LAKE MINNETONKA SIGHTSEEING LUNCH CRUISE

Enjoy a wonderful relaxing lunch buffet aboard a Paradise Charter yacht on Lake Minnetonka. This one and half hour public boat cruise will pass by fabulous homes of the rich and famous located along the shores plus listen to the captain give an interesting narration. Time to enjoy a beautiful summer day together. Register by 7-8-19

Monday, July 22
10:15 AM-2:00 PM
Departs SLP City Hall
Fee: $61/person
(includes cruise, delicious lunch- Assortment of sandwiches, coleslaw, fresh fruit, cookie and nonalcoholic drink, coach

MOTORCOACH TOUR OF HISTORIC CEMETERIES OF THE TWIN CITIES

Spend a fun and most interesting day with photographer and storyteller Doug Ohman as he takes us round the Twin Cities to experience historic cemeteries. We will catch a glimpse of frontier Minnesota as we visit the graves of the state’s early pioneers. The tour will include unique stops that shed new light on Minnesota history, including the oldest cemetery in Minneapolis. If you have been on Doug’s tours in the past you know he will entertain with stories and information that will make the day most memorable. Lots of walking on uneven surfaces.
Deadline: 4-30-18

Wednesday, May 15, 2019
9:00am-4:00pm
Departs SLP City Hall
Fee: $82/person Includes transportation, lunch, and SLP Escort

2019 Dine & Dance Summer Music Series

Wednesdays, 6:30-8:00 pm
Lakeside Lions Park
1696 - 79th Ave NE Spring Lake Park 55432

Experience free live entertainment for the entire family. Spend a relaxing evening at Lakeside Lions Park next to Spring Lake enjoying live music from popular local bands. A variety of genre including jazz, country, rock and folk music will be performed. In addition to music, The Beyond the Yellow Ribbon Organization will be providing food for purchase, with all proceeds going to benefit veterans and their families. So grab a lawn chair, gather your family and friends and join us for some good music, good food and good company on a lovely summer night by the lake.
Co-sponsored by Spring Lake Park Lions and SLP Recreation.

<table>
<thead>
<tr>
<th>Date</th>
<th>Band</th>
<th>Genre</th>
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<tbody>
<tr>
<td>JUNE 5</td>
<td>Spring Lake Park High School Jazz Band</td>
<td>Jazz</td>
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<tr>
<td>JUNE 19</td>
<td>“Country Band”</td>
<td>Classic Country</td>
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<td>JULY 10</td>
<td>“Swing Cats”</td>
<td>Jazz and Swing</td>
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<td>JULY 24</td>
<td>“The Michael Handler Project”</td>
<td>Folk, Pop, Rock, Country</td>
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<td>AUGUST 14</td>
<td>“The Castaways”</td>
<td>50’s Rock</td>
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CLASSES

THE ART OF SUSHI
Learn how to make sushi from Chef Jeff Sandino

Tuesday, May 21
6:30-8:30pm
Spring Lake Park High School –B108
Fee:  $31/person

MAKE YOUR OWN BIRD BATH
Decorate a terra cotta tray with mosaic tiles. Bring an ice cream bucket and small cool whip container. Wear clothes that can get dirty.

Tuesday, May 7
6:00-9:00pm
Able Park Recreation Building
$19/person Plus materials fee of $25

MN SAFETY COUNCIL 55+ DRIVING CLASSES

8 HOUR COURSE- $23/Person/Class
This course is required for all adults 55 and over who wish to receive a minimum discount of 10 percent on their automobile insurance. Once you have completed the eight hour course, you must take a 4 hour refresher course every 3 years to maintain your discount. Classes do fill quickly. No walk-ins.

Saturdays, June 8 and 15
9:00am – 1:00pm
SLP City Hall

4 HOUR REFRESHER COURSE - $20/Person/Class
Every three years, you are required to take the 4 hour refresher course in order to maintain your discounted automobile insurance. Classes do fill quickly. No walk-ins.

Tuesday, May 21
9:00am-1:00pm
Tuesday, June 18
9:00am-1:00pm
SLP City Hall

NORDIC WALKING
Anyone can do it! It takes a simple walk and turns it into a full body workout- and it doesn’t feel like you are working any harder. Increase your heart rate, burn more calories, strengthen your upper body and create resistance to build better bone density. Register or cancel one week in advance. Certified Nordic Walking Instructor Lakeside Lions Park

Thursday, June 20
11:00-12:30am
$10/person
Lakeside Lions Park

RETIRE WISELY
Learn how to manage six risks all retirees face—outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs—to help you maximize your retirement

Thursday, June 20
6:30pm-7:30pm
SLP City Hall
$2/person

GET OUTSIDE WITH ESSENTIAL OILS
Essential oils are a healthy alternative to many common, chemical based products. From bug repellant, to hand sanitizer, to after sun spray and more. Come learn how easy it is to replace toxic chemicals with natural products. Participants will receive a handout of natural recipes and one free hand sanitizer, bug repellant, or cooling spray to take home. Additional products will be available for purchase during class if desired.

Wednesday, May 22
6:30 – 7:30pm
Fee:  $17/person
SLP City Hall

STRESS LESS AND LIVE MORE
Your body doesn’t distinguish one kind of stress from another. When you alleviate stress in your body, you sleep better, your moods will change, your digestion will improve, and in general you will feel better. Come learn different ways to stress less and which essential oils promote relaxation. Each participant will receive essential oil recipes and a sample of essential oil.

Tuesday, June 18
6:30-7:30pm
Fee:  $17/person
SLP City Hall

MAKE OVER YOUR MEDICINE CABINET MAKE & TAKE
Enhance your family’s health by making over your medicine cabinet with Pure Therapeutic Grade essential oils. Learn which oils can be used in replacement of over the counter products. Each participant will receive essential oil roller ball bottle recipes and 2 roller ball bottle blends of their choice. More will be available for purchase if you'd like to make more to take home.

Tuesday, July 16
6:30-7:30pm
Fee:  $27
SLP City Hall

ESSENTIAL OIL BINGO
Learn more about essential oils and how they work while playing Essential Oil Bingo and winning prizes at the same time!

Tuesday, August 20
6:30-7:30pm
Fee:  $17/person
SLP City Hall
Day Trips

A TOUCH OF COUNTRY CLASS!
We’re off to Waseca this morning to the Touch of Country Class Farm Boutique! Before we get to the farm, we’ll make a stop at Russell Stover’s Outlet Store in Owatonna. At the farm you’ll have plenty of time to wander through the three story barn filled from top to bottom with creative, unique crafts. There are four specialized outbuildings brimming with everything from garden accessories to antiques to food specialties and more! Then it’s on to enjoy a wonderful included late lunch at Buca di Beppo and another shopping stop at Bachman’s on the way home. Moderate walking — some on unpaved areas. Deadline: 5-9-19.

Thursday, May 23
8:00am-4:00pm
Departs from SLP City Hall
Fee: $60/person (includes all activities, lunch, coach transportation, SLP escort). Departs from SLP City Hall.

Outdoor Sculpture Garden Tours
Enjoy some of the Twin Cities finest outdoor sculpture gardens! We start the day with an hour long walking tour of the Outdoor Walker Sculpture Garden, updated in 2016. Then we will enjoy lunch at Casper’s Cherokee Steak House of Eagan. This family owned restaurant is a well-loved Eagan landmark. Please select when registering one of the following:
Top Sirloin, 5 Ounce
Walleye Fingers
Cheese Stuffed Tortellini with Red Sauce (no potato)
Chicken Caesar Salad with Soup (no house salad)
Cherokee Burger-cheddar, bacon, lettuce, tomato, raw onion, green pepper
All entrees include a Cherokee House salad with homemade creamy Italian dressing, baked potato, fresh rolls, butter and dessert and select non-alcoholic beverages. Then it is off to a distinctive natural outdoor park – Caponi Park-offering seamlessly blends of art and nature. This 30 minute walking tour will explore the history of the sculptures and the man who created them. After the tour you will have time to enjoy the park on your own. We finish our adventure with a stop at Abdullah Candies newest store in Apple Valley.
Deadline: 6-11-19

Tuesday, June 25
9:15am-4:30pm
Fee: $68/person
Includes transportation, guided tours, lunch and SLP Escort. Departs from SLP City Hall

VISIT THE BELL MUSEUM!
We start the day with lunch at Keyes Café. Meal includes turkey dinner, beverage, and dessert. We then make a stop at Como Park before we immerse ourselves in a journey through space and time in the breathtaking 120-seat planetarium. Then it is the guided walking tour (70 minutes) where you will learn about the diversity of life on earth through the lens of the Bell’s world-renowned wildlife dioramas. The brand new Bell Museum is a must see! Registration deadline is 7-12-19

Wed. August 14
10:45am - 4:15pm
Departs from SLP City Hall
Fee: $65/person

HARMONY AMISH TOUR
We travel to the tiny village of Harmony (making a comfort stop at the Apache Mall Food Court in Rochester- meal not included at mall) and then enjoy lunch at the Harmony House Restaurant. It is a small-town Café with home cooked meal. (Chicken dinner with potatoes, salad, veggies, dessert and nonalcoholic beverage). Harmony’s Amish community is the largest in Minnesota and is strictly “Old Order” Amish, meaning that the people are very private and have strong Christian convictions that bind their community together, enabling them to resist the ways of modern society. After lunch, a local guide will board the coach and escort the group into the country side with stops at 3-4 Amish Farms. Hear about their extraordinary way of life and their beliefs. See the beautiful rolling countryside and black buggies. Stops are made where you can purchase some homemade goods (cash only). Registration deadline: 8-16-19

Tuesday, September 10
8:15am-6:00pm
Fee: $74/person
Includes transportation, meal, tour and SLP Escort. Departs from SLP City Hall

A GENTLEMAN’S GUIDE TO LOVE & MURDER
AT OLD LOG THEATER
A Gentleman’s Guide to Love and Murder is the knock-'em-dead, uproarious hit and the most-nominated show of the 2014 season. With ten Tony nominations and four wins, including Best Musical, Book, Direction and Costumes, it also earned seven Drama Desk Awards (including Best Musical), four Outer Critics Circle Awards (including Best Musical) and one Drama League Award (Best Musical).

When the low-born Monty Navarro finds out that he's eighth in line for an earldom in the lofty D’Ysquith family, he figures his chances of outliving his predecessors are slight and sets off down a far more ghoulish path. Can he knock off his unsuspecting relatives without being caught and become the ninth Earl of Highhurst? And what of love? Because murder isn't the only thing on Monty's mind…
Registration deadline: 9-23-19

Wed. October 23
11:00am- 5:00pm
Fee:$81/person  Includes transportation, meal, show and SLP escort
Departs from SLP City Hall
Please choose at time of registration: Beef Short Ribs, Dill Roasted Tilapia, Angel Hair Pasta, Seared Pork Chop
HAWAIIAN ADVENTURE
Three Islands featuring Oahu, Kauai and Maui
April 19 — April 28, 2020 • 10 Days • 13 Meals

TRAVEL SHOW
JULY 17 @10:00AM
RSVP 763-792-7201

Highlights: Waikiki Beach, Pearl Harbor, Oahu’s North Shore, Waimea Canyon, Kauai Coffee Estate, Fern Grotto, Iao Valley, Lahaina, Polynesian Luau

Itinerary at a Glance
Day 1 – 3 Hyatt Regency Waikiki Resort, Honolulu, Hawaii
Day 4 – 6 Kauai Marriott Resort, Lihue, Hawaii
Day 7 – 9 Ka'anapali Beach Hotel, Maui, Hawaii

Pricing: Double $5,899pp  Single $7,899pp
Triple $5,849pp

* For bookings made after 8/19/2019 call for rates.
Final Payment due by Feb. 19, 2020

* Included in Price: Round Trip Air from Minneapolis St Paul Intl, Air Taxes and Fees/Surcharges, Hotel Transfers

* Not Included in Price: Cancellation Waiver and Insurance of $275 per person

All Rates are Per Person and are subject to change based on air inclusive package from MSP

Spring Lake Park Recreation is partnering with Collette Travel for this Hawaiian Adventure Tour.
Registration available through Spring Lake Park, 763-792-7201
Full itinerary available on www.slprec.org

CANADIAN ROCKIES
September 16-24, 2019
9 days/8 nights
Cost will be available in January

HIGHLIGHTS
• Cascade Gardens, Bow Falls, Sulphur Mountain and Gondola Ride—Banff
• Lake Minnewanka Boat Cruise
• Tour of Banff National Park — Mountains and Waterfalls, Lake Louise, Columbia Icefield, Glacier Skywalk
• Jasper National Park
• Yoho National Park
• Peyto Lake
• Calgary City tour
• Glacier National Park
• All hotel accommodations & baggage handling when available
• Deluxe motorcoach
• Experienced tour manager and motorcoach driver

$100.00 deposit due at time of registration, balance due by July 16, 2019. Official Border crossing documents required.

Fees include all hotel accommodations, deluxe motorcoach transportation, activities and meals as indicated, luggage handling for one bag and SLP Escort when available.

CANCELLATION POLICY
Full refund provided by Spring Park Recreation up to 7-16-19 after that date you must file a claim with Travel Insured International.

Pricing
Double Occupancy: $2,259
Single Occupancy: $2,989
Triple Occupancy: $2,209

Spring Lake Park Recreation has purchased the Group Protection Plan from Travel Insured International on behalf of all participants.
Mark your Calendars for some Family Fun!

**Spring Lake Park Tower Days**

**June 6-9, 2019**

**Thursday, June 6**
Parade 6:30 pm
City wide garage sale begins

**Friday, June 7**
Hayride ($9/per)

**Sunday, June 9**
Festival at Lakeside Lions Park 11:00am—Dusk
Crafts, food, Designer Handbag Bingo, Beer Tent, Lumberjack Show,
Rockin’ Hollywoods and Fireworks at dusk!!

Sponsored by the City of Spring Lake Park and Spring Lake Park Lions Club

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**Senior 500 Singles Tournament, new partner each round!**

**Friday, June 7, 2019**
Tournament starts at 1:00pm
Rules at 12:45PM
Followed by a dessert

**CASH PRIZES**

1st Place $50.00
2nd Place $35.00
3rd Place $20.00

**PRE-REGISTRATION REQUIRED**

Held at The Legends of Spring Lake Park
1056 County Highway 10 NE

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Tower Days Senior “500” Singles (No Partners) Tournament Registration Form

Name - Print

Address:
____________________________________________________________________

City ____________________________ Zip ________   Phone: _____________________________

Amount Enclosed: $_______________  Email: __________________________________________

Please make check payable to: Spring Lake Park Tower Days.  Registration deadline 5/31/19
SPRING LAKE PARK RECREATION DEPARTMENT REGISTRATION FORM

To register, please complete the form below and send it along with your check. Or go to www.slprec.org and register online. Extended trips are not available for online registration.

FIRST_________________________ MIDDLE_________________________ LAST__________________________

NICKNAME_____________________________ EMAIL_______________________________________________

ADDRESS __________________________________________________________________________________

CITY ___________________________________________________________ STATE ________ZIP __________

PHONE___________________________________ CELL PHONE______________________________________

ROOMING WITH FOR EXTENDED TOUR ONLY:
First: ________________________ Middle: _________________________ Last: __________________________

ACTIVITY _______________________________________

DATE ________________________ COST ____________

SPECIAL NEEDS: ____________________________________________________________

The Minnesota Data Privacy Act requires that personal information you provide remain private data and is not available to the public. By signing below, you are consenting to allow personal data to be shared with essential personnel involved in administering the program. In consideration of your accepting this entry, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against the City of Spring Lake Park or their representatives, successors, and assigns for any and all injuries suffered by myself at the activity that I attend.

Adult Participant or Parent/Guardian Signature:

FOR OFFICE USE ONLY

Class # ______________________
Cash/Check # _________________
Receipt # ____________________
Date Rec’d ________ By ________

Spring Lake Park
Recreation Department
1301 81st Avenue NE
Spring Lake Park, MN 55432
(763)792-7201

HOW TO REGISTER FOR CLASSES AND DAY TRIPS

1. go to www.slprec.org
2. go to registration
3. create an account
4. select activity you wish to register and pay.

You may also mail, phone or pay in person.

Extended tours register by mail or call for details

recinfo@slpmn.org
www.slprec.org