

# Parks and Recreation

Fall Activities 2017

**BROOKVIEW**  
GOLDEN VALLEY



**Welcoming · Inclusive · Recreation**

**Come Experience The New Brookview**

Grand Opening Event Dec 1, 2017

(see pg 27)



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

# Table Of Contents

Adaptive Recreation .....	14
Adopt-A-Park.....	35
Adult Athletics.....	18
Adult Enrichment & Learning.....	15
Adult Fitness & Wellness .....	15
Brookview Golf.....	26
Brookview Backyard .....	3
City Map .....	32
Community Events .....	4
Community Information .....	31
Facilities.....	28
Registration Form .....	34
Registration Information .....	33
Senior Programs .....	20
Tennis.....	19
Ticket Events.....	14
Youth Athletics.....	9
Youth Athletic Associations.....	13
Youth Community Opportunities....	13
Youth Enrichment & Learning .....	5



200 Brookview Parkway, Golden Valley, MN 55426

## Parks and Recreation Department

### Guest Services Hours:

Sun 9 am–5 pm

Mon–Sat 8 am–9 pm

Phone: 763-512-2345

### Office Hours:

Mon–Fri, 8 am–4:30 pm

Fax: 763-512-2344

Activity Cancellations: 763-512-2350

## Backyard Indoor Playground *Opening Dec 2017!*

*-see page 3-*

### Hours:

Sun 9:30 am–5 pm

Mon–Sat 9 am–8 pm

Phone: 763-512-2345

## Brookview Golf and Lawn Bowling

### Pro Shop Hours:

Varies seasonally

Call for information

Phone: 763-512-2300

Fax: 763-512-2311

Tee Times: 763-512-2330

### Office Hours:

Mon–Fri, 8 am–4:30 pm

Par 3 Course: 763-512-2333

Cancellation Line: 763-512-2300

## Three One Six Bar and Grill *Opening Dec 2017!*

*-see page 30-*

### Hours April 1–Oct 31:

Sun 6 am–10 pm

Mon–Thur 6 am–11 pm

Fri–Sat 6 am–12 am

### Hours Nov 1–March 30:

Sun–Wed, 8 am–9 pm

Thur–Sat, 8 am–11 pm

Phone: 763-512-2300

## Golden Valley City Hall

7800 Golden Valley Road

Golden Valley, MN 55427

### Office Hours:

Mon–Fri, 8 am–4:30 pm

Phone: 763-593-8000

Fax: 763-593-8109

## City Offices Closed

Mon, Sept 4 Labor Day

Fri, Nov 10 Veteran's Day

Thur, Nov 23 Thanksgiving

Fri, Nov 24 Thanksgiving

Mon, Dec 25 Christmas

Tue, Dec 26 Christmas



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

## WE'RE MOVING!

### The Parks and Recreation Office Is Temporarily Relocating

The final day of Parks and Recreation services in the old Brookview building will be Fri, Sept 15.

Beginning Sept 18 through Nov 29, the Parks and Recreation offices will be temporarily located on the second floor of City Hall in the administration area.

Hours will be Mon–Fri, 8 am–4:30 pm.

The new Brookview will open Sat, Dec 2, at 8 am.

All email and phone numbers for contacting staff will remain the same.

## 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 Parks and Recreation Department is to build community through people, parks, and programs.

Opening Saturday, Dec 2

# BROOKVIEW backyard

## Adventure awaits!



Rediscover fun—  
the only limitation  
is your imagination

Multi-level indoor playground

3,000 square feet of slides, crawl tubes,  
cargo climbs, bumper balls, log rollers,  
cave crawls, and more.

Ages 2-5 and 5-12

Daily admission or  
10-time punch pass

### Groups

Discounted entry for groups of 15+  
(with adult/child ratio of at least 10:1).  
Advanced reservations required.

### Private Reservations

Private advanced reservations include  
two hours of exclusive Backyard use and  
both party rooms.

### Birthday Parties

Two hours in the Clubhouse or Hideout  
party rooms (up to 20 people per room).

For hours, fees, and details,  
go to [brookviewbackyard.com](http://brookviewbackyard.com).  
Make your reservation today!

[brookviewbackyard.com](http://brookviewbackyard.com)



## Community Events

# GOLDEN VALLEY ARTS & MUSIC FESTIVAL

## Sat, Sept 16

9:30 am–10 pm FREE!

Golden Valley City Hall

**Music. Art. Games. Parade.  
Car Show. Food Trucks.  
Craft Beer. Wine. And More!**

Parade starts at 9:30 am and will run west along Golden Valley Rd between Boone and Pennsylvania.  
Creative activities for younger kids and families.  
Classic Car Show sponsored by Calvary Church.

**OPEN TO ALL AGES! BRING THE WHOLE FAMILY!**

[www.gvcfoundation.org](http://www.gvcfoundation.org)  
[Facebook.com/gvartsandmusic](https://www.facebook.com/gvartsandmusic)  
[Twitter @GVArtsMusic](https://twitter.com/GVArtsMusic)



**GOLDEN  
VALLEY  
COMMUNITY  
FOUNDATION**

## 2017 GREAT FALL CLEAN UP

### MIGHTY TIDY DAY

Sat, Oct 7 • 8 am–1 pm

Bring your junk and gently used furniture & household goods!  
(fees apply to all junk items except batteries, clean metal, and paper shredding)

### LEAF DROP-OFF

Sat, Oct 28  
8 am–1 pm

Fri, Nov 3  
8 am–3 pm

Sat, Nov 4  
8 am–1 pm

Sat, Nov 11  
7 am–1 pm

### at BROOKVIEW PARK

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

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

## Market in the Valley Farmers Market

2017

**Sundays / 9am - 1pm**

**June 18–October 1**

**7800 Golden Valley Road  
Behind City Hall under the Water Tower**

**Local Food & Community Spirit!**

[www.marketinthevalley.org](http://www.marketinthevalley.org)

## Youth Enrichment & Learning

### Parent/Child Dino Discovery With Kidcreate Studio

AGES 1½–6 WITH AN ADULT

At this parent/child playdate you'll create a "prehistoric" diorama complete with toy dinosaur. Children must be accompanied by an adult.

Davis Community Center Cafeteria

Mon, Oct 2

6–7 pm

\$14 resident, \$16 non-resident

F1227A

Register by Sept 25



### Don't Bug Me Art Class With Kidcreate Studio

AGES 3–6

How cool are bugs? Did you know that 95 percent of all species on earth are insects? Learn lots of cool and fun bug facts while creating a bug-filled snow globe.

Davis Community Center Cafeteria

Mon, Sept 25

6:15–7:45 pm

\$18 resident, \$20 non-resident

F1228A

Register by Sept 18

### Wanda The Wacky Witch Story Time

AGES 2–5 WITH AN ADULT

Put on your costume and join Wanda the Wacky Witch for some Halloween fun! Wanda will read the children's book "No Room on the Broom," lead a skeleton scavenger hunt, and ask for help making Wacky Brew in her caldron. Participants will also enjoy Halloween bingo, a spooky craft, and a monster mash.

Crystal Community Center

Mon, Oct 23

6:15–7 pm

\$17 resident, \$19 non-resident

F1224A

Register by Oct 13

### Elf On The Shelf Story Time

AGES 2–5 WITH AN ADULT

Start the holiday season with a special visit from Sprinkles the Elf! Sprinkles shares her tales of helping keep children on the "Nice List." Participants will write letters to Santa, sing carols, make a Christmas craft, and enjoy cookies. Don't forget to BYOE (Bring Your Own Elf)—Santa says it's ok.

Crystal Community Center

Mon, Dec 4

6:15–7 pm

\$17 resident, \$19 non-resident

F1226A

Register by Nov 27

### Supper With Santa

AGES 1+ WITH AN ADULT

Santa's coming! You are cordially invited to a special holiday celebration including dinner, music, activities, and a photo opportunity with Santa. All children must be accompanied by an adult. Children under ages 1 are free.

Brookview Bassett Creek Room

Fri, Dec 8

6–7:15 pm

\$12 resident, \$15 non-resident

F1506A

Register by Dec 4



## Youth Enrichment & Learning

### Kids Club

AGES 3–5

Specifically designed for preschool age children, each class is filled with art projects, stories, music, and games and promises to be a fun and positive learning experience. Children must be potty trained.

Lisa London has instructed Golden Valley's program for the past 20 years. She has degrees in early childhood education and music and is passionate about working with preschoolers.

**Crystal Community Center**

Tue/Thur, Sept 12–Nov 2  
(no class Sept 21)

9:30–11:30 am

\$89 resident/\$94 non-resident

F1214E

Register by Sept 8

### Little Tigers Self Defense

AGES 3–5

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

**Davis Community Center**

5:45–6:15 pm

\$59 resident/\$63 non-resident

Tue, Sept 5–Oct 17

(no class Sept 26)

F1120D

Tue, Oct 24–Dec 19

(no class Oct 31, Nov 7)

F1120E

### Tae Kwon Do

AGES 5+

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

**Davis Community Center**

\$69 resident/\$73 non-resident

6:15–7 pm

Tue, Sept 5–Oct 17

(no class Sept 26)

F1118C

Register by Sept 1

Tue, Oct 24–Dec 19

(no class Oct 31, Nov 7, 21)

F1118D

Register by Oct 20



### Tap & Ballet Dance Instruction

AGES 4+

Students of all abilities will learn a variety of dance routines. Beginning and intermediate classes will teach basic dance skills, and experienced dancers will work on more advanced tap, ballet, and jazz routines. Classes are instructed by Toni Nelson (who has taught tap and ballet in Golden Valley for more than 40 years) and her daughter Nicki Cullen (who has been teaching with her mom for more than 20 years). Participants should wear comfortable clothing, such as a leotard and tights or shorts (NO jeans) and provide their own tap and ballet shoes. To perform in the spring recital, students must be registered for Session II to ensure recital costumes can be ordered and fees collected before ordering.

Tentative Spring Recital Date: April 14

\$59 resident/\$63 non-resident

#### SESSION I

**Davis Community Center**

Sat, Sept 16–Dec 16

(no class Oct 21, 28, Nov 25)

Register by Sept 11

#### SESSION II

**Brookview Wirth Lake Room**

Sat, Jan 6–April 17

(no class Feb 3, 17, March 31)

Register by Jan 2

#### BALLET

##### Beginner

8–8:30 am

Session I F1301A

Session II W1302A

##### Intermediate

9–9:30 am

Session I F1301B

Session II W1302B

##### Advanced

10–10:30 am

Session I F1301C

Session II W1302C

##### Master

11–11:30 am

Session I F1301D

Session II W1302D

#### TAP

##### Beginner

8:30–9 am

Session I F1301E

Session II W1302E

##### Intermediate

9:30–10 am

Session I F1301F

Session II W1302F

##### Advanced

10:30–11 am

Session I F1301G

Session II W1302G

##### Master

11:30 am–12 pm

Session I F1301H

Session II W1302H

## Princess Ball

AGES 3–8 WITH AN ADULT

Join us for an enchanted evening with Once Upon a Star's Elsa, Belle, Rapunzel, and Moana. Princesses and an adult will enjoy making a jewelry craft, dancing, and more royal fun. Each couple will have a photo taken, and princess will receive a personalized princess tote bag and castle gift. This program fills fast! When registering, please register the child. Fee is per couple.

Crystal Community Center      F1502A  
 Fri, Nov 3      Register by Oct 26  
 6:30–8 pm  
 \$29 resident/\$32 non-resident

## Exploring Light And Sound with Science Explorers

AGES 3½–6

Investigate the world of light and sound! We'll use colored filters, prisms, and more to learn where light comes from and how it travels and musical instruments to learn about sound and how it travels. Participants will create a musical instrument, learn about primary and secondary colors, and more.

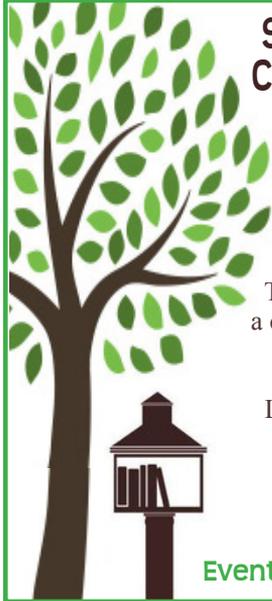
Science Explorers (620 Mendelssohn Ave, Suite 156)  
 Thur, Nov 16–Dec 14 (no class Nov 23)  
 9:30–11:30 am  
 \$50 resident, \$53 non-resident  
 Register by Nov 9  
 F1238A

## Shopkins Cute With Kidcreate Studio

AGES 4–9

Grab your shopping carts and get creating! It's time to join those cute collectibles with the adorable faces and unique names. We'll be making lots of fun "treats," including a berry smoothie and Lolli Poppins out of air-dry clay and paint. Please pack a nut free snack and drink for your child.

Davis Community Center Cafeteria  
 Mon, Oct 9  
 6–8 pm  
 \$27 resident, \$30 non-resident  
 F1229A  
 Register by Oct 2

## St. Croix Playground & Children's Little Library Grand Opening

Join us to celebrate the Grand Opening of the new playground and new Children's Little Library at St. Croix Park. The community is invited to bring a children's book for the Children's Little Library and play on the new playground structure. Light refreshments will be served.

**Mon, Sept 18 • 2 pm**  
**St. Croix Park**  
 (5850 St Croix Ave N)

Event is free and open to all ages

## Parent/Child Spooktacular Painting

AGES 6–14 WITH AN ADULT

Impress your friends with a Halloween masterpiece. Merry Time Arts will guide you step-by-step to create a spooky storybook scene on a 16 x 20 canvas using acrylic paints and other supplies. Snacks included.

Crystal Community Center      F1508A  
 Fri, Oct 13      Register by Sept 29  
 6:30–8:30 pm  
 \$48 resident, \$51 non-resident

## Walk When The Moon Is Full **FREE**

AGES 6+ WITH AN ADULT

Adapt your senses and explore the natural world at night. Dress for the weather and walking on uneven, woodchip trails. Three Rivers Park District staff will guide the walk. Program is free but you must register to participate.

**SNAKE MOON**  
 Sohacki Park  
 Thur, Sept 7, 7:30–9 pm  
 F1237A

**FALLING LEAF MOON**  
 Sohacki Park  
 Fri, Oct 6, 6:30–8 pm  
 F1237B

## Youth Enrichment & Learning

### Private Piano Lessons

AGES 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboarding techniques, sight reading, music theory, and ensemble playing. Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, and Plymouth. Recitals will be held Dec 16 and 17.

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

#### SESSION I

Instructed by Mila Maron

Plymouth Creek Center

Wed, Sept 13–Dec 13 (no class Oct 18, Nov 22)

Between 3–9 pm

\$274 resident (includes recital)

\$279 non-resident (includes recital)

F1210A

#### SESSION II

Instructed by Maria Steele

Maple Grove Community Center

Thur, Sept 14–Dec 14 (no class Oct 19, Nov 23)

Between 3–9 pm

\$274 resident (includes recital)

\$279 non-resident (includes recital)

F1210B

### Drama Club

AGES 7–14

Learn to act or advance your acting skills through fun activities, music, and a final performance. Classes are led by Eric Olson, an instructor with extensive training in theater, film, and advertising. Dress rehearsal will be Thur, Dec 7, with the final performance Tue, Dec 12 at Hopkins Eisenhower Community Center (1001 Hwy 7, Hopkins). Min 8. Max 16.

Davis Community Center Cafeteria

Tue & Thur, Sept 28–Dec 12

(no class Oct 12, 19, 31, Nov 9, 23)

6–7:30 pm

\$119 resident, \$124 non-resident

F1208C

Register by Sept 21

### When I'm In Charge

AGES 8+

This American Red Cross course is for boys and girls who may find themselves home alone. It will discuss safety address concerns such as coming home to an empty house, basic responsibilities, phone and Internet safety, fire and gun safety, and many others topics. Participants receive a book and certificate of completion. Parents are welcome and encouraged to attend the last 30 minutes of class.

New Hope City Hall

5:30–8:30 pm

\$54 res/\$58 non-res

Mon, Sept 25

F1221A

Register by Sept 22

Mon, Nov 13

F1221B

Register by Nov 10

### American Red Cross Babysitting Training

AGES 11–15

Using fun activities, videos, discussions, and real-life problem-solving situations, participants will learn leadership with kids, professionalism, safety and safe play, and basic care, feeding and diaper changing, along with first aid and CPR training for infants and children. Participants provide own lunch and snack.

8 am–6 pm

\$105 res/\$110 non-res

Sat, Sept 30

Hew Hope City Hall

F1215A

Register by Sept 27

Sat, Oct 28

New Hope City Hall

F1215B

Register by Oct 25

Tue, Jan 2 **No School**

Brookview Wirth Lake Room

W1215A

Register by Dec 29



## Youth Athletics

### Flag Football Stars

AGES 3–4

With a focus on basic skill development, fundamentals, and sportsmanship, this program is designed to provide 3- and 4-year-olds the opportunity to develop large motor skills and learn about football. Children must be out of diapers to participate. Min 6. Max 12.

Davis Community Center      \$29 resident, \$32 non-resident  
 Thur, Sept 14–Oct 5      F1137A  
 5:45–6:30 pm      Register by Sept 8

### Basketball Stars

AGES 3–4

With a focus on basic skill development, fundamentals, and sportsmanship, this program is designed to provide 3- and 4-year-olds the opportunity to develop large motor skills and learn about basketball. Children must be out of diapers to participate. Min 6. Max 12.

Davis Community Center  
 Thur, Oct 19–Nov 16 (no class Nov 9)  
 5:45–6:30 pm  
 \$29 resident, \$32 non-resident  
 FF1146A  
 Register by Oct 20



### Flag Football Mites

AGES 4–6

This fun program offers children an introductory football experience with a focus on basic skill development, teamwork, and sportsmanship. Min 8. Max 16.

Davis Community Center  
 Thur, Sept 14–Oct 5  
 6:45–7:45 pm  
 \$29 resident, \$32 non-resident  
 F1142A  
 Register by Sept 8



### Basketball Mites

AGES 4–6

This fun program offers children an introductory basketball experience with a focus on basic skill development, teamwork, and sportsmanship. Min 8. Max 16.

Davis Community Center  
 Thur, Oct 19–Nov 16 (no class Nov 9)  
 6:45–7:45 pm  
 \$29 resident, \$32 non-resident  
 F1147A  
 Register by Oct 20

### Amazing Athletes

AGES 3–5

The perfect class to give every child an opportunity to get moving, develop sports skills, and learn the fundamentals of a different sport each week. Children will work on hand-eye coordination, gross motor skills, and cognitive development.

#### CRYSTAL COMMUNITY CENTER

\$50 resident, \$53 non-resident

Thur, Sept 21–Oct 19	Thur, Oct 26–Nov 30 (no class Nov 23)
5:30–6:15 pm F1101A	5:30–6:15 pm F1101C
6:30–7:15 pm F1101B	6:30–7:15 pm F1101D
Register by Sept 13	Register by Oct 18

#### DAVIS COMMUNITY CENTER

\$40 resident, \$43 non-resident

Mon, Oct 30–Nov 20  
 5:45–6:30 pm F1101E  
 6:45–7:30 pm F1101F  
 Register by Oct 23

### Park & Recreation Challenge

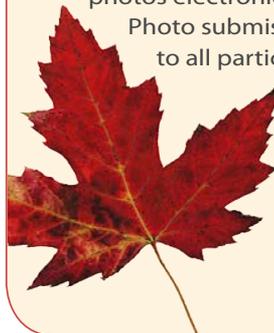
#### An Outdoor Adventure For The Whole Family

Gather your family and start exploring Golden Valley's beautiful parks! As the colors change, what better time to discover our hidden gems and old favorites. During each park visit, take a photo of your family with the park identification sign. Once you have completed all 20 parks, submit photos electronically by Friday, October 20.

Photo submission instructions will be sent to all participants after registration.

Challenge finishers will receive a Brookview prize pack valued at approximately \$50. Registration is required to participate.

\$5/family  
 F1509A



## Youth Athletics

### Fencing

GRADES 2–8

Participants wanted for the “sport of the intellectual athlete.” Olympic Fencing Coach Ro Sobalvarro’s curriculum shares an immense knowledge for the sport of fencing, with safety the top priority. New and experienced athletes welcome. Safety swords, protective masks, chest plates, and jackets provided.

Crystal Community Center

Thur, Oct 12–Nov 30 (no class Oct 19 & Nov 23)

7:40–8:40 pm

\$75 resident, \$80 non-resident

F1110C

Register by Oct 5

### Blacklight Dodgeball Tourney

GRADES 2–6

Ready, set, dodgeball! Glow in the dark dodgeballs add a twist to this playground favorite. Participants will play several games and enjoy a pizza snack and a DJ. Wear a white T-shirt, which can be decorated with special blacklight markers. Co-sponsored by Hopkins Community Education and the City of Golden Valley.

Davis Community Center

Fri, Jan 12

6:45–9 pm

\$24 resident, \$26 non-resident

F1141A

Register by Jan 5



### Archery

AGES 8–14

Learn basic archery skills, including safe range practices and how to shoot. Intermediate/advanced students welcome and will review the basics before learning advanced skills. All instruction and equipment provided by Orion Archery.

Robbinsdale Community Gym

6–7:30 pm

\$65 resident, \$69 non-resident

Tue, Oct 3–24

F1108C

Register by Sept 26

Tue, Nov 7–28

F1108D

Register by Oct 31



### Youth Bowling League

GRADES K–6

Spare, split, STRIKE! Instructors teach basic bowling skills and technique, etiquette, how to keep score, and more. The program will culminate with a tournament and pizza party at Louisville Lanes in Shakopee. All participants will receive a T-shirt and certificate. No experience necessary and all equipment is provided.

Texa-Tonka Lanes (8200 Minnetonka Blvd)

Sat, Oct 7–Nov 18

10:30 am–noon

\$75

F1144A

Register by Sept 29



### After School Sports Sampler

AGES 8–12

Each day a different game will be played after school featuring dodgeball, flag football, and spikeball. This program will meet at Davis Community Center and play games outside on a grass field. Equipment and supervision provided. Min 6. Max 16.

Davis Community Center

Thur, Sept 21–Oct 5

4:15–5:15 pm

\$19 resident, \$21 non-resident

F1148A

Register by Sept 15





## Ninja Warrior Field Trip

**No School**

AGES 7–13

Get the real ninja warrior experience on this fun-filled trip to Conquer Ninja Warrior gym in Eden Prairie. Participants will be challenged to conquer real obstacles, increase strength and endurance, and train with Ninja Warriors! Supervision, transportation, and lunch provided. Bus pick-up and drop-off at Crystal Community Center.

Crystal Community Center  
Thur, Oct 19  
9 am Bus pick up at Crystal  
4:15 pm Bus return to Crystal

\$45 resident/\$48 non-resident  
F1145A  
Register by Oct 11

## Mites Fall Soccer

GRADES K–1 (2017-18 school year)

This program offers a fun introductory soccer experience while focusing on developing fundamentals, good sportsmanship, and team building. Teams will be assigned and volunteer coaches will lead 30 minutes of skill development and 30 minutes of game play each day. Participants must provide shin guards and a Golden Valley soccer jersey (purchase at the Recreation office). Min 24, max 64.

Hampshire Park

Sat, Sept 9–Oct 14

10:30 or 11:30 am game days

\$39 res, \$42 non-res, \$14 shirt

S1127A

Register by Aug 28



## Youth Co-Rec Fall Soccer

GRADES 2–5 (2017-18 school year)

This fun and encouraging recreational soccer experience for boys and girls will focus on skill development, good sportsmanship, and enjoying the game. Games are played on Saturdays at varying locations in Golden Valley, Crystal, and Robbinsdale. Participants must provide shin guards and a Golden Valley soccer jersey (purchase at the Recreation office). Min 10, max 24 per session.

Practice begins week of Aug 28

Games begin Sat, Sept 9–Oct 14

Game times vary between 9 am–3 pm

\$39 res, \$42 non-res, \$14 shirt

Register by Aug 18

GRADES 2–3

Mon Practice S1128A

Tue Practice S1128C

Thur Practice S1128D

GRADES 4–5

Mon Practice S1128B

Tue Practice S1128E

Thur Practice S1128F

**NEW!**  
Register  
for your  
desired  
practice  
night!

## VOLUNTEER SOCCER COACHES NEEDED!

The soccer programs depend on volunteers to coach teams and lead activities. To show our appreciation for your time and commitment, a refund of the registration fee (one per household) will be issued at the end of the season.

Max of two refunds per team. To become a volunteer coach, state at time of registration or email to [jstutzman@goldenvalleymn.gov](mailto:jstutzman@goldenvalleymn.gov).

## Youth Athletics

Looking for **Mites Basketball?**  
Find it in our Winter Catalog  
coming out in December.

### Youth Basketball Leagues

#### GRADES 2–7

A recreational league designed to develop basketball skills, teamwork, and good sportsmanship. Teams are coached by volunteers, and players are allowed to play one grade level up. This program is co-sponsored with the Cities of Golden Valley, Crystal, Robbinsdale, and St Louis Park and will include teams from all cities. Min 8, max 12 per session.

#### PRACTICES

Davis Community Center  
Begin the week of Jan 8

#### GAMES

Davis and Crystal Community Centers  
Sat, Jan 20–March 10  
\$60 resident, \$64 non-resident  
Register by Dec 15

#### BOYS GRADE 2

Mon Practice W1136A  
Wed Practice W1136B  
Thur Practice W1136C

#### GIRLS GRADE 2–3

Mon Practice W1136M  
Wed Practice W1136N  
Thur Practice W1136P

#### BOYS GRADE 3

Mon Practice W1136D  
Wed Practice W1136E  
Thur Practice W1136F

#### GIRLS GRADE 4–6

Mon Practice W1136R  
Thur Practice W1136T

#### BOYS GRADE 4–5

Mon Practice W1136G  
Wed Practice W1136H  
Thur Practice W1136I

#### BOYS GRADE 6–7

Mon Practice W1136J  
Thur Practice W1136L



### Hoopstars Basketball Camps

#### GRADES K–1

Come hone your skills and learn some new ticks from experienced instructor Ron Behl in this FUNdamentals-based basketball camp.

Davis Community Center  
Mon & Wed, Oct 2–18  
6–7:30 pm  
\$52 resident, \$56 non-resident  
F1134C  
Register by Sept 22



### Basketball Winter Warm-up

#### GRADES 2–6

Boys and girls, it's time to improve your skills and fundamentals before the winter basketball league starts. Offense, defense, dribbling, passing, shooting, and sportsmanship are all key elements to basketball, and experienced instructor Ron Behl will help you hone your skills.

#### GRADES 2–3

Davis Community Center  
Wed, Nov 1–29 (no class Nov 22)  
6–7:30 pm  
\$36 resident, \$38 non-resident  
F1135B  
Register by Oct 25

#### GRADES 4–6

Forest Elementary School Gyms, Crystal  
Mon, Nov 6–Dec 11  
6–7:30 pm  
\$52 resident, \$56 non-resident  
F1135A  
Register by Oct 30

#### WE NEED VOLUNTEER COACHES!

The basketball program depends on volunteers to coach teams and lead activities. To show our appreciation for your time and commitment, a refund of the registration fee (one per household) will be issued at the end of the season. Max of two refunds per team. To become a volunteer coach, state at time of registration or email [jstutzman@goldenvalleymn.gov](mailto:jstutzman@goldenvalleymn.gov).

## Youth Community Opportunities

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



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

**Ages 4–16**

**Davis Community Center**

**Tue, Oct 3–Dec 19 (no class Oct 31 & Nov 7)**

**Ages 4–8: 6–6:45 pm**

**Ages 9–16: 7–7:45 pm**

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

**Registration takes place on Tue, Sept 19,  
6:30–7:30 pm at Davis Community Center**



Experience the ultimate in skiing, snowboarding, freestyle, and racing instruction for beginners to experts! Since 1958, Blizzard has provided skiing and snowboarding instruction and family fun with extras you only get with Blizzard. Choose up to an eight-week season at eight local snowsports destinations on Sundays, featuring a wide array of age-appropriate programs for kids in grades K-12. Progress at your own pace with expert instruction from our adult staff on groomed runs and terrain parks. You provide your own food and gear (season-long discounts and rentals are available), we provide the rest. Each week, you'll be contacted to RSVP for the upcoming trip. Bus times are approximately 8 am–5:30 pm. When you attend, you'll pay a weekly trip fee of about \$70 for your round-trip bus transportation, adult supervision, and lift ticket (no fee if can't attend that week).

**Ages 6–18 (Grades K–12)**

**Sat, Nov 25–Feb 24 & Sun, Jan 7–Feb 25 (no class Dec 24 & 31)**

**Trips run approximately 8 am–5:30 pm**

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

**For more information, pricing, and registration visit:  
[www.blizzardmn.com](http://www.blizzardmn.com) (Mention code GVR17 when registering)**

## Youth Athletic Associations

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

**Cooper/Armstrong  
Girls Fastpitch Softball**  
Girls age 7–18  
[www.caheatfastpitch.org](http://www.caheatfastpitch.org)

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

**Park Valley United FC  
Soccer Club**  
Boys & Girls age 5–18  
(Recreational 5–12, Competitive 9–18)  
612-405-2425  
[www.parkvalleyunitedfc.org](http://www.parkvalleyunitedfc.org)

**Golden Valley  
Little League Baseball**  
Boys & Girls age 5–12  
Pat Dale, 612-423-9345  
[GVLittleLeagueInfo@gmail.com](mailto:GVLittleLeagueInfo@gmail.com)  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

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

## Ticket Events

Join us for these great events at popular venues around the Twin Cities. Tickets are available for all ages and can be picked at the Parks and Recreation office about one week before the event. We will notify you when your tickets are in. **NOTE: You must supply your own transportation.**

### Marvel Universe at Xcel Energy Center

Marvel fans, assemble for this live, action-packed, legendary battle to defend the universe from evil. Spider-Man, the Avengers, and many more join forces in a race against time to defeat Loki and his eternal quest to crown himself ruler of Asgard and Earth. This all new show unites some of Marvel's greatest super heroes including Iron Man, Captain American, Thor, Black Panther, Hulk, and Black Widow against some of the most threatening villains that the universe has to offer. Fans of all ages will be immersed in the Marvel Universe and experience it all with their family...LIVE! Guests age 2 and older are required to have a ticket.

Sat, Dec 9

11 am

\$30/person

(lower level reserved)

F4103A

Register by Nov 21



## Adaptive Recreation

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



#### ALL AGES (5+)

- Yoga
- Tae Kwon Do
- Bowling

#### TEEN (13-21)

- Teen Explorers
- Social Seekers
- Zumba

#### ADULT

- Wednesday Night Social
- Empowerment Group
- On The Town

#### INCLUSION SUPPORT IS ALSO AVAILABLE

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

**Call 952-200-3030 or visit us online at [www.reachforresources.org](http://www.reachforresources.org).**

## Adult Enrichment & Learning

### String Art

All good things come back in style, so don't miss out on this popular trend. Open to all ages 16+, we'll work with wood, nails, and string to create images of silhouettes, words, monograms—nearly anything you can imagine! If it can be printed, it can be put on wood and made out of string. Supplies included in this class are standard board, string, nails and adhesive. Bring your own hammer.

**Crystal Community Center**  
 Sat, Nov 4  
 10 am–12 pm  
 \$42 resident/\$45 non-resident  
 F2304A  
 Register by Oct 26

### Fall Colors Paint On Canvas

Be inspired by the fall splendor at Bassett Creek Park and create your own masterpiece. Vanessa Merry, of Merry Time Arts, will guide you as you capture all the park's fall colors on a 16 x 20 canvas. Beginners to novice will enjoy this class. All supplies are included.

**Bassett Creek Park Shelter**  
 (6001 32nd Ave N, Crystal)  
 Sat, Oct 7  
 1–4 pm  
 \$27 resident/\$30 non-resident  
 F2203A  
 Register by Sept 28

### Birding By Bike

Bike the trails with a naturalist and stop at bird habitats along the way. Bikes and helmets provided (bikes fit people up to six-feet tall), or bring your own. Offered in cooperation with Three Rivers Park District and City of Robbinsdale.

**Sochacki Park**  
 Thur, Oct 26  
 10 am–noon  
 \$5/person  
 F2303A  
 Register by Oct 21



## Adult Fitness & Wellness

### Pilates-Inspired Workout With Annette

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

**Crystal Community Center**  
 6–7 pm  
 Mon, Sept 25–Nov 13  
 \$64 resident/\$68 non-resident  
 F2202A  
 Mon, Nov 27–Dec 18  
 \$32 resident/\$35 non-resident  
 F2202B



### Daytime Yoga With Annette

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

**Crystal Community Center**  
 11 am–noon  
 Tue, Oct 3–Nov 21 (no class Nov 7)  
 \$56 resident/\$60 non-resident  
 F2201A  
 Tue, Nov 28–Dec 19  
 \$32 resident/\$35 non-resident  
 F2201B

## Adult Fitness & Wellness

### Intermediate Belly Dancing

Learn to mix and layer body movements with dance steps, try advanced dance movements, and continue to work on core muscle strengthening, coordination, and overall body improvement and dance refinement. Class taught by Tatyana Butkova.

Crystal Community Center

7–8:30 pm

Mon, Sept 11–Oct 30

\$80 resident/\$85 non-resident

F2402A

Mon, Nov 6–Dec 18

\$70 resident/\$75 non-resident

F2402B

### Yoga Flow With Laura

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

**NOTE:** Due to the construction of the new Brookview, these classes will be held at Calvary Lutheran Church, 7520 Golden Valley Road, Golden Valley, MN 55427.

Calvary Lutheran Church

(7520 Golden Valley Rd)

5:30–6:45 pm

\$77 resident/\$82 non-resident

Tue, Sept 5–Oct 17

F2206A

Thur, Sept 7–Oct 19

F2206B

Tue, Oct 24–Dec 19

(no class Oct 31, Nov 7)

F2206C

Thur, Oct 26–Dec 14

(no class Nov 23)

F2206D

### Ballroom Dancing For Beginners

If you wish you knew how to dance so you could get on the floor with confidence, then this is the perfect course for you! Learn to dance real ballroom steps in sync with your partner. Be prepared for your next social event, including weddings and parties, or just attend for something new to do together on date night. Practice to popular and classic songs that inspire you to get on the floor, and even bring along your own favorite music to try dancing to in class. Come with or without a partner. Couples keep together and singles rotate with one another. Teens and adults of all ages welcome. The instructor guarantees you will be successful, even if you think you have two left feet. Classes are fun and learning is made easy. You'll be happy you enrolled. Free make-up lessons available if you need to miss class for any reason. For more information call 612-240-8329 or visit [www.constantinedance.com](http://www.constantinedance.com).

Davis Community Center

Sun, Oct 29–Nov 19

4–5:30 pm

\$55 resident/\$59 non-resident

F2403A

### Boot Camp

Come ready to burn calories and build endurance all while having a great time. Boot Camp is a combination of strength, cardio, endurance, flexibility, and core with a mix of functional movement patterns. You get everything you need in less than an hour! We keep you moving from the first minute to the very last second. This is a challenging yet effective hour of training. The designer of this intense course has more than 20 years in fitness with a background in fitness, sports nutrition, and functional movement. All participants should bring a band or weights (5- to 10-lb dumbbells).

Davis Community Center

\$53 resident, \$55 non-resident

Sun, Sept 17–Dec 10

(no class Oct 8, Nov 5 & 19)

9–10 am

F2204A

Thur, Sept 21–Dec 14

(no class Oct 12, Nov 9 & 23)

6–7 pm

F2204B



## Park & Recreation Challenge

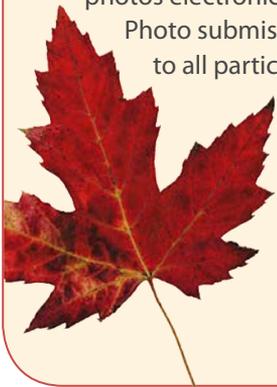
### An Outdoor Adventure For The Whole Family

Gather your family and start exploring Golden Valley's beautiful parks! As the colors change, what better time to discover our hidden gems and old favorites. During each park visit, take a photo of your family with the park identification sign. Once you have completed all 20 parks, submit photos electronically by Friday, October 20.

Photo submission instructions will be sent to all participants after registration.

Challenge finishers will receive a Brookview prize pack valued at approximately \$50. Registration is required to participate.

\$5/family  
F1509A



## DO YOU HAVE OLD HOCKEY STICKS & PUCKS LOOKING FOR A NEW HOME?

Donate them to the  
Parks & Recreation  
Department!



Our goal is to have hockey sticks and pucks available for FREE use in each of the skating rink warming houses. If you have some old hockey sticks in the basement or the garage, please drop them off at Brookview and we will put them to good use this winter!



## Golden Valley Library Events for Adults

612-543-6375 • [www.hclib.org](http://www.hclib.org)

### Meditation For Beginners

Sept 20 • 6–7:30 pm

Guthema Roba, librarian at Golden Valley Library and mystic poet, will lead basic mindfulness meditation blended with poetry and music. Learn how to practice and cultivate positive energy such as kindness, love, and gratitude; how to work with whatever arises in daily life; and how to be mindful and present with everything you do.

### Traditional Publishing For Writers

Oct 7 • 1–2 pm

You've written and polished your book, so now how do you get it published? Learn about how traditional publishing works, from finished manuscript to bookstore shelves, and learn how to craft a query letter and in-person pitch to get agents and editors excited about your book.

### NaNoWriMo: Get Ready

Oct 24 • 6–7 pm

Learn the importance of short, regular, repeated writing sessions and establish a writing habit that will stick with you through November and beyond. Taught by writing and creativity instructor and author Rosanne Bane. Stay to write, share ideas, and connect with fellow Wrimos.

### Upcycled Book Art

Nov 5 • 2–3:30 pm

Learn easy and creative ideas for upcycling used books into fun and useful items. See examples of many used book creations and make a folded book project to take home. Materials provided.

### NaNoWriMo Write-In

Nov 7 • 6–8 pm

November is National Novel Writing Month! Join fellow writers for encouragement, advice, and practice, whether you are finishing your epic or starting from scratch. Group writing exercises at the start, then open writing in a quiet space. Supplies and encouragement provided. Drop in for an hour or stay for the whole time.

Programs are sponsored by  
Friends of the  
Golden Valley Library.



## Adult Athletics

Parks and Recreation offers a variety of adult leagues throughout the year. General information for upcoming offerings is listed below. For detailed registration information, visit the City website at [www.goldenvalleymn.gov/recreation/adults/leagues.php](http://www.goldenvalleymn.gov/recreation/adults/leagues.php).

### Adult Co-Rec Sand Volleyball League

Enjoy a beautiful night in the park with sand under your toes in our recreational co-rec six-on-six volleyball league. Teams will play a six-week season. All games played at Brookview Park at 6 pm and 7 pm.

Brookview Park  
Tue, Aug 22–Sept 26  
\$150 per team



### Adult Co-Rec Indoor Volleyball League

Join our new recreational co-rec six-on-six indoor volleyball league. Teams will play a 10-week season. All games are played at Davis Community Center between 6–10 pm.

Davis Community Center  
Wed, Dec 6–Feb 21 (no games Dec 27, Jan 3)  
\$250 per team

## Davis CommunityCenter OPENGYMS

All levels welcome. Basketballs and volleyballs provided.  
Schedule is subject to change due to low attendance.  
Check the City website for updates.

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

**Sept 5–Dec 31, 2017**

<b>Sun</b>	<b>Family Open Gym</b>	<b>1–3 pm</b>
	(closed Dec 24 & 31)	
<b>Sun</b>	<b>Pickleball Drop-In</b>	<b>3–5 pm</b>
	(closed Dec 24 & 31)	
<b>Tue</b>	<b>Volleyball 18+</b>	<b>8–10 pm</b>
	(closed Sept 26, Nov 7, Dec 26)	
<b>Thur</b>	<b>Volleyball 18+</b>	<b>8–10 pm</b>
	(closed Oct 12, Nov 9 & 23)	
<b>Fri</b>	<b>Youth Open Basketball &amp; Soccer</b>	<b>6–8 pm</b>
	(closed Nov 17 & 24)	
<b>Sat</b>	<b>Open Basketball For All Ages</b>	<b>*Noon–2 pm</b>
	(closed Oct 28)	

\*Open Basketball time will be moved back to 8–10 am on Jan 6.

Check the City website at [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov) for updates.

### Men's Softball Leagues

Teams will play a six-week regular season of doubleheaders. To help teams find the appropriate playing level, leagues are classified as Gold, Silver, and Bronze. All teams will continue to be sanctioned with USSSA at C, D, and E levels.

Schaper Park  
Season begins Aug 21  
\$430 per team



#### Gold

The most competitive softball experience, and for teams who occasionally participate in tournaments.

#### Silver

A moderately competitive softball experience.

#### Bronze

A fun and recreational experience with a low a level of competition.

#### Leagues Available

Mon: Silver Doubleheader  
Tue: Bronze Doubleheader  
Wed: Silver Doubleheader  
Thur: Gold Doubleheader

### Adult Co-Rec Soccer Leagues

Teams will play a six-week regular season plus a single-elimination playoff. Games are played on Friday nights and Sunday afternoons. To help teams find the appropriate playing level, three leagues are offered: Gold, Silver, and Bronze.

Lions Park  
Season begins Sept 8  
\$500 per team

#### Gold

The most competitive softball experience, and for teams who occasionally participate in tournaments.

#### Silver

A moderately competitive softball experience.

#### Bronze

A fun and recreational experience with a low a level of competition.



# TWIN CITY TENNIS CAMPS

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



**REGISTER NOW!**

[www.twincitytenniscamps.com](http://www.twincitytenniscamps.com) • 612-600-2460



## Junior Quick Start Intro Camp

Pure Beginner I & II Ages 4–12  
Beginner–Advanced Beginner

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

## Junior Development Camp

Junior & Senior Ages 5–15  
Advanced Beginner–Intermediate

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

NOTE: Prices increase after Aug 18, 2017

## LIONS PARK

*After School*  
Tue–Fri, Sept 5–Oct 13  
4:30–6 pm  
1½ hrs \$95

## BROOKVIEW PARK

*Weekday Evening*  
Tue/Wed/Thu, Sept 5–Oct 13  
6:15–7:45 pm  
1¼ hrs \$95

## Saturday Afternoon

Sat, Sept 9–Oct 16  
10 am–noon, Noon–1 pm, 1–5 pm  
1 hr \$85, 2 hrs \$119, 4 hrs \$209

## Sunday Afternoon

Sun, Sept 10–Oct 17  
Noon–1 pm, 1–5 pm  
1 hr \$85, 4 hrs \$209

## Junior High Performance Camp

Junior & Senior Ages 9–15  
Intermediate–Advanced

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

NOTE: Prices increase after Aug 18, 2017

## SEEMAN PARK

*After School*  
Mon–Thu, Sept 5–Oct 12  
(no class Sept 4)  
4–6 pm  
2 hrs \$119

## BROOKVIEW PARK

*Weekday Evening*  
Tue/Thu, Sept 5–Oct 12  
6–8 pm  
2 hrs \$99

## Saturday Afternoon

Sat, Sept 10–Oct 14  
10 am–noon, 1–3 pm, 1–5 pm  
2 hrs \$119, 4 hrs \$209

## Sunday Afternoon

Sun, Sept 11–Oct 15  
1–3 pm, 1–5 pm  
2 hrs \$119, 4 hrs \$209

## Adult Tennis Lessons

Beginner–Advanced Beginner  
(USTA Level 1.0–3.0)

Advanced beginner and beginner lessons with an emphasis on strokes, rallying, and serving. Junior classes offered at same time.

## BROOKVIEW PARK

Tue/Thu, Sept 5–Oct 12  
6–8 pm  
6 classes \$129  
12 classes \$229

Intermediate–Advanced Intermediate  
(USTA Level 3.0–5.0)

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness. Junior classes offered at same time.

## BROOKVIEW PARK

Wed, Sept 6–Oct 11  
6–8 pm  
6 classes \$129  
12 classes \$229



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

**REGISTER NOW!** ONLINE: [www.twincitytenniscamps.com](http://www.twincitytenniscamps.com)  
PHONE: 612-600-2460



## GOLDEN VALLEY SENIOR CENTER

Located in the Evergreen Room at Brookview Community Center.  
Join scheduled activities and register for events, trips, and classes.  
All programs are held at Brookview unless otherwise noted.



Phone: 763-512-2339

Fax: 763-512-2344

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

### 2017 Annual Membership Donation

Support your senior program by donating to the Golden Valley Seniors. It helps offset some of the costs for the program, PLUS the newsletter is mailed to your door! Your membership donation is good for the entire year, which runs January–December. Memberships need to be renewed each year in December to continue receiving your newsletter.

\$5 resident/\$8 non-resident  
Y3200B

*Thank You  
For Your Support!*

### Other Senior Activity Locations

**Calvary Center Cooperative**.....7600 Golden Valley Rd  
**Covenant Village**..... 5800 St Croix Ave  
**Crystal Community Center**.....4800 Douglas Dr N  
**Dover Hills Apartments**..... 2400 Rhode Island Ave N  
**Golden Valley Library** ..... 830 Winnetka Ave N  
**Lenox Community Center** .....6715 Minnetonka Blvd

### Help With The Medicare Maze

Going to retire and need your Medicare questions answered? Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Do you need help through the Medicare maze? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She would love to work with you. Appointments required and can be made by calling 763-512-2345 at least three days in advance. **NOTE:** During the transition to the new Brookview, counseling will be provided at the nearby Senior Community Services office until construction is complete.

Senior Community Services (10201 Wayzata Blvd, #335)  
Thur, Sept 14, Oct 12, Nov 9, or Dec 14  
Appointment times are 10 am, 11 am, 12 pm



## Senior Programs

### Mondays With Mary

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

Calvary Cooperative

Mondays (no meeting Sept 5, Dec 26)

9:30–11 am



### Holiday Tea

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

Brookview Bassett Creek Room

Mon, Dec 11

1–2:30 pm

\$9/person

F3301A

Register by Dec 8



### Fall Senior Lawn Bowling League

Lawn bowling is one of the easiest sports to learn to play, and it increases eye-hand coordination, strengthens your legs, back, and arms, and helps with focus and concentration. Flat-soled shoes are required so you don't damage the surface of the green. You will also need sunscreen and a sun visor or hat. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in a white top and white or khaki bottoms will receive one point before match play begins. Register individually or as a team of 4–8 players. Fee includes four weeks of league play, equipment, official, and prizes.

Brookview Lawn Bowling Rinks

Wed, Aug 23–Sept 13

10–11 am

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

F3302A

Register or cancel by Aug 21

### Pedal Pushers 2017

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:30 am and then bike 6–12 miles, stopping along the way for short breaks and to enjoy the scenery and camaraderie. All riding levels are welcome. Helmets are required, water bottles and snacks are strongly recommended. Call the Parks and Recreation office to register, 763-512-2345.

#### UPCOMING RIDES:

Aug 3 Farmers Market at Glenwood/Lyndale and new Sculpture Garden

Aug 15 Axel's and Big River Trail

Sept 7 Dakota Trail, Big Stone Mini Golf and Sculpture Garden

Sept 19 Golden Valley Cop Ride

Oct 3 Potluck and Ride at Nancy's

## Dad's Belgian Waffles

Friday, September 8

4:30–6:30 p.m. in the Lenox Cafeteria

6715 Minnetonka Blvd.  
St. Louis Park

\$7.50 per person in advance or \$8 per person at the door

Children age 5 and under FREE

Proceeds benefit the St. Louis Park Senior Program

*All You Care to Eat*

## Senior Programs

### Living Wise And Well **FREE**

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No pre-registration required. *No program on Nov 2.*

Calvary Center Cooperative Prairie Room  
2–3:15 pm

#### THUR, AUG 3

##### Twins Baseball Memorabilia

Come to a public presentation by the engaging speaker, Clyde Doepner, from the Minnesota Twins baseball team. Mr Doepner is the official curator of artifacts for all Twins baseball memorabilia. Unique artifacts will be onsite for viewing. Participants are encouraged to wear Minnesota Twins gear!

#### THUR, SEPT 7

##### Hats Off To Magic

Prepare yourself for lots of laughter and surprises as Annette Fragale presents her magic/comedy show. Annette will amuse and amaze as she performs illusions and regales with stories of life as a mature entertainer. She has been performing for more than 25 years and stars in the award-winning show "The Magic Book Nook." Her motto is: "if you don't have wrinkles, you haven't laughed enough." Don't forget to wear your favorite hat. You just might be part of the show!

#### THUR, OCT 5

##### Pain Management: Minimize Your Pain Without Medication

Medication is not always the right answer for treating your acute or chronic pain. In this informative and interactive session, you will hear from a local rehabilitation specialist about the benefits of physical therapy and various non-invasive treatments for pain symptoms. As an added bonus, come and learn simple stretches and exercises that may help you live a more pain-free life. Speaker: Matt Waffensmith, executive director and administrator of Legacy Rehabilitation Group.

#### THUR, DEC 7

##### Holiday Decorating Made Easy

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

### Coffee Talk

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

Brookview Community Center  
\$2 payable at the door  
9:45–11:15 am



#### WED, AUG 23

##### Golden Valley Library Information

Join Becky Rech, adult services librarian, to learn more about the Golden Valley Library. She'll share information about Hennepin County Library programs and services. Do you need a library card? Get one created with the mobile library card kit.

### Money Matters **FREE**

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.

Brookview Community Center  
10–11:15 am

#### THUR, AUG 17

Senior LinkAge Line®—Who We Are and What We Do  
Learn about this service delivered by MAAA in partnership with the Minnesota Board on Aging, and get an introduction to the MinnesotaHelp.info® website and database.

### DUE TO CONSTRUCTION....

Coffee Talk and Money Matters will not be meeting Sept–Dec 2017. Meetings will resume after Brookview construction is complete. Please look for more information in our winter activities catalog.



# Mary Wanderer's Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort! Our trips are planned with you in mind. Trip registrations are taken on a first-come, space available basis in person, by mail, or online. Use the code number and state your pick-up location and meal choice (if offered) when registering.

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

## "Life Could Be A Dream" at Old Log Theater

**Wed, Oct 25**

Upon arrival, have lunch in the Old Log Dining Room. Then enter the theater to see the performance "Life Could Be A Dream!" This affectionate doo-wop jukebox musical by writer-director Roger Bean (The Marvelous Wonderettes) is designed to incorporate hit songs of the 1960s, ranging from "Sh-Boom" and "Rama Lama Ding Dong" to anthems like "Earth Angel," "Unchained Melody," "The Great Pretender," and "The Glory of Love." In small town Springfield, the local radio station is sponsoring a rock-and-roll contest, and go-getter Denny is convinced he can win and become a star. He enlists his klutzy, nerdish, endearing friend Eugene and church-choir singer Wally to join him. Needing a sponsor, they apply to the proprietor of the local auto chain. He sends his top mechanic, handsome, hunky Skip, and his pretty daughter Lois to audition the guys, and by the end they're incorporated in the new group, Denny and the Dreamers. This is pure fun and every note counts in this rousing goodtime musical.



**Menu (state choice when registering):** Beef Short Rib, Tilapia, Vegetarian Pasta, or Boneless Chicken Breast. All meals served with potatoes and seasonal vegetable (except pasta), dinner rolls, coffee, tea or soft drink, and dessert. Menu is subject to change.

**Wed, Oct 25**

**\$68**

**10:45 am pick-up**

**4:35 pm approximate return**

**Register/cancel by Sept 25**

**Y3240A**

## Minnesota State Capitol Tour And Lunch At St Paul Hotel

**Fri, Nov 10**

Take a 45-minute guided tour with an overview of Capitol history, art, architecture, and state government (guests need to walk/stand for 45 minutes). The classically styled building, which boasts the second largest self-supported marble dome in the world, features 23 different types of stone, including 16 varieties of marble from around the world. Spectacular murals and heroic historical paintings grace the chambers and hallways. Leave the Capitol and arrive at the St Paul Hotel for lunch at MST Café, where we will enjoy the Sideboard Buffet. Each day features hot entrees, side dishes, salad, soup, and coffee or tea. After lunch, a tour guide will walk us through the St Paul Skyway System to the Ramsey Country Courthouse for a fascinating art deco architecture tour. All guests are required to go through security metal detectors. The building combines a county court house and city hall where government functions take place.

**Fri, Nov 10**

**\$59**

**9:10 am pick-up**

**3:30 pm approximate return**

**Register/cancel by Oct 16**

**Y3236A**



# Mary Wanderer's Trip Program

**At time of registration, you must indicate a bus pick-up location:  
Golden Valley City Hall or Calvary Center Cooperative**

## **Wassail Concert Rittenhouse Inn, Bayfield, Wisconsin Wed-Thur, Dec 6-7, 2017**



**DAY 1 (Wed, Dec 6):** Leave Golden Valley City Hall and stop for coffee and lunch. Arrive in Bayfield and check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center. It is located adjacent to the casino. Experience the evening Wassail Dinner Concert at the historic Old Rittenhouse Inn amidst antiques and fireplaces. Wassailing is an old English greeting or salutation given on festive occasions such as the Christmas season. It was also a toast, wishing good health and prosperity to friends and neighbors. The Rittenhouse Inn is a Queen Anne-style mansion restored to its original splendor and fully decorated for the season. A massive Christmas tree greets visitors in the front hall, and the holiday decorations continue inside the dining room. The meals include tasty soups and salads, entrée favorites like roast pork loin with apple cider glaze or champagne chicken, and desserts like decadent turtle sundaes, fresh baked pies, and the classic figgy pudding with crème anglaise (laced with bourbon). There's also the famous Rittenhouse Wassail Punch, made with cider and cranberry juice, bourbon, and spices. The food is paired with a concert of holiday music performed by the Rittenhouse Singers, a professional vocal choir backed by local musicians and directed by Innkeeper Jerry Phillips. [C,L,D]

**DAY 2 (Thur, Dec 7):** Have a relaxing breakfast at the hotel and stop for lunch. Return to Golden Valley by late afternoon. [B,L]

**Fee includes:** Deluxe motor coach transportation, lodging for one night, meals as indicated [C-coffee, B-breakfast, L-lunch, D-dinner], attractions as outlined in itinerary, tour director Mary Odell from Golden Valley Seniors, and gratuities on included meals and attractions.

**December 6-7, 2017**  
**\$350/person (double), \$410/person (single)**  
**\$125 deposit per person is due by October 9**

**Final payment due by October 30**  
**Payments are non-refundable after October 30**  
**Y3237A**

## **"Ole & Lena's Family Christmas" At Ames Center, Burnsville Thur, Dec 14**

Built in 2009, the Ames Center in Burnsville has a two-story glass lobby with a sweeping view of Nicollet Commons Park, The Minnesota River Valley, and the Minneapolis Skyline. Have lunch in the second story atrium area. (Menu: Soup, salad, deli sandwiches, dessert, coffee, and water.) After lunch, take time to enjoy the exhibition in the 2,000-square-foot art gallery. The visual arts center displays a diverse collection of artwork from local emerging and professional artists. Be seated in the 1,000-seat proscenium stage for the "Ole & Lena's Family Christmas" performance. Christmas has always been Lena's favorite time of the year, even if, as Ole says, "it makes her more than a little crazy." This year Lena has invited the whole family, even her snooty cousin Mildred from Edina. Ole really wants nothing to do with the whole thing, especially the part where Lena has him dress up in the old Santa suit and hand out presents. Can Sven get Ole out of playing Santa? Will Lena be able to keep it all together while she prepares for the family Christmas? Find out in this hilarious comedy about family togetherness.

**Thur, Dec 14**  
**\$70**  
**11:10 am pick-up**  
**4:30 pm approximate return**

**Register/cancel by November 6**  
**Y3238A**

## Senior Community Information

### **Senior Community Services Caregiver Services** **612-770-7005**

Senior Outreach and Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. Call today for more information!

### **Senior Dining** **763-531-1183**

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

### **Store To Door** **651-642-1892**

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

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

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

H.O.M.E. can help with:

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

The mission of the H.O.M.E. Program is to assist those age 60 and older with household chores to help promote independence. Each year H.O.M.E. receives a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, basement cleaning, and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. H.O.M.E. also places volunteers with individuals who need assistance with seasonal chores such as snow removal and lawn mowing. The volunteer opportunities are flexible and great for individuals as well as groups. Call or email us today at [HOME@seniorcommunity.org](mailto:HOME@seniorcommunity.org).

## Golden Valley Library Programs

### **American History Discussion Club**

Read, watch, or listen to something about a topic in American history, then come share and discuss what you learned. Need help finding resources about topic? Ask your local librarian.

**3rd Thursday of the month  
10 am**

### **Audiobook Club**

Join our discussion of new and interesting audiobooks. Bring along your recommendations for future meetings. Copies of this month's audiobook on CD will be available.

**4th Monday of the month  
6:30 pm**

### **Book Club**

Join our discussion of new and interesting titles. Bring along your recommendations for future meetings. Lending copies may be picked up at the service desk before the meeting.

**2nd Monday of the month  
6:30 pm**

These programs are sponsored by Friends of the Golden Valley Library. See page 17 for more program offerings.  
**For more information, please call 612-543-6375 or visit [www.hclib.org](http://www.hclib.org).**

# BROOKVIEW

## GOLF & LAWN BOWLING



### Fall Golf Course Rates Begin Mon, Sept 25

Check in for the Regulation Course will be located at the Driving Range building.

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole	\$22	\$29
9-Hole	\$14	\$17
Power Cart 18-Hole (per rider)	\$10.50	\$13.50
Power Cart 9-Hole (per rider)	\$6.25	\$8.25
Twilight*	\$15	\$18
Twilight* with Power Cart	\$21.25	\$26.25

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

#### PAR 3 COURSE FEES

9-Hole	\$8	\$11.50
--------	-----	---------

#### JUNIOR RATES

18-Hole (Ages 10–17)	\$18	\$20
9-Hole (Ages 10–17)	\$11	\$13
9-Hole Par 3 (Ages 6–17)	\$7.50	\$8.50

#### 60+ SENIOR GOLF PROGRAM

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

##### Mon–Fri before noon

	PATRON	PUBLIC
18-Hole Senior	\$18	\$22
9-Hole Senior	\$12.50	\$14

##### Valid anytime, seven days a week

9-Hole Par 3 Senior	\$7.50	\$8.50
---------------------	--------	--------

#### DRIVING RANGE

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

763-512-2300 • [www.brookviewgolf.com](http://www.brookviewgolf.com)

**BROOKVIEW**  
GOLF & LAWN BOWLING

*Coming Again This Winter!*

**WINTER  
RECREATION TRAILS  
& DISC GOLF**

*Stay Tuned For  
More Information...*



**BROOKVIEW**  
[www.brookviewgolf.com](http://www.brookviewgolf.com)

**Beginning Sept 18,**  
the Lawn Bowling green will  
be closing to begin transition  
for the new green and  
landscaping project.

**Beginning Sept 25,**  
the Brookview Clubhouse  
will be closed until the new  
Brookview Grand Opening in  
December 2017.

**BROOKVIEW**  
GOLDEN VALLEY

Grand opening event Dec 1, 2017  
Watch for details at  
[brookviewgoldenvalley.com](http://brookviewgoldenvalley.com)

***Experience Brookview***

Spectacular in any season, Brookview is designed to engage the senses,  
starting with a warm welcome and culminating in a venue of your choice.  
Recreation, events, indoor play, dining, socializing...we have it all!

**BROOKVIEW**  
GOLF & LAWN BOWLING

THREE  
ONE  
SIX  
BAR + GRILL

**backyard**



## Facilities

### Tennis & Pickleball Courts

Interested in playing tennis or pickleball but unsure where to play? If a court is being used due to a rental or lesson program, the schedule will be posted online. Find availability and court locations on the City website listed below. Pickleball is played on our tennis courts over the tennis net.

#### Court Etiquette

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



#### Lights

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

#### Rental

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

Per hour	Tournament (per day)
\$6 resident	\$40 resident
\$8 non-resident	\$50 non-resident

Locations	Address	TENNIS		PICKLEBALL
		Courts	Lighted	Courts
Brookview Park	200 Brookview Pkwy	6	4	-
Gearty Park	3101 Regent Ave N	1	1	-
Lions Park	151 Louisiana Ave N	2	-	-
Medley Park	2331 Ensign Ave N	3	3	3
Scheid Park	1856 Toledo Ave N	2	2	2
Seeman Park	1101 Florida Ave N	2	-	2
Wesley Park <i>*Closed after 9/4 for reconstruction.</i>	8305 Wesley Dr	3	3	-
Wildwood Park <i>*Closed after 9/4 for reconstruction into pickleball courts.</i>	7401 Duluth St	2	-	-

[www.goldenvalleymn.gov/parks/tennis](http://www.goldenvalleymn.gov/parks/tennis)

BRING YOUR PADDLE AND PLAY PICKLEBALL WITH OTHER ENTHUSIASTS. ALL COURTS ARE RESERVED FOR PICKLEBALL PLAY

**OPEN**  
**Pickleball**



Davis Community Center  
Sundays beginning Sept 10  
3-5 pm  
\$4/person

Medley Park Courts  
Every Tuesday  
9-11 am  
Free

### Gym Court Rental

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

2-hour minimum  
\$25/hr/court resident, \$30/hr/court non-resident

Looking for  
Open Gym  
times?  
See page 18.



## 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 Hwy 55 and Winnetka Ave. Brookview Park picnic shelters are sure to be crowd pleasers, with great views of Brookview Golf Course and a maximum park capacity of 300.

### Reservations taken:

#### IN PERSON

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

#### ONLINE

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

### Reservation Time Frames

11 am–4 pm and/or 5 pm–dusk

### Beer & Wine Permit (Shelters Only)

\$30 fee is payable at time of reservation.

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

### Damage/Clean-Up/Noise Deposit

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

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

### Small Shelter

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



### Large Shelter

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



## Brookview Park Gazebo

The Brookview Park Gazebo is available to rent for wedding ceremonies of up to 200 guests (only the ceremony area is covered). Rental of the gazebo is only available in conjunction with the rental of Brookview's Large Picnic Shelter (see shelter reservation times listed above). Guests are welcome to provide their own outdoor lawn chairs or use our exclusive chair rental service, American Affairs. Please contact them at 763-496-1357.

\$100 resident, plus Large Shelter rental fees  
\$150 non-resident, plus Large Shelter rental fees



## Facilities

## Brookview

# THE BASSETT CREEK ROOM

Host your event at Golden Valley's  
newest full-service venue

Centrally located with expansive golf course and sunset views, the Bassett Creek Room at Brookview will offer a modern, versatile indoor and outdoor space for all occasions.

Weddings  
Birthdays

Meetings  
Retreats

Graduations  
Parties

and more!

**For more information, visit**  
[brookviewgoldenvalley.com](http://brookviewgoldenvalley.com)

THREE  
ONE  
SIX  
BAR + GRILL

Golden Valley's newest gathering spot  
opens December 2, 2017

Expanded Menu + Full Bar  
+ Craft Brews + Friendly Atmosphere  
+ Darn Good Views

[brookviewthreeonesix.com](http://brookviewthreeonesix.com)

## Community Information



### Volunteers Make A Difference!

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



#### SPECIAL EVENTS

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

#### YOUTH ATHLETICS

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

#### COMMUNITY PROGRAMS

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

#### OPEN SPACE & PARK IMPROVEMENTS

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

*Contact us today to lend your helping hand!*

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

## 5 REASONS TO PICK UP YOUR DOG'S POOP

○ ..... ○

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



## Seasonal Off-Leash Pet Exercise Areas

### Gearty & Medley Hockey Rinks

7 am–10 pm daily

Open spring until winter rink maintenance begins

Visit the City website at [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov) for complete rules and closure updates.



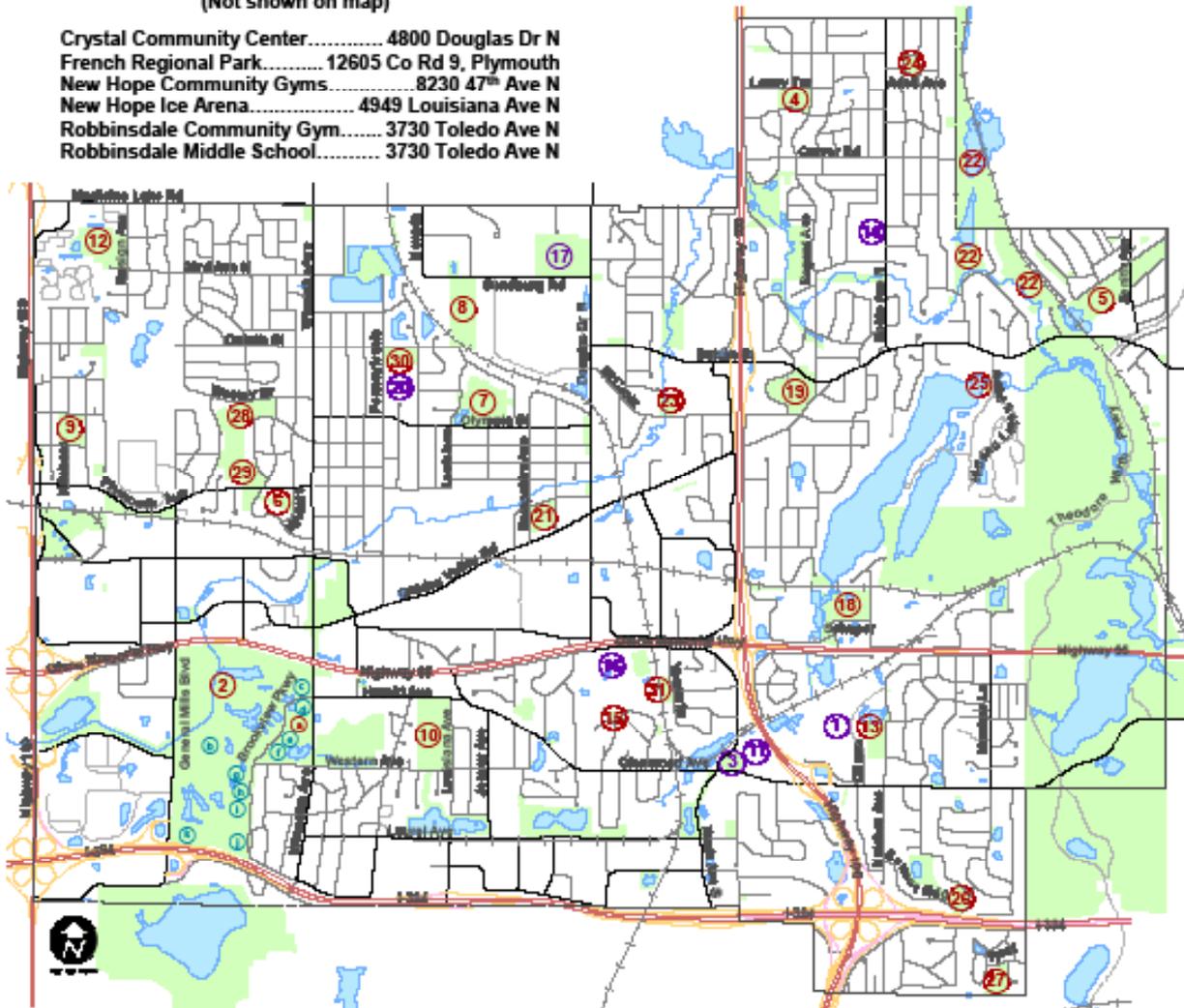
# Activity Locations

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

- 11) **Meadowbrook School**..... 5430 Glenwood Ave
- 12) **Medley**..... 2331 Ernsign Ave N
- 13) **Matchez**..... 201 Matchez Ave
- 14) **Noble School**..... 2501 Noble Ave N
- 15) **Paisley Park**..... 220 Paisley Ln
- 16) **Perpich Center for the Arts**..... 6125 Olson Memorial Hwy
- 17) **Sandburg Athletic Facility**..... 2400 Sandburg Ln
- 18) **Schaper**..... 631 Ottawa Ave N
- 19) **Scheid**..... 1856 Toledo Ave N
- 20) **SEA School**..... 1751 Kelly Dr
- 21) **Seeman**..... 1901 Florida Ave N
- 22) **Sochaeki**..... 3500 June Ave N
- 23) **St. Croix**..... 5850 St Croix Ave N
- 24) **Stockman**..... 3300 Major Ave N
- 25) **Sweeney Lake**..... 1005 Hidden Lakes Pkwy
- 26) **Tyrol - North**..... 900 Weshwood Dr S
- 27) **Tyrol - South**..... 1510 Kallern Ln
- 28) **Wesley - North**..... 8305 Wesley Dr
- 29) **Wesley - South**..... 8200 Plymouth Ave
- 30) **Wildwood Park**..... 7401 Duluth St
- 31) **Yosemite**..... 351 Yosemite Ave

## Community Locations (Not shown on map)

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



## Registration Information

### Online

<https://webtrac.goldenvalleymn.gov>

Register online by creating your own account and login information. Available 24 hrs/day.

### Mail

Brookview Community Center  
200 Brookview Parkway  
Golden Valley, Minnesota 55426

### In Person

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

### WE'RE MOVING!

The final day of Parks and Recreation services in the old Brookview building will be Fri, Sept 15.

Beginning Sept 18 through Nov 29, the Parks and Recreation offices will be temporarily located on the second floor of City Hall in the administration area and open Mon–Fri 8 am–4:30 pm.

The new Brookview will open Sat, Dec 2 at 8 am. All email and phone numbers for contacting staff will remain the same.

#### REGISTRATION CONFIRMATION

Receipts are available upon request. You will be contacted only if the program is full, canceled, or a program change is necessary.

#### CANCELLATION/REFUND POLICY

Full refunds will be issued if requests are made prior to the registration deadline for a program. If no deadline is advertised, refunds will be given prior to the day the program begins. Refund request due to medical reasons, after the registration deadline or start of the program, must be accompanied by a physician's note and will be considered on a case-by-case basis. Full refunds will be given if a program is cancelled by the Parks and Recreation Department.

#### ADULT LEAGUE CANCELLATION/REFUND POLICY

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

#### SENIOR TRIP REFUND POLICY

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

#### FINANCIAL AID

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

#### INCLUSION REQUESTS

If you have a special needs requirement to participate in any of our programs or activities, please note at the time of registration. Inclusion services are available and provided by Reach for Resources. Please contact them at 952-200-3030.

We accept Visa, MasterCard, American Express, Discover, Cash, and Checks payable to City of Golden Valley.

### Brookview Pre-Demo Garage Sale

Brookview will be hosting a one-day garage sale for any items in the building not moving to the new Brookview. All remaining items will be priced to go and must be removed on Sept 25 by 4 pm. Only cash and check payments will be accepted. For more information, please contact the Parks and Recreation office at 763-512-2345.

*Mon, Sept 25 • 10 am–2:30 pm  
Brookview Community Center*



## ACTIVITY REGISTRATION FORM

**PARKS & RECREATION DEPARTMENT**

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

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

Address: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(if different from above)

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

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

### 55+ SENIOR TRIP REGISTRATION

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

#### CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

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

**SIGN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

#### Payment Information (please fill in)

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

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

# ADOPT-A-PARK

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

## COMMUNITY PARKS

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

## NEIGHBORHOOD PARKS

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

## NATURE AREAS

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

**Adopt-A-Park is a public service program for volunteers to help Golden Valley keep its parks beautiful. To learn more about adopting a park, please call 763-512-2345.**

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



## Schaper Park Grand Opening

*Come and check out the NEW Challenge Course and All Inclusive Play Structure*

Please join us for the Grand Opening of the new Challenge Course and All Inclusive Play Structure at Schaper Park. The event will include a presentation, ribbon cutting, refreshments, and the opportunity to be the first to “take the challenge” on the only outdoor Challenge Course in Minnesota! Free and open to all!

**Sat, Sept 9 • 11:30 am–1 pm**  
**Schaper Park (631 Ottawa Ave N)**



Parks & Recreation Department  
316 Brookview Parkway South  
Golden Valley, MN 55426

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

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

DATED MATERIAL  
PLEASE DELIVER PROMPTLY

### Golden Valley City Council

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

**Mayor:** Shep Harris

**Council Members:**

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

**City Manager:** Tim Cruikshank

### Open Space and Recreation Commission

Commission meets the 4th Monday of each month at 7 pm at Brookview Community Center.

**Chair:** John Cornelius

**Vice-Chair:** Gillian Rosenquist

**Members:** Roger Bergman, Andy Bukowski, Cindy Carow-Schiebe, Kelly Kuebelbeck, Bob Mattison, Kimberly Sanberg, and Dawn Speltz.

### Parks and Recreation Staff

**Rick Birno**  
Director of Parks and Recreation

**Carrie Anderson**  
Recreation Supervisor

**Brian Erickson**  
Recreation Supervisor

**John Stutzman**  
Recreation Supervisor

**Kim Straw**  
Banquet and Restaurant Manager

**Sheila Van Sloun**  
Administrative Assistant

**Kris Wiinikainen**  
Receptionist

**Al Lundstrom**  
Park Maintenance Supervisor

### Brookview Golf and Lawn Bowling Staff

**Ben Disch**  
Golf Operations Manager

**Brett Johnson**  
Assistant Golf Manager

**Greg Spencer**  
Greens Superintendent

### **DID YOU KNOW GOLDEN VALLEY OFFERS A COMMEMORATIVE TREE AND BENCH PROGRAM?**

The Golden Valley Parks and Recreation Department offers a memorial and commemoration program for park benches and trees. These welcome donations provide amenities that grace our parks and public areas for decades while providing organizations, families, and individuals a unique opportunity to mark a notable event or honor a special person. For more information, contact the Golden Valley Parks and Recreation Department at 763-512-2345.

