1503B



April 01 Youth Tap & Ballet Recital

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

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



The Canadian Pacific Holiday Train Is Coming To Golden Valley

The Canadian Pacific Holiday Train is coming to Golden Valley! This specially decorated train provides holiday musical entertainment to raise awareness about hunger and collect donations for PRISM, our local food shelf.

The 1,000-foot Holiday Train will roll into Golden Valley Saturday, Dec 10 at 3:35 pm, stopping at the railway crossing at Golden Hills Dr. Its 14 rail cars will be decorated with thousands of LED lights and holiday designs.

For details, including information about parking and viewing locations, go to www.goldenvalleymn.gov/events/cp-holiday-train.

April 29 Run The Valley

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

The course travels through parks and residential Golden Valley. Due to construction of the new Brookview Community Center, Davis Community Center will be the race headquarters in 2017 and is where the race will start and end. Water stops and post-race complimentary snacks donated by area businesses.

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

Registrations are taken in person and by mail with check, cash, or credit card at Brookview Community Center, 200 Brookview Parkway, Golden Valley 55426. Online registrations will be taken through April 28 at 2 pm at www.goldenvalleymn.gov/events/runthevalley. Race day registrations will be taken from 7-7:45 am at Davis Community Center.



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

8 am: 10K Run (Y2501B) 10K/5K Run: \$30 by Feb 28, \$35 March 1–April 28, \$40 April 29
 8:10 am: 5K Run (Y2501F) 5K Walk: \$25
 8:15 am: 5K Walk (Y2501E) \$20 youth 12 and under with an adult (Y2501C)
 Begin/End at Davis Community Center

April 29 Kids "Fun" Run The Valley

Join us for the 4th annual Fun Run for Kids! The course will begin at Davis Community Center and is a total of .2 miles. Sponsored by Bassett Creek Dental. Fee includes fun run number and participation ribbon (parents may accompany little ones for free).

7:45 am Davis Community Center
 Ages 2-7 (with an adult) \$5 per child (Y2501D)



Youth Enrichment & Learning

Preschool Playtime

AGES 1–5 WITH AN ADULT

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

Brookview Community Center

Fri, Oct 7–Mar 31 (no class Dec 23 & 30)

10–11:30 am

\$2/child, 10-visit pass \$15



Mommy And Me Art Class

AGES 18 MO–5 YEARS

Let your little artist explore the messier side of art in this hands-on class. Children will enjoy many super-duper experiences while creating fantastic works of art. They will paint, sculpt, scribble, and giggle their way to discovering mess-making at its best. We will be maximizing the mess to make this art class the best! Come and create right along with your child. Children must be accompanied by a caregiver.

Crystal Community Center

Mon, Jan 23–Feb 13

9:30–10:30 am

\$48/pair

W1408A

Register by Jan 13

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.

Davis Community Center

5:45–6:15 pm

Tue, Jan 10–Feb 14 (no class Jan 24)

\$53 resident, \$57 non-resident

W1120A

Tue, March 7–April 11

\$59 resident, \$63 non-resident

W1120B



Tae Kwon Do

AGES 5+

This program will teach discipline, focus, endurance, and flexibility. Master Tom Malone will help you achieve awesome kicks, punches, and strikes while getting in shape. Resident fee applies to Golden Valley, New Hope, and St Louis Park.

Davis Community Center

6:15–7 pm

Tue, Jan 10–Feb 14 (no class Jan 24)

\$59 resident, \$63 non-resident

W1118A

Tue, March 7–April 11

\$69 resident, \$73 non-resident

W1118B

MAILBOX TO THE NORTH POLE

Dec 2–16, 2016



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

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
\$42 resident/\$45 non-resident

SESSION I

Mon/Wed, Jan 9–Feb 22
(no class Jan 16, Feb 20)
W1214A

Tue/Thur, Jan 10–Feb 16
W1214B

SESSION II

Mon/Wed, Feb 27–April 5
W1214C

Tue/Thur, Feb 21–March 30
W1214D

Drama Club

AGES 6–12

The winter Drama Club continues its long history of exciting productions! Actors will prepare and present a play to be showcased Tue, March 21, at 7 pm. All participants must be able to participate in the final performance. Instructors have experience in theatre, film, and music.

Meadowbrook School Cafeteria
(some classes may be held at Brookview)

Tue/Thur, Jan 17–March 21

6:15–7:30 pm

\$129 resident, \$134 non-resident
W1208A



Pokemon® Movie Making

No School!

AGES 7–12

Youth will work on a stop-motion animated POKEMON Movie. Pick your favorite characters to star in your own mini-movie...the possibilities are endless. Actions figures, props, and backdrops will be available for filming in class. Handle all of the technical details, including using a digital movie camera, filming scenes, stop-motion animation, digital editing, and adding finishing special effects and transitions to the movie. Final projects will be emailed to parents, or students may bring a USB jump drive the last day.

Crystal Community Center
Wed–Thur, Jan 4–5
9 am–12 pm
\$62 resident, \$66 non-resident
W1228A
Register by Dec 27

Positively Pokemon®

No School!

AGES 7–12

Is your child mad about Mudkip? Passionate about Pikachu? Then this is their class! Youth ages 7–12 will create a bunch of clay projects with a Pokémon theme.

Crystal Community Center
Mon, Jan 23
1:30–4 pm
\$49 resident, \$52 non-resident
W1229A
Register by Jan 13



Lego® Super Heroes To The Rescue

AGES 7–12

Join Bricks 4 Kidz for building Super Heroes with LEGO® Bricks. Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect it against all the evil arch enemies with custom contraptions made with LEGO Bricks. This camp is not affiliated with Marvel Comics.

Crystal Community Center
Mon, March 27
9 am–12 pm
\$27 resident, \$30 non-resident
W1227A
Register by March 17

Youth Enrichment & Learning

Family Snowshoeing

AGES 6+

Snowshoeing is a great way to get outside and enjoy the beauty of a Minnesota winter while experiencing a distinctive park. This easy and fun sport can be done just about anywhere and by all ages. No experience is necessary. Bring your own snowshoes or use ours. Instruction and equipment will be provided by Three Rivers Park District staff. Youth ages 12 and under must be accompanied by a registered adult. Come enjoy this family friendly winter activity! Dress to be outdoors the entire time.

Sochacki Park
(3500 June Ave N, Robbinsdale) **W1235A**
Sat, Feb 4
1-2:30 pm

\$8/person
Register by Jan 20



Winter Playground

No School!

AGES 7-12

Join us for a "Way Cool" winter playground experience at Lions Park for games, crafts, skating, and more! Please dress for outdoor activities.

Lions Park
Thur-Fri, Dec 22-23
1-4 pm

\$21 resident, \$23 non-resident
W1225A



Winter Explorers Camp

No School!

AGES 8-12

Embrace winter fun while school is out. Over three days, we will explore all winter has to offer, including building snow forts, tracking animals, fire building, snowshoeing, and much more. All equipment provided, but participants must dress to be outside the entire time. Please bring a snack and water bottle each day. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

Brookview Park Large Shelter
Wed-Fri, Dec 28-30
1-4 pm

\$59 resident, \$63 non-resident
W1233A

Snow Tubing At Wild Mountain

AGES 8-14

Grab your friends and board a bus to Wild Mountain in Taylors Falls for a fun afternoon of snow tubing. Get the thrill of cruising down one of the specially formulated tubing lanes. Getting to the top of the hill is effortless on a conveyor lift. It's fun, easy, and even better than sliding in your backyard. Just hop in your snow tube and enjoy the ride! Please bring a peanut-free bag lunch or bring money to purchase concession items for lunch. A waiver will be emailed to you before the trip. Wear weather appropriate clothing: nylon gloves (no cotton mittens), hat, jacket, snowpants, boots, and scarf/neck warmer. Goggles or sunglasses are optional. Resident fee applies to New Hope, Crystal, Robbinsdale, and Golden Valley.

Fri, Dec 30

Pick-up at New Hope Ice Arena
(4949 Louisiana Ave N)
9 am pick-up, 4 pm drop-off
\$39 resident, \$42 non-resident
W1234A
Register by Dec 19

Flight/Drones Club

GRADES 5-8

Learn basic flying techniques and get hands-on with flying a drone/quadcopter! Fly through obstacles to challenge yourself with controlling and maneuvering the drone. Participants will also learn about safety, FAA and local regulations, as well as device maintenance. Drones/quadcopters and transmitters will be supplied for each student for use during the course. Instruction provided by Midwest Drone Racing.

Eisenhower Community Center North Gym
Sat, April 15-May 6
9-11 am
\$64
W1207A



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
\$242 resident/\$247 non-resident

Tue, Jan 10–March 21
W1210C

Wed, Jan 11–March 22
W1210A

Thur, Jan 12–March 23
W1210D

Manga/Anime Class

AGES 12–16

This class is an introduction to the very popular Japanese animation and drawing style. Learn a bit of the history behind Manga and Anime as well as the basics on how to create your own characters. Merry Time Arts will provide all the supplies needed as you explore the world of Anime drawing.

Crystal Community Center
Thur, Feb 9 & 16
6:30–7:30 pm
\$35 resident, \$38 non-resident
W1407A
Register by Feb 1

Cookies And Canvas

No School!

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, help from an assistant, and a bag of cookies!

Brookview Community Center
Tue, Dec 27
1–3 pm
\$26 resident, \$29 non-resident
F1230B



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, such as arriving home, responsibilities, phone and Internet safety, fire and gun safety, and more. Book included in the price of the class, and a certificate will be issued upon completion. Parents are welcome and encouraged to attend the last 30 minutes of class. Resident fee applies to Golden Valley, Crystal, and Robbinsdale.

Brookview Community Center
\$52 resident, \$56 non-resident

Mon, Jan 16 (NO SCHOOL DAY)
1–4 pm
W1226A

Mon, March 6
5:30–8:30 pm
W1226B

American Red Cross Babysitting Training

AGES 11–15

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

Brookview Community Center
Sat, Jan 21 W1215C
Sat, March 4 W1215D
8 am–6 pm
\$103 resident/\$108 non-resident



Youth Athletics

Amazing Athletes

AGES 3–6

This is a perfect class to get moving and learn new sports and skills. Amazing Athletes gives every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills, and cognitive development. Classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis.

Crystal Community Center
\$49/class

Thur, Jan 12–Feb 9
5:30–6:15 pm W1101A
6:30–7:15 pm W1101B
Register by Jan 5

Thur, Feb 23–March 23
5:30–6:15 pm W1101C
6:30–7:15 pm W1101D
Register by Feb 16



Thur, April 6–27
5:30–6:15 pm W1101E
6:30–7:15 pm W1101F
Register by March 31

RevSports Camps

AGES 3–12

Revolutionary Sports makes athletic instruction age appropriate and fun, creating a positive experience for children learning how to play a new sport. All sports are led by experienced instructors who understand child development and apply age-specific curriculum.

Robbinsdale Community Gyms
(37th & Toledo, enter Door #18)
\$57

SOCCER

Sun, Jan 8–Feb 12

Ages 3–5 with adult	2:45–3:30 pm	W1236B
Ages 5–7	3:30–4:15 pm	W1236C
Ages 8–12	4:15–5 pm	W1236D

Sun, Feb 19–March 26

Ages 3–5 with adult	2:45–3:30 pm	W1236G
Ages 5–7	3:30–4:15 pm	W1236F
Ages 8–12	4:15–5 pm	W1236E

VOLLEYBALL

Sat, Feb 11–March 18

Ages 6–8	3:30–4:15 pm	W1237B
Ages 9–12	4:15–5:15 pm	W1237C

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. 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
Recital Date: April 1
\$42 resident/\$45 non-resident

Session II: Sat, Nov 19–Jan 28 (no class Dec 24, 31)
Session III: Sat, Feb 4–April 1 (no class Feb 18)

BALLET

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

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

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

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

TAP

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

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

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

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

Youth Enrichment League Fencing

GRADES 2–8

Fencing is deemed the “sport of the intellectual athlete,” and Youth Enrichment League (YEL) Fencing Olympic Coach Ro Sobalvarro brings with him an immense knowledge of youth, national, and international fencing. Safety is our first priority. We supply safety swords, protective masks, chest plates, and jackets in a high-octane, inclusive environment. The second session will focus on tournament preparation as well. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

Crystal Community Center
(4800 Douglas Dr, Crystal)

7:40–8:40 pm

\$75 resident, \$82 non-resident

Thur, Jan 26–March 2

W1110A

Register by Jan 19

Thur, April 6–May 18 (no class April 27)

W1110B

Register by March 30

Archery

AGES 8–15

All levels are welcome to join this class. Youth will be instructed by their skill levels. Beginners will learn the basics, including safe range practices, and intermediate/advanced students will review the basics and learn more advanced skills. All instruction and equipment is supplied by Orion Archery. Be a part of this fast growing sport!

Robbinsdale Community Gyms
(37th & Toledo Ave N, Door #18)

6–7:30 pm

\$65 resident, \$69 non-resident

Tue, Jan 17–Feb 7

W1108A

Register by Jan 10

Tue, Feb 21–March 14

W1108B

Register by Feb 14

Winter Bowling League

AGES 6+

Come inside from the cold and join one of the fastest growing youth sports in Minnesota. Sign up as a team of three players or as an individual, as players will be placed on age-appropriate teams while being coached by Texa Tonka Lanes staff in its Junior Bowling League. Players will bowl three games per week. There will also be a tournament and the chance to win scholarship money. All abilities welcome. Class offered in cooperation with Hopkins Community Education.

Texa Tonka Lanes (8200 Minnetonka Blvd)

\$32

Sat, Feb 11–March 4

W1144A

10:30 am–12:30 pm



Rink Rat Pond Hockey

AGES 10–13

Boys and girls are welcome to join this outdoor recreational league using pond hockey goals on a rink. No goalies used, and there will be a mixture of practices and instructional games. All levels of abilities and skills welcome. Must supply own equipment, including hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup if applicable. Practices and some games will be held at Wesley Park. Other possible game locations are in Robbinsdale and Crystal. Final schedule will depend on registration numbers. Games will be either a 4x4 or 5x5 format. Fri, Feb 10 is a make-up day if needed. VOLUNTEER COACHES ARE NEEDED! Call the Golden Valley Parks and Recreation office to help out.

North Wesley Park and/or
Sanborn Park, Robbinsdale

Fri/Sun, Jan 8–Feb 10

Friday evenings, Sunday afternoons

\$25

W1143A

Register by Dec 20

HAVE OLD HOCKEY STICKS & PUCKS?

Donate them to Parks and Rec!

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, please drop them off at Brookview Community Center. We will put them to good use this winter!

Youth Athletics

Mites Basketball Instructional Program

GRADES K-1

Skill-based program for kindergarten and 1st grade girls and boys. Emphasis is on dribbling, passing, shooting, and positions. Instructional scrimmages will be played. Baskets are at a lower height, and mini-basketballs are used. Teams are formed the first meeting of the program. Fee includes a T-shirt. Maximum of 30 players per grade level.

Crystal Community Center

\$50

Register by Jan 13

GRADE K

Sat, Jan 28–March 18

9:15–10:15 am

W1142A

GRADE 1

Sat, Jan 28–March 18

10:30–11:30 am

W1142B



Youth Basketball Leagues

GRADES 2-7

Recreational basketball leagues coached by volunteers. Practices begin early January, with days and times varying due to gym and coach availability. 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 skills, 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

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. Help get your child's team off to a good start—volunteer to be a coach!

No School Open Gym For Kids

AGES 17 AND UNDER

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

Davis Community Center - Court 1

Tue–Thur, Dec 27–29

1–5:30 pm

\$4/person at the door

No School!

Youth Open Gyms At Davis Community Center

AGES 17 AND UNDER

All levels are welcome to participate in open gyms. Purchase a punch pass at Davis or Brookview Community Center and use at any of the times listed below. Equipment and balls are provided, or you can bring your own. NO SUPERVISION IS PROVIDED. Schedule is subject to change due to low attendance. Check the City website for updates.

NOTE: Davis will be closed Dec 23–26, Dec 30–Jan 2, Feb 3, 10, 16, 21, 28, and March 22.

\$28/10-time punch pass

or \$4/daily drop-in

Family Gym Time/Shoot Buckets

Sun, Dec 11–March 26

1–3 pm

Youth Open Gym

Wed, Dec 14–March 22

6–8 pm

Open Indoor Soccer **NEW!**

Fri, Jan 6–March 31

6–8 pm

Open Basketball

Sat, Dec 17–March 25

8–10 am



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, Feb 7–May 23

(no class Feb 21, 28, April 25, May 9)

Ages 4–8: 6–6:45 pm

Ages 9–16: 7–7:45 pm

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

Register Tue, Jan 31 from 6:30–7:30 pm at Davis Community Center.

New Hope Gymnastics Programs

Get ready for another exciting session of gymnastics. Our quality gymnastics staff will continue to provide their expertise to help participants achieve better physical fitness, coordination, and gymnastics skills—all while having a great time! The ability-level curriculum is designed to help you determine which class is best for your child. Class is held at Sandburg School (Gym A), 2400 Sandburg Lane, Golden Valley. For details visit www.ci.new-hope.mn.us.



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 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 Leeann 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): Four Sat \$169

Can't commit to an entire season but have always wanted to learn 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 popular venues around the Twin Cities. Tickets are available for all ages and can be picked 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.

Reluctant Dragon at Old Log Theater

In this beloved classic story, a young boy befriends a poetry-loving dragon living in the hills above his home. When the townsfolk send for St George to slay the dragon, the boy needs to come up with a clever plan to save his friend and convince the townsfolk to accept him. Lots of giggles for children and adults, plus a few catchy numbers to hum along with! Meet in the lobby of the Old Log Theater to receive tickets. You must provide your own transportation.

Old Log Theater (5185 Meadville St, Greenwood)

Fri, Dec 23

9:45 am–noon

\$12/ticket

Register by Dec 18

W4106A

Disney On Ice Presents *Dream Big!*

Adventure awaits—join the Disney Princesses as they learn that courage leads the way! Then watch Anna, Elsa, and Olaf from Disney's "Frozen" discover that true love is the greatest magic of all. Believing is just the beginning when Disney On Ice skates into Target Center in Minneapolis. Ages 2 and under are free.

Target Center (600 1st Ave N, Mpls)

Sat, March 4

3 pm

\$22/ticket (upper level)

Register by Feb 15

W4105A

World's Toughest Rodeo

World's Toughest Rodeo showcases champions competing in bareback riding, saddle bronc riding, bull riding, and barrel racing. Fans are invited to come early and go down on the dirt to meet competitors, get autographs and photos, see some of the livestock, and participate in interactive activities.

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

Sat, Feb 4

7:30 pm (pre-show events starts at 6 pm)

\$12 youth, \$15 adult, free for under age 2

W4103A

Register by Jan 18

Harlem Globetrotters

The Original Harlem Globetrotters are preparing for their action-packed tour. A star-studded roster will have you on the edge of your seat to witness the ball-handling wizardry, basketball artistry, and one-of-a-kind family entertainment that thrills fans of all ages. Ages 2 and under are free.

Target Center (600 1st Ave N, Mpls)

Sat, April 15

1 pm

\$32/ticket (Lower level sides/corners)

W4104A

Register by March 29

Youth Athletic Associations

Armstrong Cooper Youth Baseball Association

Boys age 12–19

Brian Nelson, 612-720-9642

brian.nelsongv@gmail.com

www.acybaseball.com

Registration opens Feb 1, 2017

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9–12

www.caheatfastpitch.org

Golden Valley Little League Baseball

Boys & Girls age 6–12

Pat Dale, 763-593-9077

www.goldenvalleylittleleague.org

Armstrong Cooper Youth Hockey Association

Boys & Girls age 4+

Dawn Speltz, 612-987-4599

www.acyha.org

Golden Valley Girls Slowpitch Softball

Girls grade 3–12

Keith Hiljus

keithhiljus@yahoo.com

www.gvgs.org

Registration begins Jan 2017

Park Valley United FC Soccer Club

Boys & Girls age 5–17

www.parkvalleyunitedfc.org

Adult Enrichment & Learning

Family Snowshoeing

AGES 6+

Snowshoeing is a great way to get outside and enjoy the beauty of a Minnesota winter while experiencing a distinctive park. This easy and fun sport can be done just about anywhere and by all ages. No experience is necessary. Bring your own snowshoes or use ours. Instruction and equipment will be provided by Three Rivers Park District staff. Youth ages 12 and under must be accompanied by a registered adult. Come enjoy this family friendly winter activity! Dress to be outdoors the entire time.

Sochacki Park
(3500 June Ave N, Robbinsdale) W1235A
Sat, Feb 4
1–2:30 pm

\$8/person
W1235A
Register by Jan 20



Women's Basic Self Defense Workshop

This interactive empowerment class will cover a variety of useful and powerful defense techniques, including prevention and awareness. Students learn techniques for verbal de-escalation and boundary-setting as well as 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 physical and verbal skills in drills and simulated attack scenarios.

Brookview Community Center
Sat–Sun, Jan 28–29
12:15–3:15 pm
\$50 resident, \$53 non-resident
W2213A

Friday Open Painting Studio

Michelle has experience painting in watercolors, acrylics, and oil and will guide you through your project. Bring your favorite medium and project to class

Brookview Community Center
Weekly on Fridays
(no meeting Dec 23)
9–11:30 am
\$1/week payable at the front desk



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-TIMER'S COURSE

Brookview Community Center
Sat, March 11 or 18
9 am–5 pm
\$19/person

4-HOUR REFRESHER COURSES

Brookview Community Center
Thur, Jan 12, Feb 9, March 9, or April 13
9 am–1 pm
\$18/person



Adult Fitness & Wellness

Hoop It Up Fun And Fitness

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

Brookview Community Center
 Tue, Jan 31
 7–8 pm
 \$12 resident/\$14 non-resident
 W2211A

Pilates-Inspired Workout With Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance, and posture and maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Many elements of yoga are included. Please bring an exercise mat. Annette is host of award-winning Channel 18 TV show *Yoga on the Go*.

Brookview Community Center
 Mon, Feb 6–March 27
 6–7 pm
 \$57 resident/\$61 non-resident
 W2202A

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
 Tue, Feb 7–March 28
 11 am–noon
 \$64 resident/\$68 non-resident
 W2201A

Yoga Flow With Laura

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

Brookview Community Center
 5:30–6:45 pm
 \$70 resident/\$74 non-resident

Tue, Jan 3–Feb 14
 W2206A

Thur, Jan 5–Feb 16
 W2206B

Tue, Feb 21–April 4
 W2206C

Thur, Feb 23–April 6
 W2206D



Boot Camp

Come ready to burn calories and build endurance while having a great time. Boot Camp combines strength, cardio, endurance, flexibility, and core with a mix of functional movement patterns. You get everything you need in less than an hour! We keep you moving from the first minute to the very last second. This is a challenging yet effective hour of training. The designer of this intense course has more than 20 years in fitness with a background in fitness, sports nutrition, and Functional Movement.

Davis Community Center
 Sun, Jan 8–March 12
 9–10 am
 \$50 resident, \$53 non-resident
 W2204B

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 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, Jan 11–March 1
W2401A

Wed, March 8–April 26
W2401B

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, Jan 9–Feb 27
W2402A

Mon, March 6–April 24
W2402B

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.

Davis Community Center
6:15–7 pm

Tue, Jan 10–Feb 14 (no class Jan 24)
\$59 resident, \$63 non-resident
W1118A

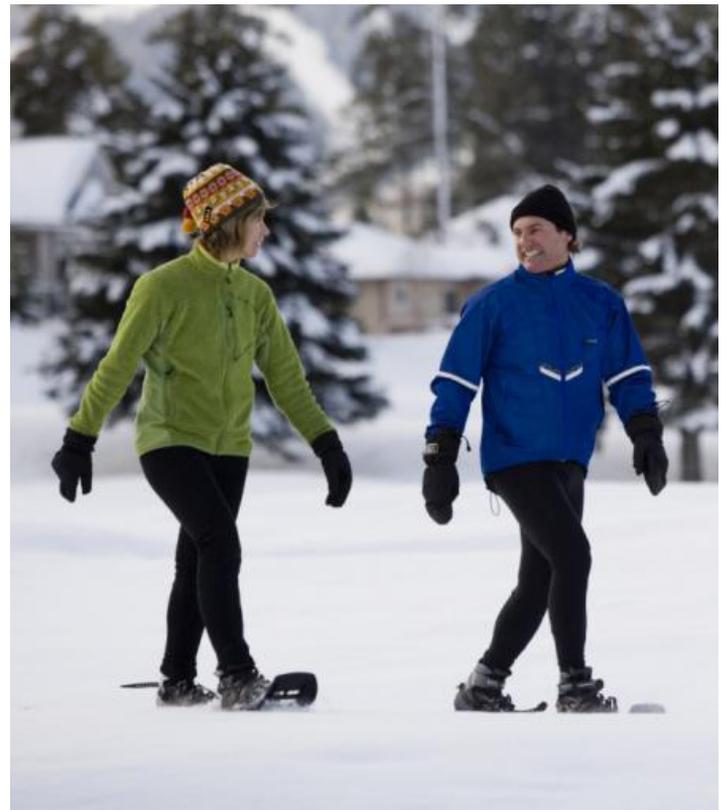
Tue, March 7–April 11
\$69 resident, \$73 non-resident
W1118B

Ballroom Dancing For Beginners

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

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

Brookview Community Center
Sun, Feb 12–March 5
4–5:30 pm
\$55 resident/\$59 non-resident
W2403A



Adult Fitness & Wellness

Tai Chi Classes With Marie

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 all ages and abilities!

Brookview Community Center
Per Class: \$49 resident/\$52 non-resident

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.



BASIC CLASS

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

8:30–9:30 am

Tue, Jan 3–Feb 14
W2207A

Tue, Feb 28–April 11
W2207B

YANG STYLE PRACTICE GROUP

One of the oldest and most popular styles dating back to the 1800s that has many variations. Join Marie in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. *Qualifies for \$30 rate if purchased with another tai chi class in the same session.*

9–10 am

Thur, Jan 5–Feb 16
W2209A

Thur, Feb 23–April 6
W2209B

MOVING ON CLASS

For persons who have completed at least one session of tai chi. Wear comfy clothes.

9:40–10:40 am

Tue, Jan 3–Feb 14
W2208A

Tue, Feb 28–April 11
W2208B

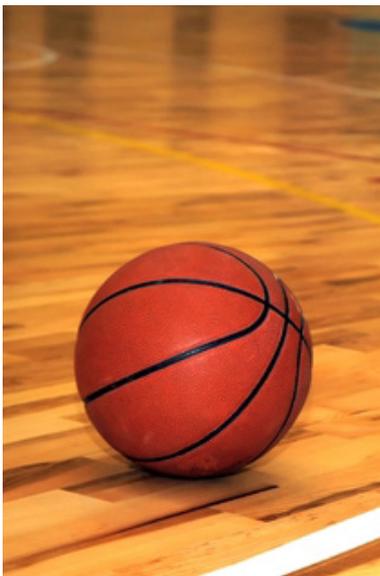
INTRO TO SHIBASHI QIGONG

Cultivate more energy and balance through these ancient, gentle breathing and moving exercises called Shibashi Qigong. An easy style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities. *Qualifies for \$30 rate if purchased with another tai chi class in the same session.*

10–11 am

Thur, Jan 5–Feb 16
W2210A

Thur, Feb 23–April 6
W2210B



Open Gyms At Davis Community Center

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

NOTE: Davis will be closed Dec 23–26, Dec 30–Jan 2, Feb 3, 16, 21, 28, and March 22.

Dec 11–March 26

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

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

Adult Athletics

Adult Men's Softball Leagues

2017 SUMMER SOFTBALL TIMELINE

- **January 4:** E-mail sent to returning teams with 2017 registration packet (also online)
- **January 9–20:** Returning team registration
- **January 23–27:** Golden Valley resident registration and returning team transfer period
- **January 30:** New team registration opens (at this time, registration is open to all teams)
- **April 3:** Deadline to withdraw from league and receive refund, less the \$40 service fee
- **April 13:** Manager meeting at 6 pm at Brookview Community Center
- **April 24:** 2017 Summer Softball season begins

GENERAL LEAGUE INFORMATION

- Registration fee is \$815 per team.
- Leagues are offered on Mondays, Tuesdays, Wednesdays, and Thursdays.
- Game times are 6:15, 7:15, 8:15, and 9:15 pm.
- Games are played with a 55-minute time limit at Schaper Park.
- All leagues are doubleheader leagues with two games played per evening. Each team will play 11 weeks of games plus an end of season playoff.
- Resident teams must consist of 50 percent or more rostered players living or working in Golden Valley.



NEW FOR 2017!

Golden Valley Softball League Designations

To help teams find the appropriate league for the upcoming season, Golden Valley Parks and Recreation developed Gold, Silver, and Bronze levels:

- **Gold Leagues:** Intended for teams seeking a competitive league experience and who participate in tournaments throughout the season
- **Silver Leagues:** Intended for teams who do not participate in tournaments throughout the season but desire a moderately competitive recreational league experience
- **Bronze Leagues:** Intended for teams seeking a recreational softball experience with a low level of competition

All Golden Valley softball teams will continue to be sanctioned with USSSA at C, D, and E levels.

Providing Softball Teams With Game Balls For The Season

Golden Valley Parks and Recreation will provide each team with a supply of game balls as part of the league registration fee. Balls will be distributed at the manager meeting. Each team will be responsible to ensure game balls are provided for each game. Balls do not need to be new but must clearly defined as a legal ball. Legal balls must be optic yellow and comply with USSSA guidelines.

REGISTRATION INFORMATION

Registration is available online, in person, or by mail, email, or fax. Processing registrations submitted via email or fax may take up to two business days. Registrations will not be accepted if they are not accompanied by full payment. Any registration received without payment or prior to the opening of the appropriate registration period will be immediately returned to the team contact person and not accepted until payment is received or the appropriate registration period has opened. If you have questions, please call 763-512-2340.

CANCELLATION/WITHDRAWAL POLICY

- **Full refunds will be processed if** your league is cancelled by Parks and Recreation due to lack of teams.
- **Teams will receive a full refund less a \$40 service charge if** they withdraw at least three weeks before the start of play.
- **Refunds will not be processed if** your team withdraws less than three weeks before the start of play or is removed from the league due to disciplinary action.

Other Community Adult 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.

Local Author Series 2016-2017

Two Minnesota local authors will be featured during the evenings of February 8 and April 12. Sponsored by Brookdale Home Health and the Cities of Brooklyn Center, Crystal, New Hope, Robbinsdale, and Golden Valley and Robbinsdale Area Schools. Register by the Friday before the event by calling 763-512-2345.

**Crystal Community Center (4800 Douglas Dr N)
7-8:30 pm
\$3/person/event (includes refreshments)**

Wed, Feb 8

The Art of Rome by Greg Pulles

Greg Pulles has visited Rome some 13 times. He has written and photographed an 800-page book, *Sacred Places: Rediscovering the Churches of Rome*; a guidebook to Rome entitled *Du Centi Luoghi*; and a book on the Tuscan sculptors Nicola and Giovanni Pisano. This presentation is a virtual tour of all the art in Rome. It takes you from the ancient classical to the early Christian, through the dark ages, interrupted by the 9th century Carolingian, to the revival beginning with the Cosmati stonecutters in the eleventh century, the early Renaissance, the high Renaissance, and finally the baroque. You will experience all the eternal city has to offer in art and architecture and learn of the great artists, sculptors, and architects, including Torriti, Arnolfo, Bramante, Michelangelo, Raphael, Caravaggio, Caracci, Bernini, Borromini, and da Cortona. If you have been to Rome, this talk will bring back pleasant memories. If you have not been to Rome, it will take you there. Register by Feb 3.

Wed, April 12

Minnesota Byways (series) by Doug Ohman

Join us for an evening with nationally known photographer, author, and storyteller Doug Ohman. He was commissioned by the Minnesota Historical Society to photograph a series of books called, *The Minnesota Byways Series*. This presentation covers his books *Barns of Minnesota*, *Churches of Minnesota*, *Libraries of Minnesota*, *Courthouses of Minnesota*, *Schoolhouses of Minnesota*, and *Cabins of Minnesota*. Ohman will share the stories behind the books and his stunning photographs of many of Minnesota's vanishing landmarks and treasures. Register by April 7.

Golden Valley Library Programs

All programs listed below are held at the Golden Valley Library (830 Winnetka Ave N) unless otherwise noted. Please call 612-543-6375 or visit the website at www.hclib.org for information.



Audiobook Club

4th Monday of the month at 6:30 pm

Join our discussion of new and interesting audiobooks. Bring along your recommendations for future meetings. Copies of this month's audiobook on CD will be available at Golden Valley Library. Sponsor: Friends of the Golden Valley Library.

Author Talk: Barry ZeVan The Weatherman January 23 at 6:30 pm

Inducted into the Minnesota Broadcasting Hall of Fame in 2013, ZeVan is an award-winning broadcaster, actor, singer, and producer. He will relate stories from his book *Barry ZeVan: My Life Among The Giants, A Memoir*. Books will be available for purchase. Sponsor: Friends of the Golden Valley Library.

Book Club

2nd Monday of the month at 6:30 pm

Join our discussion of new and interesting titles. Bring along your recommendations for future meetings. Lending copies may be picked up at the service desk prior to meeting. Sponsor: Friends of the Golden Valley Library.

American History Discussion Group

3rd Thursday of the month at 10 am

Read, watch, or listen to something about a period in American history, then come share and discuss what you learned. Need help finding resources about the time period? Ask your librarian! Sponsor: Friends of the Golden Valley Library.

Act Out For Adults: Intro to Shakespeare January 7, 2017 at 1:30 pm

Delve into Shakespeare with an experienced Guthrie teaching artist. Learn about his plays, speak his language, and comprehend the poetry. No experience necessary. Registration is required. Collaborator: Guthrie Theater. Funded by Minnesota's Arts and Cultural Heritage Fund.

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
- Walking Group
- Dance
- Yoga

TEEN (13–21)

- Bowling
- Social Seekers
- Teen Explorers
- Yoga

ADULT

- Wednesday Night Social
- Democracy and Discussion
- Empowerment Group
- On The Town

CLASSES & SPECIAL EVENTS

- Bingo Nights – Jan 5 & March 31
- Boundaries & Assertiveness Class – Jan 18
- 80s Roller Disco – Jan 28
- Super Bowl Party – Feb 5
- Online Dating Class – Feb 6
- Single's Night Out – Feb 13
- Karaoke Night – Feb 24
- Pizza & Bingo Night – March 22
- Sexuality Class – March 23
- 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 SENIORS

Located in the Evergreen Room at the Brookview Community Center.

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

All programs are held at Brookview unless otherwise noted.



Phone: 763-512-2339 | Fax: 763-512-2344
www.goldenvalleymn.gov/recreation/seniors



DURING CONSTRUCTION: For those who need it, an electric mobile scooter is available for use on the Brookview entrance ramp during business hours.

2017 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
 Y3200B

*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, Jan 25, Feb 22, March 22, April 26
 11–11:30 am

Helping You Through The Medicare Maze

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make 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, Jan 12, Feb 14, March 14, April 10
 Appointment times are 9, 10, and 11 am

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 toenails, 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
 9 am–3:30 pm
 \$36, payable on service day
 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

Mary Wanderers Travel Show

The adventures begin as we kick-off the Mary Wanderers 2017 travel program with a "meet and greet." Meet Alice and Mary, our trip planner and escort, and greet your fellow travelers as you enjoy dessert and ice cream. Be the first to hear about our travel adventures of one day and longer trips. Games, prizes, and more!

Brookview Community Center

Mon, Jan 30

1 pm

\$4/person

W3103A

Register/cancel by Jan 26



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
Wednesday	500	1 pm
Thursday	Euchre	1 pm
	Bridge	6:30 pm
Friday	Bridge	9 am



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 Dec 26, Jan 16, Feb 20)

9:30-11 am

Tax Assistance 2017

Golden Valley Library

(830 Winnetka Ave N)

Thur, Feb 2-April 13

9:30 am-1:30 pm

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes (taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers). Trained volunteer tax counselors from AARP will help seniors and individuals with low-to-moderate income with routine forms. Tax forms are filed electronically. Registration taken at the door the day of the service starting at 9 am. Please bring the following records and information:

- copy of 2015 tax returns and claim for property tax refund
- Social Security cards or other official documentation for yourself and all your dependents
- photo ID (required for all taxpayers)
- checkbook if you want to direct deposit any refund(s)
- all documents and information concerning 2016 income, adjustments, deductions, credits, and payments
- 2016 property tax statement or Certificate of Rent Paid Card, with mailing label, if you received one from either the Minnesota Department of Revenue or IRS



Senior Programs

Living Wise And Well **FREE**

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

Calvary Center Cooperative
1-2:15 pm

THUR, JAN 5

Avoiding Falls And Enjoying Life

Let's face it, no one likes to fall. Falls can be embarrassing and possibly life changing. Learn to reduce the risk of falls while continuing to enjoy

life. This unique presentation by Joel Denney, Care Builders at Home, will focus on things you should avoid and activities you should start to reduce your risk of falling with the goal of maintaining an active lifestyle as you age.



THUR, FEB 2

Engaging In the Battle For Joy

Most people don't know that joy is actually the key to good health and the key to sustaining long-term healthy behavior change. If we don't have joy, we will have minimal desire to get healthy. Come hear more about why we all need joy in our lives. Presented by Steve Zvonar.

THUR, MARCH 2

Foods For Health

Research reveals that the food we eat has a large impact on our health. It is critical that our diet provides nutrients that will support health as we age. This presentation is part lecture and part dialog (question and answer). Attendees will sample fruit and vegetables that support health. Presented by Dick Ogren. Dick eats a vegan diet, has great health, takes no medication, and is 80 years old.



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, JAN 25

Care Of Houseplants

Learn the basics of lighting, temperature, humidity, and regular maintenance for keeping indoor plants healthy for many years. Discover the different needs and problems common to houseplants. Presented by Hennepin County Master Gardeners, University of Minnesota Extension. Register by Jan 24.

WED, FEB 22

New Orleans: Melting Pot of American Music

The threads of many music traditions were woven together in New Orleans. Steamy, seamy, and funky. Home to Acadian, Irish, Spanish, African-American, Carib, and American Indian traditions. New Orleans was and is a melting pot of many traditions in music, food, and language. This presentation combines the music of the Big Easy with short readings from the novel *Fatal Score* and the short story "New Orleans Purgatorio," which was shortlisted for the William Faulkner-William Wisdom fiction prize in 2015. Presented by John Rogers, musician and storyteller. Register by Feb 21.

WED, MARCH 22

Back To Basics

The Golden Valley Police Department will provide a refresher on the basics of keeping ourselves, families, and homes safe and secure. Crime prevention means being aware of your environment and remaining alert to situations that could make you vulnerable to crime. Our knowledge will be tested, important reminders shared, and we may even learn a few new tips! Everyone is encouraged to ask any questions or express concerns during the meeting. Presented by representatives of the Golden Valley Police Department. Register by March 21.

WED, APRIL 26

Memory Loss: What Are We Afraid Of?

Presenter Patty Crawford will open the dialog surrounding dementia and talk about what we can do with that diagnosis. Removing stigma, supporting those in our community with dementia, and preventing social isolation are the primary goals of her presentation. In addition, ageism and elderspeak will be discussed. Register by April 25.

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, 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 and 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.

THUR, JAN 19

Leaving A Legacy

Have you ever wondered what will happen if you can't manage your finances? Attorney Roy B. Henline, a frequent speaker for many legal and community groups, will help you to answer this question in an easy to understand presentation that will also address other important issues. These include the following: Do I really need a will or a power of attorney? What is the best way to manage money if you are incapacitated? How can I retain control over my assets? Will probate affect me? Can the government take my assets? This interesting presentation will provide information and resources for you to make many of the important decisions about the legacy you will leave for your family.

THUR, FEB 16

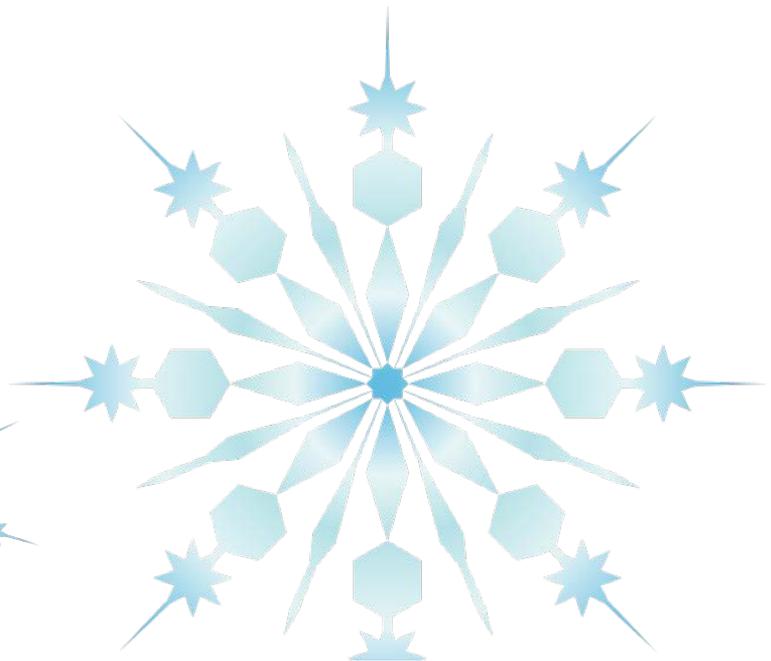
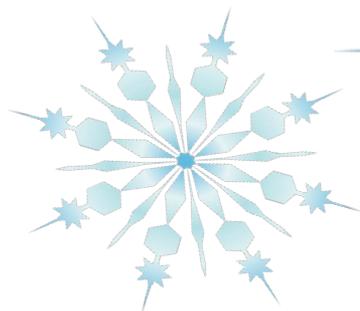
Investing 104 - Market Update 2017

After a review of stock market highlights of the previous 12 months, we'll look at recent news and events and Federal Reserve activities. We'll examine the results of a two-year-long net performance comparison of an S&P 500 index mutual fund with an S&P 500 ETF. Finally, we'll look at the differences between asset class allocation, sector-cycle investing, and robo investing. Presented by Dale Stenseth.

THUR, MARCH 16

Retirement Planning Strategies

Presenter Justin Halverson, RICP, with Great Waters Financial, will discuss retirement planning strategies that will empower you to make the best decision about your investments, taxes, social security, and estate planning. Investment advisory services offered through AdvisorNet Wealth Management (AWM). Great Waters Financial are AWM are not affiliated. Insurance products provided by Great Waters Financial, a Minnesota insurance agency.



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, March 11 or 18

9 am–5 pm

\$19/person

4-HOUR REFRESHER COURSES

Brookview Community Center

Thur, Jan 12, Feb 9, March 9, or April 13

9 am–1 pm

\$18/person

Friday Open Painting Studio

Michelle has experience painting in watercolors, acrylics, and oil and will guide you through your project. Bring your favorite medium and project to class.

Brookview Community Center

Weekly on Fridays

(no meeting Dec 23)

9–11:30 am

\$1/week payable at the front desk



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



Hoop It Up Fun And Fitness

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

Brookview Community Center

Tue, Jan 31

7–8 pm

\$12 resident/\$14 non-resident

W2211A



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

Tue, Feb 7–March 28

11 am–noon

\$64 resident/\$68 non-resident

W2201A

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.

Rise Up, O' Men at Plymouth Playhouse

Wed, Feb 1

First enjoy a themed lunch buffet built around the show (a beverage and dessert are included), then see a matinee performance of *Rise Up, O' Men*, a brand new show featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt the order of the kitchen. But that's what happens when you let roosters in the hen house!

Tue, Feb 1

\$63

11 am pick-up

3:30 pm approximate return

Register/cancel by Jan 5

Y3226A

Vikings Stadium Tour And Lunch At Jax Cafe

Tue, Feb 28

The 90-minute walking tour of new US Bank Stadium includes a behind-the-scenes look at clubs and suites, the press box, and the Minnesota Vikings Locker Room. Tour guides will lead the exploration of the stadium, sharing facts and figures that highlight the Nordic-inspired architectural features, roof structure, and the signature glass pivoting doors. US Bank Stadium tours also include an opportunity to take in the one-of-a-kind Minnesota-based art collection furnished by the Minnesota Vikings as well as time to visit the gift shop. After the tour, you will head to Jax Café, for lunch. NOTE: Canes, walkers, and wheelchairs will fit under the motor coach for guests with mobility limitations. **Menu (state choice when registering):** Polish sausage and sauerkraut with potato cheese pierogis, oven-roasted chicken with mashed potatoes/gravy and vegetable, or Swedish meatballs with potatoes and vegetable.

Tue, Feb 28

\$72

9:10 am pick-up

2:30 pm approximate return

Register/cancel by Jan 16

Y3223A

That'll Be The Day at Sheldon Theater in Red Wing

Fri, March 17

Start at the St James Hotel for lunch (Tuscan chicken—grilled chicken breast with sundried tomato, fresh basil, and pesto cream sauce—served with chef's choice of starch and vegetable, fresh roll, cookie, and coffee). After lunch, if time permits, guests can shop in downtown Red Wing before heading to the Sheldon Theatre, founded in 1904. This "glittering jewel box," as it was called after its 1986 refurbishing, was the first city-owned theater in America. Today, the Sheldon offers year-round events ranging from theatre, music, dance, films, comedy, lectures, and more. The matinee performance of *That'll Be The Day* features the music of Roy Orbison, Linda Ronstadt, Gene Pitney, regional songstress Colleen Raye, with Wayne Lachau, Debbie O'Keefe, and The Echoes Rock and Roll Band. This premiere of an all-new show includes such favorites as "Pretty Woman," "You Got It," "Crying," "Town Without Pity," "Blue Bayou," "That'll Be The Day," and more. Filled with stories, humor, and impressive vocals, the show takes you on an emotional, energetic, and nostalgic journey.

Fri, March 17

\$79

8:45 am pick-up

5:15 pm approximate return

Register/cancel by Feb 13

Y3227A

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

Phipps Theater in Hudson, WI

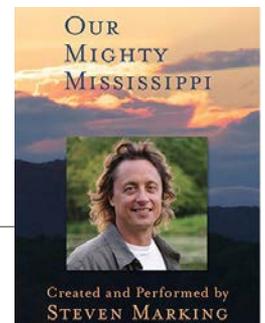
Thur, April 6

Arrive at the historic Lake Elmo Inn, offering a tradition of elegance for three decades. A private luncheon with an entrée, salad, fruit, vegetable, starch, cookie, and beverage will be served buffet style. Leave Lake Elmo and arrive at the Phipps Center in Hudson, WI, overlooking the lovely St Croix River. It opened in 1983 and is devoted to the continued pursuit and development of the performing and visual arts. Spend time in The Art Gallery and gift store. Enjoy the exhibition and find unique affordable handmade gifts from area artists. Passengers can also wander to nearby privately own stores such as Gift By The Hand, Seasons On The St Croix, Knoke's Chocolates, and more. At the theater, see the matinee show of *Our Mighty Mississippi*, created and performed by Steven Marking, a modern-day Mark Twain. Enjoy this magical journey of song, stories, film, and photos celebrating America's greatest river. With his stunning baritone voice and his life-long love affair with the Mississippi River, the performance shows exceptional beautiful and thrilling views. There are sights you are unlikely to ever see unless through the lens of his camera. He shares fascinating bits of river lore and tells humorous stories of personal mishaps on the river. The music in the show ranges from "Ol' Man River" to "Moon River," "Up A Lazy River," to his own original song, the bluegrass tinged, "Gone Fishin'." He is a master of a variety of music styles.

Thur, April 6
\$73

10 am pick-up
5 pm approximate return

Register /cancel by March 6
Y3228A



Tulip Time

Tue, May 9–Sat, May 13, 2017

DAY 1 (Tue, May 9): Leave Golden Valley City Hall at 7 am. Stop for lunch (included) at Quivey's Grove near Madison, WI. Continue to Alsip, IL for lodging at the Double Tree by Hilton. [C,L]

DAY 2 (Wed, May 10): Have breakfast (included) and travel to Holland, MI. At the Dutch Marktplaats, enjoy the tastes, sights, sounds, and crafts of 19th century Holland. Next is the Volksparade, where thousands of locals are dressed in Dutch costumes. Have dinner (included) and check into the Holiday Inn Express for two nights. [B,D]

DAY 3 (Thur, May 11): Have breakfast (included) before a narrated tour. See Holland's historic areas, city parks, Hope College, and view of the windmill. Buffet lunch (included) hosted by a local church. Visit Windmill Island Gardens, home to more than 150,000 tulips and the nearly 250-year-old working Dutch windmill. Have dinner (included) and see the talented headliner Tulip Time entertainment. [B,L,D]

DAY 4 (Fri, May 12): Have breakfast (included) and spend time at Nelis' Dutch Village Family Theme Park. After lunch (on own), visit Veldheer's Tulip Gardens and DeKlomp Wooden Shoe and Delft Factory. Each May, there are acres filled with more than five million tulips. Travel to Alsip, IL for lodging and dinner (included) at Double Tree in Alsip, IL. [B,D]

DAY 5 (Sat, May 13): Have breakfast (included) at the hotel. In Wisconsin Dells, have lunch (included) at the High Rock Café. Walk down the street to Swiss Maid Fudge and Candy Connection Chocolate Store. Estimated return time is 5:30 pm. [B,L]

Fee includes deluxe motor coach transportation, lodging for four nights, meals as indicated [B-breakfast, L-lunch, S-supper, D-dinner], attractions as outlined, hosting by Mary Odell from Golden Valley Seniors, gratuities on included meals, and attractions. Travel Insurance is available by calling 1-800-826-1300. Final documents sent two weeks before departure.

May 9-13, 2017
\$880/person (double), \$1,210/person (single)
\$135 deposit per person is required to make a reservation

Final payment due by March 30, 2017
Payments are non-refundable after March 3, 2017
Y3224A

Lunch At An Amish Farm

Tue, May 23

Immerse yourself in the timeless culture of the Old Order Amish Community near Utica and St Charles, MN. Journey down “roads less traveled” back to a simpler time, based on close-knit families, strong faith, and hard work. This enriching, scenic tour affords the opportunity to observe and learn first-hand about the Amish way of life. They still have one-room country schoolhouses and travel through the area by horse and buggy. Have an unforgettable authentic Amish luncheon on an Amish farm. **Menu:** Farm-raised chicken; Pennsylvania Dutch side dishes, including noodles, salad, beans, and potatoes; fresh-baked bread with jam; and homemade desserts. Continue to enjoy rural Minnesota and hear about these simple Minnesotans. You will have the opportunity to purchase Amish produce and crafts, including baked goods, candy, handcrafted furniture, quilts, baskets, leather, and more (on your own—bring cash).

Tue, May 23

\$73

7:50 am pick-up

5:15 pm approximate return

Register/cancel by May 1

Y3229A



Tapestry And Reserve Bank Tour

Thur, June 22

Arrive at Plymouth Congregational Church to learn about the four seasonal embroideries. Each took about six years to create. Stitch by stitch, knot by knot, for more than 40 years, a group of women needlers gathered weekly to embroider giant art works illustrating history and faith. A docent will talk about the project, and you can view the piece that is on display, *Summer of the First Amendment*. These embroideries are unique and have been recognized in Smithsonian and Needle Arts magazines. Leave Plymouth Congregational Church and arrive at Jax Cafe, serving Minnesotans since 1933, a landmark that was established by Stanley Kozlak. He left Poland as a teenager and established a restaurant business that would support three generations after him. After lunch, arrive at the Federal Reserve Bank of Minneapolis for a 75-minute walking tour. The Federal Reserve Bank of Minneapolis was incorporated on May 18, 1914, one of 12 district banks established after the signing of the Federal Reserve Act by President Woodrow Wilson on Dec 23, 1913. Each Federal Reserve Bank became a franchised corporation with stockholders, a board of directors, and operating personnel. The Federal Reserve System has evolved from a passive institution designed primarily to prevent bank panics into an active promoter of overall monetary stability as well as a multi-faceted player in the financial services industry. If wisdom and statesmanship are manifested in the halls of Congress, the Federal Reserve System will continue to serve the people of the United States and their government with the same efficiency and adaptability to changing conditions as it has done in the past. **SECURITY REQUIREMENTS:** A list of tour participants must be submitted two weeks before the tour date. Each visitor must present a valid photo ID (eg, driver's license, passport) to enter the building. Personal items will be subject to x-ray screening, and visitors will pass through a metal detector.

Menu (state choice when registering): Polish sausage and sauerkraut with potato cheese pierogis, or oven-roasted chicken with mashed potatoes/gravy and vegetable, or Swedish meatballs with potatoes and vegetable. Chocolate mousse, coffee, tea, or milk included.

Thur, June 22

\$63

9:30 am pick-up

3:45 pm approximate return

Register/cancel by May 29

Y3230A



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**

Solar Eclipse 2017

Sun, Aug 20–Tue, Aug 22, 2017

DAY 1 (Sun, Aug 20): Leave Golden Valley and stop for lunch at the Machine Shed Restaurant in Des Moines, then continue to St Joseph, MO. "St Joe" was one of the two endpoints of the Pony Express, and Jesse James was killed at his home here. In the mid-1800s many pioneers headed on wagon trains to the Oregon Territory. Lodging for two nights is at the Drury Inn Hotel. A Sidekick Supper is available at the hotel. (L, S)

DAY 2 (Mon, Aug 21): Have breakfast at the hotel and leave for the 2017 Eclipse Event. For the first time in 26 years, a total solar eclipse will occur in America and our country will play host to the world's eclipse-chasers. This is the opportunity of a lifetime, to share an amazing happening on the planet. At Missouri Western State University, we will tour the Walter Cronkite Memorial. In Kemper Recital Hall, see footage of Cronkite talking and reporting in the mid-70s about the solar eclipse of 2017. A science professor from the university will speak on the solar eclipse phenomenon. There will be time to see the museum's "special exhibit" on space and the new Apollo 11 sculpture. Have a box lunch and relax on the grounds with your protective glasses. You can also be seated in the Recital Hall where there will be continual live footage as the eclipse goes through its stages. After the eclipse event, leave the university and visit the St Joseph Museum, which houses four museums under one roof. Return to the hotel to relax before a tour and dinner at The Pony Express National Museum. Pikes Peak Stables is one of the nation's most historic landmarks. It was from this location that brave young souls raced against nature's cruel elements and rugged terrain in an attempt to unite a country separated by distance. (B, L, D)

DAY 3 (Tue, Aug 22): Have breakfast at the hotel. As the streets are less crowded this morning we will conclude our stay with a riding tour. Meet an informative and interesting tour guide to learn about this city. Have lunch in Des Moines at Cracker Barrel Restaurant. Return to Golden Valley. (B, L)

Fee includes deluxe motor coach transportation, lodging for two nights, meals as indicated by [B-Breakfast, L-Lunch, D-Dinner, S-Supper], attractions as outlined, hosting by Mary Odell from Golden Valley Seniors, gratuities on included meals, and attractions.

Aug 20–22, 2017

\$585/person (double), \$710/person (single)

\$125 deposit per person is due by Mon, June 6

Final payment due by Mon, June 20

Payments are non-refundable after June 6, 2017

Y3225A



Senior Community Information

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!

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.

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.

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.

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 H.O.M.E. receives 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.



YOUR YEAR-ROUND RECREATION DESTINATION



763-512-2305
www.brookviewgolf.com

Winter Pro Shop & Office Hours

Mon–Wed..... 11 am–6 pm
Thur–Sat 11 am–9 pm
Sun..... 11 am–6 pm

Special Hours

Thanksgiving.....Closed
Christmas EveClosed
Christmas Day.....Closed
New Year's Eve 11 am–5 pm
New Year's Day 11 am–6 pm

Holiday Gift Cards Are Here!

Gift cards are available for purchase year-round and are good for golf, lawn bowling, and our winter fat bike rentals. Stop by the Pro Shop to purchase a gift card during our winter hours. We also have gift cards for the Brookview Grill! Gift cards can be used in the Grill and at the Lawn Bowling bars.



2017 Patron Program

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

Patron card applications can be picked up at Brookview Golf Course or www.brookviewgolf.com starting January 1, 2017.

PATRON CARD TYPE	By 4/1/17	After 4/1/17
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-Res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

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



BROOKVIEW BUZZ

happy hour

\$2.50 16 oz Domestic Tap	\$3 Onion Rings
\$3.50 16 oz Craft Tap	French Fries
\$1.50 off Cocktails & Wine	Cheese Curds
daily 2-5 pm	Chips & Salsa
	\$5 Boneless
	Chicken Wings
	Mini Corn Dogs
	Jalapeño Poppers
	Burger Sliders

Mon-Wed	11 am-6 pm
Thur-Sat	11 am-9 pm
Sun	11 am-6 pm



Come & Visit
Brookview Grill

Trivia Nights

Are you a trivia wiz...or do you have friends who are? Come out to the Brookview Bar and Grill on Thursdays at 6 pm beginning Dec 8 for an exciting game of trivia. The quiz consists of six rounds, covering everything from pop culture to history to geography, plus a picture image round, song sound round, or question matching. Great prizes given out each week!

Vikings Game Specials

Join us for Sunday noon games Dec 11, 19, Jan 1, and on Thurs night Dec 1. Watch on one of our four TVs and enjoy food and drink specials. Go Vikes!

Toys For Tots Drop-off Site

Starting Friday, Nov 25 through Monday, Dec 19. Drop off a new and unwrapped toy at the Brookview Bar and Grill collection bin. Receive a coupon for a free side of fries with each drop-off (only one coupon per day for entire donation).

Holiday Sweater Saturdays

Get out your most festive and fantastic holiday sweaters! Wear a fabulous holiday sweater to the Brookview Bar and Grill on Saturday, Dec 3, 10, and 17 and you will be entered into a drawing for a \$50 gift card to the Brookview Bar and Grill.

◆ Breakfast Served All Day ◆





YOUR YEAR-ROUND RECREATION DESTINATION

WINTER RECREATION TRAILS

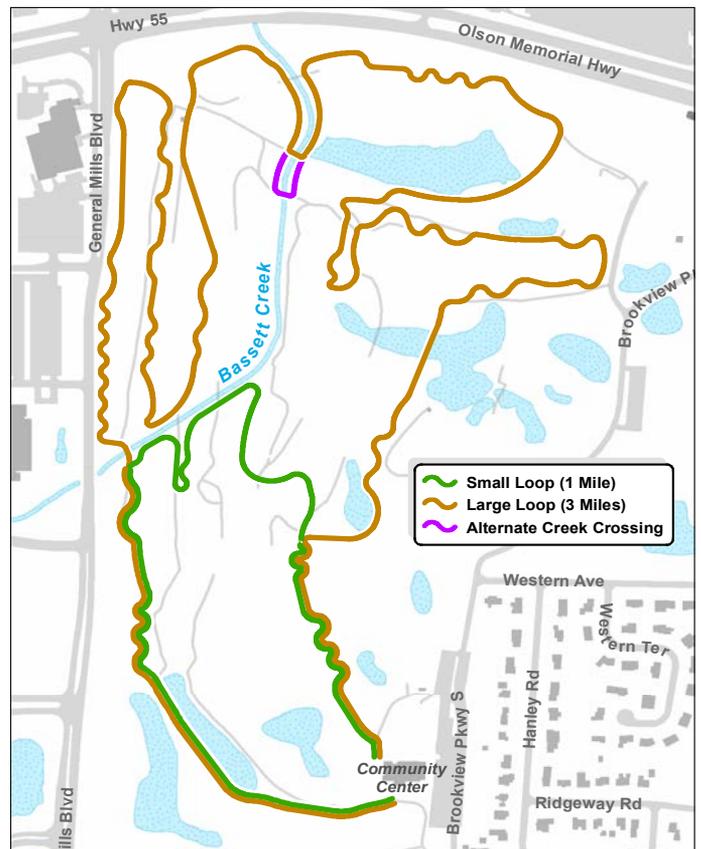


FAT BIKING • CROSS COUNTRY SKIING • SNOWSHOEING • SKIJORING • DISC GOLF

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

HOURS

Mon-Wed..... 11 am-6 pm
 Thur-Sat..... 11 am-9 pm
 Sun..... 11 am-6 pm
 Thanksgiving..... Closed
 Christmas Eve..... Closed
 Christmas Day..... Closed
 New Year's Eve.... 11 am-5 pm
 New Year's Day ... 11 am-6 pm



FAT BIKE RENTAL AT BROOKVIEW GOLF COURSE

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

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

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



Intro To Fat Biking

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

Brookview Golf Course \$25/person
 Fri, Dec 30 W51111
 1-3 pm

WINTER DISC GOLF *at Brookview*

Brookview is once again offering an 18 hole disc golf course. Winter disc golf is exploding in popularity, and we are thrilled to be partnering with Gotta Go Gotta Throw for the design and sponsorship of this amenity. The course is free and open seven days a week. Bring your own discs or rent ours. Gotta Go Gotta Throw is the preeminent disc golf supplier in the upper Midwest and is located right here in Golden Valley. Visit www.gottagogottathrow.com.

OPENS NOVEMBER 12

18 Hole Disc Golf: Free | Golf Disc Rental: \$6



Facilities

Brookview Park Picnic Shelters & Gazebo **NEW**

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

RESERVATIONS 2017

Reservations will begin at **8 am** as follows:

Golden Valley Resident

In Person Only..... Thu, Jan 12, 2017
 Online & In Person..... Fri, Jan 13, 2017

Non-Resident

Online & In Person..... Thu, Jan 26, 2017

Reservations are taken:

IN PERSON

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

ONLINE

<http://webtrac.goldenvalleymn.gov>
 Create an account, book your shelter, and print your permit.

NEW!

Reservation Time Frames

11 am–4 pm and/or 5 pm–dusk

Beer & Wine Permit (Shelters Only)

\$30 fee is payable at time of reservation.

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

Damage/Clean-Up/Noise Deposit **NEW!**

\$250 refundable deposit is payable at time of reservation.

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

Small Shelter

- 50 people at 10 tables
 - 3 Charcoal Grills
 - 2 Water Fountains
 - 6 outlets
- Resident \$100
 Non-Res \$115



Large Shelter

- 100 people at 15 tables
 - Wood Fireplace
 - Sink • 3 Charcoal Grills
 - 16 outlets • Restrooms
- Resident \$130
 Non-Res \$150



GAZEBO AT BROOKVIEW PARK

Brookview Park now has a gazebo available to rent for wedding ceremonies of up to 200 guests (only ceremony area is covered). Guests are welcome to provide their own outdoor chairs or use our exclusive chair rental service. Rental of the gazebo is only available in conjunction with the rental of the large picnic shelter during the hours of 11 am–dusk.

\$50/hr resident, plus large shelter rental fees
 \$75/hr non-resident, plus large shelter rental fees

NEW!

NEW & IMPROVED BROOKVIEW COMING IN 2017!

October 2016

- Project construction begins

March 2017

- New Brookview enclosed

March/April 2017

- Internal building construction begins

April 2017

- Landscaping begins (south end)

October 2017

- Relocation begins
- Old Brookview demolition
- Final landscaping begins

November 2017

- Grand Opening

May 2018

- Landscaping complete

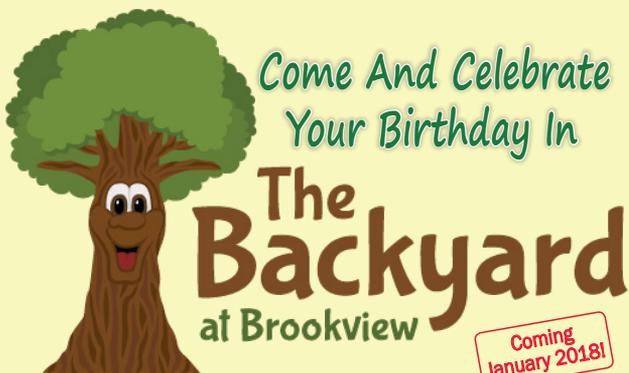
We will have a brand new facility where you can host 200+ people for your wedding reception, golf outing, party, meeting, and more!
PLUS, we'll have a new indoor play area for the kiddos and a year-round bar and grill!



For more information or construction updates, visit
<http://www.goldenvalleymn.gov/recreation/brookview/brookview-study.php>

Due to limited building access during construction, Brookview will not be hosting private party rentals until late fall 2017.

DURING CONSTRUCTION: For those who need it, an electric mobile scooter is available for use on the Brookview entrance ramp during business hours.



Coming
January 2018!

In addition to an indoor playground for ages 2-12 with slides, climbers, and an area for toddlers, The Backyard will also feature two party rooms that can accommodate up to 20 people each. The Backyard will open in fall 2017 with the party rooms opening in January 2018. Party room packages will include: two hours in a party room and 10 indoor playground wristbands (extra wristbands may be purchased for \$4 resident, \$5 non-resident). Fee is \$100 for residents and \$120 for non-residents.

Food may be pre-purchased from The Three One Six, Brookview's neighborhood bar and grill opening fall 2017. Golden Valley residents may book a party room up to one year in advance. Non-residents can book up to nine months in advance. Make a reservation online or stop in and make your reservation today! Full payment is due at time of reservation.

Be one of the first to experience a party at The Backyard!

Community Information



Volunteers Make A Difference!

Check out the volunteer opportunities listed below and contact the Parks and 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)
Buckthorn Removal (seasonal)

Contact us today to lend your helping hand!

VISIT: www.goldenvalleymn.gov/community/volunteers | **E-MAIL:** berickson@goldenvalleymn.gov | **CALL:** 763-512-2366

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.



Start Thinking About Those Summer Seasonal Jobs

In January, the City of Golden Valley will begin accepting applications for roughly 100 seasonal/part-time job opportunities, including:

Maintenance

Golf and Public Works
(Utilities, Street, Park)

Plan now and apply later.
Details will be posted in January at
www.goldenvalleymn.gov/jobs.

Golf

Restaurant/Bar/Special Events, Pro Shop/Customer Service, Beverage Cart, Par 3/Cashier, Driving Range, Starter/Ranger, Custodian, Handyperson, Lawn Bowling Official

Recreation

Softball Umpires, Volleyball Officials, Playground Leader & Assistants, Athletic Instructors & Assistants

2017 SUMMER CONCERT & MOVIE SPONSORSHIPS



The Parks and Recreation Department is working to create connectivity between its programs and events and local organizations and businesses. A program has been created for businesses and organizations to sponsor concerts and movies for the 2017 season. Sponsorship commitments will be partnered with City funds for the summer concert and movie series to improve and expand the events for the community. Sponsorships are \$500 each and need to be confirmed by Feb 1, 2017. Please contact the Parks and Recreation office at 763-512-2345.



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

Call 763-512-2345 for more information today!

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 request 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 will be considered on a case-by-case basis.

ADULT LEAGUE CANCELLATION/REFUND POLICY

Full refunds will be processed if your league is cancelled by Parks and Recreation due to lack of teams. Teams will receive a full refund less a \$40 service charge if they withdraw at least three weeks before the start of play. Refunds will not be processed if your team withdraws less than three weeks before the start of play or is removed from the league due to disciplinary action.

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.

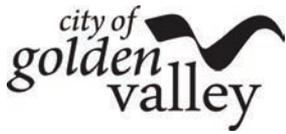
FINANCIAL AID

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

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: _____	

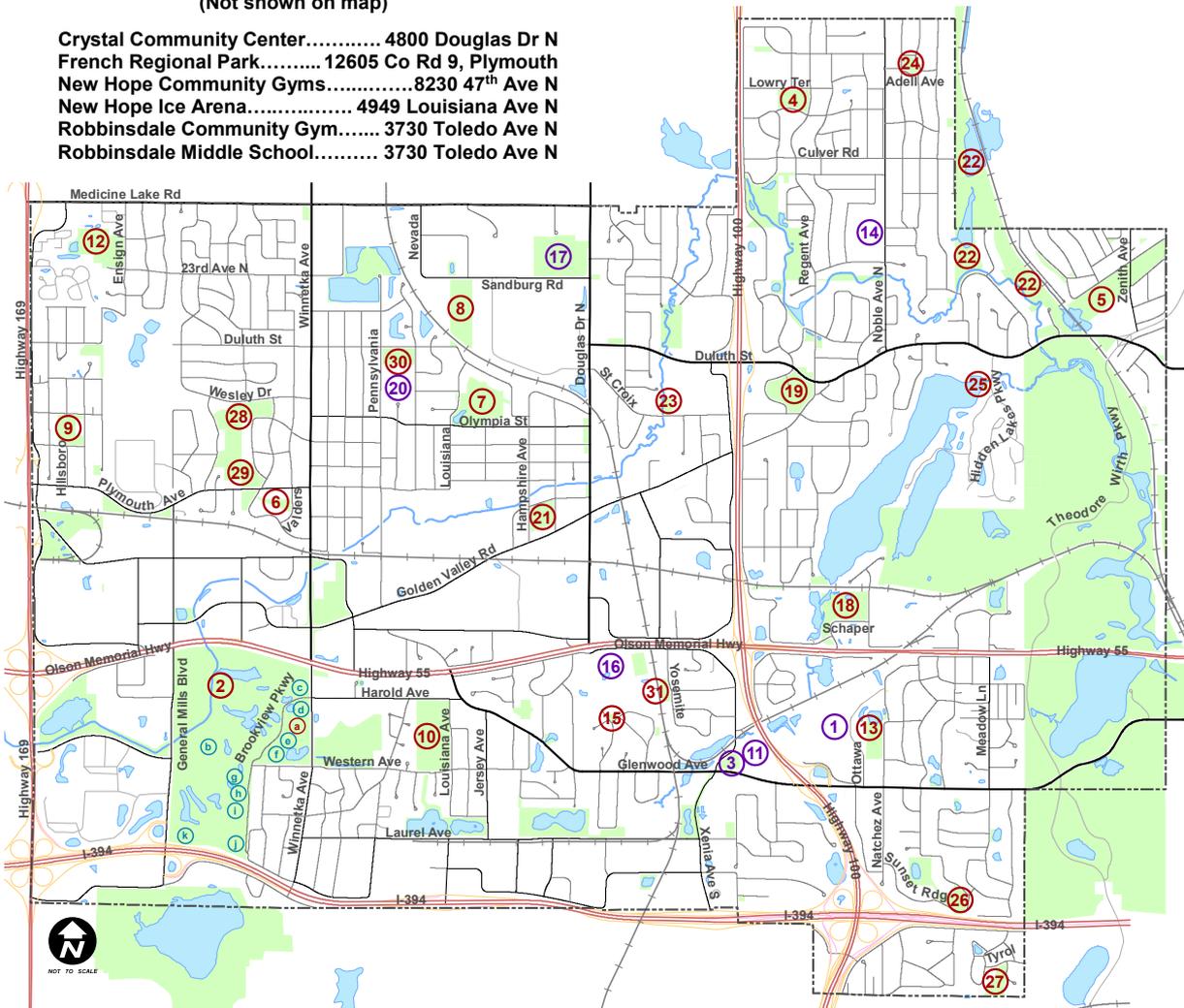
OFFICE USE ONLY - Date Processed: _____ By: _____

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. Gazebo
 - g. Par 3 Golf Course
 - h. Lawn Bowling Green
 - i. Golf Grill, Pro Shop, Community Center
 - j. Driving Range
 - k. 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) Paisley Park..... 220 Paisley Ln
- 16) Perpich Center for the Arts..... 6125 Olson Mem Hwy
- 17) Sandburg Athletic Facility..... 2400 Sandburg Ln
- 18) Schaper..... 631 Ottawa Ave N
- 19) Scheid..... 1856 Toledo Ave N
- 20) SEA School..... 1751 Kelly Dr
- 21) Seeman..... 1101 Florida Ave N
- 22) Sochacki..... 3500 June Ave N
- 23) St. Croix..... 5850 St Croix Ave N
- 24) Stockman..... 3300 Major Ave N
- 25) Sweeney Lake..... 1805 Hidden Lakes Pkwy
- 26) Tyrol – North..... 900 Westwood Dr S
- 27) Tyrol – South..... 1510 Kaltern Ln
- 28) Wesley – North..... 8305 Wesley Dr
- 29) Wesley – South..... 8200 Plymouth Ave
- 30) Wildwood Park..... 7401 Duluth St
- 31) 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	AVAILABLE
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 Nature Preserve 9201 Olson Mem Hwy	GM Grounds Crew
General Mills JFB 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 Marsh 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**
POSTAL CUSTOMER**

**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

Golden Valley City Council

Council meets the 1st and 3rd Tuesday of each month at 6:30 pm at the Golden Valley City Hall.

Mayor: Shep Harris

Council Members:

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

City Manager: Tim Cruikshank

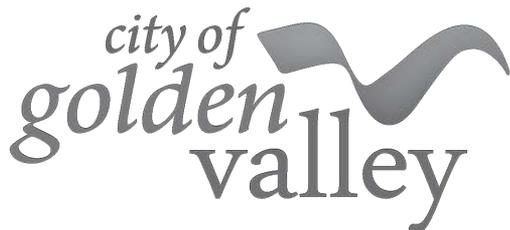
Open Space & Recreation Commission

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, Cindy Carow-Schiebe, Kelly Kuebelbeck, Bob Mattison, 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