



Parks and Recreation

Spring and Summer Activities 2017



Parks and Recreation Department

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Parks and Recreation Department

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

Brookview Golf and Lawn Bowling

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

Golden Valley City Hall

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

MISSION STATEMENT

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

VISION STATEMENT

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

CITY OFFICES CLOSED

- Mon, May 29 Memorial Day
Tue, July 4 Independence Day
Mon, Sept 5 Labor Day

Accessibility icons and text: 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.

Mark Your Calendar!
Spring/Summer
Registration Opens
Thu, March 2.



THE BACKYARD

AT BROOKVIEW

**OPENING
WINTER 2017**

ADVENTURE AWAITS!

Go on safari, or to outer space, or on a pirate cruise in search of treasure—the only limitation is your imagination.

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

- Ages 2–12 (tot area for ages 2–5)
- Two party rooms (call 763–512–2345 to reserve)

Now booking for January 2018

BACKYARD BIRTHDAY PARTIES

Includes two hours of party room use, table coverings, 10 indoor playground wristbands, and up to 20 guests per room. Extra wristbands available at the daily rate of \$4 res/\$5 non-res.

- \$100—Golden Valley residents (may book up to one year in advance)
- \$120—Non-residents (may book up to nine months in advance)



FOR MORE INFORMATION, VISIT
www.goldenvalleymn.gov/about/thenewbrookview.php

Concerts in the Park 2017

7 pm

(unless otherwise noted)

Brookview Park

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 or relocated. Please call the
Activity Cancellation Line at 763-512-2350
for concert status.



- Jun 5 | Golden Valley Orchestra**
Music of stage and screen, with hits from opera, Broadway, and movies you love
- Jun 12 | Srazhalys**
Melodic flavors of Eastern Europe and Central Asia merged with Celtic sensibilities and hard-driving rhythms
- Jun 19 | Percolators**
'60s rock in three-part harmony
- Jun 22 | Robbinsdale City Band**
Entertainment by one of the longest continuously active community bands in Minnesota
- Jun 26 | Stompin' Dixie**
A razzmatazz style of bass walking, guitar chunking, and horns riffing
- Jul 10 | John Philip Sousa Band & Annual Ice Cream Social**
A summertime favorite, paired with the annual Ice Cream Social
- Jul 17 | Banjo Boys**
Variety of pop, swing, blues, country, and ragtime hits, featuring vocal harmony and sing-a-long
- Jul 24 | Pan-Handlers Steel Drum Ban**
Instrumental covers of popular tunes on steel drums
- Jul 31 | Calhoun Brass**
Traditional classical, jazz, show tunes, Dixie, and popular music
- Aug 7 | Honeywell Concert Band**
Concert marches, traditional band numbers, big band tunes, and Broadway hits
- Aug 14 | Vinnie Rose**
Local acoustic guitarist and vocalist playing pop, rock, country, R&B, and blues

MOVIES IN THE PARK

2017

Bring your friends and family,
a blanket and snacks, and
kick back and enjoy a beautiful
Minnesota summer night watching
a family-friendly movie in one of our parks.



Movies will be shown on a GIANT 16' x 9' inflatable screen.

Join us for trivia before the movie!

Each movie will begin at dusk, but we estimated start times below.

Movie titles will be announced in June.

Thurs, Aug 3

Brookview Park

Movie begins at 8:30 pm

Thurs, Aug 17

Medley Park

Movie will begin at 8:30 pm

*Sponsored by
Minnesota/Wisconsin Playground*

May
01
through
28

Step To It Challenge

Do you have a competitive spirit? Do you want a fun and easy way to get in shape this spring? Then it's time to break free from winter and get active with the Step To It Challenge!

GET ACTIVE WITH YOUR COMMUNITY

This fun, free, four-week challenge runs May 1–28 and encourages all residents to be physically active as local communities engage in a friendly competition. Bragging rights go to the three most active communities. Participants also have a chance to win Twins tickets and Step To It T-shirts. Individuals (including the over 65 crowd) with the most steps from each of the 24 participating communities will have an opportunity to be on field before a 2017 Twins home game.

HOW DOES IT WORK?

Step To It participants will keep an ongoing total of their steps during the challenge. Other activities, such as biking, skateboarding, Tai Chi, or even just mowing the lawn, can count toward overall steps using an activity conversion chart at www.steptoit.org. You can record your steps online or by calling or faxing your step total. Best of all, it's FREE!

REGISTRATION BEGINS APRIL 1!

To register, visit the Step To It Challenge website at www.steptoit.org.



May
13

Rally The Family Tennis Event **FREE**

Tennis for the whole family! Come out to the courts and play with Twin City Tennis Camp professionals and coaches. Learn some drills, have fun playing the game, and win prizes. Sponsored by the City of Golden Valley, Twin City Tennis Camps, and USTA Northern.

Noon–2 pm

Brookview Park Tennis Courts

All ages and levels

Golden Valley Puppet Wagon

Golden Valley's famous Puppet Wagon is coming to a park near you! Join us each week for fun stories and adventures told by your favorite puppets. Don't forget to check out the special appearances at the Golden Valley Library, too!

No program July 3–6, and at Medley July 11.

Mon–Thur, June 12–Aug 3

MON & WED

9:45 am - North Wesley
10:30 am - Gearty
11:15 am - Lions

TUE & THUR

9:45 am - Scheid
10:30 am - Medley
11:15 am - Hampshire

GOLDEN VALLEY LIBRARY

Wed, June 21 - 9 am
Tue, July 11 - 10:30 am

FREE



Golden Valley Police & Fire In The Parks



Meet your the Golden Valley Police and Fire Departments in your neighborhood park. Learn some valuable safety information and be prepared to get wet. **FREE**

Thur, June 22	11 am	Gearty
Thur, June 29	2:30 pm	Wesley
Thur, July 13	2:30 pm	Hampshire
Thur, July 20	2:30 pm	Lions
Thur, July 27	11 am	Medley
Thur, Aug 3	2:30 pm	Scheid

Youth Enrichment & Learning

**Mites Playground
Adventure****NEW**

AGES 4–6

Let's get outside and play! We have tons of fun planned specifically for kids not quite ready for the full Summer Playground Adventure experience, including games, arts and crafts, songs, and storytelling developed just for kids ages 4–6. Participants will be supervised by staff experienced in recreation and working with children. Min 10, max 24 per location.

Mon–Thur, June 12–Aug 3
(no program July 3–6)
9–11:30 am
\$11 res, \$13 non-res

Lions Park S1231A
Scheid Park S1231B

**Summer Playground
Adventure****NEW**

AGES 7–12

Enjoy a summer of outdoor fun with games, arts and crafts, great playgrounds, nature activities, and more. Participants will be supervised by staff experienced in recreation and working with children. Min 10, max 40 per location.

Mon–Thur, June 12–Aug 3
(no program July 3–6)
1–4 pm
\$14 res, \$16 non-res

Hampshire Park S1228A
Lions Park S1228B
Scheid Park S1228C
Wesley Park S1228D

**Playground
Adventure Van****NEW**

AGES 7–12

Our entertaining and experienced staff takes the Summer Playground Adventure on the road, bringing a free drop-in program to neighborhood parks with fun games, crafts, and activities.

Mon–Thur, June 12–Aug 3
(no program July 3–6)
9 am–noon

FREE

Mon: Medley Park
Tue: North Tyrol Park
Wed: Stockman Park
Thur: Yosemite Park

**Camp Valley****NEW**

Ages 7–12

Camp Valley is an action-packed week full of adventures, including games, swimming, new friends, team challenges, arts and crafts, snacks, and exciting outdoor experiences. Participants will be supervised by our enthusiastic and exciting playground staff. Participants should bring a water bottle and bag lunch each day. Join us to have fun, learn, and make new friends before heading back to school! Min 12, max 48 per session.

Brookview Park Large Picnic Shelter
9–4 pm
\$129 res, \$135 non-res

Mon–Fri, Aug 7–11
S1240A
Register by July 31

Mon–Fri, Aug 14–18
S1240B
Register by Aug 7

Preschool Playtime

Ages 1–5 with an adult

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

Brookview Community Center
Fridays through March 31
10–11:30 am
\$2/child, 10-visit pass \$15



Kids Club

Ages 3–5

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

Brookview Community Center
Tue/Thur, April 4–May 25
(no class April 11, 13, 18, 20)
9:30–11 am
\$42 res/\$45 non-res
S1214A

Dynamite Dinosaurs Camp With Science Explorers

Ages 3½–6

Calling all preschool paleontologists! Enter the time machine and journey back to a world where dinosaurs ruled the earth. Learn how enormous or small these amazing creatures were, plus participate in a “mini” dino dig. Have a dynamite time with hands-on experiments, studying fossils, and much more.

Terra Linda Park, New Hope
Tue–Thur, July 25–27
1–3 pm
\$48 res, \$51 non-res
S1232A
Register by July 18



Big & Messy Art With Kidcreate Studio

Ages 1½–6 with an adult

Let your little artists explore the messier side of art and enjoy many sensory experiences as they create enormous works of art. They will paint, sculpt, scribble, and giggle their way to discovering a grander scale of art. Come and create right along with your child in this hands-on class! Min 7, max 10.

Brookview Community Center S1410A
Wed, May 10–24 Register by May 3
9:30–10:30 am
\$35 res, \$38 non-res

Super-Duper Messy Art Camp With Kidcreate Studio

Ages 3–6

Your little artists will enjoy many super-duper experiences and create fantastic works of art as they paint, sculpt, scribble, and giggle their way to discovering mess-making at its best. Please pack a nut-free snack and drink. Min 7, max 10.

Brookview Community Center S1411A
Wed & Thur, June 21–22 Register by June 14
1:30–4 pm
\$57 res, \$61 non-res

Golden Valley Library Events For Kids

Check out the FREE summer events below.
For more information and a complete list of events,
go to www.hclib.org or call us at 612-543-6375.

Summer Reading Kick-Off Wed, June 14, 9:30–11:30 am
Slack-lining Fun Thur, June 15, 1:30–3 pm
Pride Storytime Sat, June 17, 10:30 am
Story Theater Wed, June 28, 10:30 am
Wheels That Work Wed, July 5–19, 10:30 am
Puppet Wagon Tue, July 11, 10:30 am
Lego® Lab Sat, July 22, 10:30 am–noon
Creating Comic Books Tue, July 25, 11 am
Solar Eclipse Viewing Mon, Aug 21, 11:30 am–2:30 pm

Youth Enrichment & Learning

Little Tigers Self Defense

Ages 3–5

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

Davis Community Center
5:45–6:15 pm

Tue, April 18–May 30 (no class April 25 & May 9)
S1120A
\$53 res/\$57 non-res
Register by April 14

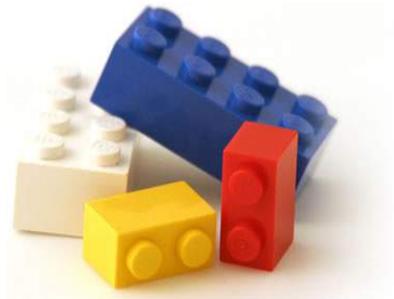
Tue, June 13–July 25 (no class July 4)
S1120B
\$59 res/\$63 non-res
Register by June 9

LEGO® Star Wars Art Camp With Kidcreate Studio

Ages 5–12

Using LEGO® bricks and Star Wars®, we will work as a team to paint a huge mural complete with stars, planets, and far, far away galaxies. We'll build starfighters out of LEGO bricks, stage an intergalactic battle, and make a Darth Vader bobblehead. We'll even make our own lightsaber. Please pack a nut free snack and drink. Min 7, max 20.

Brookview Community Center
Tue & Wed, June 27–28
1:30–4 pm
\$57 res, \$61 non-res
S1413A
Register by June 20



Tae Kwon Do

Ages 5+

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

Davis Community Center
6:15–7 pm

Tue, April 18–May 30
(no class April 25 & May 9)
S1118A
\$59 res/\$63 non-res
Register by April 14

Tue, June 13–July 25
(no class July 4)
S1118B
\$69 res/\$73 non-res
Register by June 9



Beyond Pokemon® Art Class With Kidcreate Studio

Ages 5–12

Is your child going crazy for Pokémon Go? In this camp, kids will put their Pokémon Go skills to work as they create Pokémon-inspired art. The kids will work with a variety of art materials as they make their own trading cards, Pokémon balls, a Pokémon-inspired creature, and a map of its habitat. Please pack a nut free snack and drink. Min 7, max 20.

Brookview Community Center
Wed & Thur, July 19–20
9–11:30 am
\$57 res, \$61 non-res
S1414A
Register by July 12

Lego® Super Heroes To The Rescue

Ages 7–12

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

Crystal Community Center \$27 res, \$30 non-res
Mon, March 27 W1227A
9 am–noon Register by March 17

Drama Club

We continue a long history of exciting productions lead by experienced and passionate acting instructors. Actors will gain confidence in public speaking and performing as they learn acting techniques, build sets, and prepare and present a final performance for friends and family. Min 8, max 24 per session.

AGES 6–12

Brookview Community Center & Meadowbrook School
Tue & Thur, April 4–May 25 (no class April 11 & 13)
6:15–7:30 pm S1208A
\$99 res, \$104 non-res Register by March 28

NOTE: Dress rehearsal on May 23 and final performance on May 25 will be at Hopkins Eisenhower Community Center (1001 Hwy 7, Hopkins).

AGES 7–14

Brookview Community Center
Tue & Thur, June 13–July 27 (no class July 4 & 6)
6–7:30 pm S1208B
\$79 res, \$84 non-res Register by June 6
NOTE: Dress rehearsal on July 25 and final performance on July 27 will be at Hopkins Eisenhower Community Center (1001 Hwy 7, Hopkins).

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. Spring recital held May 20 and 21.

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

Brookview Community Center
Between 3–9 pm

SPRING

\$142 res (includes recital fee)
 \$147 non-res (includes recital fee)

Instructed by Mila Maron
Tue, April 11–May 16 S1210A

Instructed by Maria Steele
Thur, April 13–May 18 S1210C

SUMMER

\$198 res, \$203 non-res

Instructed by TBD
Tue, June 13–Aug 15 S1210D
 (no class July 4)

Instructed by Maria Steele
Thur, June 15–Aug 17 S1210F
 (no class July 6)



Youth Enrichment & Learning

Summer 2017 STEM Sampler Camp With Science Explorers

Grades 1–5

Join Science Explorers for a week of STEM exploration with fun and engaging experiments and activities. Investigate the field of forensic science as we examine the evidence and try to solve The Case of the Missing Slime. Discover the science behind bubbles as we create bubble solutions and tools to make giant bubbles. Use Lego® and K'NEX® building systems to explore engineering, technology, and math as we construct simple machines. Equipment provided. Participants bring a drink and peanut/tree nut-free snack.

Lions Park, Crystal \$125 res, \$130 non-res
Mon–Thur, Aug 21–24 S1241A
9:30 am–2:30 pm Register by Aug 14



Star Wars® Jedi Movie Making

Ages 9–13

Put on your director's hat—it's time to make a stop motion Star Wars® animated movie. Handle all the technical details, including use of a digital movie camera to film scenes, stop-motion animation, digital editing, and add finishing special effects and transitions to the movie. Student groups' final projects will be emailed to parents, or students may bring a USB jump drive the last day. Equipment provided. Participants bring a drink and peanut/tree nut-free snack.

Crystal Community Center

Wed & Thur, Aug 2–3

1–4 pm

\$59 res, \$63 non-res

S1225A

Register by July 25



Shopkins® Cooking Camp

Ages 7–14

Come cookin' with us as we make yummy treats inspired by SHOPKINS! We will make Kooky chocolate chip cookies, Madeline muffins, Buncho banana bread, Donatina donuts, and more!

Crystal Community Center \$124 res, \$129 non-res
Thur & Fri, July 13–14 S1242A
1–4 pm Register by July 3

State Fair Foods

Ages 7–14

Come learn how to make all your favorite "Fair Foods," including fresh squeezed lemonade, mini donuts, corn dogs, funnel cakes, and other yummy treats on a stick.

Crystal Community Center \$124 res, \$129 non-res
Mon & Tue, Aug 21–22 S1243A
1–4 pm Register by Aug 11

Flight/Drones Club

Grades 5–8

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

Eisenhower Community Center North Gym

Sat, April 15–May 6

9–11 am

\$64

W1207A

Register by April 10



Chess Club

Ages 8–14

Let's play chess and exercise your brain! Participants will learn game rules, engage in match play, and share strategies with each other. Min 8, max 16.

Brookview Community Center

Wed, June 14–July 26

(no class July 5)

1–3 pm

S1207A

\$29 res, \$32 non-res

Register by June 5



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 cover safety 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 to attend the last 30 minutes of class. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

Brookview Community Center

5:30–8:30 pm

\$54 res, \$58 non-res

Mon, April 10

S1221A

Register by April 7

Mon, June 5

S1221B

Register by June 2

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; basic care, feeding, and diaper changing; and basic first aid if an accident happens. Participants provide own lunch and snack. Resident fee applies to Golden Valley, Crystal, and Robbinsdale.

Brookview Community Center

8 am–6 pm

\$105 res/\$110 non-res

Sat, April 29

S1215A

Register by April 26

Sat, June 24

S1215B

Register by June 21

Build A Paddle

Ages 12–14

Skilled instructors will help youth develop woodworking skills and use a variety of industrial and hand powered tools, wood burners, and carvers to make their own paddle.

Sanborn Park, Robbinsdale

Tue & Thur, June 13–29

9 am–12:15 pm

\$140 res, \$145 non-res

S1239A

Register by June 5



Registration takes place at Davis Community Center on Tuesday, June 13 from 6:30–7:30 pm

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students learn popular junior and high school cheers, chants, choreographed pom/dance routines, parade marching techniques, and other skills 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 and receive a certificate and medal. This program is offered by an independent organization.

Ages 4–16

Davis Community Center

Tue, June 20–Aug 22 (no class July 4)

Ages 4–8, 6–6:45 pm

Ages 9–16, 7–7:45 pm

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

Youth Enrichment & Learning

Youth Friday Fun Days

Who's ready for some summer adventures? Join our awesome staff to explore new places and discover all sorts of fun! Each Friday will offer entertaining, exciting, and unique Minnesota experiences. Transportation and supervision provided for activities located outside of Golden Valley.

Minion® Canvas Painting With Kidcreate Studio

Fri, June 9

During this guided painting lesson, kids will create a canvas painting of a mischievous Minion from the movie *Despicable Me*. Please pack a nut-free snack and drink. Min 7, max 20.

Ages 5–12 \$27 res, \$30 non-res
Brookview Comm Center Register by June 5
9–11:30 am S1412A



Children's Concert In The Park **FREE**

Fri, June 30

Pack a picnic, grab a blanket, and enjoy a fun, captivating, and interactive musical performance by Will Hale featuring a mix of festive drums, guitar, mandolin, and harmonica!

All ages welcome
Brookview Park Gazebo
11:30 am–12:30 pm

Bloomington Aquatic Center Field Trip

Fri, July 7

Ready for some water park fun? This fun-filled waterland offers swimming, waterslides, diving boards and interactive water features. Participants should bring a bag lunch. Min 15, max 36.

Ages 7–14 \$24 res, \$26 non-res
10:15 am Bus depart Lions Park Register by June 30
4 pm Bus Returns to Lions S1603A



Water Days **FREE** At Scheid Park

Fri, June 16 & July 21

Join us for a wet and wild day featuring water slides, music, snacks, and games.

Ages 14 & under with adult
Scheid Park
12:30–2 pm



Valleyfair Field Trip

Fri, June 23

Time for a day filled with thrills and adventure on a trip to the ultimate summer destination—Valleyfair! Enjoy the excitement of rides (both big and small), entertainment, and Soak City Water Park. Participants should bring a bag lunch. Min 15, max 36.

Ages 7–14 \$45 res, \$48 non-res
9 am Bus departs Lions Park Register by June 16
4 pm Bus returns to Lions S1601A

Science Museum Field Trip

Fri, July 14

Join us to explore the wonderful world of science with a day at the Minnesota Science Museum! Let's learn how the human body works in the Sportsology exhibit, see real dinosaur fossils, and see the wonders of the world with an Omnitheatre Journey to the South Pacific. Participants should bring a bag lunch. Min 12, max 36.

Ages 7–14
9 am Bus departs Lions Park
4 pm Bus returns to Lions
\$29 res, \$32 non-res
S1604A
Register by July 7



Bike To The Ball Park

Wed, July 19 (not Friday, but oh well...)

Let's take a scenic 8-mile bike ride through Golden Valley to Target Field. Once arriving in Twins Territory, we will enjoy a baseball game between the Minnesota Twins and the New York Yankees. Participants should bring their own bike, water bottle, lock, helmet, and money for concessions. Game time is 12:10 pm. Adults are welcome too!

Ages 7–15

10:30 am Depart Lions Park

4:30 pm Return to Lions Park

\$24 res, \$26 non-res

Register by July 7

S1602A



Wild Mountain Field Trip

Fri, July 28

Summer's not over yet, so join us at Wild Mountain to ride on a 1,700 foot Alpine Slide track, drive Go-Karts, and cool off on several waterslides, a lazy river, tipping bucket, and water playground. To ride the Alpine Slide you must be 54 inches or taller. Participants should bring a bag lunch. Min 15, max 36.

Ages 8–14

9 am Bus departs Lions Park

4:30 pm Bus returns to Lions

\$35 res, \$38 non-res

Register by July 21

S1605A

Penny Carnival

Fri, Aug 4

Shake those pennies out of the piggy bank and join us for an enjoyable afternoon filled with carnival games, inflatables, dunk tank, puppet shows, popcorn, hayrides, and more! Games and activities cost 3–5 cents per play.

Ages 14 & under with adult

Brookview Park

12:30–2 pm



More Youth & Family Events

FREE

2017 Bike Rodeo

Ages 12 & under with adult

Wed, May 3 • 6–8 pm • Golden Valley City Hall

Bike riding offers fun, freedom, and exercise, and it's good for the environment! We want kids and families to ride their bikes as much as possible, and it's important to be safe while doing so. First, get your helmet checked for proper fitting (helmets will be available for purchase). Then, navigate your bikes through a safety skills course supervised by police personnel and volunteers. Get your bike checked for safety by Erik's Bike and Boards. Participants will be entered into a door prize drawing to win a new bike! Refreshments provided by Golden Valley VFW Post #7051.

Vehicle Fair

All ages welcome

Sat, May 13 • 10 am–noon • Crystal Community Center

Families are invited to see "up close" the vehicles that come and go through your neighborhood. A wide variety of trucks and cars will be on display for you and your child to explore. Don't miss this great photo opportunity—bring your camera! A free will donation of a non-perishable food for the local food shelf will be accepted at this event. If weather is questionable, call the Crystal Program Cancellation Line, 763-531-1173, after 9:30 am. Sponsored by the City of Golden Valley, Crystal, New Hope, and Robbinsdale.

Family Storytime

Ages 12 & under with adult

Enjoy a morning in the park where stories and books come alive to delight, inspire, and trigger the imaginations of all who listen. Offered in the Cities of Golden Valley, Crystal, New Hope, and Robbinsdale.

10–10:45 am

Wed, June 21

Wed, July 12

Wed, July 26

Wed, Aug 16

Brookview Park

New Hope's Outdoor Theater

Crystal's Becker Park

Robbinsdale's Lakeview Terrace Park

Youth Athletics

Amazing Athletes

Ages 3–5

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

Crystal Community Center

Thur, Aug 3–24

5:45–6:30 pm S1101C

6:45–7:30 pm S1101D

\$40 res, \$43 non-res

Register by July 27



Soccer Stars

Ages 3–4

This exciting indoor program is designed for 3- and 4-year-olds to develop large motor skills and learn about soccer. We will focus on basic skill development, fundamentals, and sportsmanship. Children must be out of diapers to participate. Min 6, max 12.

Davis Community Center

Thur, April 20–May 18

(no class May 4)

5:45–6:30 pm

S1102A

\$29 res, \$32 non-res

Register by April 10

Soccer Mites

Ages 4–6

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

Davis Community Center

Thur, April 20–May 18

(no class May 4)

6:45–7:45 pm

S1137A

\$29 res, \$32 non-res

Register by April 10



T-Ball

Ages 4–6

This fun program is a great way to introduce youngsters to the game of baseball! We will focus on basic skill development, including hitting from a tee, throwing, catching, and base running. Each day will feature practice time and a game. Teams will be coached by our enthusiastic athletic staff (parents welcome to assist). Min 10, max 40.

SESSION 1

Scheid Park

Tue, June 13–July 25

(no class July 4)

6–7:30 pm

S1103A

Register by June 5

SESSION 2

Hampshire Park

Thur, June 15–July 27

(no class July 6)

6–7:30 pm

S1103B

Register by June 5



Kids Korner Sports Sampler

Ages 4–6

Participants will learn the fundamentals of a variety of sports and socialize with their peers. Each session will feature three different sports working to build skill development, teamwork, and sportsmanship. Min 8, max 16 per session.

Wesley Park

10–11:30 am

\$35 res, \$38 non-res

SESSION 1

BASKETBALL, FOOTBALL, SOCCER

Tue & Thur, June 13–29

S1223A Register by June 5

SESSION 2

BOOT HOCKEY, T-BALL, TENNIS

Tue & Thur, July 11–27

S1223B Register by July 3

Mini US Open

Ages 3–14 with an adult

Celebrate the legendary US Open with a round at Brookview's Park 3 Course, featuring special flags and enlarged cups specifically designed for this family event! Adults—caddie for your little champions and make sure to get a photo with the Champions Cup next to the leaderboard after a great round. Clubs will be provided upon request, and all golfers must preregister. Prizes awarded for the best dressed groups, and food specials will be available at Brookview Grill. Program offered in partnership with Brookview Golf Course and the Golden Valley and St Louis Park Parks and Recreation Departments. *Resident fee applies to Golden Valley and St Louis Park residents.*

Brookview Golf Course

Sun, June 11

11 am–2 pm (Call 763-512-2345 for tee time)

\$12 res/\$14 non-res

S5110A

Register by June 7

Hoopstars Basketball Camp

Grades K–1

Come hone your skills and learn some new tricks from Crystal's Basketball Guru at this FUN-damentals based basketball camp.

6–7:30 pm

\$50 res, \$53 non-res

Davis Community Center
Mon & Wed, April 10–May 3
(no class April 24)
S1134A

Register by April 3

Crystal Community Center
Tue & Thur, June 6–22
S1134B
Register by May 26



Skyhawks Beginning Golf Camp

Ages 5–8

Get young golfers off on the right start! Skyhawks uses SNAG (Starting New at Golf), and young golfers have success using larger, softer Snagballs that are safer and easier to hit and work in any environment (grass, dirt, or pavement). All equipment is provided. Bring a snack, water bottle, and sunscreen. Participants will receive a T-shirt and merit award. Min 12, max 16.

Lions Park
Mon–Fri, June 19–23
9 am–noon

\$119 res, \$124 non-res
S1125A
Register by June 12

Skyhawks Basketball Camp

Ages 6–12

Designed for beginning to intermediate players, this camp focuses on teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games. The week ends with a tournament where kids will showcase their newly learned skills. Please bring two snacks and a water bottle. Participants will receive a basketball, T-shirt, and merit award. Min 12, max 20.

Davis Community Center
Mon–Fri, July 17–21
9 am–noon
\$119 res, \$124 non-res
S1114A
Register by July 10



Skyhawks Flag Football Camp

Ages 6–12

Learn key skills such as passing, catching, and de-flagging, as well as the rules and strategies of offense and defense. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Please bring two snacks, sunscreen, and a water bottle. Participants will receive a T-shirt, football, and merit award. Min 12, max 24.

Lions Park
Mon–Fri, Aug 14–18
9 am–noon

\$119 res, \$124 non-res
S1124A
Register by Aug 7

Youth Athletics

Pitch By Coach Baseball

Ages 7–10

Introductory baseball opportunity with a practice/game format where coaches pitch to the batters. Participants will focus on learning rules, basic skill development, and correct mechanics of hitting, throwing, catching, and base running. Teams are coached by our experienced athletic staff (parents are welcome to assist). Min 10, max 40.

Hampshire Park

Wed, June 14–July 26 (no class July 5)

6–7:30 pm

S1104A

\$37 res, \$40 non-res

Register by June 5

Skyhawks Volleyball Camp

Ages 7–12

Skyhawks coaches will help players learn what it takes to play volleyball, from fundamentals to court movement. Participants will receive a volleyball, T-shirt, and merit award. Players should bring plenty of water and towel.

Min 12, max 16.

Davis Community Center

Mon–Fri, July 24–28

9 am–noon

\$119 res, \$124 non-res

S1115A

Register by July 21



Soccer Skills

Ages 7–12

Join us to hone your soccer skills and work on fundamentals throughout the summer. We will use a variety of activities, drills and games to build basic skill development and teamwork including ball control, passing, shooting, and defense. Min 10, max 40.

Perpich Center For Arts Education

(6125 Olson Memorial Hwy)

Mon & Wed, June 12–Aug 2 (no class July 3 & 5)

9:30–11:30 am

S1105A

\$39 res, \$42 non-res

Register by June 5

Pokemon GO Hike & Bike

Ages 7–12

Gotta catch'em all! Join us as we explore Golden Valley Parks to catch Pokémon as we set out on hiking and biking adventures. Participants **MUST ALWAYS** stay with their leaders, wear appropriate clothing and shoes, and provide a properly working bike, helmet, water, and snack. Min 8, max 24.

Meet at Lions Park

Mon, June 12–July 31

(no class July 3)

12:30–3 pm

S1213A

\$29 res, \$32 non-res

Register by June 5

Fishing Club

Ages 7–14

Grab your fishing poles and bikes as we check out some fishing hot spots around the Golden Valley area. Bait and transportation of fishing gear provided. Participants must provide fishing pole, tackle, bike, and helmet. Catch and release only. Min 8, max 24.

Meet at Lions Park

Wed, June 14–Aug 2

(no class July 5 & 19)

12:30–3:30 pm

S1212A

\$29 res, \$32 non-res

Register by June 5



Youth Enrichment Fencing

Grades 2–8

Participants wanted for the “sport of the intellectual athlete!” Fencing coaches bring an immense knowledge for the sport of fencing, with safety as the top priority. Safety swords, protective masks, chest plates, and jackets provided.

SPRING LEAGUE

Crystal Community Center

Thur, April 6–May 18

(no class April 27)

7:40–8:40 pm

\$75 res, \$80 non-res

S1110A

Register by March 30

SUMMER CAMP

New Hope Community Gyms

Mon–Thur, July 17–20

1–4 pm

\$106 res, \$111 non-res

S1110B

Register by July 10

After School Wiff-O-Ball

Ages 8–12

If you're looking for some "spring training" for those Little Leaguers in your house, join us for after school Wiff-O-Ball. This program will meet at Davis Community Center and play games outside on the open field across the street. Bats, balls, and supervision provided.

Davis Community Center
Tue, April 18–May 9
4–5 pm
S1145A
\$19 res, \$21 non-res
Register by April 11

Flag Football Squad

Ages 8–12

Down, Set, Hike! Join us to play flag football this summer to work on basic skills and teamwork. Each day will feature a variety of activities, drills, and games led and officiated by our knowledgeable athletic staff. All equipment is provided. Min 8, max 32.

Hampshire Park
Tue & Thur, June 13–Aug 3 (no class July 4 & 6)
9:30–11:30 am
S1106A
\$39 res, \$42 non-res
Register by June 5

Bike Rangers

Ages 9–15

Love to ride your bike and looking for summer adventures? We will discover some of Minnesota's best kept secrets as we explore the West Metro with round trip rides of 15-20 miles. Participants MUST ALWAYS ride with their leaders, wear appropriate clothing and shoes, and provide a properly working bike, helmet, water, and snack. Min 8, max 30.

Meet at Lions Park
Tue & Thur, June 13–Aug 3
(no class July 4 & 6)
12:30–4 pm
S1122A
\$39 res, \$42 non-res
Register by June 5



Archery

Ages 8–14

Learn safety and proper techniques while shooting compound and traditional bows. Participants will also learn history and traditions surrounding the sport of archery. Youth will have individualized instruction based on their skills.

Robbinsdale Community Gyms
Tue, April 11–May 2
6–7:30 pm
\$65 res, \$69 non-res
S1108A
Register by April 7

Crystal Community Center
Fri, June 9–30
9–11 am
\$76 res, \$81 non-res
S1108B

Register by June 2

NOTE: Bring your own peanut-free snack. Possible class location at nearby target range, details TBD.

Crystal Community Center
Fri, July 14–Aug 11 (no class July 21)
9–11 am
\$76 res, \$81 non-res
S1108C

Register by July 7

NOTE: Bring your own peanut-free snack. Possible class location at nearby target range, details TBD.



Ultimate "Tween" Sampler

Ages 11–15

It's time to go "Live" and sample the ultimate gaming experience. Each day will introduce participants to different games/activities they have probably never tried before including badminton, baggo, lawn bowling, pickleball, sand volleyball, slacklining, spikeball, and ultimate frisbee. All equipment provided.

Brookview Park Gazebo
Mon–Thur, June 26–29
9 am–noon
S1146A
\$54 res, \$58 non-res
Register by June 19

Youth Athletics

Mites Fall Soccer

Grades K-1

This program for grades K-1 (2017-18 school year) offers a fun introductory soccer experience 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 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

This program offers boys and girls a fun and encouraging recreational soccer experience. It will focus on skill development, good sportsmanship, and enjoying the game of soccer. Teams will be assigned and volunteer coaches will lead practices and games. Games are played on Saturdays at varying locations in Golden Valley, Crystal, and Robbinsdale. Participants must provide shin guards and Golden Valley soccer jersey (purchase at the Recreation office). Register for grade in 2017-2018 school year. 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.



Youth Athletic Associations

Armstrong Cooper Youth Baseball Association

Boys age 12-19

Brian Nelson, 612-720-9642

brian.nelsongv@gmail.com

www.acybaseball.com

Cooper/Armstrong Girls Fastpitch Softball

Girls age 7-18

www.caheatfastpitch.org

Golden Valley Girls Slowpitch Softball

Girls grade 3-12

Keith Hiljus

keithhiljus@gmail.com

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

Golden Valley Little League Baseball

Boys & Girls age 5-12

Pat Dale, 612-423-9345

GVLittleLeagueInfo@gmail.com

www.goldenvalleylittleleague.org

Armstrong Cooper Youth Hockey Association

Boys & Girls age 4+

Dawn Speltz, 612-987-4599

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.**

Harlem Globetrotters

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

Target Center (600 1st Ave N, Mpls)

Sat, April 15

1 pm

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

W4104A

Register by March 29



Minnesota Twins Game

Celebrate Father's Day watching baseball! Cheer on your Minnesota Twins as they take on the Cleveland Indians. Enjoy the breathtaking views and dazzling amenities of Target Field, the world class home of Twins Territory. Children over 30 inches tall need a ticket.

Target Field (1 Twins Way, Mpls)

Sun, June 18

1 pm

\$21/ticket (Field view seats)

S4103A

Register by May 24



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 which 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.



ALL AGES (5+)

- Yoga
- Tae Kwon Do
- Bowling

TEEN (13-21)

- Teen Explorers
- Social Seekers
- Zumba

ADULT

- Wednesday Night Social
- Empowerment Group
- Democracy and Discussion
- 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.

Nature Programs

These nature programs are offered in cooperation with the City of Golden Valley and Three Rivers Park District, who have partnered together to bring environmental education, outdoor recreation programs, and the opportunity to experience wilderness in the city.



Three Rivers Explorer Camps

Ages 7–14

Providing outdoor, nature-focused experiences for school-aged children. Three Rivers Explorer Camps offer summer fun while learning about birds, biking, bugs, archery, games, trees, water, animal signs, and invasive species. Also included in the program is an off-site adventure, details to be announced on the first day of the program. All equipment provided and additional waivers will be needed to participate. **Please bring a bag lunch, water bottle, sunscreen, and bug spray each day.**

AGES 7–10

9 am–4 pm

\$120 res, \$125 non-res

Sochacki Park (3500 June Ave N, Robbinsdale)

Mon–Thur, June 12–15

S1234A

Register by June 5

Northwood Park (3815 Boone Ave N, New Hope)

Mon–Thur, Aug 7–10

S1234B

Register by July 31

AGES 10–14

9 am–4 pm

\$120 res, \$125 non-res

Bassett Creek Park (6001 32nd Ave N, Crystal)

Mon–Thur, June 26–29

S1234C

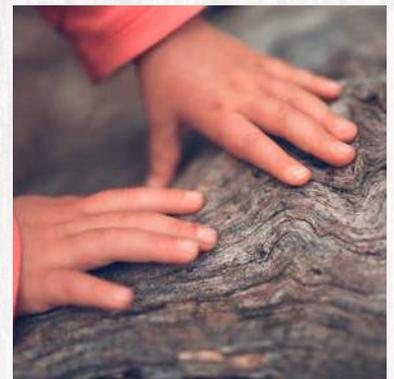
Register by June 19

Sochacki Park (3500 June Ave N, Robbinsdale)

Mon–Thur, July 17–20

S1234D

Register by July 10



Family Archery

Ages 8+

Learn the basics of shooting safety and accurately shooting at outdoor stationary targets. All equipment provided.

Sochacki Park

(3500 June Ave N, Robbinsdale)

Sun, April 23

1–3 pm

\$10 res, \$12 non-res

S1236A

Register by April 18

Birding Hike

Ages 5+ with paid adult

Take a hike and learn to locate and identify some of spring's newest arrivals, and discover tips and tricks from a naturalist while exploring the park for birds. All equipment provided.

Sochacki Park

(3500 June Ave N, Robbinsdale)

Tue, April 25

10 am–noon

\$5 res, \$7 non-res

S1237A

Register by April 20

Kayaking

Ages 9–14

Learn proper paddling strokes, including how to steer, go straight, and get in and out of a kayak while enjoying time on the lake with instructional staff. All equipment provided. Additional waivers will be needed to participate.

Fish Lake Regional Park Pavilion
(14900 Bass Lake Road, Maple Grove)

Fri, June 23

9:30–11:30 am

\$18 res, \$20 non-res

S1130A

Register by June 9

Stand Up Paddle Boarding

AGES 9–14

Participants will head out on the water to explore our parks and learn stand up paddleboarding basics from skilled instructional staff. All equipment provided. Additional waivers will be needed to participate.

Fish Lake Regional Park Pavilion
(14900 Bass Lake Rd, Maple Grove)

Fri, Aug 11

\$20 res, \$22 non-res

10 am–noon S1131A

1–3 pm S1131B

Register by Aug 4

Three Rivers Adult Explorer Series

Ages 18+

This Adult Explorer Series with Three Rivers Park District provides outdoor, nature-focused experiences for adults. Camps are affordable, accessible, and great fun. Join us for one or all!

MISSISSIPPI RIVER RAFTING

Explore the Mississippi River like you never have before. Discover Minnesota geology while rock picking along the shore. Watch ospreys, herons, and eagles soar in the sky while paddling downstream in an inflatable raft.

**West Coon Rapids Dam Regional Park
Visitor Center**

(10360 West River Rd, Brooklyn Park)

Fri, July 28 \$30

9 am–noon S2302A



WILDLIFE

Explore the animals that live in and around the Mississippi River. Learn to identify birds and mammals by sight, sound, and what they leave behind.

West Coon Rapids Dam Regional Park Visitor Center

(10360 West River Rd, Brooklyn Park)

Wed, Sept 27 \$15

10 am–2 pm S2302B

SURVIVAL AND GEOCACHING

Learn survival tips, tricks, and tools you can make in the wild. Start a fire to purify water and geocache for s'mores.

West Coon Rapids Dam Regional Park Visitor Center

(10360 West River Rd, Brooklyn Park)

Wed, Oct 11 \$15

10 am–2 pm S2302C



Adult Enrichment & Learning

Social Media Basics For Active Adults

Stay connected with friends and family near and far. In this class you will learn social media basics, including Facebook, Twitter, and Instagram. We will cover security and privacy settings, publishing content, responding appropriately, and how to participate and contribute to social networking sites. This introductory course will help you easily understand in greater detail all the positive aspects of the social landscape you might have been missing. Bring your laptop or tablet (optional).



Brookview Community Center \$6 res/\$7 non-res
Wed, April 19 S3104A
2-3:30 pm Register by April 14

Friday Open Painting Studio

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics, and oil and is here to guide you through your project. Bring your favorite medium and project to class.

Brookview Community Center
Weekly on Fridays
9-11:30 am
\$1/week payable at the front desk



Adult Fitness & Wellness

Beginning Belly Dancing

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

Brookview Community Center
Wed, March 8-April 26
7-8:30 pm
\$64 res/\$68 non-res
W2401B



Intermediate Belly Dancing

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscle strengthening, coordination, and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

Brookview Community Center \$80 res/\$85 non-res
Mon, March 6-April 24 W2402B
7-8:30 pm

Ballroom Dancing For Beginners

If you wish you could get on the dance floor with confidence, then this is the perfect course for you! Learn to dance real steps in sync with your partner to your favorite songs commonly played at weddings and most social events. Practice several easy-to-learn steps in waltz, swing, foxtrot, hustle, and polka. Come with or without a partner. Couples dance with their own partner. Singles rotate with one another. Teens and adults of all ages welcome. Classes designed for your success, so they are easier than you think! Instructor guarantees you will learn to dance. Free make-up lessons if you need to miss class for any reason. For more information, visit www.ConstantineDance.com, or call instructor Deanna Constantine at 612-240-8329.

Brookview Community Center
Sun, April 9-May 7 (no class April 16)
4-5:30 pm
\$55 res/\$59 non-res
S2405A



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 digestions. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat.

Brookview Community Center
 Tue, April 4–May 23 (8 classes)
 11 am–noon
 \$64 res/\$68 non-res
 S2201A

Line Dancing

Start your morning off with a smile. Line dancing is recommended as a moderate aerobic exercise that works to improve balance and strengthen heart and bones. This fun class will make you feel confident with any dance line, whether country, Latin, and American. Instructor Annette Fragale is certified by NTA and CWLDA and has taught for 30 years.

Brookview Community Center
 Tue, June 6–27
 11 am–noon
 \$25 res/\$27 non-res
 S2404A

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 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. Facilitated by Laura Lazowski.

Brookview Community Center
 5:30–6:45 pm

Tue, April 18–June 6 \$70 res/\$74 non-res S2206A	Tue, June 13–July 18 \$50 res/\$54 non-res S2206C
Thur, April 20–June 8 \$70 res/\$74 non-res S2206B	Thur, July 25–Aug 22 \$50 res/\$54 non-res S2206D

Yoga On The Green NEW

Begin the day with yoga on the lawn bowling green at Brookview Golf Course. This yoga class for students of all levels is led by Emily Brighton-Egart, who has nine years of teaching experience and more than 500 hours of teacher training. Participants are asked to bring a yoga mat. All classes are held outside. In the event of bad weather, a make-up day may be held at the end of the session.

Brookview Lawn Bowling Rink	\$64 res/\$68 non-res
Tue, June 6–Aug 1 (no class July 4)	S2211A
7–7:45 am	Register by May 30

Happy Hour Yoga On The Green NEW

Start your evening with some yoga and a designated cocktail on the lawn bowling green at Brookview Golf Course. All levels welcome, but you must be at least 21 years old to participant. Instructor Emily Brighton-Egart has nine years of teaching experience and more than 500 hours of teacher training. All classes are held outside. In the event of bad weather, a make-up day may be held at the end of the session.

Brookview Lawn Bowling Rink	\$40 res/\$43 non-res
Mon, June 5–26	S2212B
6–6:45 pm	Register by May 29



Tae Kwon Do

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

Davis Community Center	6:15–7 pm
Tue, April 18–May 30 (no class April 25 & May 9) S1118A \$59 res/\$63 non-res Register by April 14	Tue, June 13–July 25 (no class July 4) S1118B \$69 res/\$73 non-res Register by June 9

Adult Fitness & Wellness

Tai Chi Classes With Marie Mathay

The Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Brookview Community Center \$56 res/\$59 non-res

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

This program, based on Sun Style Tai Chi and endorsed by the Arthritis Foundation worldwide, is a series of gentle yet powerful movements that promote physical and mental well-being. Improve your balance, strength, and flexibility. Also great for joint pain relief and stress reduction. All ages and abilities welcome.

Tue, April 18–May 30	Tue, June 20–Aug 8 (no class July 4)
8:30–9:30 am	8:30–9:30 am
S2207A	S2207B

TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

For students who have completed at least one Basic session, we continue our Tai Chi journey, learning and practicing the entire Sun Style 41 form.

Tue, April 18–May 30	Tue, June 20–Aug 8 (no class July 4)
9:45–10:45 am	9:45–10:45 am
S2208A	S2208B

YANG STYLE TAI CHI PRACTICE GROUP

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join Marie Mathay in learning Chen Man Ching's 37 form and deepening your practice. **Qualifies for \$37 reduced rate pricing.*

Thur, April 20–June 1
9–10 am
S2209A

TAI CHI SPECIAL!

Register for a second class in the same session and pay only \$37 for your second class. Classes must be purchased together.



SHIBASHI QIGONG

Cultivate more energy and promote better health by practicing these ancient Chinese exercises that coordinate moving with breathing and inner concentration. Meant for healing and enhancing health with gentle follow-the-leader movements. No experience necessary. All abilities welcome. **Qualifies for reduced pricing.*

Thur, April 20–June 1 10–11 am S2210A

SHIBASHI QIGONG AT BROOKVIEW PARK

Join us at the new gazebo in Brookview Park on Thursday mornings to practice this subtle yet powerful moving meditation outdoors as originally intended! Enhance your energy and focus in a peaceful setting. No experience necessary. All ages and abilities welcome. Bring a water bottle. **Qualifies for reduced pricing.*

Thur, June 22–Aug 3
9–10 am
S2213A



Boot Camp

Come ready to burn calories and build endurance! 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 in this challenging yet effective hour of training. The designer of this intense course has more than 20 years experience with a background in fitness, sports nutrition, and Functional Movement.

Davis Community Center
Sun, March 19–May 21
(8 weeks - no class April 9 & 16)
9–10 am
\$40 res/\$43 non-res
S2204A

Davis Community Center
Wed, June 14–Aug 16 (10 weeks)
5:30–6:30 pm
\$50 res/\$53 non-res
S2204B

Adult Athletics

Parks and Recreation offers a variety of adult leagues and programs 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.

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. All games are played at Brookview Park at 6:15 and 7:15 pm.

SUMMER SEASON	FALL SEASON
Brookview Park	Brookview Park
Tue, May 30–Aug 8	Tue, Aug 22–Sept 26
\$250 per team	\$150 per team

Fall Men's Softball Leagues

The 2017 Softball Season offers a variety of USSSA men's softball leagues. Teams will play a six-week regular season of doubleheaders at Schaper Park. To help teams find the appropriate playing level for the upcoming season, leagues are classified with Gold, Silver, and Bronze league designations. All teams will continue to be sanctioned with USSSA at C, D, and E levels. Fee is \$430 per team.

Gold Leagues - The most competitive softball experience, and for teams who occasionally participate in tournaments

Silver Leagues - A moderately competitive softball experience

Bronze Leagues - 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



Important Dates:

June 29: Fall returning team registration opens
July 18: Fall resident team registration opens
July 23: Fall registration opens
Aug 21: Fall softball season begins

Pickleball

Pickleball is a game played with a perforated plastic baseball and wood or composite paddles on a badminton or tennis court with the net lowered to 34 inches at the center. It's easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. These are not leagues. Just drop in when you can!

INDOOR PICKLEBALL

Equipment available on a limited basis. Gym shoes required.

Davis Community Center	Crystal Community Center
Sundays thru May 21	Mondays & Thursdays
3–5 pm	9 am–1 pm
\$4/at door	\$2/at door

OUTDOOR PICKLEBALL

Medley Park Bring your paddle and play with other enthusiasts. All courts are reserved during open pickleball.
Tuesdays
9–11 am

Find outdoor pickleball court locations in Golden Valley on page 50.

OPEN GYMS Davis Community Center

All levels welcome. Basketballs, volleyballs, and pickleball equipment provided. Schedule subject to change.

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

March 5–May 26

(closed March 22, April 5, 14, 25, 28, 29, May 4, 5, 9)

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

May 30–Sept 2

(closed Sundays & June 5–11, July 4)

Tuesday	Volleyball 18+	8–10 pm
Thursday	Youth Open Gym	6–8 pm
Thursday	Adult Open Gym (1 court volley, 1 court b-ball)	8–10 pm
Saturday	Open Basketball (All Ages)	8–10 am
Saturday	Family Open Gym	10 am–noon

Check the City website at www.goldenvalleymn.gov for updates.

TWIN CITY TENNIS CAMPS

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



REGISTER NOW!

www.twincitytenniscamps.com

612-600-2460



Quick Start I, II, III, IV

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.

LIONS PARK

Tue/Thur, May 1–June 9 (no May 29)
4–5:30 pm, \$105

BROOKVIEW PARK

Tue/Thur, May 1–June 9 (no May 29)
6:15–7:30 pm, \$105

Sat, April 29–June 10 (no May 27)
10 am–noon, \$139

Sat/Sun, April 29–June 11
(no May 27–28)

Noon–1 pm, \$95

Mon–Fri, June 5–Sept 1

8:30 am–noon

\$199/wk, \$695/4 wk, \$1495/12 wk

8:30 am–4 pm

\$299/wk, \$1195/4 wk, \$2395/12 wk

11 am–4 pm

\$265/wk, \$995/4 wk, \$1999/12 wk

12:30–4 pm

\$175/wk, \$595/4 wk, \$1395/12 wk

4–6 pm

\$119/wk, \$399/4 wk, \$999/12 wk

Mon/Wed/Thur, June 5–Sept 7

6–8 pm

\$169/wk, \$299/12 classes, \$549/4 wk,

\$1099/12 wk

Sat, June 3–Aug 26

10 am–noon

\$279/11 classes, \$199/8 classes,

\$169/7 classes, \$99/4 classes

Juniors & Seniors Development

Ages 5–15

Our goal is to have every child rallying across the net, learning the scoring system, and participating in cooperative or competitive match play within the first week at camp. We emphasize learning and improving all of the major technical tennis strokes. Participants will have also time to experience off-court activities like volleyball, water games, and more.

LIONS PARK

Mon/Tue/Thur, May 1–June 8
(no May 29)
4–5:30 pm, \$105

BROOKVIEW PARK

Tue/Thur, May 2–June 8
6–7:30 pm, \$105

Sat, April 29–June 10 (no May 27)
10 am–noon, \$139

Sat/Sun, April 29–June 11
(no May 27–28)

Noon–1 pm, \$95

1–3 pm, \$139

1–5 pm, \$229

Mon–Fri, June 5–Sept 1

8:30 am–noon

\$199/wk, \$695/4 wk, \$1495/12 wk

8:30 am–4 pm

\$299/wk, \$1195/4 wk, \$2395/12 wk

11 am–4 pm

\$265/wk, \$995/4 wk, \$1999/12 wk

12:30–4 pm

\$175/wk, \$595/4 wk, \$1395/12 wk

4–6 pm

\$119/wk, \$399/4 wk, \$999/12 wk

Tue/Thur, June 6–Aug 31

6–8 pm

\$279

Sat, June 3–Aug 26

10 am–noon

\$279/11 classes, \$199/8 classes,

\$169/7 classes, \$99/4 classes

Juniors & Seniors High Performance

Ages 9–18

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

WESLEY PARK

Mon–Thur, May 1–June 8 (no May 29)
4–6 pm, \$119

BROOKVIEW PARK

Tue/Thur, May 2–June 8
6–8 pm, \$129

Sat/Sun, April 29–June 11

(no May 27–28)

10 am–noon, \$139

1–3 pm, \$139

1–5 pm, \$229

BROOKVIEW, LIONS, OR WESLEY

Mon–Fri, June 5–Sept 1

8:30 am–noon

\$235/wk, \$895/4 wk, \$1895/12 wk

8:30 am–4 pm

\$299/wk, \$1195/4 wk, \$2395/12 wk

12:30–4 pm

\$175/wk, \$595/4 wk, \$1395/12 wk

4–6 pm

\$125/wk, \$455/4 wk, \$1095/12 wk



Junior USTA Team Tennis Leagues

Ages 5–18

For high performance, intermediate, and advanced players. Teams: 10U Int, 12U Int/Adv, 14U Int/Adv, and 18U Int/Adv. NOTE: Participants will be required to provide USTA membership number. *FREE if you signed up for four weeks or more of Summer Camps.*

2 days/wk, June 12–July 18
12:30–3:30 pm Wesley/Lions Park \$200

ADULT TENNIS PROGRAMS

Basics & Beyond

USTA Level 1.0–2.5

Beginner and advanced beginner lessons with strokes, rallying, and serving.

Skills & Cardio Tennis

USTA Level 2.5–3.5

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness.

Warrior Drill

USTA Level 4.0–5.0

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

BROOKVIEW PARK

Mon–Thur, May 1–June 8 (no May 29)
6–8 pm \$179/1 day wk (6 classes)
\$229/2 day wk (12 classes)

Tue/Thur, June 6–Aug 31

6–8 pm \$129/5 classes \$199/8 classes
\$249/10 classes \$299/12 classes
\$349/16 classes \$529/24 classes

BLAKE SCHOOL

Mon/Wed, June 5–Aug 30

6–8 pm \$129/5 classes \$199/8 classes
\$249/10 classes \$299/12 classes
\$349/16 classes \$529/24 classes



Private & Semi-Private Tennis Lessons

Private lessons are one-on-one instruction with either a USPTA certified head professional or assistant professional. Semi-private lessons will be with two to four students per instructor. Call Dan Nabedrick today to set up your lessons!

PRIVATE	Head Pro	Asst Pro
1 hour	\$85	\$65
5 lesson	\$400	\$300
10 lessons	\$750	\$550

SEMI-PRIVATE

1 hour	\$95	\$75
5 lessons	\$450	\$350
10 lessons	\$850	\$650

REGISTER NOW!

ONLINE:

www.twincitytenniscamps.com

PHONE:

612-600-2460

Early Bird Pricing Available

Discount Deadlines:

Spring Sessions – April 1

Summer Sessions – April 15

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



GOLDEN VALLEY SENIOR CENTER

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



Phone: 763-512-2339

Fax: 763-512-2344

www.goldenvalleymn.gov/recreation/seniors

2017 Annual Membership Donation

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

\$5 res/\$8 non-res
Y3200A

*Thanks for
your support!*

Blood Pressure Screening **FREE**

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

Brookview Community Center
Wed, March 22, April 26, May 24, June 21, July 26, Aug 23
11–11:30 am

Medicare And Health Insurance Counseling

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha, who can answer your Medicare insurance questions, help you with insurance forms, or guide you through supplemental or Part D insurance. She'd love to work with you! Call at least three days in advance of appointment date. No appointments on April 14.

Brookview Community Center
Thur, April 13, May 11, June 8, July 13, Aug 10
Appointment times are 9, 10, and 11 am

Happy Feet Foot Care Clinic

This clinic is conducted by licensed nurses who specialize in routine foot care for elder and diabetic feet through Happy Feet, Inc. They work on corns, calluses, thick or curled toe nails, and ingrown nails, if they are not well-advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment.

Need to cancel your appointment?

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

Brookview Community Center
2nd & 4th Fridays each month
9 am–3 pm
\$34, payable day of service
with cash or check only



Other Senior Activity Locations

Calvary Center Cooperative.....7600 Golden Valley Rd
Covenant Village..... 5800 St Croix Ave
Crystal Community Center.....4800 Douglas Dr N
Golden Valley City Hall.....7800 Golden Valley Rd
Golden Valley Library830 Winnetka Ave N
Meadow Ridge Senior Living 7475 Country Club Dr

Senior Programs

Local Author Series: *Minnesota Byways (series)* By Doug Ohman

Join us for an evening with Doug Ohman, nationally known photographer, author, and storyteller. He was commissioned by the Minnesota Historical Society to photograph a series of books called Minnesota Byways, which includes "Barns of Minnesota," "Churches of Minnesota," "Libraries of Minnesota," "Courthouses of Minnesota," "Schoolhouses of Minnesota," and "Cabins of Minnesota." Doug will share the stories behind the books and his stunning photographs of many of Minnesota's vanishing landmarks and treasures. Sponsored by Brookdale Home Health and the Cities of Brooklyn Center, Crystal, New Hope, Robbinsdale, Golden Valley, and Robbinsdale Area Schools. Fee includes refreshments. Call 763-512-2345 to make your reservation.

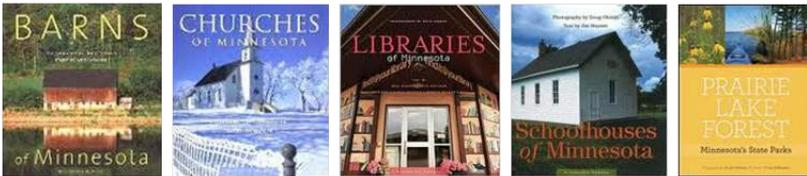
Crystal Community Center

Wed, April 12

7-8:30 pm

\$3 at the door, includes presentation and refreshments

Register by April 7



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, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent, and occasionally, a treat!

Brookview Community Center
Mondays (no meeting May 29)
9:30-11:30 am

Tax Assistance 2017

Golden Valley Library (830 Winnetka Ave N)

Thur, Feb 2-April 13 • 9:30 am-1:30 pm

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

Please bring the following records and information:

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



Senior Programs

Coffee Talk

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

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



WED, MAR 22

Crimes Of Opportunity

The Golden Valley Police Department will refresh us on the basics of keeping ourselves, families, and homes safe and secure. Crime prevention means being aware of your environment and remaining alert to situations that could make you vulnerable to crime. Our knowledge will be tested, important reminders shared, and we may even learn a few new tips! Everyone is encouraged to ask any questions or express concerns during the meeting. Presented by representatives of the Golden Valley Police Department. Register by Mar 20.

WED, APRIL 26

Memory Loss: What Are We Afraid Of?

Presenter Patty Crawford will open the dialog surrounding dementia and talk about what we can do with that diagnosis. Removing stigma, supporting those in our community with dementia, and preventing social isolation are the primary goals of her presentation. In addition, ageism and elderspeak will be discussed. Register by April 24.

WED, MAY 24

Cremation

Considering cremation? Learn about why planning now protects your loved ones later. Learn about the importance and need for pre-planning. Hear about the impact of inflation and costs of traditional funeral vs cremation. Prevent the sometimes emotional overspending at the time of need. Presented by Ellie Meenan, Neptune Society of Golden Valley. Register by May 22.

WED, JUNE 28

Help At Your Door

(formerly Store To Door and Second Harvest Heartland)

Help At Your Door is a non-profit organization helping seniors and individuals with disabilities remain in their homes. Services are delivered with the support of hundreds of volunteers. In this session, you'll learn about services for grocery shopping, home maintenance, transportation, and more. This is an excellent session for seniors, caregivers, or individuals interested in learning how they can share their skills and talents as a volunteer. Second Harvest Heartland has a distribution location for the Nutrition Assistance Program for Seniors (NAPS) in Golden Valley. NAPS provides a 30- to 35-lb box of wholesome food—low in salt and sugar content—that may include canned fruits and vegetables, juice, dry and shelf-stable milk, American cheese, canned meat, peanut butter or dried beans, cereal, rice, or pasta. This food is available to eligible seniors once a month. Eligibility is based on age (60 years and older), household size, and income. Please join us and learn about these two programs. Register by June 26.

WED, JULY 26

Recycling

Tom Hoffman, recycling coordinator for the City of Golden Valley, will give a brief history of recycling in Golden Valley covering curbside recycling and acceptable materials, recycling in parks, special collection events, organics recycling, and the Three Rs (Reduce, Reuse, Recycle). He will also share information on disposal of other materials that cannot be recycled. Register by July 24.



Living Wise And Well

It's a fact! People are living longer and healthier. Join us for this monthly program that offers information for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No pre-registration required. NOTE: No meeting in May.

FREE

Calvary Center Cooperative
2–3:15 pm (NEW TIME!)

THUR, APRIL 6

Healthy Aging Through Travel

This presentation will discuss the relationship between health and travel. Travel is not only fun, it is good for you! It is common knowledge that those who stay healthy as they age are able to sustain more active lifestyles, including traveling. We invite you to come and learn why travel can be beneficial for your health. Who knows, you may want to call your travel agent as soon as you get home! Presented by Steve Davis of Cruise and Travel Experts.

Money Matters **FREE**

With rising consumer costs, finances and investments are of more interest than ever. Join us as we hear speakers present information important to today's investor.

Donations accepted for refreshments. No pre-registration required.

Brookview Community Center
10–11:15 am



THUR, MARCH 16

Retirement Planning Strategies

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

THUR, APRIL 20

Pet Trust – Funds For Fido

Have you made plans for your pet to be cared for if you are unable to? If not, this informative seminar on the new Minnesota Pet Trust is one you won't want to miss! In 2016, Minnesota joined the other 49 states in allowing you to include your pet's care in your estate plan. Golden Valley Attorney Rebecca Bell (voted "Best Attorney in Golden Valley" five years in a row) will discuss the new Minnesota Pet Trust and answer your questions about general estate planning. Your pet will thank you!

THUR, MAY 18

Options and Resources To Support Aging In Place

This presentation will provide a broad overview on why planning for long-term care is important and what planning tools are available. Discussion will include:

- the costs of long-term care and the impact on society
- activities of daily living and the risks that may cause an older adult to have to move
- planning resources and options available for seniors who prefer to stay independent in their homes as long as possible
- an overview of planning resources available to people to help them stay home

People will be directed to the Senior LinkAge Line® for personalized options counseling.

THUR, JUNE 15

How To Protect Yourself Financially From Your Children

Don't confuse love with money when it comes to your children. Learn how parents can protect themselves from financial hot water or exploitation when it comes to money matters with their children. Presented by Mary R. Watson and William M. Hansen Associates, PLLC.

THUR, JULY 20

Demographics And Development In Golden Valley

How are greater demographic shifts in the metro area impacting development around the region? What do they mean for Golden Valley? Learn how demographic trends in the Twin Cities—and Golden Valley in particular—have been changing and what forecasters have to say about the direction they will go. Evidence of these shifts will be shown through examples of the new residential construction Golden Valley is experiencing and how future projects will be evaluated.

THUR, JUNE 1

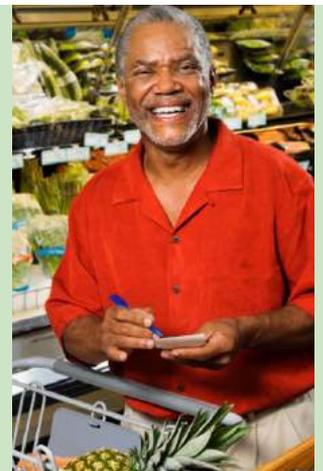
Meditation Made Simple

Learn what meditation is and what it is not. Join us for an hour of learning, doing, and fun! You'll leave with a solid understanding of meditation, and will have the opportunity to partake in a meditation, or not! Presented by Laura Lazowski, certified yoga instructor and meditation coach.

THUR, JULY 6

What Is Power Of Attorney and Health Care Directive, And Why Do I Need Them?

When it comes to making important end-of-life decisions, a Will or Trust will ensure your wishes are carried out after you are gone. But what about critical decisions that need to be made while you are still alive, especially if you become incapacitated or can no longer communicate? Learn how to protect and manage your finances, insurance, and healthcare needs by including a Power of Attorney and Health Care Directive in your Will- or Trust-based estate plan.



Senior Programs

Online Banking And Online Selling

Learn about online banking, bill pay, and overview of electronic home finance in a session that covers setting up online banking and payees, and managing your bank balance. The discussion about online selling includes a guide for how it works and how to protect yourself on sites like eBay, Facebook, Etsy, Craigslist, Amazon, and OfferUp. You'll also learn how to create a post and about payment options like PayPal, Amazon Wallet, credit card, check/cashier's check, and cash. Stephanie and Shelly Lipetzky have a small business called Sane & Simple TC, which works with individuals to organize and simplify their lives. They will help you understand skills that may intimidate or overwhelm you. Stephanie has an MBA and 20 years of business experience. Shelly has an AS in Accounting and 10 years of experience.

Brooklyn Center Community Center
(6301 Shingle Creek Pkwy, Brooklyn Center)
Thur, May 11
9:30–10:30 am
\$5 (includes refreshments)
S3105A
Register by May 6



Weekly Card & Game Groups

New players are always welcome to our card and game groups. Please arrive at least 10 minutes before the scheduled start time to get set up. Hope to see you there! All groups meet at Brookview Community Center. No pre-registration required.

DAY	GROUP	TIME
Monday	Dominoes	1 pm
Tuesday	Cribbage	1 pm
Wednesday	500	1 pm
Thursday	Euchre	1 pm
	Bridge	6:30 pm
Friday	Bridge	9 am

Defensive Driving

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

Registration & Certificate of Completion

To guarantee certificate at class completion, register at least seven days in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with credit card.

8-HOUR FIRST-TIMERS COURSE

Brookview Community Center
Sat, March 11 & 18 (must attend both days)
Sat, Oct 14 & 21 (must attend both days)
9 am–1 pm \$19/person

4-HOUR REFRESHERS

Brookview Community Center
Thur, March 9, April 13, May 11, June 8, July 13, Aug 10
9 am–1 pm \$18/person



NEW OPTION! 4-HOUR REFRESHER MHSRC Driving Improvement Program



This class for those over age 55 is taught by a certified instructor from the MN Highway Safety Center. Minnesota State Law allows a 10 percent reduction on auto insurance premiums for three years upon completion of the course. To register, visit the MN Safety Center website at www.mnsafetycenter.org or call 1-888-234-1294. Fees will be collected on the day of the class.

Brookview Community Center 5:30–9:30 pm
Wed, May 10 \$22/person

Pedal Pushers

Brush off your bicycle and join us! We meet twice a month and ride 10–12 miles on local trails. Wear your helmet and bring a water bottle and snack. Nancy, our fearless leader, will kick-off the 2017 Pedal Pusher season May 16 with a slide show of her and Keith's latest adventure, AND we will plan the 2017 ride schedule. First ride is Tuesday, May 23, along the Mississippi Mile. Ride begins at 9:30 am at Boom Island. Call 763-512-2345 to register.

KICK-OFF EVENT

Brookview Community Center
Tue, May 16 (register by May 15)
10 am



Senior Golf Leagues

Kick-off the 2017 golf season with Ben Disch, Brookview's golf operations manager. Learn about the Senior Golf League, meet the committee members, and pay your \$5 league registration fee. Refreshments! Door prizes! If you are unable to attend the kick-off but want to play in the league, drop off your league fee in the golf office. Call 763-512-2345 to register by April 17.

KICK-OFF EVENT

Brookview Grill
Thur, April 20
10 am



SENIOR PAR 3 LEAGUE

Men and women age 55 and older are invited to play at the Brookview Par 3 Course on Thursdays, May 4–September 1. Tee times start at 7:30 am with weekly sign-up. A \$5 league fee is collected at the kick-off meeting April 20 (see above). For information on green and cart fees, see the golf section of this catalog. Call 763-512-2305 for more information.

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview. A \$15 league registration is due before your first week of play. League plays on Tuesdays, May 2–August 29. NOTE: You must be a valid Brookview Senior Patron card holder to register and play. For information on green and cart fees, see the golf section of this catalog. Call 763-512-2305 for more information.

Pickleball

Pickleball is a game played with a perforated plastic baseball and wood or composite paddles on a badminton or tennis court with the net lowered to 34 inches at the center. It's easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. These are not leagues. Just drop in when you can!

INDOOR PICKLEBALL

Equipment available on a limited basis. Gym shoes required.

Davis Community Center
Sundays thru May 21
3–5 pm
\$4/at door

Crystal Community Center
Mondays & Thursdays
9 am–1 pm
\$2/at door

OUTDOOR PICKLEBALL

Medley Park Bring your paddle and play with other enthusiasts. All courts are reserved during open pickleball.
Tuesdays
9–11 am

Find outdoor pickleball court locations
In Golden Valley on page 50.

Senior Lawn Bowling Clinic

Lawn bowling is one of the easiest sports to learn. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It's an excellent sport for all ages. The sportsmanship and camaraderie is a plus as well. Plan to attend the clinic taught by an official at the Brookview rinks. You will learn rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver bowls, and the etiquette that governs behavior on the rink. All you need that day is flat-soled shoes, so you don't damage the rink surface. You do NOT have to buy special shoes that are just for lawn bowling. Sunscreen and a sun visor or hat are absolute musts when bowling in the sun. At the time of the clinic, you can sign up for a league to be played at Brookview starting the following week.

Brookview Lawn Bowling Rinks \$3/person
Wed, May 31 S2101A
10–11:30 am



Senior Lawn Bowling League

Take part in the third summer season of lawn bowling and join a league. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes—flat-bottom shoes only on the court. Register individually or as a team of four to eight players. Min four teams, Max 16 teams.

Brookview Lawn Bowling Greens
Wed, June 7–July 26
10–11 am
\$5 league fee, plus \$3/week
S3302A
Register or cancel by June 5

Mary Wanderer's Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort!

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.

Tulip Time

Tue, May 9–Sat, May 13, 2017

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

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

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

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

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

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

May 9–13, 2017

\$880/person (double), \$1,210/person (single)

\$135 deposit per person is required to make a reservation

Final payment due by March 30, 2017

Payments are non-refundable after March 3, 2017

Y3224A

Lunch At An Amish Farm

Tue, May 23

Immerse yourself in the timeless culture of the Old Order Amish Community near Utica and St Charles, MN. This enriching, scenic tour affords the opportunity to observe and learn first-hand about the Amish way of life. Have an unforgettable authentic Amish luncheon on an Amish farm. **Menu:** Farm-raised chicken; Pennsylvania Dutch side dishes, including noodles, salad, beans, and potatoes; fresh-baked bread with jam; and homemade desserts. Continue to enjoy rural Minnesota and hear about these simple Minnesotans. You will have the opportunity to purchase Amish goods (on your own—bring cash).

Tue, May 23

\$73

7:50 am pick-up

5:15 pm approximate return

Register/cancel by May 1

Y3229A



Mary Wanderer's Trip Program

Tapestry And Reserve Bank Tour

Thur, June 22

Arrive at Plymouth Congregational Church to learn about the four seasonal embroideries. A docent will talk about the project and the piece on display, *Summer of the First Amendment*. These embroideries are unique and have been recognized in Smithsonian and Needle Arts magazines. Leave Plymouth Congregational Church and arrive at Jax Cafe, a landmark established by Stanley Kozlak. After lunch, arrive at the Federal Reserve Bank of Minneapolis for a 75-minute walking tour. Each Federal Reserve Bank became a franchised corporation with stockholders, a board of directors, and operating personnel. **SECURITY REQUIREMENTS:** A list of tour participants must be submitted two weeks before the tour date. Each visitor must present a valid photo ID (eg, driver's license, passport) to enter the building. Personal items will be subject to x-ray screening, and visitors will pass through a metal detector. **Menu (state choice when registering):** Polish sausage and sauerkraut with potato cheese pierogis; Oven-roasted chicken with mashed potatoes/gravy, vegetable; or Swedish meatballs, potatoes, vegetable. Beverage and dessert included.

Thur, June 22 Register/cancel by May 29
\$63 Y3230A
9:30 am pick-up
3:45 pm approximate return



Minnesota History Theater Performance Of Glensheen

Thur, July 13

Start at Key's Café on Roberts in downtown St Paul for a simple home cooked meal (turkey dinner with mashed potatoes, gravy, stuffing, vegetable, cranberries, beverage, and dessert). After lunch, travel to the theater for the performance of "Glensheen" (book by Jeffrey Hatcher, music and lyrics by Chan Poling), dubbed "A Crackling Musical with a Wicked Edge." In 1977, a heiress, kind and generous, is found dead in her bed. Her night nurse is lying lifeless on the staircase. A robbery? A clumsy break-in? A conspiracy? A scandal! The Congdon family tragedy splashed across the headlines of every newspaper in Minnesota. But what really happened on that fateful night at the Glensheen Mansion? Witness this dark musical that tackles the tale with wicked dialogue and evocative music.

Thur, July 13 \$76
10:30 am pick-up Register/cancel by May 30
5:10 pm approximate return Y3232A

Leinenkugel Brewery Tour

Wed, July 19

Start the day in downtown Chippewa Falls, WI with lunch at the Fill Inn Station, a long-standing neighborhood fixture in a former gas station offering home-style American comfort food. (Buffet menu: Chicken, mashed potatoes, gravy, corn, coleslaw, rolls, coffee, milk, dessert.) After lunch, walk a few blocks to check out the Chippewa Candy Store and Mason Shoe Outlet Store. At Olson's Ice Cream Parlor, visitors enjoy delicious homemade ice cream made daily with fresh milk, cream, and high-quality ingredients. Depart Chippewa Falls and arrive at the Leinie Lodge Hospitality Center, where half the group will take a walking tour while the other half visits the Hospitality Center. On the tour, you will hear about 145 years of craft beer brewing and the Leinenkugel family history. View historic memorabilia and sample handcrafted beer and other beverages. The historic Jacob Leinenkugel's Brewing Company uses an old-world Germanic brewing method dating back to 1867.



Wed, July 19 Register/cancel by June 19
\$64 Y3239A
9 am pick-up
5:15 pm approximate return

Wings Of The North And Cummins House

Thur, Aug 10

Tour the Cummins-Phipps-Grill House, located near the Flying Cloud Airport in Eden Prairie. Established in 1856, it is a locally recognized historic site on the National Register. In 1937 a landing strip was constructed on part of the farm and was sold to the American Aviation Corp in 1943. It was named Flying Cloud Airport and was purchased in 1948 by the Metropolitan Airports Commission. The farm was sold to the City of Eden Prairie in 1976 for parkland. After the tour, hear to the Wings of the North Museum at Flying Cloud Airport. After the museum, we will go to the historic Smith-Douglas-Moore house for a casual lunch at Rustica (soup and sandwich special of the day with beverage and petite dessert).



Thur, Aug 10 Register/cancel by July 17
\$57 Y3231A
9:15 am pick-up
3:20 pm approximate return

Mary Wanderer's Trip Program

Solar Eclipse 2017

Sun, Aug 20–Tue, Aug 22, 2017

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

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

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

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

Aug 20–22, 2017

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

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

Final payment due by Mon, June 20

Payments are non-refundable after June 6, 2017

Y3225A

Great Northern Railway With Lunch

Wed, Sept 20

Arrive at the NW Wisconsin Regional Visitor Center in Trego, WI and depart on the Wisconsin Great Northern Railroad. The historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Ride the rails to Bean Creek and enjoy the Empire Builder Luncheon in the dining car. (Menu: Chicken cordon bleu, long grain and wild rice, California mixed vegetables, dinner roll, cookie, and coffee or lemonade.) After lunch, enjoy the relaxing scenery from the train as it travels into the changing colors of early autumn. There could be a mixture of yellows, oranges, and greens along with a splash of red. On the way home, stop at a rural cheese factory where you can purchase cheese.

Wed, Sept 20

\$73

7:45 am pick-up

5 pm approximate return

Register/cancel by Aug 21

Y3233A



Taylor's Falls Boat Cruise

Thur, Oct 5

Arrive at Scenic Boat Tours on the St Croix to board the boat (*anyone who has difficulty walking can be transported by car from the motor coach down to the dock*). Water levels will determine the accessibility. Depart on the luncheon cruise aboard the Taylor's Falls Scenic Boat Tours. Lunch is served buffet style. (Menu: Boneless breast of chicken, coleslaw, garlic mashed potatoes, baked beans, coffee, cookies.) This is a public cruise, but the meal service is only for the bus groups. The unique rock formations are highlighted by the crew's narration. The view inspires awe, not just for its beauty, but also for the provision of this river that sculpted through ancient volcanic rock. The land was revered by the Ojibwa, Dakota, and Fox people. Trappers and traders glided in canoes and bateaux between the basaltic walls they called dalles. After the cruise, we will stop at Pine Tree Apple Orchard to shop.

Thur, Oct 5

\$66

9:15 am pick-up

4 pm approximate return

Register/cancel by Sept 5

Y3234A



Mary Wanderer's Trip Program

Door County, Wisconsin Tue–Fri, Oct 10–13, 2017

DAY 1 (Tue, Oct 10): Leave Golden Valley City Hall at 7 am. Make a coffee and lunch stop. Enter "The Door" and sense the transformation to a different lifestyle. Check into Rowley's Bay Resort for three nights. The resort has an elevator, restaurant, indoor pool, sauna, whirlpool, fitness room, and tennis court. Have dinner in the resort dining room. [C,L,D]

DAY 2 (Wed, Oct 11): Have breakfast and meet a local tour guide. Hear about the nautical heritage and enjoy the sheer beauty of this peninsula. Visit the Door County Maritime Museum. It covers the history of boat and shipbuilding for over 150 years and contains antique ship equipment. Make a photo stop at the Old Rugged Cross, where Reverend George Bennard first performed the song in its entirety Jan 12, 1913. Stop at Door Peninsula Winery founded in 1974. Take time for lunch (on own) in a quaint historic village. Wander through streets with exceptional cafés, delightful shops, and working artist studios and galleries. Look for products from the abundant cherry harvest and apple orchards. Return to Rowley's Bay Resort for a traditional fish boil and Swedish smorgasbord. A storyteller will provide an entertaining look at the folklore of this Door County tradition. [B,D]

DAY 3 (Thur, Oct 12): After breakfast your guide will take you to the hand-carved Norwegian Bjorklund Chapel. Spend time at Koepsels Farm Market before lunch at Al Johnson's Restaurant. This unique complex of buildings from Sweden invites exploration. The sod roof is kept well trimmed by goats. In the afternoon tour the Eagle Bluff Lighthouse, perched on a bluff 76 feet above Green Bay's glistening waters. It is furnished with original and authentic period antiques. Return to Rowley's Bay Resort for dinner. After dinner see "Almost Maine" at Peninsula Players Theatre. [B,L,D]

DAY 4 (Fri, Oct 13): Have breakfast and travel to Green Bay to tour Lambeau Field Stadium. Experience the Packers' history-rich facility first-hand and see several behind-the-scenes areas. Tour guides will lead you through the Atrium and up to the exclusive Club Level for a look at the Legends Club. Go through the player's tunnel, and learn and feel the indomitable spirit and impassioned energy that makes the Packers and Lambeau Field so endearing. Have lunch and stop to purchase cheese before returning to the Twin Cities at approximately 6:30 pm. [B,L]

Fee includes: Deluxe motor coach transportation, three nights lodging, meals as indicated (B-breakfast, L-lunch, D-dinner, S-supper), outlined attractions, host Mary Odell from Golden Valley Seniors, gratuities on included meals, and attractions.

October 10-13, 2017

\$795/person (double), \$980/person (single)

\$215 deposit per person due by August 7

Final payment due by August 28

Payments are non-refundable after August 7

Y3235A



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 County 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

9:10 am pick-up

3:30 pm approximate return

\$59

Register/cancel by Oct 16

Y3236A



Mary Wanderer's Trip Program

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 one thousand-seat proscenium stage for the "Ole & Lena's Family Christmas" performance. "Ole & Lena's Family 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 the hours of 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.

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

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

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

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

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

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

Health Care Directives

Learn what advance care planning is, and what health care directives can do and topics to consider when completing one. Also learn who can be a health care agent and their responsibilities. Collaborator: Metropolitan Area Agency on Aging.

**Wed, April 19
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. Sponsored by Friends of the Golden Valley Library.

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

For more information, please call 612-543-6375 or visit www.hclib.org.



YOUR YEAR-ROUND RECREATION DESTINATION



763-512-2300
www.brookviewgolf.com

2017 Patron Program

Patron card applications can be picked up at Brookview Golf Course or found online at www.brookviewgolf.com.



Card holder benefits include discounted green fees and power cart rental, advance reservation privileges, and discounts and coupons for merchandise and the Driving Range.



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

2017 Brookview Golf Course Flower Sponsorships

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 2017 golf season. All sponsors will have signage on their specific hole, as well as recognition in the Brookview Clubhouse. Join us as we improve the Brookview experience for more than 45,000 golfers annually. To sponsor a hole at Brookview, please contact Brett Johnson at 763-512-2305. There are only 18 regulation holes available, so reserve your favorite today!

Golf Bikes

The Golf Bike is rolling around Brookview this season. It's a great alternative to walking or golf carts—play fast and get a workout! If you like a little adventure, the Golf Bike is for you!

18-Hole Rental \$12
9-Hole Rental \$8

Roll around Brookview
on a golf bike
this season!



Golf Course Fees

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole	\$30	\$37
9-Hole	\$17	\$20
Power Cart 18-Hole	\$26	\$32
Power Cart 9-Hole	\$17	\$21
Twilight*	\$17	\$21
Twilight* with Power Cart	\$25.50	\$31.50

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

PAR 3 COURSE FEES

9-Hole	\$9	\$12.50
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JUNIOR RATES

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

60+ SENIOR GOLF PROGRAM

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

Mon-Fri before noon

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

Valid anytime, seven days a week

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

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



Lawn Bowling Rates

RINK RENTAL (PER HOUR)

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

PRIVATE GROUP RENTAL (PER HOUR)

Private Rink Rental	\$25
Half Green Rental (4 Rinks)	\$100
Full Green Rental (8 Rinks)	\$200
Game Official	\$25
Deck Rental (up to 4 hours)	\$125

Lawn Bowling Tournaments

Lawn bowling events are great for corporate groups, networking events, reunions, parties, and much more. Groups of all sizes, ages, and abilities enjoy lawn bowling. Brookview's banquet facilities, deck, patio, and lawn bowling green are a great setting for food and fun at your event. Call 763-512-2305 to schedule your lawn bowling event today!

Golf Tournaments

We invite groups of all sizes for tournaments on the 18-Hole Regulation Course or the 9-Hole Par 3 Course. 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!

	Package A	Package B
18-Hole Green Fee	\$37	\$42
18-Hole Green Fee & Power Cart	\$53	\$58
9-Hole Green Fee	\$20	\$25
9-Hole Green Fee & Power Cart	\$30.50	\$35.50
Par 3 Green Fee	\$12.50	\$17.50

Package B Details

Includes 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.

Bean Bag Leagues

Register your two-person team for a summer and/or fall bean bag league. Leagues play for seven weeks, concluding with a championship tournament in September. Space available for up to 16 teams per league. For more information or to register, contact Brookview Golf Course at 763-512-2300.

Brookview Lawn Bowling Greens
 7 pm \$50/league

Tue, May 9–June 20

Thur, May 11–June 22

Tue, July 18–Aug 29

Thur, July 20–Aug 31



FlingGolf

FlingGolf is to golf what snowboarding is to skiing—a natural, cool, athletic alternative. You play on the Par 3 golf course, right alongside golfers. Instead of striking a golf ball with a golf club, fling a golf ball with a FlingStick. It's fun, inexpensive, and easy to learn. Even those who have a love for golf will be enticed to try the fun of FlingGolf. Play nine holes of FlingGolf for \$8 per person. For more information call 763-512-2300.

Brookview Golf Leagues

WOMEN'S 9-HOLE LEAGUE

Opening day will be May 4, 2017. 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 6, 2017. For information, call Nancy Spannaus at 612-849-9888, or join us at the membership meeting Thur, April 6 at 10 am in the Brookview Grill.

WOMEN'S 18-HOLE LEAGUE

The league plays on Tuesday mornings from 7:15–8 am. Applications can be picked up at Brookview and there are openings for new members. For more information, call Beth Rubin at 612-325-4511.

MEN'S GOLF ASSOCIATION

Past members and interested guests are invited to attend this year's spring meeting Wed, March 15 at 6 pm at Brookview Community Center. The meeting agenda includes events for the 2017 season and free refreshments. All BMGA members must purchase a patron card and handicap. Membership deadline is March 24, 2017. Visit www.bmga.org.

WOMEN'S PAR 3 PUTTERS

The Par 3 Putters league plays nine holes on Thursday afternoons. Tee times are from 4–6:32 pm, and the league accommodates up to 80 players. Priority is given to last year's members.

WOMEN'S PAR 3 CHIPPERS

The Par 3 Chippers will play on Wednesday nights from 5:04–6:32 pm. This league can hold up to 48 players, with priority given to last year's members. Contact Brookview for information.

COUPLES LEAGUE

The Brookview couples league plays every other Sunday night starting at 5 pm. You must sign up as a twosome. Contact Brookview for information.

60+ SENIOR PATRON 18-HOLE LEAGUE

This league plays on Tuesday mornings starting May 2. Tee times range from 8–10 am. Bring registration forms and fees to Brookview before the first week of play. Contact Brookview for information.

LAWN BOWLING SEASON OPENER NIGHT

Friday, May 5 6–9 pm

Come out for the season opening of Brookview's Lawn Bowling green. Play is free and is on a first-come, first-served basis. Food and beverages will be available for purchase. This is a great opportunity to learn how to lawn bowl and visit the facilities. New lawn bowling league members are encouraged to attend this event before the first week of league play.



Lawn Bowling Leagues

Join a summer or fall lawn bowling league! Leagues play for seven weeks and conclude with the Brookview Lawn Bowling Cup Championship Tournament in September. Teams compete with four people each week and can roster up to 10 players. Rostered players must be age 16+, with non-rostered substitutes being age 12+. All equipment is provided. Leagues rotate weekly start times.

\$350 per team

Tue, May 9–June 20
6 pm and 7:15 pm
Register by Mon, April 24

Tue, July 18–Aug 29
6 pm and 7:15 pm
Register by Mon, July 3

Thur, May 11–June 22
6 pm and 7:15pm
Register by Mon, April 24

Thur, July 20–Aug 31
6 pm and 7:15pm
Register by Mon, July 3

Lawn Bowling Recreational Leagues

This recreational lawn bowling league is designed for beginner lawn bowlers or those who don't want to compete in lawn bowling but enjoy the sport more casually. Teams can consist of one to four players each week. Register your team and you can play with up to four people each week. Weekly fees are \$10 per player, which includes one beverage.

\$25 team registration fee

Tue, May 9–June 20
5:30–6:30 pm

Tue, July 18–Aug 29
5:30–6:30 pm



The Basics Adult Group Golf Lessons 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, 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. ***NOTE:** The final week of the 5:30 and 5:45 pm classes will meet at the Par 3 course at 7 pm.



Brookview Lesson Tee \$99/session
Min 6, Max 10

Mon/Wed, April 24–May 8
5:45–6:45 pm* S5101A
7–8 pm S5101B

Thur, May 18–June 15
5:30–6:30 pm* S5101E

Mon/Wed, May 15–31
(no class May 29)
5:45–6:45 pm* S5101C
7–8 pm S5101D

Thur, July 27–Aug 24
5:30–6:30 pm* S5101F

Rounding Out The Season Intermediate Lesson with Michael Turnbull

This Mindful Golf class is designed specifically for those with some golf experience. Topics covered include putting, chipping, short swings, and the full swing with irons and woods. Students will learn to focus on what matters most when swinging a club. The final lesson will conclude with a two- to three-hole on course playing experience.

Brookview Lesson Tee \$100/person
Tue/Thur, Aug 31–Sept 14 S5115A
5:30–7 pm Min 6, Max 12

Meet the Instructor... Michael Turnbull

Michael has been teaching golf since 1977. He has served as the PGA Head Professional at Balboa Park Golf Course in San Diego, CA and at Baker National Golf Course in Medina, Minnesota, and as the teaching professional at Seacliff Country Club in Huntington Beach, CA.

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 golf felt natural?

Adult Group Golf Clinics with Michael Turnbull

These clinics present a relaxed and simple way for beginners, intermediates, and golfers at the end of their tether to learn new and interesting things about a variety of golf topics, and they're great fun. Students will learn to feel the difference between swings that work and swings that don't. Clubs and balls provided.

Brookview Lesson Tee \$25/clinic
11 am–noon 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 fairway woods.

Sat, April 29 S5103A
Sat, June 3 S5103B
Sat, July 15 S5103C

SHORT SWINGS CLINIC

Students will learn simple short swing 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.

Sat, May 6 S5103D
Sat, June 10 S5103E

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 that launches it in the air. Discover what matters most when hitting approach shots and develop some confidence with your irons/hybrids off the ground.

Sat, May 13 S5103F
Sat, June 17 S5103G

PITCHING CLINIC

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

Sat, May 20 S5103H
Sat, June 24 S5103I

Adult 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 two years or less of playing experience and for those that 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 questions. The first night meets 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.

Brookview Par 3 Course
\$125/session
Min 12, Max 28

Mon, June 5–July 24 (no class July 3) S5104A
6–8 pm

Mon, July 31–Sept 18 (no class Sept 4) S5104B
5:30–7:30 pm

Meet the Instructor... *Alexandra Tegels*

Alexandra Tegels is a lifelong student of the game and has been teaching for six years. She focuses on youth golfers, making the game fun and getting them excited to keep learning! Before returning to the Minneapolis area, Alex worked for the Southern California PGA on player development programming, teaching lessons throughout the community to interest new players in the game. In addition to private lessons, she offers afterschool enrichment programs throughout the western metro. The goal for players is to walk away from the lesson feeling confident and excited to play!

Women's Beginner League with Alex Tegels

Take your golf game to the course! As the next level for Women and Wine participants, golfers have the opportunity to experience on-course playing lessons. Inexperienced players will gain confidence, become comfortable on the golf course, and find new golf playing partners!

Brookview Par 3 Course	Tue, May 2–23	S5116A
5:30–7:30 pm	Tue, June 6–27	S5116B
\$99/session	Tue, July 11–Aug 1	S5116C
Min 6, Max 12	Tue, Aug 8–29	S5116D

Tips From Turnbull At The Range

Come to the driving range for practice and get some tips from our head PGA Professional Michael Turnbull. No charge for these quick tips and pointers. Purchase your range bucket, and Michael will stop by and help you make your practice time worthwhile. Watch for the "Tips From Turnbull" signs!

Nine And Wine Golf Scramble

This Par 3 scramble event for men and women is great for the beginner to the advanced golfer. Sign up as an individual or with a group. The event will start with a nine-hole shotgun followed by appetizers and a glass of wine or beer in the Brookview Grill. You must be 21+ to register. For more information or to register, call Brookview Golf at 763-512-2300.

Brookview Par 3 Course \$25/person
Wed, Sept 13 Min 20, Max 60
5:30 pm Shotgun



Wine & Women Golf Clinics with Dee Forsberg McCullagh

Wine and Women is a beginner program developed to introduce women to the game of golf. The goal of the program is to overcome many of the barriers women run into as a beginner or occasional golfer. The program will focus on basic fundamentals in a fun and social atmosphere. Each lesson includes a glass of wine, so you must be 21+ to register.

Classes will take place as follows:

- Week 1** Queen of the Green: Games and skill challenges specific to putting that will get you excited to practice your form.
- Week 2** Chip and Sip: Learn the art of hitting the short shots to the green.
- Week 3** Driving Club: Discover how to send your drives further up the fairway.

Brookview Lesson Tee 5:30–7 pm
\$99/session Min 6, Max 12

Tue, May 2–16	S5105A
Tue, June 6–20	S5105B
Tue, July 11–25	S5105C
Tue, Aug 8–22	S5105D



Little Linksters

with Dee Forsberg McCullagh

Ages 3–7

SESSION 1

New young golfers will discover and explore 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 hand-eye coordination. Min 5, max 15 per session.

Brookview Lesson Tee	Sat, June 3–17	S5108A
9–9:45 am	Sat, July 15–29	S5108B
\$65		

SESSION 2

Junior golfers can take the next step in the Little Linksters series with this three lesson program to enhance their developing skills and golf knowledge. Traditional clubs will be used as they start to develop their fundamentals and learn a few simple rules and etiquette on the golf course. Min 5, max 15 per session.

Brookview Lesson Tee	Sat, June 3–17	S5108D
10–10:45 am	Sat, July 15–29	S5108E
\$65		

Mini US Open

Ages 3–14 with an adult

Celebrate the legendary US Open with a round at Brookview's Par 3 Course featuring special flags and enlarged cups specifically designed for this family event! Adults caddie for your little champions and make sure to get a photo with the Champions Cup next to the leaderboard after a great round. Clubs will be provided upon request and all golfers must preregister. Prizes awarded for the best dressed groups and food specials available at Brookview Grill. Program offered in partnership with Brookview Golf Course and Golden Valley and St. Louis Park Parks and Recreation Departments. *Resident fee applies to Golden Valley and St Louis Park residents.*

Brookview Golf Course
 Sun, June 11
 11 am–2 pm
 (Call 763-512-2345 for tee time)
 \$12 res/\$14 non-res
 S5110A

Junior Golf Express Camps

with Dee Forsberg McCullagh

Ages 6–17

At the Brookview 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! Min 6, max 14 per session.

Brookview Lesson Tee	Mon–Thur, June 19–22	S5109A
Noon–2 pm	Mon–Thur, July 10–13	S5109B
\$175		

Meet the Instructor...

Dee Forsberg McCullagh

Dee Forsberg McCullagh 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 patterning 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 is a member of the PGA of America and has worked almost exclusively in the metro area of Minneapolis and St Paul.



Junior Learn & Play Golf League

Ages 6–17

League days will begin with a half-hour clinic at the Par 3, followed by nine holes on the Par 3 or Regulation Course. Junior leagues will play on Monday or Tuesday mornings beginning June 19 and 20. Juniors will register for their start time for the season and play will be for six weeks. Maximum of 12 participants per session/time frame.



MONDAY LEAGUE

Mon, June 19–July 31
(no play July 3)

Ages 6–10

Par 3 Course
\$90/person

9 am S5201D
9:30 am S5201E
10 am S5201F

Ages 11–14

Par 3 Course
\$90/person

7:30 am S5201A
8 am S5201B
8:30 am S5201C

TUESDAY LEAGUE

Tue, June 20–Aug 1
(no play July 4)

Ages 6–10

Par 3 Course
\$90/person

9 am S5201G
9:30 am S5201H
10 am S5201I

Ages 11–14

Par 3 Course
\$90/person

8 am S5201J
8:30 am S5201K

Ages 13–17

Reg 9 Hole Course
\$110/person

7 am S5201L
7:30 am S5201M

VOLUNTEERS NEEDED!

Enjoy golf and want to pass that on to junior golfers? Brookview has many great opportunities this summer to volunteer for our junior golf programs. All volunteers must be at least 18 years old and are required to complete a background check. Call 763-512-2300 for more information.

Junior Learn and Play League Volunteers

Monday, June 19–July 31
Tuesday, June 20–Aug 1

During the six-week Junior League, volunteers will lead a group of four to 12 golfers through their half-hour clinic with a teaching professional, then take them onto the course for nine holes of golf.

Teen Golf League



Ages 13–18

The NEW teen golf league at Brookview is for teens who want to enhance and improve their golf skills. Each week golfers will play nine holes on the regulation course while participating in on-course events and meeting other teen golfers. Events will encourage team-work, golf skills, and fun!

Brookview Regulation Course

Wed, June 21–Aug 9 (no play July 5)

1 pm

\$125/person

Min 12, Max 24

S5202A

Does Your Junior Golfer Need Golf Clubs?

Junior combo sets are available through Brookview for \$125/set.

Boys set includes driver, hybrid, 7 iron, 9 iron, putter, and carry stand bag.

Girls set includes driver, hybrid, 8 iron, pitching wedge, putter, and carry stand bag.

Call 763-512-2300 for more information.

Junior Club Championship



Ages 6–18

Brookview will be hosting a Junior Club Championship tournament for all juniors ages 6–18. Registration is available for nine holes on the regulation course or Par 3 course. Juniors are encouraged to participate in a junior golf league or lesson before the tournament. Caddies will be encouraged to assist their junior with their round and scoring. Tee times will be assigned one week before event.

Ages 6–14

Brookview Par 3 Course

Fri, Aug 11

8 am start

\$20/person

S5117A

Ages 13–18

Brookview Reg 9 Course

Fri, Aug 11

8 am start

\$30/person

S5117B

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 at www.goldenvalleymn.gov. Pickleball is played on our tennis courts over the tennis net. Nets can be lowered for optimal play.

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-res	\$50 non-res

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

MEDLEY PARK
TUESDAYS, 9–11 AM

OPEN
Pickleball



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

WEEKDAY OPEN TENNIS PLAY

BROOKVIEW PARK • 6–10 PM
MON, WED, & FRI, JUNE 5–SEPT 4



Check our online
calendar for
more open times!

Visit www.goldenvalleymn.gov/parks/tennis for more information.

Gym Court Rental

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

2017 RENTAL FEES

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



Looking for
Open Gym times?
See page 27.

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 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



Brookview Community Center

The New Brookview

Grand Opening Winter 2017

Welcoming • Inclusive • Recreation

Relax with neighbors at **Brookview Commons**, and enjoy recreation programs and happenings for all ages



Gather with friends at **Three One Six**, our new restaurant and bar

Entertain at **The Bassett Creek Room**, our new full-service event venue

Romp at **The Backyard**, our new indoor playground (see page 3)

Play at **Brookview Golf and Lawn Bowling**, offering active recreation for the whole family

For more information, visit
www.goldenvalleymn.gov/about/thenewbrookview.php

THE BASSETT CREEK ROOM

AT BROOKVIEW

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 Meetings Graduations and more!
Birthdays Retreats Parties

For more information, visit
www.goldenvalleymn.gov/about/thenewbrookview.php

Coming winter 2017

THREE · ONE · SIX

BAR & GRILL

AT BROOKVIEW

Golden Valley's newest gathering spot offers an expanded menu, full bar, and range of craft brews in a friendly atmosphere overlooking beautiful Brookview Golf Course.

You'll want to stay all day!

For more information, visit
www.goldenvalleymn.gov/about/thenewbrookview.php

Coming winter 2017

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 (varie)
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)
Lilac Project/Maintenance (seasonal)

Contact us today to lend your helping hand!

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



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

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
for complete rules and
closure updates.



Summer JOB OPPORTUNITIES



PLAYGROUND LEADER

Lead and supervise Playground Adventure and Summer Camp Programs in City parks for youth ages 3-12 (games, activities, projects, and crafts).

Ages 16+ | June-Mid August
Monday-Friday
20-30 hrs/wk

ATHLETIC INSTRUCTOR

Instruct and lead youth ages 3-15 in various athletic programs (games, activities, and camps) in City parks.

Ages 16+ | June-Mid August
Monday-Friday
20-30 hrs/wk

SUMMER PROGRAM COORDINATOR

Lead, plan, and implement various summer programs and activities.

Ages 18+ | Mid May-August
Monday-Friday
30-40 hrs/wk

FIELD ATTENDANT

Monitor recreation activities at designated athletic fields, overall cleanliness and operations of the facility, and safety of the participants.

Ages 18+ | May-Mid October
12-24 hrs/wk

SOFTBALL UMPIRES

Officiate league and tournament softball games sponsored or coordinated by the City. USSSA sanctioning required.

Ages 18+ | May-September

BROOKVIEW GOLF COURSE STAFF

Golf maintenance, operations, and grill positions available.

Ages 16+ | April-November

PUBLIC WORKS MAINTENANCE STAFF

Positions available in the Street, Park and Utilities Maintenance Departments

Ages 18+ | April-November

**Get more information
and apply online at**
www.goldenvalleymn.gov/jobs

2017 SPRING WORKSHOP

Metro Blooms



Presented by Metro Blooms, sponsored by the City of Crystal, West Metro Watershed Alliance, City of Golden Valley, City of New Hope, and the City of Robbinsdale.

WWW.METROBLOOMS.ORG

Learn How To Create A Weather Resilient Yard

Thur, May 4, 6-9 pm, Crystal Community Center

Unseasonably warm weather, long periods of drought, and flooding rains are the new normal for Minnesota's spring and summer. This workshop will give you an overview of the Minnesota's changing weather patterns and ways to mitigate the impact in your own yard. You'll receive recommendations for your own property and options for establishing mowable, native alternatives to "grass" turf. Includes one-on-one assistance from Metro Blooms landscape designers, Blue Thumb Planting for Clean Water Partners, Hennepin County Master Gardeners, and Master Water Stewards. \$15/household. To register, please call 651-699-2426.

Registration Information

Online

<https://webtrac.goldenvalleymn.gov>

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

In Person

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

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

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



REGISTRATION CONFIRMATION

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

CANCELLATION/REFUND POLICY

Full refunds will be 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

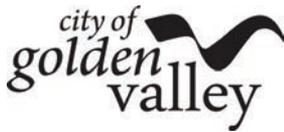
Financial aid is available for residents of Golden Valley for Golden Valley Parks and Recreation sponsored programs, events, and classes. Please call the Parks and Recreation Department for more information.

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.

Mark Your Calendar!

Spring/Summer
Registration opens
Thur, March 2.



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): _____ D.O.B. _____ (REQUIRED)

Address: _____ Primary Phone: _____

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

Email: _____

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

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

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

55+ SENIOR TRIP REGISTRATION

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

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

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

SIGN: _____ DATE: _____

Payment Information (please fill in)

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

OFFICE USE ONLY - Date Processed: _____ By: _____

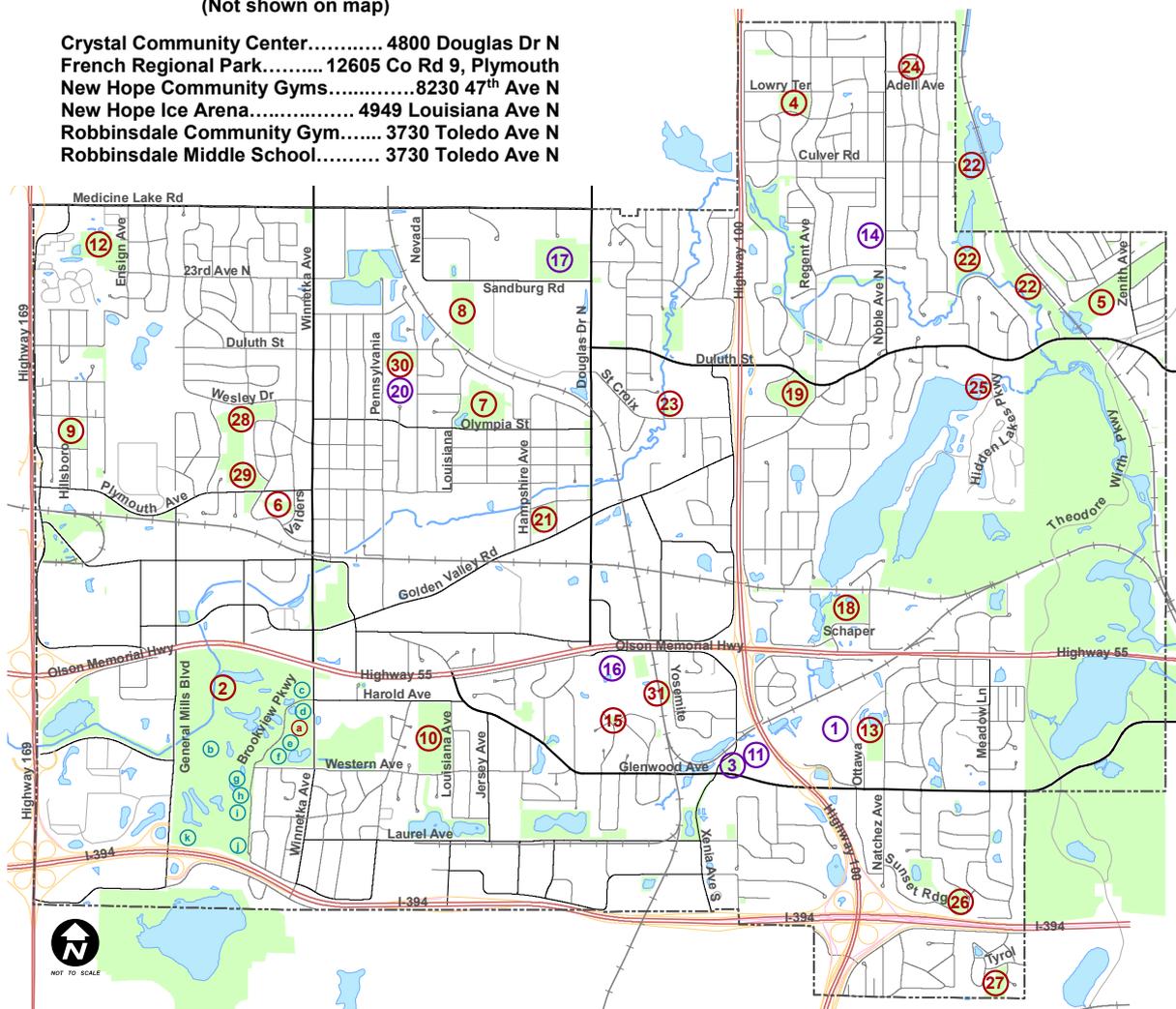
Activity Locations

- 1) Breck School..... 123 Ottawa Ave N
- 2) Brookview..... 200 Brookview Pkwy N
 - a. Park
 - b. Regulation Golf Course
 - c. Tennis Courts
 - d. Small Picnic Shelter
 - e. Large Picnic Shelter
 - f. Gazebo
 - g. Par 3 Golf Course
 - h. Lawn Bowling Green
 - i. Golf Grill, Pro Shop, Community Center
 - j. Driving Range
 - k. Lesson Tee
- 3) Davis Community Center..... 5430 Glenwood Ave
- 4) Gearty..... 3101 Regent Ave N
- 5) Glenview Terrace..... 2351 Zenith Ave N
- 6) Golden Oaks..... 1141 Valders Ave N
- 7) Hampshire..... 1610 Louisiana Ave N
- 8) Isaacson Park..... 7101 Sandburg Rd
- 9) Lakeview..... 1521 Hillsboro Ave N
- 10) Lions..... 151 Louisiana Ave N
- 11) Meadowbrook School..... 5430 Glenwood Ave
- 12) Medley..... 2331 Ensign Ave N
- 13) Natchez..... 201 Natchez Ave
- 14) Noble School..... 2601 Noble Ave N
- 15) Paisley Park..... 220 Paisley Ln
- 16) Perpich Center for the Arts..... 6125 Olson Mem Hwy
- 17) Sandburg Athletic Facility..... 2400 Sandburg Ln
- 18) Schaper..... 631 Ottawa Ave N
- 19) Scheid..... 1856 Toledo Ave N
- 20) SEA School..... 1751 Kelly Dr
- 21) Seeman..... 1101 Florida Ave N
- 22) Sochacki..... 3500 June Ave N
- 23) St. Croix..... 5850 St Croix Ave N
- 24) Stockman..... 3300 Major Ave N
- 25) Sweeney Lake..... 1805 Hidden Lakes Pkwy
- 26) Tyrol – North..... 900 Westwood Dr S
- 27) Tyrol – South..... 1510 Kaltern Ln
- 28) Wesley – North..... 8305 Wesley Dr
- 29) Wesley – South..... 8200 Plymouth Ave
- 30) Wildwood Park..... 7401 Duluth St
- 31) Yosemite..... 351 Yosemite Ave

Community Locations

(Not shown on map)

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



ADOPT-A-PARK

..... Take Pride in Your Parks

COMMUNITY PARKS

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

NEIGHBORHOOD PARKS

Glenview	2351 Zenith Ave N	AVAILABLE
Golden Oaks	1141 Valders Ave N	Kim Stroup
Natchez	201 Natchez Ave N	Dritsas & Hanscom Families
North Tyrol	900 Westwood Dr S	Marcie Schlaeger
Paisley Park	220 Paisley Ln	John & Pam Goranson & Barb Osborne
Seeman	1101 Florida Ave N	Northwest Suburban Optimist Club
South Tyrol	1510 Kaltern Ln	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	AVAILABLE
Yosemite	351 Yosemite Ave N	Geving & Palkert Families

NATURE AREAS

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

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

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



TREE & BENCH MEMORIALS



DID YOU KNOW?

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

For more information, contact the Golden Valley Parks and Recreation Department at 763-512-2345.



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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

Sheila Van Sloun
Administrative Assistant

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Maintenance Supervisor

Brookview Golf and Lawn Bowling Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Golf Operations Coordinator

Greg Spencer
Greens Superintendent

Mark Your Calendar!
Spring/Summer
Registration Opens
Thu, March 2.