



Spring Lake Park
History. Community. Home.

NEW JOURNEYS

Parks and Recreation Department

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

Newsletter

July, August, September 2019

AUGUST SCHELL BREWERY AND NEW ULM TOUR

Enjoy the drive through southern Minnesota to New Ulm. First stop will be at the New Ulm Visitors Center, then we will have a brief tour of the area with a local guide. Next it is lunch at Veigel's Kaiserhoff Restaurant, a 1930's German restaurant. Choose either Landjaeger sausage and potato salad or grilled chicken and rice.

The August Schell Brewery, founded in 1860, will be our next stop. We will have a chance to walk through the museum, tour the brewery and visit the Gift Store. At the end of the tour we will stop in the Rathskellar Tap Room and sample an assortment of beer and 1919 Root Beer before heading home. Part of the tour is outside so dress appropriately and wear closed toed shoes. Registration deadline: 9-27-19

Thursday, October 17

8:00am-5:00pm

Fee: \$76/person includes, transportation, lunch, all tours and SLP guide

How to Register for classes and Day Trips

Easy steps

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

Extended tour are registered via registration form.

You may still mail in or call to register and we will create an account for you.

Contact Us!

Spring Lake Park Recreation Department

1301 81st Avenue NE

Spring Lake Park, MN 55432

(763)792-7201

Office Hours:

Monday – Friday

8:00am- 4:30pm

www.slprec.org

Director Marian Rygwall

Program Supervisor

Kay Okey

kokey@slpmn.org

Support Specialist

Dena Brunette

RIP CORD

Ives Auditorium in Bloomington

When cantankerous Abby is forced to share her room in assisted living with endlessly chipper Marilyn, the two women make a seemingly harmless bet that quickly escalates into an hilarious game of practical jokes and one-upmanship, revealing hidden truths that neither wants exposed.

Lunch

* Chicken Breast in Herb & Wine Cream Sauce

* Served with Parsley Potatoes and Vegetable Du Jour

* Dinner Rolls

* Assorted Dessert - Chef's Choice

* Coffee, Decaffeinated Coffee and Hot Tea

Registration deadline: 10-24-19

Wednesday, November 13

10:40am -3:30pm

Fee: \$75/person

Includes transportation, dinner, show and SLP Guide

MAMA MIA!

at Chanhassen Dinner Theater

One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget!

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

A large cast, non-stop laughs and explosive dance numbers combine to make *Mamma Mia!* a guaranteed smash hit for your entire family! You will order your meal once at Chanhassen Dinner Theater. Registration deadline: 11-5-19

Wednesday, December 4

10:45am-4:30pm

Fee: \$90/person

Includes transportation, show, meal and SLP Guide

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BEYOND THE RAINBOW: GARLAND AT CARNEGIE HALL

History Theater in St. Paul

1961. When Judy Garland took to the stage at Carnegie Hall for her legendary comeback concert, "the house was packed with adoring fans of one of America's most beloved singers and entertainers. This stirring musical tribute truly tells Judy's story from her childhood in Grand Rapids, Minnesota to Hollywood and "beyond the rainbow."



Beyond the Rainbow has played in more than 25 regional theaters across the nation, and now History Theatre will revisit and refresh this History Theatre Classic with a few new twists, including a sparkling pair of "young Judys" and a couple more of Garland's greatest hits and choreography from some of her most famous movies. After the show we travel to the St. James Hotel for lunch, please choose at time of registering:

Half beer battered walleye on potato roll with mixed green salad, Vinaigrette Dressing and potato chips.

Cashew Chicken and grapes on croissant served with potato chips, or soup and salad (mixed green salad, cup of MN Wild Rice Soup, vinaigrette dressing).

Included is dessert and a nonalcoholic beverage.

Registration deadline: 10-14-19

Thursday, November 21

9:00am-3:00pm

Fee: \$80/person includes transportation, show, meal and SLP Guide

A GENTLEMAN'S GUIDE TO LOVE & MURDER

This play is at Old Log Theater.

Limited spaces left, call for availability!!

Wednesday, October 23

11:00am- 5:00pm

Fee: \$81/person Includes transportation, meal, show and SLP Guide

CHRISTMAS AT MANSIONS

Tour the home of the Great Northern Railway Empire builder James J. Hill which was completed in 1891 and features crystal chandeliers, stained glass, and a pipe organ. After the tour we will have lunch at Tavern on Grand. Please choose between a walleye basket (a walleye fillet, cut into bites, battered and deep-fried, served with seasoned tavern Fries), coleslaw, beverage and dessert or chicken strip basket served with seasoned tavern fries, coleslaw, beverage and dessert or Tavern Garden Fresh Salad and dessert. In the afternoon, we then travel to the Alexander Ramsey House for a guided tour and sights of a Victorian Christmas. Registration deadline: 11-12-19

Thursday, December 12

10:45am-3:30pm

Fee: \$73/person includes transportation, lunch, all tours and SLP guide



THE LOONEY LUTHERANS IN LIVIN' LA VIDA LUTHERAN At Ames Center, Bloomington

The Looney Lutherans are back with more great music, more looney comedy, and lot's of audience interaction in Livin' La Vida Lutheran: Looney Lifestyle Tips for Livelier Living. USING THE PRINCIPLES OF THE "6HHP" (the 6 "Happy Heart" petals), the Loonies share their unique tips for living a *livelier life*. Segments include the Lutheran "food wheel", the Menopause Medley, Lutheran Yoga, and *Do-it-yourself Beauty Tips*. Audience members may also be invited on stage to help demonstrate a Lutheran exercise routine using dishtowels or to compete for cans of corn in the fast-paced game show POTLUCK. Meal is a buffet style serving Vegetable lasagna - Fresh vegetables - onions, mushrooms, spinach, ricotta cheese, parmesan cheese, mozzarella cheese, marinara sauce, Italian Sausage-Served with peppers and onions including Full Soup and Salad Bar, with dessert. Registration deadline: 12-20-19

Wednesday, January 15, 2020

10:45am-4:15pm

Fee : \$79/person includes transportation, show, meal and SLP Guide

FREE SENIOR ACTIVITIES

WALKING CLUB

Senior walking club coordinator Beverly Kronstedt (763-571-7502), a volunteer with the Spring Lake Park Recreation Department, will lead the group of strollers each week.

Wednesdays

9:00am

August 7– Locke Park

August 21– Kordiak Park

August 28– Sullivan Park

SENIOR CARD CLUB- 500

There is no charge to participate and no pre-registration is required. (Year round activity)

Thursdays

1:00 - 3:00 pm

SLP City Hall

BOOK CLUB

11:00am-12:00pm

First Thursdays of the month

October to May

SLP City Hall

October Read:

"The Aviator's Wife" by Melanie Benjamin

OUTDOOR DROP IN PICKLEBALL

Drop in play. Informal games. Players provide their own equipment however; some equipment is available for check out at City Hall.

Wednesdays

11:00am-12:00pm

August to October

Terrace Park, 410 79th Ave NE

Spring Lake Park



DRACULA, FRANKENSTEIN AND KING KONG: MONSTER MOVIES OF THE 20'S AND 30'S

In this one hour class, we'll trace the history of monster movies from silent era greats like Nosferatu and the films of Lon Chaney, through the first wave of Universal Pictures monster movies starring Bela Lugosi and Boris Karloff, and right on into the biggest monster of them all: King Kong! You'll learn about how Lugosi almost didn't get Dracula and what other famous monster he nearly played, you'll meet the men who created some of the most enduring monster make up of the age, and how special effects wizards brought a giant ape to life! The class will feature a lecture by North Metro TV Studio Manager Eric Houston, coupled with tons of rare photographs and amazing film clips.

Wednesday, September 25

10:00am

\$2/person

SLP City Hall

PASTRIES, FRUIT AND COFFEE SEMINAR

Hip Replacement

A discussion on anterior hip replacement, hip pain, hip injuries, prevention and rehab.

Presented by Kevin Lindgren, MD Orthopedic Surgeon Specializing in Hip and Knee Replacement with Sports & Orthopedics Specialists, part of Allina Health.

Wednesday, October 16

9:00am -11:00am

SLP City Hall

\$5/person includes presentation, fruit, pastries, coffee and juice

YOGA FOR SENIORS

Noon-12:45pm

Fridays

September 20–November 8

Fee: \$40/person [8wks]

SLP City Hall

MN SAFETY COUNCIL 55+ Mature Driving Classes

8 Hour Course

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. Register or cancel one week prior to class. **Classes do fill quickly.** Held at SLP City Hall.

REGISTRATION IS REQUIRED ONE WEEK IN ADVANCE. No Walk-ins. Cancellation is one week in advance.

Tuesdays, October 22 & 29

5:30-9:30PM

Fee: \$23/person

4 Hour Refresher Course

Every three years, you are required to take the 4 hour refresher course in order to maintain your discounted automobile insurance. Must register or cancel one week prior to class. SLP City Hall

Tuesday, September 24

9:00am-1:00pm

Tuesday, October 29

9:00am-1:00pm

Tuesday, November 19

9:00am –1:00pm

Fee: \$20/person

FACEBOOK FOR SENIORS

Learn the basics of Facebook. You are welcome to bring your own laptop. This is a lecture style class.

Tuesday, October 9

10:00am-11:30am

\$10/person

SLP City Hall

WIND POWER—EVER WONDER HOW WIND POWER WORKS????

Join retired Northern States Power Company field agent Fred Tuckner as he presents on the technology behind wind power, how it has evolved and how it effects our environment. Plus, a discussion on alternative energy sources and how it plays in our use of power.

Tuesday
September 17 or October 15
\$12/person/session
6:00-7:00pm
SLP City Hall

BEGINNING KNITTING

An additional \$25/person materials fee is payable to the instructor the night of the class.
Registration deadline 1 week prior to class.

Fridays, September 7- October 12
6:00-8:00pm
SLP City Hall
Fee: \$32 /person (6 wks.)

BEGINNING CROCHETING

Required materials will be purchased from the instructor for \$10 on the first night. *Registration deadline 1 week prior to class.*

Saturdays
September 8-October 13
9:00-11:00am
SLP City Hall
Fee: \$32 /person (6 wks.)

FAMILY TREE MAKER

Learn the basics of using the Family Tree Maker to organize your information, photos and documents and print reports. See how it interfaces with Ancestry.com.

Wednesday, October 9
6:00-9:00pm
\$15/person
SLP City Hall

CULINARY CLASS WITH JEFF SANDINO

OKTOBERFEST

Come celebrate the fall tradition German style with “sauerbraten” tender pot roast in a tangy sweet and sour sauce, beef roulades stuffed with pickles, bacon and onion in red wine sauce, “Schweinshaxe” pork ribs and sauerkraut, and “Weiner Schnitzel” chicken tenders lightly breaded and sautéed with fresh squeezed lemon and herbs. You’ll learn to prepare “spaetzle”, German pasta, Potato pancakes with apple sauce and sour cream, “kartoffelklose”, dumplings topped with buttered bread crumbs and braised red cabbage. We’ll finish with a classic black Forest cake, it’s sublime.

Monday, September 9
6:30- 9:00pm
Fee: \$31/person
Enter Door 1, Classroom B108
SLP High School

Jeff Sandino— founder of “Flavors from the Home”. Formal training at L’ Hotel Sofitel in Bloomington, MN

ESSENTIALLY WELL

Rollerball Bottle Make & Take
We will discuss several common essential oils along with their uses and guide you through creating rollerball bottle blends to be used on reflexology points to promote sleep, support muscle fatigue, provide immune support, energize, soothe stomachs and throats, promote romance, and calm us down. Two rollerball bottle blends and rollerball recipe sheet are included in the class fee. Extra rollerball bottles are available during the class if you’d like to purchase more blends to take home.

Tuesday, September 17, 2019
6:30-7:30pm
Fee: \$14/person
SLP City Hall

GET YOUR ACT TOGETHER: DE CLUTTER

Join OrgaNice founder Kielyn Simonson for an educational seminar on organizing your life! In this session, we will discuss the impact of clutter on your health, finances and happiness, as well as learn easy-to-implement strategies to help you organize your entire home. We will also discuss specific ways to downsize difficult items, such as sentimental things, gifts and collections. This is an interactive workshop designed for anyone who wants to increase their joy and bliss in the safe haven of home.

Tuesday, October 8
6:30-7:30pm
Fee: \$16/person
SLP City Hall

NEW—SIP AND PAINT

TORG BREWERY

Thursday, September 12
“Love of Wine”
Thursday, October 24
“Farm House Harvest”
Thursday, November 14
“Old Time Rock and Roll-Record and Player”

6:00-9:00pm
Fee: \$35/person
Torg Brewery
8421 University Ave NE

KRAUS-HARTIG VFW

Monday, September 23
“Ready for Fall”
Wednesday - October 30
“Fall Blessings”
Thursday, November 21
“Holiday Gnome Painting”

6:00-9:00pm
Fee: \$35/person
8100 Pleasant View Drive

Please register at least one week in advance for all classes.

JOIN US FOR OUR
2020
TRAVEL SHOW

Wednesday, October 2
10:00am
SLP City Hall

Free but please RSVP to
763-792-7201

Tour Manager Kay Okey will
present details on upcoming
tours.

SLP EXTENDED TOURS

All tours (excluding international tours) are planned
and escorted by experienced SLP Recreation
Department staff.

\$100/person deposit is required along with
completed form to be considered registered.

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

CANCELLATION POLICY

Full refund provided by Spring Park Recreation up
to final payment deadline after that date you must
file a claim with Travel Insured International.

SLP Recreation has purchased the Group
Protection plan from Travel Insured International on
behalf of all participants.

Itinerary note: Every effort is made to retain the
exact itinerary as advertised. Unfortunately, due to
circumstance beyond our control, we occasionally
have to make a change to the itinerary. Any
cancelled activity will be replaced with an activity of
equal or greater value.

Call us for complete Itineraries!

HAWAIIAN
ADVENTURE

DEADLINE 8-19-19
FULL ITINERARY AVAILABLE

MYSTERY TRIP

DECEMBER 18-19, 2019
1 OVERNIGHT
DEADLINE 11-1-19
FULL ITINERARY AVAILABLE

CALIFORNIA
FLYAWAY

JANUARY 26- FEBRUARY 5, 2020
11 DAYS, 10 NIGHTS
DEADLINE 11-26-19
FULL ITINERARY AVAILABLE

LAKE SUPERIOR
CIRCLE TOUR

JUNE 21-26, 2020
6 DAYS, 5 NIGHTS

NORMANDY, PARIS
& SEINE RIVER
CRUISE

OCTOBER 20-OCTOBER 28, 2020
FULL ITINERARY AVAILABLE

PLUS MORE!

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 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 _____

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Spring Lake Park, MN 55432**

