

parks & recreation

spring & summer activities 2014



parks & recreation department

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Parks & Recreation Department

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

Brookview Golf Course & Lawn Bowling Greens

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 Offices

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

Motor Vehicle Department

7800 Golden Valley Road
Golden Valley, Minnesota 55427
Monday-Thursday, 8:00 AM-5:30 PM
Friday, 8:00 AM-5:00 PM
Phone: 763-593-8111
Fax: 763-593-8019
TTY: 763-593-3968

City Offices Closed

Monday, May 26 *Memorial Day*
Friday, July 4 *Independence Day*
Monday, September 1 *Labor 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.



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.

MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

special events

April
12

Kid's "Fun" Run the Valley

Join us for our first ever Fun Run for Kids! The .2 mile course begins and ends at Brookview Community Center. Fee includes fun run number and participation ribbon. Parents may accompany little ones for free. Registration process listed below in Run the Valley description.

Ages 2-10 **Brookview Community Center**
7:45 AM **\$5/Child, Parents free**



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

IT'S THE 20TH ANNIVERSARY! Plan now to join friends and neighbors for one of Golden Valley's most popular events, sponsored by the Golden Valley Human Services Fund. The run/walk will start and end at Brookview Community Center with water stops and post-race complimentary snacks donated by area businesses. 100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. Visit WWW.GOLDENVALLEYMN.GOV for information.

8:00 AM - 10K Run **Brookview Community Center**
8:10 AM - 5K Run **\$30 by Apr 11 2 PM, \$40 Race day**
8:15 AM - 5K Walk **\$15 for 12 and under with Adult**



May
04

Step To It Challenge Kick-off with the Mayor

Jump start your Step To It Challenge with a walk with Mayor Shep Harris. The recreational 45-60 minute walk will leave the park shelter and take the trail to Lions Park making a circuit back to the shelter. There will be shorter walk cut-offs. No registration is necessary. Free give-aways for signing up for the challenge while supplies last.

1:00 PM **Brookview Park - Large Shelter** **FREE**

What is the Step To It Challenge?

The Step To It Challenge runs May 4-31. It's a fun, light-hearted way to connect with family, friends, and neighbors, and get moving again after a long winter. Twenty-three communities will compete to see which one has the most active residents. Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a Twins home game during the 2014 season.

How does it work?

As a Step To It participant, you will keep an ongoing total of the steps you take during the challenge. Using an activity conversion chart at www.steptoit.org, other activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn can count toward overall steps. Our Web site will allow you to record your steps online, or your step total can be called in or faxed. Best of all, it's FREE! Register after April 1 by going to the Step To It Challenge Web site at: WWW.STEPTOIT.ORG.

special events continued

May
07

2014 Bike Rodeo

The Bike Rodeo will be co-sponsored with Golden Valley VFW Post 7051, and the cities of Crystal and New Hope. Bring your bicycle for a free safety check and take a riding skills test. Register at the event to win prizes! No pre-registration required.

Ages 12 & under with Adult Golden Valley City Hall
FREE 6:00-8:00 PM



June
20

Water Day I

Join the park crew and summer Park and Recreation staff for a wet and wild day. We will operate three water slides down the big hill at Scheid Park, have a DJ playing music and puppet shows. Drink will be provided at the shelter building.

Ages 6-14 with Adult Scheid Park
FREE 12:30-2:15 PM



July
11

Water Day II

Join the park crew and summer Park and Recreation staff for a wet and wild day. We will operate three water slides down the big hill at Scheid Park, have a DJ playing music and puppet shows. Drink will be provided at the shelter building.

Ages 6-14 with Adult Scheid Park
FREE 12:30-2:15 PM



July
14

Ice Cream Social

Bring your family, a chair or blanket and your love of Ice Cream and join us for the 8th Annual Golden Valley Ice Cream Social. Enjoy a concert by the John Phillips Sousa Band followed by and ice cream social with Sebastian Joes. Event is held rain or shine. Sponsored by the Golden Valley Envision Connection Board and the Golden Valley Bridge Builders.

All ages welcome Brookview Park Large Shelter
FREE 7:00 PM

Photo by
Stan Waldhauser

July
25

Penny Carnival

Enjoy carnival games, dunk tank, puppet shows, hay rides, popcorn, and more. Parents will need to provide transportation to and from the park. **JUST BRING PENNIES!**

Ages 4+ with Adult

Brookview Park

3-5 cents per activity

10:30 AM-12:30 PM



July
29

Picnic & Music in the Park

Pack a picnic lunch, bring a blanket, and enjoy a show by The Flyers. Drink and popcorn will be provided. In case of inclement weather, this event will be held in the large shelter. Tell your friends, parents, grandparents - it's for everyone!

All ages welcome

Brookview Park

FREE

11:15 AM-12:00 PM



August
14

Movie in the Park **NEW**

Bring a blanket or lawn chair, sit back, and enjoy a family-friendly movie under the stars in beautiful Brookview Park. Watch a hit film (title will be announced by July 1) on a giant inflatable screen. Don't miss this unique community friendly event. Light concessions will be for sale or bring your own. In case of inclement weather, event may be postponed. Please call activity cancellation line for updates.

All ages welcome

Brookview Park

FREE

Around 8:30 PM



Golden Valley Puppet Wagon **FREE**

Each week the puppet wagon will stop by the parks with a new show. In case of inclement weather, shows will be cancelled. Watch for puppet show schedule at the park shelters.

June 10-July 24
1:30-3:30 PM

*No July 2 & 3 - all parks
No July 15 - North Wesley*

MON & WED

9:30 AM South Tyrol
10:00 AM Lakeview
10:30 AM North Wesley
11:00 AM Gearty

TUE & THU

1:30 PM Lions
2:00 PM Hampshire
2:30 PM Scheid
3:00 PM Medley

concerts in the park



concerts in the park

Brookview Park

7:00 PM (unless otherwise noted)

Bring a lawn chair or blanket and come enjoy the summer concert series. Concerts are FREE and open to all. In case of inclement weather, concert may be canceled. Please call the Activity Cancellation Line at 763-512-2350 for concert status.

June 09 **Golden Valley Orchestra**
 Music of stage and screen comes to Brookview Park! The GVO plays hits of opera, Broadway, and movies you love.

June 16 **Ageless**
 Music for all ages. From B.B. King to Taylor Swift, the members range in age from 13-16. They also perform several original songs.

June 23 **Plymouth Concert Band**
 Delighting audiences with marches, show tunes, and classical music.

June 26 **Robbinsdale City Band**
 Experience one of the longest continuously active community bands in Minnesota.

June 30 **Stompin' Dixie** Sponsored by:
 Foot tapping, finger snapping, New Orleans, American songbook razzmatazz!

 Located at Hwy 55 & Boone

July 07 **The Choo Choo Bob Show**
 Experience your favorite children's TV show live! Join the cast as they have fun performing skits and original, train-inspiring songs that will get the whole family moving.
 Sponsored by:


July 14 **John Philip Sousa Band**
 Enjoy a summertime favorite during the 8th Annual Ice Cream Social. Sponsored by Golden Valley Envision Connection Board and the Golden Valley Bridge Builders.

July 21 **The Castaways**
 Nationally known Minnesota based classic rock band will showcase their unique vocal and instrumental talents for an exciting sight and sound experience. Sponsored by Colonial Acres at Covenant Village of Golden Valley.

July 28 **Mu Daiko**
 Movement and sound with large Japanese drums. Don't miss this unique cultural experience full of energy and life!
 Sponsored by:
 **GENERAL FEDERATION of WOMEN'S CLUBS**

July 29 **Picnic & Music in the Park with the Flyers (11:15 AM-12:00 PM)**
 Features a marvelous variety of catchy songs, fun moves, dry humor and colorful props perfect for children.

Aug 04 **Calhoun Brass**
 Provides a variety of music styles that include classical, jazz, showtunes, and popular music. They have been together for 14 years and play in a variety of groups in addition to Calhoun Brass.

Aug 11 **Bob the Beachcomber**
 Rock and Roll music and fun for kids of all ages.

youth activities

Catch, Kick & Throw

Ages 3-4

The athletic instructors will organize a positive learning environment for boys and girls using special equipment, simple athletic tasks and positive feedback.

Fee: \$39, Resident \$34

WESLEY

Date: Tue, June 10-July 22

Time: 1:15-2:15 PM

Code: 12630

HAMPSHIRE

Date: Tue, June 10-July 22

Time: 3:00-4:00 PM

Code: 12631

GEARTY

Date: Thu, June 12-July 31 (No July 3)

Time: 1:15-2:15 PM

Code: 12632

LIONS

Date: Thu, June 12-July 31 (No July 3)

Time: 3:00-4:00 PM

Code: 12633

Kids' Club

Ages 3-5

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

Site: Brookview Community Center

Time: 9:30-11:00 AM

Fee: \$50, Resident \$45

MON/WED

Date: April 7-May 21 (No April 14 & 16)

Code: 12626

TUE/THU

Date: April 8-May 22 (No April 15 & 17)

Code: 12627

Imagination Movers

Ages 3-5

Children will explore dance concepts through playful, structured activities accompanied by acoustic instruments and a wide variety of music. Solid dance education techniques and plenty of positive reinforcement and smiles help preschoolers creatively build movement vocabulary, develop body awareness, practice following directions and gain self-confidence. Wear comfortable clothing that allows for action. No special shoes necessary, just bare feet! An informal showing takes place on the last day. **Resident fee applies to Golden Valley and Crystal residents.*

Site: Crystal Community Center

Date: Mon, April 14-May 19

Time: 10:00-11:00 AM

Fee: \$51, *Resident \$44

Code: 12636

Pre-School Players

Ages 3-5

Activities include art projects, games, playground fun, music, puppet shows, storytelling and more. Child must be toilet trained. Staff/participant ratio 1:7.

Fee: \$44, Resident \$39

Time: 10:45-11:45 AM

LIONS

Date: Mon/Wed, June 9-July 28 (No July 2)

Code: 12634

SCHEID

Date: Tue/Thu, June 10-July 29 (No July 3)

Code: 12635

Kid's Korner Beginning Ball Skills

Ages 4-5

A fun, low-key beginning ball skills program for boys and girls using nerf soccer balls, mini basketballs, and koosh T-ball equipment. Two weeks will be spent on each sport: soccer, basketball and koosh T-ball.

Fee: \$37, Resident \$32

Time: 9:15-10:15 AM

MEDLEY

Date: Mon, June 9-July 14

Code: 12638

SCHEID

Date: Mon, June 9-July 14

Code: 12639

HAMPSHIRE

Date: Wed, June 11-July 24 (No July 2)

Code: 12640

LIONS

Date: Wed, June 11-July 24 (No July 2)

Code: 12641

Happy Birthday Party

Ages 3+

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



youth activities continued

Mixture Madness

with Science Explorers

Ages 3 1/2-6

Pour, mix, measure and stir and explore the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, have fun with magical crystals while learning about absorption, plus formulate your own mixtures through open exploration. Be sure to dress so you can get messy! **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena

Date: Wed, April 16-30

Time: 9:30-11:00 AM

Fee: \$43, *Resident \$36

Register By: April 9

Code: 12592

Camp Caterpillar

with Science Explorers

Ages 3 1/2-6

Our earth is a wonderful adventure just waiting for you! As a caterpillar camper, you will begin a new exploration each day as we learn about our planet. You will investigate insects, plants, animals and the weather with fun activities, projects, songs, stories and more. **Resident fee applies to Golden Valley only.*

Site: Brookview Park - Large Shelter

Date: Tue-Thu, May 27-29

Time: 9:30-11:30 AM

Fee: \$53, *Resident \$48

Code: 12589



Dynamite Dinosaurs

with Science Explorers

Ages 3 1/2-6

Enter the Science Explorers' time machine and journey back to a world where dinosaurs ruled the earth. Become a paleontologist to learn how enormous or small these amazing creatures were, plus participate in a "mini" dino dig. You will have a dynamite time with hands-on experiments, studying fossils, and much more as we journey back in time. **Resident fee applies to Golden Valley only.*

Site: Brookview Park - Large Shelter

Date: Mon-Wed, June 30-July 2

Time: 9:30-11:30 AM

Fee: \$53, *Resident \$48

Code: 12590

Stars, Planets & Stories

with Science Explorers

Ages 3 1/2-6

Blast off for a fun filled trip to the stars! Upon our departure, we'll learn about gravity and how it affects us here on earth. Soaring past the moon, we'll stop to investigate the planets of our solar system and how they orbit the sun. Reaching the end of our trip, we'll look at the constellations and learn their stories. Create art projects, play games, and more! **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena

Date: Wed, May 7-21

Time: 9:30-11:00 AM

Fee: \$43, *Resident \$36

Register By: April 30

Code: 12593



Wonders of Nature

with Science Explorers

Ages 3 1/2-6

Have you ever wondered how wild animals survive in nature? In this class, we will discover the strange and fascinating ways nature takes care of its animals. We will learn how camouflage can help predators and protect its prey. Then we will discover how animal behaviors can aid them in surviving cold winters, finding food and defending themselves. Please join us for this fun, hands-on class which will include stories, art project, songs, experiments and more as we look to nature and discover its wonders. **Resident fee applies to Golden Valley only.*

Site: Brookview Park - Large Shelter

Date: Tue-Thu, Aug 5-7

Time: 9:00-11:00 AM

Fee: \$53, *Resident \$48

Code: 12591

Snow White Party

by Kidcreate Studio
Ages 3-7 with Adult

Heigh-Ho! It's off to play we go! Snow White will lead children (and their adult) in games, dwarf dancing and a special craft. We'll keep the rhythm using broomstick instruments and "whistle while we work". Adults bring your camera for a photo opportunity with Snow White! **Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.*

Site: Brookview Community Center
Date: Sat, May 10
Time: 1:00-2:00 PM
Fee: \$15, *Resident \$22
Register By: May 1
Code: 12596

A Dolled Up Art Camp

by Kidcreate Studio
Ages 4-9

Your little one and her American Girl® Doll (or another favorite doll) will love this camp! We'll make all the accessories a doll needs, including pets, doll sized treats, jewelry, and even a mini birthday cake! By the end of this camp, your child's special friend will be all "dolled" up. Bring your doll to camp each day so they can join in the fun! **Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.*

Site: Brookview Community Center
Date: Wed-Thu, Aug 6-7
Time: 10:00 AM-12:00 PM
Fee: \$47, *Resident \$40
Register By: July 29
Code: 12594

Star Wars Art Camp

by Kidcreate Studio
Ages 5-12

Obi Wan Kenobi and Anakin would be proud of the Star Wars masterpieces your young Jedi will create in this camp! We'll sculpt star fighters, create Yoda inspired art, draw ourselves as Jedi and build with Legos too! Leave the light sabers at home—glow in the dark paint will be our weapon of choice. May the force be with you! **Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.*

Site: Brookview Community Center
Date: Wed-Thu, Aug 6-7
Time: 1:00-3:00 PM
Fee: \$47, *Resident \$40
Register By: July 29
Code: 12595

Indoor Soccer

AGES 3-4

Begin to gain the basic understanding of soccer and play fun games. This is a recreational program, where fun is emphasized. Parents may be asked to participate in some activities.

Site: Davis Community Center
Date: Thu, April 10-May 15
Time: 5:45-6:15 PM
Fee: \$31, Resident \$25
Code: 12643

AGES 5-7

This is an indoor gym format with an emphasis on the recreational experience, not skill development. Players will be placed on teams with coaching instructing and officiating.

Site: Davis Community Center
Date: Thu, April 10-May 15
Time: 6:30-7:15 PM
Fee: \$41, Resident \$35
Code: 12644



Kids Yoga & Mindful Movement

Ages 4-8

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive early and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center
Date: Sat, April 26-May 17
Time: 10:00-10:45 AM
Fee: \$61, Resident \$55
Code: 12645

youth activities continued

Little Tigers Self Defense

Ages 3-5

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect – great personal tools to carry into the future. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. **Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center

Time: 5:45-6:15 PM

Fee: \$54, *Resident \$49

Date: Tue, April 1-May 6

Code: 12647

Date: Tue, May 20-June 24 (No May 13)

Code: 12648

Date: Tue, July 8-Aug 12

Code: 12649

Cheer America

Ages 4-16

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. The program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.

Register at Davis Community Center on Tuesday, June 3 from 6:00-8:00 PM.

Site: Davis Community Center

Date: Tue, June 10-Aug 12

Time: 6:00-6:45 PM (Ages 4-8)

Time: 7:00-7:45 PM (Ages 9-16)

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

North Metro Flag Football

Grades 1-2

The program is non-contact so curriculum is developed to make players very active and engaged. We will focus on running with the ball, defending by grabbing flags and age appropriate throwing and catching. Focus is not around positions or strategy but rather individual player development and becoming more comfortable with the necessary skills for all aspects of the game. Register 2 weeks in advance of start date. Games may be made up due to poor weather.

Site: Robbinsdale Middle School Turf

Fee: \$62

SESSION I

Date: Sun, July 20-Aug 24

Time: 4:30-5:30 PM **Code:** 12656

Time: 5:30-6:30 PM **Code:** 12657

SESSION II

Date: Sun, Sept 7-Oct 12

Time: 4:30-5:30 PM **Code:** 12658

Time: 5:30-6:30 PM **Code:** 12659



Hoopstars Basketball Camp

Grades K-1

Youth in kindergarten and first grade learn and develop new skills and advance their games in this FUNdamentals based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl. **Resident fee applies to Golden Valley and Crystal residents.*

SESSION I

Site: Davis Comm Center

Fee: \$52, *Resident \$45

Date: Mon/Wed, March 17-April 2

Code: 12705

Time: 6:00-7:30 PM

SESSION II

Site: Crystal Community Center

Fee: \$52, *Resident \$45

Date: Tue/Thu, June 3-19

Code: 12706

Time: 6:00-7:30 PM

Register by May 28

Chess Club *Ages 6-14*

This is a great way to learn the game of Chess, engage in match play and share your knowledge about the game. Bring your own Chess set or use ours.

Site: Scheid Park

Date: Mon/Wed, June 9-July 23 (No July 2)

Time: 3:15-4:25 PM

Fee: \$36, Resident \$30 **Code:** 12671



T-Ball

Ages 5-6

Children will learn basic skills and rules of baseball/softball. Each participant will play the entire game fielding and batting. Practices are held at your registered park. Games are played at your registered park, as well as other Golden Valley parks. Final week of games will be played at the Isaacson Park. Teams are coached by summer athletic staff. Parents need to provide transportation to the parks for games. Parks may be combined if necessary.

NOTE: *The Monday/Wednesday morning program will have one evening game, either Monday or Wednesday the week of July 14. NO T-BALL JULY 2 & 3.*

Fee: \$41, Resident \$36

HAMPSHIRE

Date: Mon/Wed, June 9-July 23

Time: 10:30-11:45 AM

Code: 12660

Date: Tue/Thu, June 10-July 24

Time: 6:00-7:15 PM

Code: 12666

LAKEVIEW

Date: Tue/Thu, June 10-July 24

Time: 6:00-7:15 PM

Code: 12667

LIONS

Date: Mon/Wed, June 9-July 23

Time: 10:30-11:45 AM

Code: 12661

SCHEID

Date: Mon/Wed, June 9-July 23

Time: 10:30-11:45 AM

Code: 12662

Date: Tue/Thu, June 10-July 24

Time: 6:00-7:15 PM

Code: 12665

WESLEY

Date: Mon/Wed, June 9-July 23

Time: 10:30-11:45 AM

Code: 12663

Fencing for Kids

Ages 6-12

Youth ages 6-12 will learn real fencing skills while having fun in this 4 week class. This program, provided by Minnesota Sword Play, will introduce children to the fundamentals of fencing. With an emphasis on skill building, concentration and self discipline, this camp is designed to enhance motor skill, social and perceptual growth by teaching safe, age appropriate foil fencing skills. All equipment provided. Run in cooperation with New Hope Recreation. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

FENCING CLASS

Site: New Hope Community Gyms

Date: Mon, April 7-28

Time: 6:00-7:00 PM

Fee: \$50, *Resident \$43

Code: 12475

Register by March 31

FENCING CAMP

Site: New Hope Community Gyms

Date: Mon-Fri, July 21-25

Time: 10:30-11:30 AM

Fee: \$70, *Resident \$63

Code: 12670

Register by July 14

Drama Club

Ages 6-17

Our Drama Club will continue its long history of exciting productions! We'll develop performance sketches, and work on acting techniques and music. We'll produce a show to be performed on the last day of class at 7:00 PM. All participants must be able to participate in the final performance. Summer session (June 10-July 25) will include a trip to the Old Log Theater to see a performance. Instructors have extensive training in theatre, film and advertising.

SPRING SESSION

Site: Noble School

Fee: \$70, Resident \$64

AGES 6-12

Date: Tue/Thu, April 8-May 22

Time: 6:00-7:15 PM

Code: 12672

AGES 13-17

Date: Tue/Thu, April 8-May 22

Time: 7:15-8:30 PM

Code: 12673

SUMMER SESSION

AGES 6-12

Site: Noble School

Date: Tue/Thu, June 10-July 24 (No July 3)

Fee: \$67, Resident \$61

Time: 9:00-10:15 AM Code: 12674

Time: 10:30-11:45 AM Code: 12675



youth activities continued

Morning Playground Programs *Ages 6-12*

Youth can participate in this drop-in program where park staff coordinate activities that will include games, crafts, athletics, story time, puppet shows and more. This program is offered at the parks listed below. Pick-up a weekly schedule on opening day. *NOTE: South Tyrol location will be canceled during inclement weather.*

Site: Gearty, Lakeview, North Wesley & South Tyrol

Date: Mon-Thu, June 9-July 24 (No July 2-3)

Time: 9:00 AM-12:00 PM



Afternoon Playground Programs *Ages 6-12*

Each supervised playground will offer games, crafts, special events, walking field trips and more. This drop-in program is offered at the parks listed below. Shelter buildings will be closed on Fridays due to scheduled events and field trips.

Site: Hampshire, Lions, Medley & Scheid

Date: Mon-Thu, June 9-July 24 (No July 2-3)

Time: 1:00-4:00 PM



Playground Arts & Crafts *Ages 6-12*

A different craft project will be offered weekly at the times and locations listed below. Pick-up a flyer at the park shelter buildings which lists all the projects. Also, you can purchase a craft punch card and save \$4! Craft cards can be purchased at Brookview Community Center and are good for 6 crafts.

Date: Wed, June 11-July 23 (No July 2)

Fee: \$2/craft or \$8/6-time craft card

Site: Gearty, Lakeview, North Wesley & South Tyrol

Time: 10:00-11:00 AM

Site: Hampshire, Lions, Medley & Scheid

Time: 2:00-3:00 PM

Playground Field Trips

Ages 7+

Our summer staff supervises the children on these trips. Advanced registration with payment is required. Bus transportation provided from parks listed below. *NOTE:* Pick-ups will begin at Wesley Park and proceed in the order listed below. When the bus returns, drop-offs begin at Lions Park and proceed in reverse order, ending at Wesley. Times are approximate.

Pick-up Locations:

WESLEY • HAMPSHIRE • SCHEID • LIONS

CASCADE BAY WATER PARK

Shoot down Twin Falls or brave the Typhoon and Hurricane Slides. Float down the Lazy River, take a dip through Rocky Rapids or enjoy sunning at Lookout Point. One round of mini golf is included. Bring a bag lunch or money for concessions.

Date: Fri, June 27

Fee: \$30, Resident \$24

Code: 12707

Pick-up: 10:00 AM

Return: 4:00 PM

BUNKER BEACH WATER PARK

Bunker Beach has a 25,000 square foot wave pool, water slides and a zero depth pool with interactive play area. Tubes can be rented for \$3. Guests must be 48" tall to ride the waterslides. Bring a bag lunch or money for concessions.

Date: Fri, July 18

Fee: \$30, Resident \$24

Code: 12708

Pick-up: 10:00 AM

Return: 4:00 PM

BIKE TO THE BALL PARK

Join the recreation staff as we bike to Target Field and watch the Minnesota Twins play the San Diego Padres. Ride will begin and end at Lions Park. Bikers must have working bike, lock and helmet. Please bring spending money for food. Tickets may be available for purchase if you want to attend the game on your own and not bike. Game start time is 12:10 PM.

Date: Wed, Aug 6

Fee: \$26, Resident \$20

Code: 12625

Leave Time: 11:15 AM

Return: 3:45 PM

Jump Rope

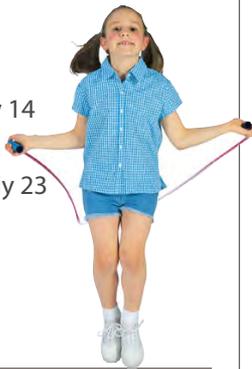
Ages 6-10

One rope or two, we'll teach you what to do! Join us for six weeks of jump roping fun. Ropes will be provided.

Site: Hampshire Park
Time: 10:30-11:30 AM
Fee: \$26, Resident \$20

Date: Mon, June 9-July 14
Code: 12668

Date: Wed, June 11-July 23
 (No July 2)
Code: 12669



Soccer Skills Camp

Ages 7-12

This soccer camp is for boys and girls and will concentrate on skills, positioning, ball control, sportsmanship and rules. Instructional scrimmage games will be held each day.

Site: Minnesota Arts School
Date: Mon, June 9-July 14
Time: 9:00-10:00 PM
Fee: \$38, Resident \$32
Code: 12719

Flag Football

Ages 7-14

This program is for boys and girls and is an all-game format. Athletic staff will form teams and officiate games. All equipment provided.

Site: Hampshire Park
Time: 9:15-10:15 AM
Fee: \$38, Resident \$32

AGES 7-10

Date: Tue/Thu, June 10-July 24 (No July 3)
Code: 12717

AGES 11-14

Date: Mon/Wed, June 9-July 23 (No July 2)
Code: 12718

Pitch By Coach

Ages 7-9

Instructional practice/game format where the coach pitches underhand to the batters. Participants will play various defensive positions and learn sportsmanship, correct mechanics and rules. Practices are held at the location you registered. Games will be played at your registered park and at other locations in Golden Valley. Final week of games will be played at Honeywell ballfield, with various game times. Parents need to provide transportation to the parks for games.

HAMPSHIRE

Date: Tue/Thu, June 10-July 24 (No July 3)
Time: 10:30-11:50 AM
Fee: \$41, Resident \$36
Code: 12709

Date: Mon/Wed, June 9-July 23 (No July 2)
Time: 6:00-7:15 PM
Fee: \$41, Resident \$36
Code: 12714

LIONS

Date: Tue/Thu, June 10-July 24 (No July 3)
Time: 10:30-11:50 AM
Fee: \$41, Resident \$36
Code: 12710

SCHEID

Date: Tue/Thu, June 10-July 24 (No July 3)
Time: 10:30-11:50 AM
Fee: \$41, Resident \$36
Code: 12711

Woodworking Classes

Ages 7-11

Youth ages 7-11, learn woodworking skills and make some great items to take home! The classes, provided by the American Workshop, emphasize shop and tool safety. All equipment and supplies provided. Wear clothes that can get messy, no sandals. A waiver will be sent out the week before class. *Resident fee applies to Crystal, Golden Valley, New Hope & Robbinsdale.

Site: New Hope Ice Arena
Fee: \$39, *Resident \$32

BASEBALL GLOVE HOLDER

No longer will you have to search for your baseball gear when you're ready to play ball! Keep it all in one place with a holder you can build and decorate in this hands-on class. **Register by April 14.**

Date: Mon, April 21
Time: 10:00 AM-12:00 PM
Code: 12715

CATAPULT

Do you love playing Angry Birds? Then join us for this fun class where we'll learn basic woodworking and create a real wooden catapult to launch things from. **Register by July 7.**

Date: Mon, July 14
Time: 10:00 AM-12:00 PM
Code: 12716



youth activities continued

Magic & Balloon Camp

Ages 8+

Dazzle your friends and family by learning magic and how to make balloon animals. Even if you are all thumbs, you can transform balloons into animals, hats, flowers and more. Plus, learn the secrets of illusion and the basic principles of magic and leave your friends puzzled. Fee includes all materials. Instructor Annette Fragale, has been entertaining throughout the US for 25 years and also host of Award winning TV show, The Magic Book Nook.

Site: Brookview Community Center

Date: Mon-Wed, Aug 4-6

Time: 1:00-3:00 PM

Fee: \$40, Resident \$35

Code: 12721



Ultimate Frisbee

Ages 7-16

Learn and play this exciting game with participants from a nationally ranked team. Participants will learn how to play the game, rules and skills and play a few games.

Participants must bring: bag lunch, bottle for water and snack.

Site: Lions Park

Time: 9:00 AM-3:00 PM

Fee: \$74, Resident \$68

AGES 7-12

Date: Mon-Fri, July 28-Aug 1

Code: 12722

AGES 10-16

Date: Mon-Fri, Aug 4-8

Code: 12723

Fishing Club

Ages 8-14

Come join us as we check out some fishing hot spots in and near Golden Valley. We'll provide the bait and take your pole/tackle to the fishing location for you. All trips will begin and end at Lions Park. Participants will bike to and from fishing locations, which will be Wirth and Cedar Lakes. Fishing is catch and release. **NOTE:** First class will meet at Wirth Lake Fishing Pier for clinic.

Participants must provide: Fishing pole and tackle, bike and helmet.

Site: Begin & end at Lions Park

Date: Tue, June 10-July 15

Time: 9:00 AM-12:00 PM

Fee: \$35, Resident \$29

Code: 12724



Explorers Hiking & Biking

Ages 8-12

Join the park staff at Lions Park for hiking and biking trips to the Golden Valley Public Safety Building, Westwood Hills Nature Center, Animal Humane Society, and other fun sites. Explorers will hike on the first outing and receive a schedule for the remaining weeks.

Participants must provide: Appropriate dress for the weather, sunscreen, and a snack and/or beverage to enjoy.

Site: Begin & end at Lions Park

Date: Wed, June 11-July 23

Time: 9:30-11:30 AM

Fee: \$40, Resident \$34

Code: 12725

LaCrosse Camp

Ages 9-12

This program is for those who are new or have some experience with Lacrosse. Work on how to cradle, scoop, pass, catch and shoot the ball. With enough participants, these skills will be used in a casual game atmosphere.

Participants must provide: Goggles, mouth guard and Lacrosse stick.

Site: Lions Park

Time: 9:00-10:15 AM

Fee: \$32, Resident \$26

Date: Tue, June 10-July 22

Code: 12726

Date: Thu, June 12-July 31 (No July 3)

Code: 12727



Bike Rangers

Ages 10-14

We are looking for boys and girls ages 10-14 who are well experienced bikers to join us for 11 summer afternoons of fun and adventure! Most rides are approximately 20-25 miles round trip to different West Metro locations. All treks begin and end at Lions Park. **Participants MUST ALWAYS ride with their leaders.**

Participants must provide: Properly working bike, helmet, lock, water, sunscreen and appropriate clothing and shoes.

Site: Begin & end at Lions Park

Date: Tue/Thu, June 10-July 17 (No July 3)

Time: 1:00-4:15 PM

Fee: \$42, Resident \$36

Code: 12728

Park Baseball

Ages 9-12

This program, for boys and girls, will work on correct mechanics, sportsmanship, skill development and rule interpretation through games and practices. Each team will have one or two coaches to instruct, pitch, officiate and insure that participants have equal playing time. The final week will be held at the Honeywell ballfields with morning and/or afternoon game times. Games will also be played at various parks in Golden Valley and Plymouth. Parks may be combined if registration warrants. Parents must provide transportation. Teams are formed at the parks listed below. **NOTE:** At parks with multiple teams, those teams will be formed by a random drawing of names on the first day.

Date: Mon/Wed, June 9-July 23 (No July 2)

Time: 1:15-2:45 PM

Fee: \$41, Resident \$36

HAMPSHIRE

Code: 12731

MEDLEY

Code: 12730

LIONS

Code: 12732

SCHEID

Code: 12729



American Red Cross Babysitting Training

Ages 11-15

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Participants provide own lunch and snack.**

Site: Brookview Community Center

Time: 8:00 AM-4:30 PM

Fee: \$82, Resident \$77

Date: Sat, March 22 **Code:** 12480

Date: Sat, May 10 **Code:** 12736

Date: Sat, June 14 **Code:** 12737

Harlem Globetrotters at the Target Center

Circle your calendar! A Globetrotters game features many of the world's best dunkers, ball handlers and shooters—combined with comedy guaranteed to entertain all ages! Age 2+ need a ticket. Participants supply their own transportation.

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

Date: Sat, April 12

Fee: \$27, Resident \$22 (lower level reserved)

Time: 7:00 PM

Code: 12550

Register by March 28

This program is run in cooperation with the cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals. A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate.



Basketball Skills Camp

Ages 9-12

Basketball Skills Camp is held at Wesley Park and will focus on basic and intermediate basketball fundamentals. Through skill development and practice, participants should gain more confidence on the basketball court.

Site: Wesley Park

Date: Wed, June 11-July 23 (No July 2)

Time: 9:00-10:15 AM

Fee: \$38, Resident \$32

Code: 12735



Sand Volleyball

Ages 9-12

Youth volleyball is one of the fastest growing youth sports in the U.S. We have two great sand volleyball courts at Brookview and we're forming a league. Participants develop skills and play games. Format will depend on number of registrants.

Site: Brookview Park

Date: Tue/Thu, June 10-July 17 (No July 3)

Time: 9:00-10:15 AM

Fee: \$36, Resident \$30

Code: 12734

youth activities continued



Visit our website at
www.skyhawks.com for more details.

skyhawks youth sports

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. All participants receive a t-shirt and merit award!

Participants must bring:

Two snacks, sunscreen, appropriate clothing, water bottle.

Multi Sport Camp *Ages 4-7*

This multi-sport program gives children a positive first step into athletics. T-ball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

Site: Lions Park **Fee:** \$109
Date: Mon-Fri, July 21-25 **Code:** 12624
Time: 9:00 AM-12:00 PM

Basketball Camp *Ages 6-12*

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility.

Site: Davis Community Center **Fee:** \$109
Date: Mon-Fri, July 14-18 **Code:** 12622
Time: 1:00-4:00 PM

Golf Camp *Ages 5-8*

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. This camp will focus on the fundamentals of form, chipping, putting, driving and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided. We keep the instructor-to-camper ratio for this program very low, resulting in limited availability.

Site: Lions Park **Fee:** \$109
Date: Mon-Fri, July 28-Aug 1 **Code:** 12620
Time: 9:00 AM-12:00 PM

Flag Football Camp *Ages 6-12*

Flag football is the perfect introduction to "america's game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the skyhawks super bowl, giving participants a chance to showcase their skills on the gridiron!

Site: Lions Park **Fee:** \$109
Date: Mon-Fri, Aug 11-15 **Code:** 12621
Time: 9:00 AM-12:00 PM



First Steps in Music Land

Ages 18 mo-5 with an Adult

Basic musical concepts through a variety of fun activities. Parents and children will dance, sing and play while learning rhythm and fine and gross motor coordination. Instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center

Time: 2:30-3:15 PM

Fee: \$54, *Resident \$49

Date: Tue, April 8-May 13

Code: 12738

Date: Tue, June 3-July 15 (No July 1)

Code: 12739

Date: Tue, July 22-Aug 26

Code: 12740

Piano for Little Mozarts

Ages 4-6

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven and other composers. The first piano book will be available for purchase for \$8 at the first class. Limit 1 student. Class instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center

Time: 2:00-2:30 PM

Fee: \$80, *Resident \$72

Date: Tue, April 8-May 13

Code: 12741

Date: Tue, June 3-July 15 (No July 1)

Code: 12742

Date: Tue, July 22-Aug 26

Code: 12743

Private Piano Lessons

Ages 7+

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

TO REGISTER: Call 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register over the phone with Visa or MasterCard.

INSTRUCTED BY MILA MARON

Site: Brookview Community Center

Available Times: 3:30-9:00 PM

Date: Mon, March 31-May 19

Fee: \$188, *Res \$178 (includes recital fee)

Recital: May 31 & June 1 in Maple Grove

Code: 12525

Date: Wed, April 9-May 28

Fee: \$188, *Res \$178 (includes recital fee)

Recital: May 31 & June 1 in Maple Grove

Code: 12524

Date: Mon, June 2-Aug 18 (No June 30)

Fee: \$241, *Res \$231

Code: 12746

Date: Wed, June 4-Aug 20 (No July 2)

Fee: \$241, *Res \$231

Code: 12744

INSTRUCTED BY JULIE PRUSE

Site: Brookview Community Center

Available Times: 3:30-9:00 PM

Date: Tue, April 8-May 27

Fee: \$188, *Res \$178 (includes recital fee)

Recital: May 31 & June 1 in Maple Grove

Code: 12526

Date: Tue, June 3-Aug 19 (No July 1)

Fee: \$241, *Res \$231

Code: 12745



youth activities continued

Junior Fall Soccer Grades K-1

Participants are organized on randomly selected teams of 12. Program is played on soccer fields at Hampshire Park, which are 20' x 40' with very small goals. Each meeting is one hour with 15 minutes of skills and drills and 45 minutes of game play. Volunteer coaches organize the skills and drills and officiate the games. All participants play equal amounts of time and standings are not kept. Game and practice schedules will be distributed at the first practice. Each team requires two volunteer coaches. Games and practices cancelled due to inclement weather will not be rescheduled.

Participants must provide required equipment: Shin guards and the reversible Golden Valley soccer jersey (purchase at the Recreation office).

Site: Hampshire Park

Date: Sat, Sept 6-Oct 11

Time: 12:00 or 1:00 PM

(vary each week depending on schedule)

Fee: \$41, Resident \$35, Shirt \$14

Code: 12747

Register by August 2.

VOLUNTEER COACHES ARE NEEDED FOR THE SUCCESS OF OUR SOCCER PROGRAMS!

If a coach is not found for a team, the program will be cancelled and refunds will be issued. Please call today to be a volunteer coach!

YOUTH SOCCER REFEREES ALSO NEEDED! Must be 15 years old. Call for more information. To be a volunteer coach or referee, please call the Recreation office today at 763-512-2345.

Youth Co-Rec Fall Soccer Grades 2-5

This program provides a positive sports experience for all participants. Focus will be on skill development, sportsmanship, team concept, parent involvement, and most importantly, fun for all participants. Games will be played in Golden Valley, Crystal, and Robbinsdale. Players must sign-up for the grade they will be in Fall 2014. Teams are formed randomly. REQUESTS FOR FRIENDS OR COACHES ARE NOT ACCEPTED. Coaches will be assigned with his/her child. Each team requires at least one volunteer coaches.

Participants must provide required equipment: Shin guards and the reversible Golden Valley soccer jersey (purchase at the Recreation office).

PRACTICES

Weeknight evening practices begin the week of August 18. Day/time determined by the volunteer coach.

GAMES

Held on Saturday mornings and/or early afternoons, with possible weeknight games and played in Golden Valley, Crystal, and Robbinsdale. Schedules distributed at the first practice.

Game Sites: Golden Valley, Crystal, and Robbinsdale.

Game Dates: Sat, Sept 6-Oct 11

Game Times: Morning and/or early PM

Fee: \$41, Resident \$35, Shirt \$14

Register by: August 1

Code Gr 2-3: 12748 **Code Gr 4-5:** 12749

Register by August 2.

Northwest Suburban Fall Soccer Grades 6-8

This fall league is sponsored by the cities of Golden Valley, Crystal, New Hope, Robbinsdale Plymouth and Maple Grove. Practices are held in the home community. **NOTE:** If either division doesn't have at least 60 participants, the format will change from a full size field program to a 6 vs. 6 junior field program with 7 to 10 participants per team.

PRACTICES

Begin the week of August 18 and are held in the home community. Location, day and time determined by the volunteer coach.

GAMES

Held on Saturdays, beginning September 6 with a possible weeknight game later in the season. Games will be held in all participating communities.

Site: Golden Valley, Crystal, New Hope, Robbinsdale, Maple Grove

Game Dates: Sat, Sept 6-Mid October

Game Times: Late morning and/or early afternoon

Fee: \$41, Resident \$35

Code Boys: 12750

Code Girls: 12751

**Register by
August 2.**



adaptive recreation programs

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

952-988-4177

www.reachforresources.org



INCLUSION SUPPORT REACH For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department. After registering, contact REACH to discuss the needs/accommodations for yourself or your child. *We request a minimum of two weeks notice for a successful inclusion.*

YOUTH

- Family Yoga
- Bowling
- Sports Sampler
- Move with Me

TEENS

- Teen Explorers
- Bowling
- Social Seekers
- Softball

ADULTS

- Bowling
- Club West
- Yoga
- Zumba
- The Health Club
- Walking Club
- Softball

SPECIAL EVENTS

- Friday Evening Dances
(March 21, April 18, May 2 & 16, June 20, July 18, August 15)
- Weekend Ventures
Fun weekend getaways in March and June
- Bowl-a-Thon – April 19

youth athletic associations

Golden Valley Little League Baseball

Boys & Girls age 6-12

Pat Dale, 763-593-9077

gvdales@comcast.net

www.goldenvalleylittleleague.org

Golden Valley Phoenix Soccer Club

Boys & Girls age 9-18

763-544-9829

www.gvphoenixsoccer.org

Girls Slowpitch Softball

Girls grade 3-12

Andy Bukowski, 763-593-3870

www.gvgs.org

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-12

cooperarmstrongfastpitch@gmail.com

www.cooperarmstrongfastpitch.org

Cooper/Armstrong Baseball

Boys age 12-19

Dale Bierke, 763-614-9821

www.acybaseball.com



TWIN CITY TENNIS CAMPS

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

REGISTER NOW through Twin City Tennis Camps!

TwinCityTennisCamps.com 612-600-2460

Quick Start

Ages 4-12

Learn basic stroke mechanics through coach-supervised and child-led techniques. No more standing in line waiting for a ball from the coach. Our coaching formula engages every child continuously in every activity. We will encourage children to take gradual steps towards improving fundamental skills.

SPRING CAMPS

Date: Wed, April 30-June 4
Time: 6-8 PM
Site: Brookview **Fee:** \$135

Date: Sat, April 26-June 7
Time: 10 AM-12 PM
Site: Brookview **Fee:** \$135

SUMMER CAMPS

Date: Mon-Fri, June 9-Aug 29
Times: 9 AM-12 PM or 1-3 PM
Site: Lions **Fee:** \$115-\$1,095

Date: Wed, June 11-Aug 27
Time: 6-8 PM
Site: Lions **Fee:** \$115-\$195

Date: Sat, June 14-Aug 23
Time: 10 AM-12 PM
Site: Lions **Fee:** \$115-\$195

Junior Development

Ages 5-15

Our goal is to have every child rallying across the net, learning the scoring system, and participate in cooperative or competitive match play within their first week at camp. We emphasize learning and improving all of the major technical tennis strokes. Each day will focus on one specific stroke. Participants will have also time to experience off court activities including sand volleyball, water games and more. Child to Coach ratio is 6:1.

SPRING CAMPS

Date: Mon-Fri, April 28-June 6
Time: 4-6 PM
Site: Lions **Fee:** \$125-\$405

Date: Sat & Sun, April 26-June 8
Time: 1-5 PM
Site: Brookview **Fee:** \$190-\$325

SUMMER CAMPS

Date: Mon-Fri, June 9-Aug 29
Times: 9AM-12 PM 11 AM-4 PM
 9 AM-4 PM 1-4 PM
Site: Brookview
Fee: \$135-\$1,695

High Performance

Ages 10-18

This camp will have every player competing in singles and doubles match play, while improving strategy and execution, building character and mental toughness, increasing agility, power and speed through physical fitness conditioning and technical development. Focus on stroke consistency, court positioning and strategy for competitions. Each day will incorporate daily fitness training and stretching, and other off court activities.

SPRING CAMPS

Date: Mon-Fri, April 28-June 6
Time: 4:00-6:00 PM
Site: Wesley **Fee:** \$125-\$405

Date: Sat & Sun, April 26-June 8
Time: 1:00-5:00 PM
Site: Brookview **Fee:** \$190-\$325

SUMMER CAMPS

Date: Mon-Fri, June 9-Aug 29
Times: 8AM-12 PM 1-6 PM
 8 AM-6 PM 3-6 PM
Site: Brookview or Wesley
Fee: \$180-\$1,795



Junior Team Tennis Leagues

JUNIOR TEAM TENNIS NOVICE LEAGUE

For Junior Development and Junior Varsity players.

Date: Mon/Wed/Fri, June 16- Aug 29
Time: 1-3 PM
Site: Wesley
Fee: \$200

JUNIOR TEAM TENNIS USTA LEAGUE

For High Performance, Intermediate and Advanced players. For 12U, 14U & 18U Intermediate and 14 U & 18U Advanced.

Date: Mon/Wed or Tue/Thu, June 16-Aug 29
Time: 1-3 PM
Site: Wesley
Fee: \$200





ADULT TENNIS PROGRAMS

Basics & Beyond

USTA Level 1.0-3.0

For the beginner-intermediate level player. Emphasis will be on strokes, rallying and serving.

Site: Brookview

Time: 6-8 PM **Fee:** \$120-\$205

WEDNESDAYS

Date: Apr 30-Aug 27

Date: Jun 11-Aug 27

Skills & Cardio Tennis

USTA Level 2.0-3.5

For beginner-intermediate level players. Practice stroke development and cardio fitness.

Site: Brookview

Time: 6-8 PM **Fee:** \$120-\$360

TUESDAYS OR THURSDAYS

Date: Apr 29-Jun 5

Date: Jun 10-Aug 28

TUESDAY & THURSDAY

Date: Jun 10-Aug 28



Skills & Strategy Drill

USTA Level 3.0-4.0

For the intermediate-advanced level player. Develop skills and strategy for competitive play.

Site: Brookview

Time: 1-3 PM **Fee:** \$120-\$360

TUESDAY & THURSDAY

Date: Apr 29-Jun 5

Date: Jun 10-Aug 28

TUESDAY-FRIDAY (1-DAY ONLY)

Date: Apr 29-Jun 6

Date: Jun 10-Aug 29

WEDNESDAY & FRIDAY

Date: Apr 30-Jun 6

Date: Jun 11-Aug 29

Advanced Warrior Workout Drills

USTA Level 4.0-5.0

USTA league players will work on advanced strokes, doubles strategy and technique.

Site: Brookview

Time: 6-8 PM **Fee:** \$120-\$205

MONDAYS

Date: Apr 28-Jun 2

Date: Jun 9-Aug 25

Private & Semi-Private Tennis Lessons

All Ages welcome!

Private lessons are one-on-one instruction with either a USPTA certified Head Professional or Assistant Professional. Semi-private lessons will be with 2, 3 or 4 students per instructor. All lessons will be scheduled and arranged with Tennis Director, Daniel Nabedrick. Please call today to make an appointment!

PRIVATE	Head Pro	Asst Pro
1 hour	\$80	\$55
5 lesson	\$350	\$250
10 lessons	\$700	\$500

SEMI-PRIVATE

1 hour	\$90	\$60
5 lessons	\$400	\$275
10 lessons	\$800	\$550



NOTE: All prices listed include the early bird discount. After the early bird date, prices increase by 10%.

ARE YOU SIGNED UP YET?

REGISTER NOW!

Early Bird deadlines:
 Spring Sessions - April 1
 Summer Sessions - May 1

TwinCityTennisCamps.com
 Call 612-600-2460
 Director of Tennis - Daniel Nabedrick



cooperative programs & events



The following programs are offered in cooperation with the Cities of Crystal, Robbinsdale and New Hope. The resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents.

QUESTIONS:

Please contact the class location for specific questions.

REGISTRATION:

Registration will be taken through Golden Valley Park & Recreation by calling 763-512-2345.

Crystal 763-531-0052 • New Hope 763-531-5151 • Robbinsdale 763-531-1278 • Golden Valley 763-512-2345

ART PLAY MINI CAMP

Age 3-6
Thu-Fri, March 27-28, 10:00 AM-12:00 PM
Crystal Community Center
\$46, *Resident \$39, Register by Mar 19
Code: 12767

BUNNY PLATE

Age 2-6 with Adult
Thursday, April 3, 9:30-11:00 AM
Crystal Community Center
\$27, *Resident \$20, Register by Mar 24
Code: 12768

SPRING ARCHERY

Age 8-14
Tuesday, April 8-29, 6:00-7:30 PM
Robbinsdale Community Gyms
\$72, *Resident \$65
Code: 12783

GOT GOO? ART CLASS

Age 4-6
Saturday, April 12, 9:30 AM-12:00 PM
Crystal Community Center
\$31, *Resident \$24, Register by April 3
Code: 12769

DREAM ROOM ART CLASS

Age 5-12
Saturday, April 12, 1:30-4:00 PM
Crystal Community Center
\$31, *Resident \$24, Register by April 3
Code: 12770

MOTHER'S DAY VASE

Age 7-12
Saturday, April 26, 9:30-11:00 AM
Crystal Community Center
\$34, *Resident \$27, Register by April 17
Code: 12771

FATHER'S DAY PLATE

Age 2-6 with Adult
Tuesday, May 20, 9:30-11:00 AM
Crystal Community Center
\$29, *Resident \$22, Register by May 9
Code: 12772

SUMMER ARCHERY

Age 8-14
Friday, June 6-27, 9:00-11:00 AM
Friday, July 11-Aug 1, 9:00-11:00 AM
Robbinsdale Community Gyms
\$83, *Resident \$76
Code: 12784

OUTDOOR SKILLS & THRILLS! TRIBUTE TRAINING

Age 9-14
Monday, June 9, 9:00-11:00 AM
French Regional Park, Plymouth
\$19, *Resident \$12
Code: 12785

VIDEO GAME CREATION

Age 6-9
Mon-Wed, June 9-11, 9:00 AM-12:00 PM
Crystal Community Center
\$99, *Resident \$92, Register by May 30
Code: 12773

VIDEO GAME DESIGN

Age 10-14
Mon-Wed, June 9-11, 1:00-4:00 PM
Crystal Community Center
\$99, *Resident \$92, Register by May 30
Code: 12774

GARDEN DETECTIVES

Age 4-7 with Adult
Wed, June 11-July 2, 6:00-7:00 PM
Triangle Park, Robbinsdale
\$27, *Resident \$20, Register by June 4
Code: 12789



VEHICLE FAIR at CRYSTAL COMMUNITY CENTER



Saturday, May 7 • 10:00 AM-12:00 PM

**OUTDOOR SKILLS & THRILLS!
KAYAKING**

Age 9-14
Wednesday, June 11, 9:00-11:00 AM
French Regional Park, Plymouth
\$19, *Resident \$12
Code: 12786

PINKALICIOUS ART CAMP

Age 3-6
Thu-Fri, June 12-13, 10:00 AM-12:00 PM
Crystal Community Center
\$47, *Resident \$40, Register by June 4
Code: 12775

LEGO MANIA ART CAMP

Age 4-9
Thu-Fri, June 12-13, 1:00-3:00 PM
Crystal Community Center
\$47, *Resident \$40, Register by June 4
Code: 12776

4TH OF JULY CRAFTS

Age 5-12
Thursday, June 26, 9:00-11:30 AM
Crystal Community Center
\$31, *Resident \$24, Register by June 18
Code: 12777

LET'S GO CAMPING

Age 4-6
Wednesday, July 2, 9:00-10:30 AM
French Regional Park, Plymouth
\$11, Register by June 4
Code: 12790

CAMP COOKING BASICS

Age 7-10
Wednesday, July 2, 11:00 AM-12:30 PM
French Regional Park, Plymouth
\$11, Register by June 4
Code: 12791

**CHILDREN'S MUSEUM-TO-GO
DINO DIG**

Age 5-10
Tuesday, July 8
9:30-10:30 AM - Ages 5-7 Code: 12792
10:30-11:30 AM - Ages 8-10 Code: 12793
Robbinsdale Police & Fire (41st & Hubbard)
\$18, Register by June 4

**FAMILY GEOCACHING
FOR S'MORES**

Thursday, July 10, 6:30-8:30 PM
Sochacki Park, Robbinsdale
\$25, *Resident \$18
Code: 12794

FLIP FLOP BEACH PLATE

Age 2-6 with Adult
Thursday, July 17, 9:30-11:00 AM
Crystal Community Center
\$29, *Resident \$22, Register by July 7
Code: 12780

MINECRAFTING: SURVIVAL BASICS

Age 7-12
Mon-Tue, Aug 11-12, 9:00 AM-3:00 PM
Crystal Community Center
\$129, *Resident \$122, Register by Aug 1
Code: 12779

**OUTDOOR SKILLS & THRILLS!
STAND-UP PADDLE BOARDING
& SLACKLINING**

Age 9-14
Monday, August 11, 9:00-11:00 AM
Fish Lake Regional Park, Maple Grove
\$25, *Resident \$18
Code: 12787

ANIMAL MUGS

Age 7-12
Wednesday, August 13, 9:30-11:00 AM
Crystal Community Center
\$28, *Resident \$20, Register by Aug 8
Code: 12781

**OUTDOOR SKILLS & THRILLS!
FISHING & LOG ROLLING**

Age 9-14
Wednesday, August 13, 9:00-11:00 AM
Fish Lake Regional Park, Maple Grove
\$23, *Resident \$16
Code: 12788

PIRATES & MERMAIDS ART CAMP

Age 3-6
Mon-Tue, Aug 25-26, 10:00 AM-12:00 PM
Crystal Community Center
\$47, *Resident \$40, Register by Aug 15
Code: 12782

**HOW TO DRAW CARTOONS
ART CAMP**

Age 5-12
Mon-Tue, Aug 25-26, 1:00-3:00 PM
Crystal Community Center
\$47, *Resident \$40, Register by Aug 15
Code: 12778

Aquatics in Neighboring Communities

Residents of Golden Valley may purchase a season pass to the outdoor family aquatic center in St. Louis Park at the St. Louis Park resident rate. The aquatic center is located at 5005 W. 36th Street. Call St. Louis Park at 952-924-2540 for more information.

Learn To Swim Programs are available through:

City of Crystal 763-531-0052
City of New Hope 763-531-5100
City of St. Louis Park 952-924-2540

Hopkins Comm Ed 952-988-4066
Robbinsdale Comm Ed 763-504-4910



adult activities

Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center

Date: Tue, April 8-May 27

Time: 11:00 AM-12:00 PM

Fee: \$61, Resident \$56

Code: 12752

Pilates - Inspired Workout with Annette

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

Site: Brookview Community Center

Date: Mon, April 7-May 19

Time: 6:00-7:00 PM

Fee: \$61, Resident \$56

Code: 12753



Yoga Flow with Laura

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

Site: Brookview Community Center

Time: 5:30-6:40 PM

Date: Tue, April 8-June 10 (No April 29)

Fee: \$96, Resident \$90

Code: 12754

Date: Thu, April 10-June 5

Fee: \$96, Resident \$90

Code: 12757

Date: Tue, July 8-Aug 19

Fee: \$76, Resident \$70

Code: 12755

Spring Meditation

Meditation is an effective tool for managing stress and for experiencing more joy and satisfaction in your life. Welcome the budding of Spring with this hour of relaxation and guided meditation. You'll leave the workshop with a solid knowledge of meditation and take home practical techniques for meditating. Wear comfy clothes. You have the choice of sitting in your chair or lying on the floor (bring a blanket or mat for this option) for the meditation. Do a little Spring cleaning for your body, heart and mind... join us! Instructed by Laura Lazowski.

Site: Brookview Community Center

Date: Sat, April 26

Time: 9:30-10:30 AM

Fee: \$16, Resident \$10

Code: 12758

Power Yoga Flow with Laura

Similar to the Yoga Flow class (see description), with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, however, beginners are welcomed to do modified poses for their level of comfort. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. Bring a sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.

Site: Brookview Community Center

Time: 6:45-8:15 PM

Date: Tue, April 8-June 10 (No April 29)

Fee: \$114, Resident \$108

Code: 12759

Date: Tue, July 8-Aug 19

Fee: \$90, Resident \$84

Code: 12760



Mixed Level Belly Dancing

Whether you want to try belly dance or want to expand your experience in belly dance, come to the mixed level belly dance class. We will be learning and reviewing basic steps and movements, and put them into combinations. Advanced level students will be challenged with layering movements. Wear loose comfortable clothing. Hip scarfs are not required but they are fun to wear. Class taught by Tatyana Butkova. **Resident applies to Golden Valley, New Hope & Robbinsdale.*

Site: Brookview Comm Center
Date: Mon, May 5-June 23 & Thu, May 22 (No May 26)
Time: 7:15-8:45 PM
Fee: \$85, *Resident \$80
Code: 12763

Adult Co-Rec Sand Volleyball League



NEW league begins in 2014! Enjoy Minnesota summer evenings in the park with sand under your toes in our first recreational co-rec volleyball league. Teams of 6 will be scheduled to play at 6:15 and 7:15 PM. Fee includes sand volleyball and one official. Teams may have up to 12 players on a roster. For rules and registration information, please visit the city website or contact the Park and Recreation Office. Limit of 8 teams. **Resident teams must have at least half of their roster live or work in Golden Valley.*

Site: Brookview Park
Date: Tue, May 20-July 29 (No July 1)
Time: 6:15 PM or 7:15 PM
Fee: \$220, *Resident \$200

Beginning Pickleball Clinic

Pickleball is one of the fastest growing games in the country that many people have never played. We will teach you about the game of pickleball and show you how to play during this fun, non-competitive event. We will supply nets, balls, paddles, and refreshments. No experience needed! **Resident applies to Golden Valley, Crystal, New Hope and Robbinsdale.*

Site: Davis Community Center
Date: Sat, March 22
Time: Kids & Families - 1:00-2:30 PM
 Adults - 2:30-4:00 PM
Fee: Single - \$5, *Resident \$3
 Family - \$10, *Resident \$6
Code: 12764

Spring Softball Warm Up

NEW!! Men's Class C/D teams will get a chance to get on the field prior to the summer season. Teams will be scheduled to play double headers, for a total of 4 games. This is a non-competitive program. Standings are not kept. Program will follow USSSA and Golden Valley house rules. Teams are not required to participate in a Golden Valley league to play in the Warm Up. Min 4, max 8 per league. Teams will receive schedules the week of April 14. **Register by April 4.**

Site: Schaper Park
Start Times: 6:00, 7:05, 8:10 or 9:15 PM
Fee: \$180, Resident \$130

LEAGUE A

Dates: Mon, April 21 & Wed, April 23
Code: 12569

LEAGUE B

Dates: Tue, April 22 & Thu, April 24
Code: 12570



Tae Kwon Do All Ages welcome!

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

Site: Davis Community Center **Fee:** \$64, *Resident \$59

BEGINNER

Time: 6:15-7:00 PM
Date: Tue, April 1-May 6 **Code:** 12653
Date: Tue, May 20-June 24 **Code:** 12651
Date: Tue, July 8-Aug 12 **Code:** 12654

ADVANCED

Time: 7:00-7:45 PM
Date: Tue, April 1-May 6 **Code:** 12650
Date: Tue, May 20-June 24 **Code:** 12652
Date: Tue, July 8-Aug 12 **Code:** 12655

adult activities continued

Nordic Walking for Fun & Fitness

Enjoy the out-of-doors and walking by adding Nordic Walking to your routine. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10 – 15% more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effect. The result is a fun and easy full-body workout. Wear comfortable clothing and good walking shoes. Program postponed for inclement weather.

Site: Brookview Community Center

Time: 6:00-7:00 PM

Fee: \$18 includes poles

Date: Thu, May 22 & 29

Date: Mon, June 9 & 16

Code: 12761

Code: 12762

Nordic Walking Demo

Brookview Park - Large Shelter

Monday, May 12

6:00-6:45 PM

Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking. Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Try this FREE demo, then sign up for a class in May or June. Poles provided. Come and see what it's all about!



Tai Chi for Health & Arthritis

These Tai Chi classes are taught by Certified Instructor Marie Mathay. Wear comfy clothes.

BASIC

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

Site: Brookview Community Center

Date: Tue, April 15-May 27

Time: 8:30-9:40 AM

Fee: \$51, Resident \$45

Code: 12452

MOVING ON

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

Site: Brookview Community Center

Date: Tue, April 15-May 27

Fee: \$51, Resident \$45

Time: 9:45-10:45 AM

Code: 12458

ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

Site: Brookview Community Center

Date: Thu, April 17-May 29

Fee: \$41, Resident \$35

Time: 9:00-10:00 AM

Code: 12585

Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Limit of 10 students.

Site: Brookview Community Center

Date: Wed, April 16-May 21

Time: 6:30-8:30 PM

Fee: \$60, Resident \$55

Code: 12567



**TAICHI
SUMMER SPECIAL**

8 for the price of 7
All ability levels welcome!

Brookview Comm Center
Tue, June 17-Aug 12
9:00-10:00 AM
\$51, Resident \$45
Code: 12583

athletic courts

Tennis Courts

Interested in playing tennis but unsure where to play? Check out the city website for tennis court locations as well as court availability. If a court is being used due to a rental or program, the schedule will be posted ahead of time.

TENNIS COURT LIGHTS

Courts with lights have push button timers. If you would like to turn on the lights, simply push the button and the lights will stay on until 10:00 PM. Lights automatically go off at 10:00 PM.

TENNIS ETIQUETTE

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

TENNIS COURT RENTAL

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

Public Tennis Courts		
Locations	Courts	Lighted
Brookview Hwy 55 & Winnetka	6	4
Gearty Regent & Triton	1	1
Glenview Park Zenith & Manor	2	2
Lions Park Harold & Louisiana	2	-
Medley Park Ensign & 23rd	3	3
Scheid Park Duluth & Toledo	2	2
Seeman Park Hampshire & Phoenix	2	-
Wesley Park Wesley Dr & Orkla	3	3
Wildwood Park Duluth & Pennsylvania	2	-

Pickleball Courts

CALLING ALL PICKLEBALL LOVERS! The City of Golden Valley has 2 outdoor pickleball courts for use at Wildwood Park has pickleball lines painted on the court as well as nets available. Nets, balls, and paddles are located in the court box in the park and can be accessed by checking out a key from the Park and Recreation office. Key deposits are \$25. Stop in and check one out today!



Davis Community Center Adult Open Gyms

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

Davis Community Center will be closed June 30-July 13 due to maintenance. All programs and activities will be cancelled during this time.

Date: Weekly through August 30 Fee: \$28/10-time punch pass or \$4/daily drop-in

THROUGH THE WEEK OF MAY 23

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

WEEKS OF MAY 27-AUGUST 30

Day	Activity	Time
Sunday	Pickleball Drop-in	3:00-5:00 PM
Monday	Basketball 35+	8:00-10:00 PM
Tuesday	Volleyball 18+	8:00-10:00 PM
Thursday	Youth (age 8-17) Open Basketball	8:00-10:00 PM
Thursday	Volleyball 18+	8:00-10:00 PM
Saturday	Basketball 18+	8:00-10:00 AM
Saturday	Family Gym Time/Shoot Some Buckets	10:00 AM-12:00 PM

senior activities



Phone: 763-512-2339

Fax: 763-512-2344

www.goldenvalleymn.gov/recreation/seniors

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, register for events, trips and other activities. All programs are held at Brookview unless otherwise noted.

Other locations include:

- Calvary Center Cooperative (7600 Golden Valley Rd)
- Calvary Lutheran Church (7520 Golden Valley Rd)
- Crystal Community Center (4800 N. Douglas Dr)
- Dover Hills (2400 Rhode Island Ave N)
- Golden Valley City Hall (7800 Golden Valley Rd)
- Golden Valley Library (830 Winnetka Ave N)

2014 Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation is good for January-December 2014 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset costs for the senior program. Support your senior program by donating today!

Donation: \$8, Resident \$5 Code: 12399

Thanks For Your Support!

Blood Pressure Screening

FREE service provided on by a certified nurse from the Ambassador Good Samaritan Center.

Site: Brookview Community Center

Date: Wed, March 26, April 23, May 28, June 25, July 23, Aug 27

Time: 11:00-11:30 AM



Confused about Medicare?

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

Site: Brookview Community Center

Date: Thursday, March 13, April 10, May 8, June 12, July 10, Aug 14

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

Tax Assistance 2014

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with simple and uncomplicated income taxes. Tax forms are filed electronically. Service provided by volunteers from AARP programs. Please bring the following records and information:

- New 2013 tax form booklets
- Copy of 2012 tax returns and claim for property tax refund
- All documents and information concerning 2013 income, adjustments, deductions, credits and payments
- 2013 property tax statement or Certificate of Rent Paid Card with mailing label, if you received one from either Minnesota Department of Revenue or IRS

Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers.

Site: Golden Valley Library (830 Winnetka Ave N)

Date: Thursdays, through April 10

Time: 9:30 AM-1:30 PM

Registration taken the day of the service on a first-come, first-served basis starting at 9:00 AM.



Senior Par 3 League Kick-off

Kick-off the 2014 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office.

Site: Brookview Comm Center

Date: Thursday, April 17

Time: 10:30 AM



Senior Spring Forum

The 2014 theme is "Why Should Kids Have All the Fun?" Bobby Jensen from KARE 11 is the featured speaker. Visit over 75 informational booths on aging. Coffee and treats provided. This helpful and informative event is for adults 55+ and their family members. Doors open at 8:00 AM. Pre-registration recommended, call 763-503-2520 or email info@nwwhsc.org. Sponsored by Northwest Hennepin Human Services Council and the Senior Leadership Committee.

Site: Brooklyn Park Community Center (5600 85th Ave N)

Date: Wed, April 23

Time: 8:30 AM-12:00 PM

Fee: FREE

Pedal Pushers Kick-off

Join Nancy, our fearless leader, as we plan our 2014 Pedal Pusher season. Nancy will show slides of her and Keith's fall adventure. The "Pedal Pushers" t-shirt will be available for purchase. Register by calling the senior office.

Site: Brookview Community Center

Date: Thursday, May 1

Time: 10:00 AM

Fee: Donation accepted for refreshments
Register by: April 29

Minnesota State Band Concert

The Minnesota State Band is the Official Band of the State of Minnesota and has been in existence for 115 years (since 1898). The 50+ member band is the only remaining State Band in the United States. While at one time they received funding from the State of Minnesota, the band is now operated as a non-profit with an all-volunteer membership. The Band has represented the State of Minnesota on six International Goodwill Tours since 1986.

Site: Crystal Community Center

Date: Wednesday, May 7

Time: 7:30 PM

Fee: FREE

Bowling Tournament

It's our annual bowling tournament hosted by Texa-Tonka Lanes. Fee includes three games, shoes, ball, coffee, cookies and prizes. No pre-registration required.

Site: Texa-Tonka Lanes

(8200 Minnetonka Blvd, St. Louis Park)

Date: Tuesday, May 13

Time: 12:30 PM

Fee: \$5 payable at Texa-Tonka

Senior National Health & Fitness Day

Join us at the YMCA in New Hope for a sampling of classes just for Seniors. Several insurance carriers promote healthy living through the Silver Sneakers and Silver & Fit with reduced and reimbursed membership fees. Check out the May senior newsletter for times and events.

Site: YMCA - New Hope (7601 42nd Ave N)

Date: Wednesday, May 28

Mondays with Mary

Join Mary on Mondays at 9:30 AM to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee. You bring your time and talent. As we say, "The more the Mary-ier." **No meeting on May 26 & Sept 1.**

Happy Feet Foot Care Clinic

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

Site: Brookview Community Center

Date: Every Friday

Time: 1:00-2:30 PM

Fee: \$34, pay to Happy Feet day of service



senior activities continued

Remember When...? with Jan

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

Site: Dover Hill Apartments (2400 Rhode Island Ave N - Community Room)

Time: 1:00-2:30 PM

Thursday, March 27

Remembering Favorite Magazines

Thursday, April 24

Remembering Covered Bridges

Thursday, May 22

Remembering Our Grade School Days

Thursday, June 26

Remembering Birthdays

Thursday, July 24

Remembering Kitchens of the Past

Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there! All groups meet at Brookview Community Center.

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Tuesdays	6:30 PM
500	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Contract Bridge	Thursdays	6:30 PM
Contract Bridge	Fridays	9:00 AM

Pedal Pushers

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 AM and then bike 6-12 miles, stopping along the way for short breaks, to enjoy the scenery and each other. All riding levels are welcome. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to be placed on the mailing list to receive meeting locations and directions.



Senior Golf Leagues

SENIOR PAR 3 LEAGUE

Men and Women, age 55+, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season will be from May 1-Sept 11. \$5 league fee is collected at the kick-off meeting on April 17. See more information in the golf section on page 41.

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview. \$15 league registration is due before your first week of play. NOTE: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, April 29-August 26. See more information in the golf section on page 41 or call 763-512-2305.

Coffee Talk

Join us for juice, treats, informative programs and, of course, coffee!

Call the senior office to register in advance so there's treats and coffee for everyone.



Site: Brookview Community Center

Time: 9:45-11:15 AM

Fee: \$2, pay at door

Wednesday, April 23

No Coffee Talk - See you at the Senior Forum in Brooklyn Park (see page 30).

Wednesday, May 28

Finding Foxholes

Local author, Faye Berger, will speak about her new book Finding Foxholes, a WWII Infantry Route, Then...and 48 Years Later. The framework for the book is Faye's trip retracing the infantry route of Faye's dad, PFC Russel E. Albrecht of Morgan, Minnesota, fighting on the front lines across Europe 1944-1945. Wounded twice and hospitalized for pneumonia, bronchitis and pleurisy, he was awarded the Bronze Star. Co-sponsored by the Golden Valley Friends of the Library. Register by May 27 at 12:00 PM.

Wednesday, June 25

Picturesque China

Phenix is back! Join us as she takes us on a journey of her beloved China. Beautiful pictures and wonderful stories – you'll leave with a new perspective of her country. Presented by Phenix Yu. Register by June 23.

Wednesday, July 23

Lawn Bowling - What's It All About?

Look out the windows of the senior room and you'll see the newest addition to Brookview –six lawn bowling courts. Similar to bocce ball, the game can be played by all ages. Learn about the sport and try playing the game! Presented by Brookview staff. Register by July 21.

Living Well & Wise

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.

Site: Calvary Center Cooperative
(7600 Golden Valley Road)

Time: 1:00-2:30 PM



Thursday, April 3 Eating Sensibly

Eating well is an essential part of a healthy life, and the older you get, the more important it becomes to make good food choices. It helps keep your body strong, your mind sharp, and your energy level up. Learn the types of healthy foods that should always be on your shopping list. Presented by Karen Palmer, RD,LD, CDE, North Memorial Nutrition Educator.

Thursday, May 1 No meeting scheduled.

Thursday, June 5 Keep Smiling

Did you know that your diet, medications and their side effects can affect your oral health? Learn about oral hygiene needs and changes as you age plus some easy to do tips to keep that mouth healthy and smiling. Presented by Nancy Hamson, RDH, Bassett Creek Dental.

Thursday, July 3 Ten Strategies for Healthy Living

Learn ten easy ways for healthier living including: Strategies for healthy weight, alternative food choices, the "E" word (exercise), simple and fun strength training and how attitude affects your health. Presented by Cynthia Hedberg, Good Samaritan Society Home Care.

Thursday, August 7 Osteoarthritis

Learn about the most common form of arthritis that affects 27 million Americans. Understand the symptoms of osteoarthritis and how it's diagnosed, the risk factors and causes, how osteoarthritis can affect you, and how pain can be treated and managed. Presented by The Arthritis Foundation.

Thursday, September 4 This Aging Body of Mine

The musculoskeletal system incorporates bones, muscles, and connective tissue (your ligaments, tendons, and fascia). Collectively these body parts provide the framework for your body, create your movements, and dictate your degree of flexibility. Learn, as we age, how our system changes. Presented by Alanna Walsh, RN, BSN, Guava Health Care.

Money Matters

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

Site: Brookview Community Center **Time:** 10:00-11:15 AM

Thursday, April 17

Managing Your Taxes: Use the Opportunities in Current Tax Laws

During this presentation, you'll learn ways to: Manage the amount you pay to the government in taxes, align tax treatments with your investment objectives and how to find the right balance of before- and after-tax investments for your situation. Presented by Michelle Young, CFP®, CDFA®, ChFC®, ADPA®, CRPC®, President, Certified Financial Planner™ Professional, Young & Associates.

Thursday, May 15 Pawn Shops - What Are They?

Have you ever been to a pawnshop? For a lot of people, there seems to be something, well, shady about these places. But if you haven't been to a pawnshop, you may be missing out on some great bargains. Learn all about pawnshops and how they play an important role in many communities. Presented by Jennifer Graner and Chuck Armstrong, Pawn America.

Thursday, June 19

Senior Medical Patrol - Prevent Medicare Fraud and Abuse

Don't be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the www.MyMedicare.gov website and how the Senior LinkAge Line® can assist seniors and their families. Presented by Michael Aguirre, MN Area Agency on Aging.

Thursday, July 17 Stock Market 101

What does NASDAQ, Dow Jones and S & P have in common? They are all Stock Markets. Learn the difference of each and how they are used by market analysts and financial advisors. Presented by Matt Buechel, Financial Advisor, Vice President, Morgan Stanley Smith Barney.

Thursday, August 21 Second Harvest

Second Harvest Heartland is one of the nation's largest, most efficient and most innovative food banks. In 2013, we delivered more than 65 million meals to nearly 1,000 food shelves, pantries and other agency partner programs serving 59 counties in Minnesota and western Wisconsin. Second Harvest Heartland helps relieve hunger not only by sourcing, warehousing and distributing food, but through data-driven thought leadership and community partnerships that help improve the region's larger hunger relief system. Last year, Second Harvest Heartland benefited from over 130,000 hours of volunteer time. Without this tremendous contribution, our hungry neighbors would not receive the food they need. Presented by Kaia Arthur, Second Harvest, Outreach Coordinator.

senior activities continued

Monday Painting

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class. Purchase your 6-time punch card at the Recreation office.

Site: Brookview Community Center

Date: Mondays, ongoing

(Not meeting on May 26, June 30, Sept 1)

Time: 9:30-11:30 AM

Fee: \$45, Resident \$40

Intermediate Bridge

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes instructed by Dick Welander, Certified Instructor from American Contract Bridge League.

Site: Brookview Community Center

Time: 9:00-10:30 AM

Fee: \$37, Resident \$31

Date: Fri, April 4-May 23

Code: 12443

Date: Fri, June 6-Aug 1 (No July 4)

Code: 12445

A Matter of Balance

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

Site: Brookview Community Center

Date: Wed, May 7-June 25

Time: 10:00 AM-12:00 PM

Fee: \$20/person

Code: 12588

Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can - just drop in! Equipment available on a limited basis. Gym shoes required.

Site: Crystal Community Center

Days: Mondays & Thursday

Time: 9:00 AM-12:00 PM

Fee: \$2/person or \$15/10-visit pass



Defensive Driving

Adults age 55+, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

REGISTER: In advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

8-HOUR FIRST TIMERS COURSE

Site: Brookview Community Center

Date: Sat, April 26

Time: 9:00 AM-5:00 PM

Fee: \$18/person

4-HOUR REFRESHER COURSE

Site: Brookview Community Center

Date: Thu, April 10, May 8, June 12, July 10, August 14

Time: 9:00 AM-1:00 PM

Fee: \$17/person





Tai Chi for Health & Arthritis

These Tai Chi classes are taught by Certified Instructor Marie Mathay. Wear comfy clothes.

BASIC

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

Site: Brookview Community Center
Date: Tue, April 15-May 27
Time: 8:30-9:40 AM
Fee: \$51, Resident \$45
Code: 12452

MOVING ON

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

Site: Brookview Community Center
Date: Tue, April 15-May 27
Time: 9:45-10:45 AM
Fee: \$51, Resident \$45
Code: 12458

ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

Site: Brookview Community Center
Date: Thu, April 17-May 29 **Fee:** \$41, Resident \$35
Time: 9:00-10:00 AM **Code:** 12585

**TAICHI
SUMMER SPECIAL**

8 for the price of 7
All ability levels welcome!

Brookview Comm Center
 Tue, June 17-Aug 12
 9:00-10:00 AM
 \$51, Resident \$45
Code: 12583

Nordic Walking for Fun & Fitness

Enjoy the out-of-doors and walking by adding Nordic Walking to your routine. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10 – 15% more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effect. The result is a fun and easy full-body workout. Wear comfortable clothing and good walking shoes. Program postponed for inclement weather.

Site: Brookview Community Center
Time: 6:00-7:00 PM
Fee: \$18 includes poles

Date: Thu, May 22 & 29
Code: 12761

Date: Mon, June 9 & 16
Code: 12762

Nordic Walking Demo

Brookview Park - Large Shelter
 Monday, May 12
 6:00-6:45 PM

Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking. Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Try this FREE demo, then sign up for a class in May or June. Poles provided. Come and see what it's all about!



senior activities continued



BUS PICK-UP LOCATIONS:

Golden Valley City Hall (parking lot under water tower)
Calvary Cooperative

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! The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. NOTE: A \$5 administrative fee will be applied to all cancellations/refunds. No refunds issued after the deadline date. Please be sure to indicate pick-up location when registering.

Hudson - A Victorian Experience

Thursday, April 10

We arrive at the Phipps Center for a behind-the-scenes tour. Overlooking the St. Croix River, the Phipps Center opened in 1983 and is devoted to the continued pursuit and development of the performing and visual arts. Enjoy a performance on the Wurlitzer console Opus 2131, a one-of-a-kind art deco model. After the tour, browse the Art Gallery and discover unique affordable handmade gifts in the gift store. After the tour, meet for a relaxing self-service Victorian Cream Tea. A three-course tea is presented on elegant buffet tables with savories and sweets. Menu: Four varieties of finger sandwiches, fresh scones with clotted cream and preserves, and a colorful assortment of desserts. Enjoy endless cups of Earl Grey tea from silver trays. Our final stop is the Octagon House for a docent-led tour. This home, built for Judge John Shaw Moffat and his wife, is an example of the novel eight-sided dwelling popular in the mid-1800's. The home has been restored with Victorian era furnishings.

Fee: \$59
Bus Pick-up: 9:25 AM
Approx Return: 3:45 PM
Register/Cancel By: Mon, March 31
Code: 12419

Steel Magnolias

at the Old Log Theater

Wednesday, April 30

A celebration of the love, intimacy, and strength of six southern women who are steel magnolias. A story of the lives and friendship of six women in Louisiana. Supporting each other through their triumphs and tragedies, they congregate at Truvy's beauty shop to ponder the mysteries of life and death, husbands and children – and hair and nails – all the important topics that truly unite and celebrate women. Lunch will be enjoyed before the show in the Old Log Dining Room. All meals will include mixed green salad (orange, endive, blue cheese), corn bread and carrot cake.

State menu choice when registering:

- **Braised Short Rib** (mashed potato, roasted squash, ajus)
- **Chicken Breast** (risotto, sweet corn, sundried tomato, chicken sauce)
- **Shrimp** (Grits with sausage, cheddar, onion)
- **Smoked Pork Chop** (fried green tomatoes, sweet corn, okra)
- **Roasted Artichoke** (collard greens, mushrooms, lemon, caper)

Fee: \$58
Bus Pick-up: 11:15 AM
Approx Return: 4:30 PM
Register/Cancel By: Wednesday, April 9
Code: 12420

Augusta Amish Tour

Wednesday, May 14

Start the day with a hearty brunch at the Norske Nook. Menu: The Lefse Omelet Wrap (hash browns, eggs, cheese, sausage links wrapped inside lefse) lots of coffee followed by a piece of their famous Norske Nook homemade pie. Next stop is Weavers County Mennonite Store, offering bulk foods, cooking supplies and spices with unique items operated by the Mennonites. Enjoy the ride to Augusta. Shop at the Wood Shed, a unique country store featuring gift items, candies, Amish crafted quilts, wall hangings, baskets, dolls and handcrafted furniture. Board the motorcoach with a local guide to visit the nearby Amish community. The Amish came to Augusta in 1978 and have grown to over 150 families. See the horse-drawn buggies, one-room schools, Amish only grocery stores, horse teams in the fields, and green houses. Please respect their beliefs –no photographs of the people.

Fee: \$67

Bus Pick-up: 8:25 AM

Approx Return: 5:45 PM

Register/Cancel By: Monday, May 5

Code: 12430



Decorah, Iowa

Tuesday, June 17

A quick stop for coffee before arriving at the Hotel Winneshiek in Decorah for an early luncheon. Menu: Smørbrød Platter: Half Smoked Salmon on Pumpnickel with horseradish cream cheese and Half Craisin Chicken Salad on Wheatberry bread; fresh cucumber salad, kettle chips; Lingonberry Mousse for dessert and coffee or tea. Yum! Stroll through the lobby, which has been lovingly restored to its turn-of-the-century grandeur, with marble walls, terrazzo floors, a Waterford Crystal chandelier and exquisite millwork. On to the Seed Savers Exchange, where we will meet our guide to learn how members have been passing on garden heritage by collecting and distributing rare garden seeds to other gardeners since 1975. After the tour, stroll through the beautiful display gardens, relax on the large shaded porches or visit the gift store and garden center. We'll say good-bye and return to Golden Valley with a stop for refreshments (on your own).

Fee: \$70

Bus Pick-up: 7:55 AM

Approx Return: 5:45 PM

Register/Cancel By: May 27

Code: 12435



U of M Showboat presents

Dr. Jekyll & Mr. Hyde

Thursday, July 17

We arrive at the Minnesota Centennial Showboat, docked on the Mississippi River overlooking downtown St. Paul. Take the elevator to the 2nd floor for a buffet lunch: Salad, Sautéed Chicken Breast, Potato, Vegetable, Rolls, Dessert and Coffee. After lunch we move into the intimate 226-seat auditorium for a performance of "Doctor Jekyll and Mister Hyde" by Robert Louis Stevenson, a classic tale of good versus evil. The tale is about a London lawyer who investigates strange occurrences between his old friend, Dr. Henry Jekyll, and the evil Edward Hyde. The choreographed Olios interrupt the melodrama to amuse and entertain you throughout the show. Booning and hissing the villain is strongly encouraged!

Fee: \$66

Bus Pick-up: 12:10 PM

Approx Return: 5:00 PM

Register/Cancel By: June 23

Code: 12433



senior activities continued

Bayfield, Apostle Islands & Big Top Chautauqua

July 9-11, 2014

DAY 1: Stop for coffee on our way to Ashland before lunch at the Deep Water Grill. In Bayfield board the Glass Bottom Boat. Explore artifacts, shipwrecks and learn about the underwater history of Lake Superior. Check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center, located adjacent to a casino. This evening stroll along the streets of historic Bayfield with a costumed "Heritage Guide" hearing lively tales of early life in the rugged frontier town. [C,L]

DAY 2: Enjoy breakfast before taking the Madeline Island Ferry from Bayfield to Madeline Island. Enjoy a guided tour of the island. Lunch is at the Pub Restaurant. Visit the Madeline Island Historical Museum, comprised of four historic log structures dating back to 1835. Back to Bayfield to relax or explore the city. Tonight we'll be enjoying a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua, a performing arts organization with a rich history. Wander the grounds before the show. [B,L]

DAY 3: Have breakfast before boarding the bus for the Apostle Island National Lakeshore Visitor Center, where we'll see a video and hear a short talk by the Park Ranger. Enjoy a specialty Victorian luncheon at the Old Rittenhouse Inn, a Queen Anne-style mansion restored to its original splendor. This entertaining three-course lunch is the perfect way to bid adieu to this area and return home. [B,L]

FEE INCLUDES: Deluxe motor coach transportation, lodging for two nights, meals as indicated (C-coffee and rolls, B-Breakfast, L-lunch, D-dinner), attractions as outlined in itinerary, Tour Director, Mary Odell, and gratuities on included meals and attractions.

Fee: \$585/person (Double), \$745/person (single)

Deposit: \$100/person due by Friday, May 9

Final payment due: Friday, June 6

Code: 12409

After May 9, 2014 payments are NOT refundable. Call the senior office for a detailed brochure. Travel Insurance is available.



Spamtown Belle Cruise

Wednesday, August 20

Look out Austin, here we come! Take a self-guided tour of the Spam Museum, dedicated to the meat first created at the Hormel Foods Corporation plant in 1937. The museum features 16,500 sq. ft. of Spam artifacts and history, including the role of Spam Classic in WWII, videos, and more. The Museum offers Spam products, collectable memorabilia and hard-to-find Spam varieties. Lunch is at the Old Mill Restaurant. Enjoy Grilled Chicken Breast served on a bed of Wild Rice Blend, House Salad, Roll, Beverage and small dessert, in the historic Ramsey Flour Mill on the Red Cedar River. On to the Hormel Institute to learn how foods, like chocolate, berries and nuts are beneficial to a healthy life. In the Institutes 70-year history, it has evolved into one of the leading research facilities in preventing and treating cancer. Next we will travel to the Eastside Lake Dock where half of the group will board the Spam Town Belle, a 36-foot paddlewheel boat, to enjoy a 30-minute cruise around 40-acre Eastside Lake in Austin. The rest of the group will visit Jay C. Hormel Nature Center full of grasses and flowering plants. The Visitors Center features an exhibit display area with live animals, touch tables, mounted animals and a nature library plus a restored prairie, hardwood forest, wetlands and meandering streams. Don't worry – we will switch so everyone has a chance to experience both activities before leaving Austin. We will make a short snack stop on the way home (on your own).

Fee: \$60

Bus Pick-up: 7:40 AM

Approx Return: 5:15 PM

Register/Cancel By: August 3

Code: 12422



Just Horsin' Around

Friday, September 19

Enjoy the Fall drive to Cedar Ridge Arabians, for a tour of the beautiful facilities including the horse barns, stall area, riding and training areas. See the award winning horses and their multitude of trophies and ribbons. Next, we will tour the Ames Percheron Farm, where we will view a multimedia presentation of daily operations plus see the magnificent horses. A Roast Pork Loin lunch will be at the O.K. Corral with baby-red mashed potatoes, gravy, vegetable, bread and beverage. Hope you have a sweet tooth, because our last stop is Jim's Candy Store and Apple Farm, the bright yellow hangar-like building on Highway 169. Yum!

Fee: \$55
Bus Pick-up: 8:40 AM
Approx Return: 3:15 PM
Register/Cancel By: August 25
Code: 12423



Branson Aglow for the Holidays

November 11-15

DAY 1: Leave Golden Valley with a stop for coffee and rolls in Albert Lea. Make a lunch stop in Des Moines. Continue to Kansas City and check into the Drury Inn, Independence, MO. Have dinner at a BBQ Restaurant. [C,L,D]

DAY 2: Travel to Branson with free time at the Grand Village Shops. Across the street, at the Moon River Theatre, enjoy the afternoon Daniel O'Donnell Show, an award-winning artist. We will check into the Radisson Hotel. Tonight is a Broadway-style experience at the majestic Sights & Sound Theatre to see "Jonah." [B,L]

DAY 3: The Bretts, voted best morning show in Branson, will entertain and captivate you with musical versatility, creativity and innovation. After lunch, see the Todd Oliver and Friends Show, with real-life talking dogs and hilarious comedy. Spend the evening at Silver Dollar City. "An Old Time Christmas" presents holiday shows throughout the park with a variety of shops and dining options (on your own). Climb onboard The Frisco Sing-Along Steam Train, the Gifts of Christmas Holiday Light Parade with over one million lights in the square. [B,L]

DAY 4: See a final morning show in Branson, and have a light lunch. Travel to Independence for lodging at the Drury Inn. Enjoy dinner at Ophelia's Restaurant, overlooking historic Independence Square. After dinner a special Harry Truman presentation will give you insight into the life of our 33rd President. [C,L,D]

DAY 5: After breakfast leave Independence and have lunch in Des Moines. Return to the Twin Cities by early evening. [B,L]

FEE INCLUDES: Deluxe motor coach transportation, Lodging for 4 nights, Meals as indicated: [C-coffee and rolls, B-Breakfast, L-lunch], Attractions: As outlined in itinerary, Tour Director, Mary Odell, Gratuities on included meals and attractions.

Fee: \$950/person (Double), \$1,195/person (single)
Deposit: \$225/person due by Friday, August 8
Final payment due: Fri, Sept 12
Code: 12407



After Sept 8, 2014 payments are NOT refundable. Call the senior office for a detailed brochure. Travel Insurance is available.

Golden Valley Library Programs For Seniors

The following programs will be held at the Golden Valley Library, 830 Winnetka Ave N. Registration is required. Call 612-543-6375 for more information.

VOLUNTEERS NEEDED AS COMPUTER TUTORS

We are in need of volunteer computer tutors to assist patrons with computer basics – typing with a mouse, signing up for e-mail accounts, navigating a website, using Word. Volunteers work one-to-one with patrons at an assigned time in the library. Call 612-543-8633 for information.

COMPUTER HELP

Volunteers provide one-on-one help with basic computer skills. No appointment necessary. Please call ahead to be sure a volunteer is available, 612-543-6390.
Monday & Thursday: 9:00 AM-12:00 PM
Tuesday & Wednesday: 11:00 AM-2:00 PM

senior activities continued

Dinner at Your Door 763-531-1183

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

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 item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

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

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

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

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

Senior Community Service 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.

Senior Leadership Committee

Northwest Hennepin Human Services Council is currently accepting applications for membership on the Senior Leadership Committee. There are openings for residents of the following member cities: Brooklyn Center, Crystal, Corcoran, Golden Valley, Hanover, and Maple Grove and New Hope. The Senior Leadership Committee meets to identify and educate themselves and the community about issues that are affecting Seniors. They work to build and strengthen relationships with seniors and to connect seniors to available resources.

ACTIVITIES

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

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

MEMBERS

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

Widowed Support Group

Meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka) at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home (60th & Brooklyn Boulevard) at 1:30 PM. New people are always welcome!



volunteer opportunities



Check-out the opportunities listed below and contact us today! You may also visit our website for more information and to complete the on-line application.

Contact Volunteer Coordinator, Sandy Werts
763-512-2341
swerts@goldenvalleymn.gov



DANCE RECITAL AIDES

Help at the annual tap and ballet dance recital Saturday afternoon, April 12. Duties could include greeting, handing out programs, stage assistance and ushering.

RUN THE VALLEY 2014

Opportunities include greeter, help with registration, race timing, refreshments, clean-up or on the course or finish line. Held Saturday, April 12 with opportunities from 6:30-10:00 AM at Brookview Community Center.

BIKE RODEO

The annual Bike Rodeo on Wednesday, May 7, educates kids in bike safety and introduces them to local law enforcement in a fun environment. Volunteers greet participants, fit bike helmets, act as a course helpers and set-up and clean-up. Event is at the City Hall Campus. Volunteer time is 5:30-8:30 PM.

PLAYGROUND SPECIAL SKILL VOLUNTEERS

Naturalist

Bring a nature program to Golden Valley's seven playgrounds one afternoon a week from June 9-July 24.

Photography Specialist

Bring a photography activity to Golden Valley's seven playgrounds twice a week from June 9-July 24.

Fishing Club Volunteer

Assist the leader of the fishing club in teaching kids ages 8-14 how to bait their hooks, cast, hook a fish, identify fish, etc. Program meets Tuesday, June 10-July 15 from 9 AM-Noon.

SUMMER CONCERT ATTENDANT

Meet and greet the performers, set-up and take down chairs, delivers necessary materials to the performers, evaluates performances and clean up the site. Concerts held Monday, June 9-Aug 11 and Thursday, June 26. Volunteer time is 5:30-8:30 PM.

GROUP OPPORTUNITIES

Opportunities for area businesses, churches, and scout troops, etc. to participate as a group can be explored. Typically groups will do a one-day-only activity.

JUNIOR GOLF LEAGUE OPPORTUNITIES

Assist youth with rules, etiquette, pace of play, safety and the enjoyment of the game on Mondays, June 16-July 21 from 6 AM-1 PM. Dates and hours are flexible.

GOLDEN VALLEY GOLF CLASSIC

The Golden Valley Golf Classic raises money to support the Golden Valley Human Services Fund. Opportunities include: Greeter and Registration, Attester, Tournament Scorer, Refreshment Table, Photographer, Lunch Servers and clean-up. Event held Friday, July 12 with opportunities between 7:00 AM-1:00 PM at Brookview Golf Course.

GOLF TOURNAMENT SCORING ASSISTANT

Assist groups by transferring scores from each group's scorecard onto the tournament scoreboard. You need to be at least 18 years old, have a basic knowledge of golf, rules of play and etiquette, basic math knowledge and legible handwriting.

FIRE DEPARTMENT OPEN HOUSE VOLUNTEERS

This annual event is held Wed, June 18 from 6-8 PM. Activities will take place at each of the three Fire Stations.

Open House Volunteers

Help with preparation including: set-up, serving refreshments, monitor the jump house, pass out shirts, tattoos and materials.

Face Painters

Provide face painting for children. Supplies provided.

PENNY CARNIVAL VOLUNTEER

Event is held on Friday, July 25 at Brookview Park, large shelter. Volunteer hours are 10 AM-1 PM. Run games, collect pennies and hand out prizes! Must enjoy working with youth ages 4-12 and be able to work outdoors.

ADOPT-A-PARK

Keep your favorite neighborhood park, nature area or lilac bed clean and looking good twice a year.

Park locations currently needing adopting are:

- Glenview Park (2351 Zenith Ave N)
- Mary Hills (2190 Bonnie Lane)
- Medley Park (2331 Ensign Ave N)
- Lakeview Park (1521 Hillsboro Ave N)



BROOKVIEW GOLF COURSE & LAWN BOWLING

YOUR FRIENDLY, FULL-SERVICE, NEIGHBORHOOD GOLF COURSE

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, lawn bowling green and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards.

763-512-2300

www.brookviewgolf.com

Introducing all NEW...

LAWN BOWLING AT BROOKVIEW

JOIN US FOR THE GRAND OPENING!

August 16 & 17 • 9:00 AM-7:00 PM

Join us to experience the NEW lawn bowling green at Brookview Golf Course. Lawn Bowling will be FREE both days. Equipment is provided and staff will be on hand to assist patrons learning the game. Simply drop in or reserve a lane by calling Brookview Golf Course.

Full food and beverage service available
at the new Lawn Bowling Green.

SEE YOU AT BROOKVIEW!



2014 Patron Program

Purchase a patron card from Brookview Golf Course for 2014 and save on golf all year! Patron card applications can be picked up at Brookview Golf Course or found online at brookviewgolf.com.

Patron card holder benefits include the following:

- *Discount green fees & cart rentals*
- *Advance reservation privileges*
- *Driving Range Discount*
- *Merchandise Discount*
- *Coupons*
- *Reciprocity with Braemar & Baker National Golf Courses.*

	Before 4/1/14	After 4/1/14
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

2014 Brookview Golf Course FLOWER SPONSORSHIP

Organizations and businesses are invited to sponsor one of Brookview's beautiful 18 golf holes with a \$500 flower garden, which will be maintained throughout the 2014 golf season. All Sponsors will have signage on their specific hole, recognized in the 2014 Brookview Golf brochure and on the Brookview Golf Course website for the entire 2014 season. Join us as we improve the Brookview experience for our over 45,000 golfers annually.

To sponsor a hole at Brookview, please contact Brett Johnson at 763-512-2300. Only 18 holes, so reserve your garden today!



golf course fees

Regulation Course Fees

	Patron	Public
18-Hole Course	\$28	\$35
9-Hole Course	\$16	\$19
Power Cart - 18-Hole	\$24	\$30
Power Cart - 9-Hole	\$16	\$20
Twilight (After 3:30 PM Fri, Sat, Sun & Holidays)	\$16	\$20
Twilight with Power Cart	\$24	\$30

Days in advance reservations may be made:

Patron Card Holders	7 days
General Public	5 days

Par 3 Course Fees

	Patron	Public
9-Hole Course	\$9	\$12.50

Driving Range (Irons only)

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

Junior Rates

	Patron	Public
18-Hole (Ages 10-17)	\$20.50	\$22.50
9-Hole (Ages 10-17)	\$11.50	\$13.50
9-Hole Par 3 (Ages 6-17)	\$8	\$9.50

60+ Senior Golf Program

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

Monday-Friday before 12:00 PM

	Patron	Public
18-Hole Senior	\$24	\$28
9-Hole Senior	\$14.50	\$16

Valid anytime, 7 days a week

9-Hole Par 3 Senior	\$8	\$9.50
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golf leagues

Brookview Women's 9-Hole League

Opening day will be May 1, 2014. The league plays on Thursday mornings and there are openings for new members. Pick up an application at the Brookview Golf Course Clubhouse after March 5, 2014. For information, call Nancy Spannaus at 612-849-9888.

MEMBERSHIP MEETING

Thursday, April 3, 10:00 AM
Brookview Golf Course Grill

Brookview Women's 18-Hole League

Opening day will be April 29, 2014. The league plays on Tuesday mornings from 7:00-9:00 AM. For more information, call Sue Laxdal at 763-593-0624.

MEMBERSHIP MEETING

Tuesday, April 15, 6:00 PM
Brookview Community Center

Brookview Men's Golf Association

Past members and interested guests are invited to attend this year's spring meeting. The meeting agenda includes events for the 2014 season with free refreshments being served. All BMGA members must purchase a patron card and handicap. Membership deadline is March 21, 2014. Visit www.bmga.org.

ANNUAL SPRING MEETING

Wednesday, March 19, 6:30 PM
Brookview Community Center

Par 3 Putters Women's League

The Par 3 Putters league plays 9-holes on Brookview's Par 3 on Thursday afternoons. It's perfect for the working women after a day at the office. Tee times are from 4:00-6:32 PM and the league accommodates up to 80 players. Priority is given to last years members. Call Brookview for information.

Par 3 Chippers League

The Par 3 Chippers will play on Wednesday nights from 5:28-6:32 PM. This league can hold up to 36 players, with priority given to the 2013 Par 3 Chippers league members. Contact Brookview for more information.

60+ Senior Patron 18-Hole League

This league plays on Tuesday mornings starting April 29. Tee times range from 8:30-9:57 AM. Bring registration forms and fees to Brookview before the first week of play. Contact Brookview for more information.

Couples Golf League

The Brookview couples league plays Sunday nights starting at 4:15 PM on the Regulation Course. You must sign up as a two-some. Contact Brookview for more information.

adult golf programs

HOW TO REGISTER: Registration for adult group lessons will be taken through the Brookview Pro Shop. Register in person, over the phone at 763-512-2305 or online at brookviewgolf.com or by mail.

101-The Basics with Michael Turnbull

Golf is hard, right? Well, it's not true. Swinging a golf club is a relatively simple task no matter what you've heard. These group lessons are for the beginner adult golfer and are taught by PGA Teaching Professional Michael Turnbull, who specializes in helping beginners become more confident and enjoy this great game. Lessons will cover an overview of the game of golf, including rules and etiquette, putting, chipping and pitching, and full swing irons and woods. Class meets for four 60-minute lessons, plus a fifth class at the Par 3 to provide real course experience. Golf clubs and balls are provided.

Site: Brookview Lesson Tee
Fee: \$99 **Min:** 6 **Max:** 10

Classes will take place as follows:

- Day 1** The Grip, Short Game (Putting)
- Day 2** The Grip, Posture, Short Game (Chipping), Rhythm & Balance
- Day 3** The Grip, Posture, Pitching & Full Swing Irons, Feeling Rhythm & Balance
- Day 4** The Grip, Posture, Full Swing Woods, Feeling Rhythm & Balance
- Day 5** Playing the Par 3 Course, Rules & Etiquette

MONDAY/WEDNESDAY

Date: April 28-May 12
Time: 5:45-6:45 PM* **Code:** 12685
Time: 7:00-8:00 PM **Code:** 12686

Date: May 19-June 4 (No May 26)
Time: 5:45-6:45 PM* **Code:** 12688
Time: 7:00-8:00 PM **Code:** 12689

**NOTE: Final class meets at the Par 3 Course at 7:00 PM.*

TUESDAY/THURSDAY

Date: April 29-May 13
Time: 5:45-6:45 PM* **Code:** 12687

Date: May 20-June 3
Time: 5:45-6:45 PM* **Code:** 12690

Date: July 8-22
Time: 5:45-6:45 PM* **Code:** 12691

Date: Aug 5-19
Time: 5:45-6:45 PM* **Code:** 12692



Adult Group Golf Clinics with Michael Turnbull

Trying too hard? It doesn't have to be that way. These clinics present a relaxed and simple way for beginners and intermediates to learn new and interesting things about a variety of golf topics...and they're great fun. Students will learn how to feel the difference between swings that work and swings that don't. Clubs and balls are provided.

Site: Lesson Tee **Time:** 10:00-11:00 AM
Fee: \$25/Clinic **Min:** 6 **Max:** 10

WOODS CLINIC

Learn to feel what is important when swinging the long clubs. Discover your sources of consistency and distance with both your driver and woods.

Date: Sat, April 26 **Code:** 12695
Date: Sat, May 31 **Code:** 12696
Date: Sat, July 12 **Code:** 12697

PITCHING CLINIC

Partial Swings can be golf's most difficult shots. They are also the most important scoring shots. Learn to use clubs from different lies and learn different types of shots to improve their score.

Date: Sat, May 3 **Code:** 12698
Date: Sat, June 28 **Code:** 12699

SHORT GAME CLINIC

Learn simple short game techniques and methods to increase consistency and confidence. The ability to use a variety of clubs will add creativity to your game and lower your scores.

Date: Sat, May 10 **Code:** 12700
Date: Sat, June 21 **Code:** 12701

IRONS/HYBRID CLINIC

Topping the ball? That's not much fun. Golf is mostly played from the ground, not off a tee. This clinic presents a simple and relaxed way to feel the difference between a swing that rolls the ball on the ground and one which launches it in the air. Discover what matters most when hitting approach shots and develop some confidence with your irons/hybrids.

Date: Sat, May 17 **Code:** 12702
Date: Sat, June 7 **Code:** 12703

Meet the Instructor... Michael Turnbull

Michael has been teaching golf since 1977 and this is his eighth year at Brookview. A three-time winner of the Minnesota PGA Junior Golf Leader award, he also served as the PGA Head Professional at Balboa Park GC in San Diego and at Baker National GC in Medina, Minnesota.

Michael emphasizes learning by doing, rather than thinking about doing. You will learn from each and every shot you hit. You won't have to memorize a series of movements, remember a lot of instructions, or try really hard to do anything "right". Students will be able to feel the difference between swings that work and swings that don't. Isn't it time that golf felt natural?



Monday Night Lesson League with Michael Turnbull

This league is designed to provide new players with an opportunity to meet other new players and experience golf in a relaxed and enjoyable atmosphere. The Lesson League is designed for golfers with 2 years or less of playing experience and for those who have completed some form of instruction program prior to this league. Michael will organize the league and provide on-course oversight each night to answer any questions. The first night we will meet at the Par 3 course for an introduction to the league and a Mindful Golf Lesson. The second night consists of a Mindful Golf lesson and time on the course. In weeks three through seven players will play the Par 3 course accompanied by Michael.

Site: Par 3 Course
Time: 6:30-8:30 PM
Fee: \$125
Min: 12 **Max:** 24

Date: Mon, June 9-July 21
Code: 12694

Date: Mon, Aug 4-Sept 22 (No Sept 1)
Code: 12704

Take It To The Course! with Dee Forsberg McCullagh

Whether you are looking to break 100, 90, 80 or you're just looking for a few expert tips to improve your game, Take it To the Course has got you covered. In sessions 1 and 2, Dee will show you how to practice properly to help you drive and putt better. In sessions 3 and 4 we Take it to the Course and focus on effective course management strategies that are guaranteed to lower your score. Golf clubs and balls are provided.

Site: Lesson Tee
Time: 12:00-1:00 PM
Fee: \$99
Min: 6 **Max:** 12

Date: Wed, May 7-28
Code: 12677

Date: Wed, July 16-Aug 6
Code: 12678

2014 Golf Lessons with Dee Forsberg McCullagh

Lessons are available Monday-Saturday. All coaching programs can be shared with your favorite golf partner at no additional fee.

**Convenient Online Lesson Scheduling,
visit us on the web at:
www.dfgolfinstruction.com**

3 MONTH COACHING PLAN

Adults \$780, Juniors \$720

- 12 (50 minute) Lessons
- High Speed Video Analysis
- Take Home Video / Lesson Summary

LESSON PACKS

Adults \$350, Juniors \$325

- 5 (50 minute) Lessons
- High Speed Video Analysis
- Take Home Video / Lesson Summary

SINGLE HOUR LESSONS

Adults \$75, Juniors \$70

- High Speed Video Analysis
- Take Home Video / Lesson Summary

HOW TO REGISTER: Registration for adult group lessons will be taken through the Brookview Pro Shop. Register in person, over the phone at 763-512-2305 or online at www.brookviewgolf.com or by mail.

golf tournaments

We invite groups of all sizes for tournaments on the 18-Hole Regulation Course or the 9-Hole Par 3. Whether it's a formal tournament or a casual outing, we will help make your event a success. Brookview's banquet area, deck, gazebo, and patio provide a great setting for food and fun before or after golf. Call 763-512-2305 to plan your outing today!

	Package A	Package B
18-Hole Green Fee	\$35	\$40
18-Hole Green Fee & Power Cart	\$50	\$55
9-Hole Green Fee	\$19	\$24
9-Hole Green Fee & Power Cart	\$29	\$34
Par 3 Green Fee	\$12.50	\$17.50

Package B Details

The group will receive a Driving Range warm-up bucket, sleeve of golf balls, and package of tees, divot repair tool, and ball marker. Range bucket must be used on date of outing only.



youth golf programs

Learn & Play Junior Golf League

Ages 6-17

Brookview's Junior Golf League will have a new Learn and Play format for 2014. League days will begin with an hour of instruction at the driving range followed by a shotgun start on the par 3 course or 9 holes on the regulation course. Junior League will begin on Monday, June 16 and end on Monday, July 21 with a Championship Tournament. On the first day of league play please arrive at least 15 minutes early. Each class is taught by Dee Forsberg, who is both a PGA golf professional and a certified US Kids Golf Instructor. She specializes in teaching junior golfers the fundamentals with a lively and engaging curriculum that uses skill based educational games. With over 25 years of experience teaching juniors you will be amazed at how fast your child will improve this summer.



PAR 3 LEAGUE - AGES 6-17

Monday, June 16-July 21
Instruction from 8:00-9:00 AM at Driving Range
League Play Shotgun begins at 9:30 AM
\$90/person Max: 60
Code: 12765

9 HOLE LEAGUE - AGES 13-17

Monday, June 16-July 21
Instruction from 6:30-7:30 AM at the Driving Range
League Play Shotgun begins at 8:00 AM
\$110/person Max: 36
Code: 12766



Little Linksters for Ages 3-7 with Dee Forsberg McCullagh

New young golfers will discover and explore golf with age appropriate games and activities using modified equipment. Emphasis is placed on self-discovery and creating the framework for children to forge their athletic skills and develop eye hand coordination. Children are encouraged to repeat this program several times to acquire the basic skills and to feel comfortable with the rules and etiquette on the golf course.

Site: Lesson Tee
Time: 9:00-9:45 AM
Fee: \$65
Min: 5 **Max:** 10

Date: Sat, May 10, 17 & 31
Code: 12604
Date: Sat, June 14, 21 & 28
Code: 12605

Date: Sat, July 19, 26 & Aug 2
Code: 12606

Junior Lessons for Ages 6-17 with Dee Forsberg McCullagh

At the Brookview Junior Golf Academy, it is our goal to ignite a child's passion to become a lifelong golfer by offering a lively and engaging lesson curriculum. Juniors will learn the fundamentals in a safe, fun way through the use of skill based educational games and traditional instruction. Each camp will cover everything from putting and chipping to iron play and driving. The last session will be at the Brookview Par 3 where kids will have the chance to put it all together, play and keep score! Classes taught by Dee Forsberg. Clubs and balls provided.



Site: Lesson Tee
Time: 12:00-2:00 PM
Fee: \$175
Min: 6 **Max:** 14

Date: Mon-Thu, June 16-19
Code: 12612
Date: Mon-Thu, July 7-10
Code: 12613



Meet the Instructor... Dee Forsberg McCullagh

Dee Forsberg has been providing golfers with great results for 26 years. She has coached young players from high school to college, mentored fellow golf professionals, and helped recreational golfers break personal scoring goals of 100, 90, and 80. You will not be required to memorize technical jargon that deals with the physics of ball flight or create core movement patterns better suited to an Olympic gymnast. You will improve with practical advice that is easy to apply and meets the real-world needs of the everyday golfer. Dee Forsberg is a member of the PGA of America and has been teaching golf for 25 years. She has worked almost exclusively in the metro area of Minneapolis and St Paul.

community information

Golden Valley Lilac Planting Project

MAINTENANCE DAYS
Sat, May 24 & Sat, Aug 2

LILAC PLANTING
Sat, Sept 27

Join your friends, neighbors or community group in the annual Lilac Planting Project. Planting occurs in the morning and is capped by a celebration lunch. Come Spring and Summer enjoy the results of your labor as the plants flower along the Highway 55 corridor. This year there will be a maintenance component to insure continued prospering of the plants. This activity is sponsored by the Golden Valley Bridge builders. For more information, contact Bridge Builder Dwight Townes at 763-377-8469 or City of Golden Valley Volunteer Coordinator, Sandy Werts at 763-541-2341 or swerts@goldenvalleymn.gov.



MARK YOUR CALENDAR!



GOLDEN VALLEY DAYS
art & music festival

Saturday, September 13, 2014

SKATE with US!

Ice Skating Lessons at the St. Louis Park Rec Center



St. Louis Park
MINNESOTA

Experience LIFE in the Park

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

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

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



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



rental facilities



For complete rental information,
 contact 763-512-2345
 or visit us at: www.goldenvalleymn.gov.

brookview park picnic shelters

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

damage/clean-up deposit

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

- Deposit will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive and those paid by credit card will be processed immediately.

beer & wine permit

Beer or wine only can be served after the \$25 permit has been purchased.

play equipment rental

Kits Include:

Basketball, Soccer ball, Volleyball, Playground ball, Mini-soccer ball, 4 throw-down bases, 2 softballs and 2 bats (1/child, 1/adult)

\$15, plus \$30 refundable deposit

Other Items:

Bocce Ball Set or Tug-of-War Rope
\$10, plus \$10 refundable deposit

reservations

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

fees

	Small Shelter	Large Shelter
Resident	\$95	Resident \$125
Non-Res	\$110	Non-Res \$145

hours

11:00 AM-4:00 PM
 and/or
 5:00 PM-Dusk



large shelter

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



small shelter

Holds up to 50 people, 2 water fountains, 10 tables, 6 outlets, restroom short distance.

brookview community center

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



For complete rental information,
contact 763-512-2345
or visit us at: www.goldenvalleymn.gov.

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

frequently asked questions

Can I bring in my own homemade food?

No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90 days prior to your event.

Can I bring in my own alcoholic beverages?

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750.

Do I need security if I serve alcohol at my event?

Yes. If you are scheduled to be in our facility past 10:30 PM and you have been serving alcohol at any time during your event, you are required to have security in the building beginning at 10:30 PM until all guests exit the building.

How late is Brookview Community Center open?

Sunday through Thursday, the facility closes no later than 10:30 PM, Friday and Saturday the facility closes no later than 12:30 AM.



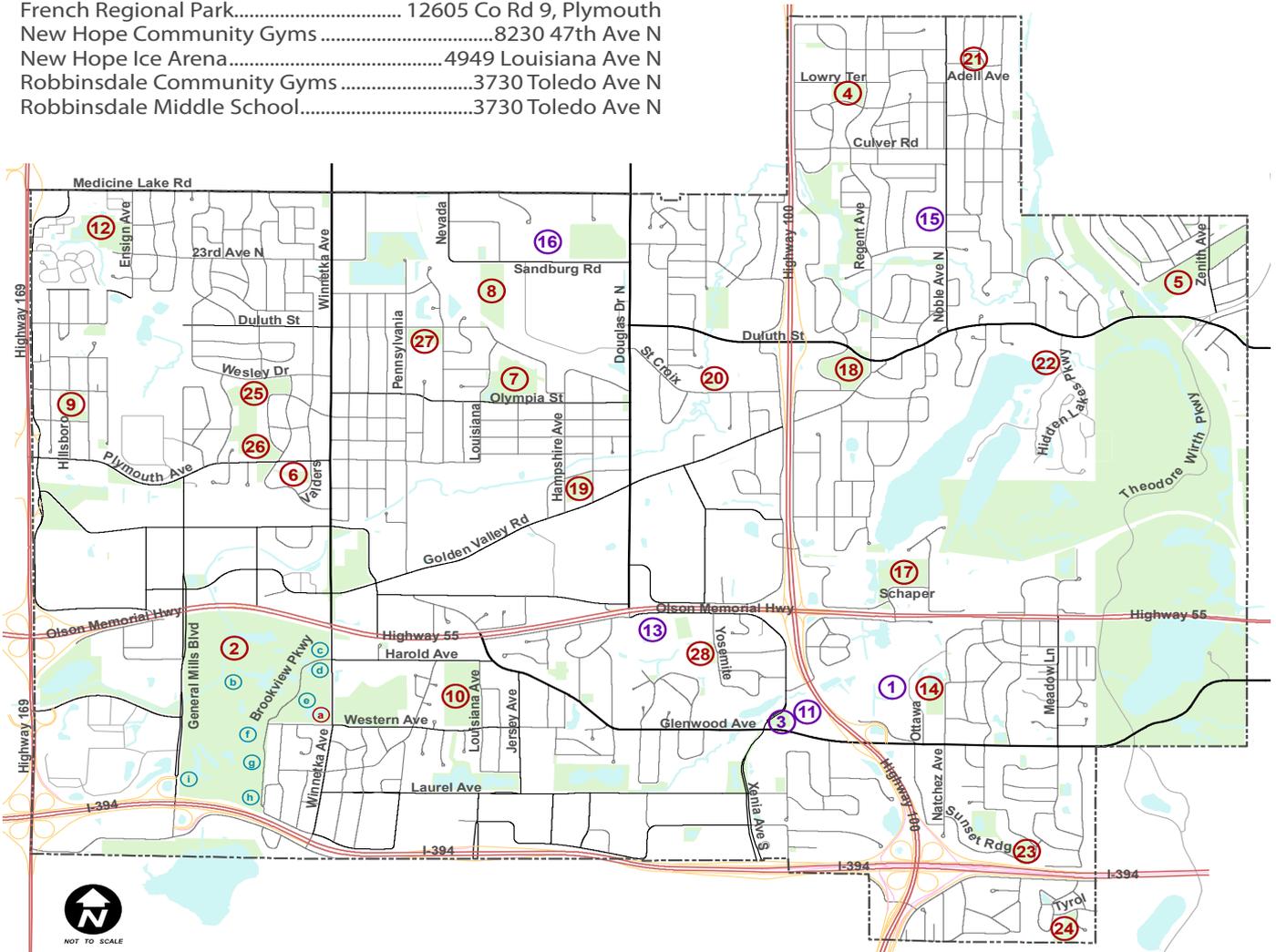
activity locations

golden valley locations

- | | |
|---|--|
| 1) Breck School.....123 Ottawa Ave N | 11) Meadowbrook School.....5430 Glenwood Ave |
| 2) Brookview.....200 Brookview Pkwy N | 12) Medley.....2331 Ensign Ave N |
| a. Park | 13) Minnesota Arts School.....6125 Olson Mem Hwy |
| b. Golf Course | 14) Natchez.....201 Natchez Ave |
| c. Tennis Courts | 15) Noble School.....2601 Noble Ave N |
| d. Small Shelter | 16) Sandburg Middle School.....2400 Sandburg Ln |
| e. Large Shelter | 17) Schaper.....631 Ottawa Ave N |
| f. Par 3 | 18) Scheid.....1856 Toledo Ave N |
| g. Golf Course Pro-Shop & Community Center | 19) Seeman.....1101 Florida Ave N |
| h. Driving Range | 20) St. Croix.....5850 St Croix Ave N |
| i. Lesson Tee | 21) Stockman.....3300 Major Ave N |
| 3) Davis Community Center.....5430 Glenwood Ave | 22) Sweeney Lake Park.....1805 Hidden Lakes Pkwy |
| 4) Gearty.....3101 Regent Ave N | 23) Tyrol – North.....900 Westwood Dr S |
| 5) Glenview Terrace.....2351 Zenith Ave N | 24) Tyrol – South.....1510 Kaltern Ln |
| 6) Golden Oaks.....1141 Valders Ave N | 25) Wesley – North.....8305 Wesley Dr |
| 7) Hampshire.....1610 Louisiana Ave N | 26) Wesley – South.....8200 Plymouth Ave |
| 8) Isaacson Park.....7101 Sandburg Rd | 27) Wildwood Park.....7401 Duluth St |
| 9) Lakeview.....1521 Hillsboro Ave N | 28) Yosemite.....351 Yosemite Ave |
| 10) Lions.....151 Louisiana Ave N | |

community locations

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



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS 

Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>AVAILABLE</u>
<u>Lions -151 Louisiana Ave N</u>	<u>Kueny & Knippenberg Family</u>
<u>Medley -2331 Ensign Ave N</u>	<u>AVAILABLE</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB & Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

Neighborhood Parks

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

Nature Areas

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

Special Use Facilities

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

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

To learn more about adopting a park, contact Sandy Werts at 763-512-2341 or swerts@goldenvalleymn.gov.

Golden Valley City Council

Council meets the 1st and 3rd Tuesday of each month at 6:30 PM at the Golden Valley Civic Center.

Mayor: Shep Harris

City Manager: Tom Burt

Council Members:

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

Open Space & Recreation Commission

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

Chair: Bob Mattison

Vice-Chair: Gillian Rosenquist

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

Parks & Recreation Staff

Rick Birno
Director of Parks & Recreation

Brian Erickson
Recreation Supervisor

Carrie Anderson
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Sandy Werts
Volunteer Coordinator

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Maintenance Supervisor

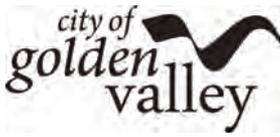
Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent



ACTIVITY REGISTRATION FORM

Parent/Guardian First Name: _____
(if Participant(s) are under 18)

Address: _____ Primary Phone: _____

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

Email: _____

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

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

Participant's First & Last Name	M/F	Birthdate	Activity Name	Activity Code	Location	Fee
TOTAL DUE:						

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley 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 not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

Payment Type	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check # _____
<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard
Card #: _____	
Expiration Date: _____	
Signature for credit card payment: _____	

registration information

Make checks payable to:
City of Golden Valley

Online

www.goldenvalleymn.gov

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line is available 24/hrs a day.

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

In Person

Walk-in registration are accepted at Brookview Community Center during business hours.

Fax 763-512-2344

Available on for VISA or MasterCard payments. You may fax registration 24/hours a day.

Phone 763-512-2345

With VISA or MasterCard during business hours. Please have your card ready.

Registration Confirmation

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Cancellation/Refund Policy

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

Senior Trip Refund Policy

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets or transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

Stay home & save gas!

GV REGISTER ONLINE
WITH
Rec Connect

www.goldenvalleymn.gov





Park & Recreation Department
200 Brookview Parkway
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Introducing all NEW...

LAWN BOWLING AT BROOKVIEW

JOIN US FOR THE GRAND OPENING!

August 16 & 17 • 9:00 AM-7:00 PM

Join us to experience the NEW lawn bowling green at Brookview Golf Course. Lawn Bowling will be FREE both days. Equipment is provided and staff will be on hand to assist patrons learning the game. Simply drop in or reserve a lane by calling Brookview Golf Course. Full food and beverage service will be available at the new Lawn Bowling Green.

SEE YOU AT BROOKVIEW!

