



# NEW JOURNEYS

Parks and Recreation Department

Spring Lake Park

1301 81st Avenue NE - Spring Lake Park, MN 55432 | (763) 792-7201 | slprec.org

Quarterly Newsletter

April 2019

## 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 sand-

wiches, 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 Dough 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.*

Date	Band	Genre
JUNE 5	Spring Lake Park High School Jazz Band	Jazz
JUNE 19	"Country Band"	Classic Country
JULY 10	"Swing Cats"	Jazz and Swing
JULY 24	"The Michael Handler Project"	Folk, Pop, Rock, Country
AUGUST 14	"The Castaways"	50's Rock



## **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 repellent, 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 repellent, 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**



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](http://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

## **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**

### **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](http://www.slprec.org) and register on line. Extended trips are not available for on line 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](http://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](http://www.slprec.org)**