



Spring Lake Park

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

NEW JOURNEYS

Parks and Recreation Department

Newsletter

WINTER 2019

Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui

April 19 — April 28, 2020 • 10 Days • 13 Meals

TRAVEL SHOW

TUESDAY, JANUARY 22

11:00AM

SLP CITY HALL

RESERVE YOUR SPOT FOR THE TRAVEL SHOW BY CALLING 763-792-7201

EAGLES AND OWLS

We begin early by boarding our deluxe motor coach tour bus and head towards the fascinating International Owl Center in Houston, MN. We'll enjoy an engaging and informative program focusing on Owls and how they have been viewed in different cultures around the world. After an included Signature Pot Pie lunch at the Signatures Grill in Winona we will arrive at the world renowned national Eagle Center in Wabash, MN for an expert-led program. Live birds will be a highlight at both Centers. On our way home we'll stop along the river to view more eagles. Registration Deadline: 1-23-19

Wednesday, February 6

7:30am-5:00pm

Fee: \$88/person includes coffee in am, lunch, guided tour, admissions, transportation and SLP Tour Escort. SLP City Hall

RUSSIAN HERITAGE DAY

Join us on the this journey through Russian history, culture, food and art. We start the day at City Hall with a slide show presentation on Russian history by the director of **Russian Soul Cultural Center**. We then head to **Moscow on the Hill** for authentic food. Meal includes Garden salad, Moscow fries, bread, butter, Siberian Pelmeni (meat dumplings) and Tiramisu all served family style. Then we are off to a guided tour of the **Russian Art Museum**. Our final stop will be at Kramarczuku's Deli where you may purchase yummy products. Registration Deadline: 1-10-18

Wednesday, January 23

10:00am-4:30pm

Fee: \$69/person

Includes admission, lunch, guided tour, transportation and SLP Tour Escort. SLP City Hall

MAMMA 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. 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. You will order your meal at the theater. Deadline: 5-21-19**

Wednesday, June 19

Fee: \$90/person includes transportation, meal, tickets and SLP Escort
SLP City Hall

10:45am -4:30pm

New adult enrichment classes now available for winter session. Check out upcoming classes at www.slprec.org

TOUR THE NEW BELL MUSEUM IN ST. PAUL

We start the day with included lunch at **Keys Café** in Roseville. Your meal will include a Turkey Dinner, Beverage and a dessert cookie. Next we go **Marjorie McNeely Conservatory** to feel the warmth and see the exotic plants and beautiful displays in the various gardens. Then it is on to the **Bell Museum, on the U of M St. Paul Campus**. On this guided walking tour (70 minutes) you will learn about the diversity of life on earth through the lens of the Bell's world-renowned wildlife dioramas. **Whitney and Elizabeth MacMillan Planetarium** is included in our tour.
Deadline: 1-8-19

Thursday, February 7

10:30am—4:00pm SLP City Hall
Fee: \$57/person includes lunch, guided tour, admissions, motorcoach transportation and SLP Tour Escort

SISTERS OF PEACE -PRESENTED AT HISTORY THEATER

Wednesday nights on the Lake Street Bridge, you can always find a handful of people marching with colorful signs and protesting for peace. Among them, you'd find the McDonald sisters Brigid, Jane, Rita and Kate: legendary peace activists, who grew up as sisters in a large Irish farm family in Hollywood Township, Minnesota. The four sisters all entered the convent and became Catholic nuns who devoted their lives to teaching and peace activism. That's only part of the story. Their incredible lives come to life in this stirring play that take us on a journey from the security gates of Honeywell Corporation, to the School of the Americas and back to the steps of the Cathedral of St. Paul. Wherever there is injustice, the chances of bumping into the McDonald sisters are high. A story of love, passion and compassion – all with a sense of humor that comes from their wonderful Irish upbringing! Meal will be served at The Liffey following the performance. Please select at time of registration: Wee (small portion) Reuben Sandwich, Wee Pot Roast, Wee fish and chips. All served with small mixed greens salad and French fries. Includes soda/lemonade/iced tea/coffee and a dessert. Deadline: 2-18-19

Thursday, March 28

9:00am-3:00pm SLP City Hall
Fee: \$70/person includes transportation, meal, tickets and SLP Escort



SPIRIT LEVEL AT DAY TRIPPERS THEATER

A Comedy about Ghosts, Newly-Weds, a Guardian Angel and a Meddling Mother-in-law trying to live together in a haunted cottage.

Cobbler's Cottage is haunted by Susie Cameron and her husband, Jack, who in life, was a successful author. Annoyed to find themselves victims of a tragic accident, their ghosts have taken up residence in their former cottage. To ensure their privacy, all interested tenants have been scared away -- much to the distraction of Mark Webster, the estate agent trying to sell the property. Things are about to change however, with the arrival of a young married couple awaiting the birth of their first child. The ghosts take a shine to the newcomers and perhaps all can live happily -- if a meddling mother-in-law and a befuddled Guardian Angel can be got out of the way.

Thursday, April 11

11:30am -4:30pm SLP City Hall
Fee: \$68/person includes transportation, meal, tickets and SLP Escort
Deadline 3-10-19

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. Tour includes transportation via motor coach, lunch and lots of walking on uneven surfaces. Deadline: 4-30-18

Wednesday, May 15, 2019

9:00am-4:00pm SLP City Hall
Fee: \$82/person Includes transportation, lunch, and SLP Escort

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. Always a great place to visit — filled with wonderful deals. Remember to look for the boxes of "Bloopers" — always the best deal in town! 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 SLP City Hall
Fee: \$60/person (includes all activities, lunch, coach transportation, SLP escort)

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.

Tuesdays, February 5 and 12 5:30-9:30pm
Tuesdays, May 14 and 21 5:30-9:30pm
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, January 29 9:00 am -1:00 pm
Tuesday, March 26 9:00 am -1:00 pm
Tuesday, April 23 5:30-9:30pm
Tuesday, May 21 9:00am-1:00pm
Tuesday, June 18 9:00am-1:00pm
SLP City Hall

YOGA FOR SENIORS

Fridays, January 11—March 1

March 22—May 10

Noon - 12:45pm SLP City Hall
Fee: \$40/person/session

FACEBOOK FOR SENIORS

Class covers the basics of Facebook with plenty of time for questions and answers. This is not a hands on class.

Wednesday, February 20
10:00am-11:30am
\$10/person
SLP City Hall

PASTRIES, FRUIT AND COFFEE SEMINAR

Knee Health: Preservation, Interventions, and Recovery
Presented by Kevin Lindgren, MD Orthopedic Surgeon
Specializing in Hip and Knee Replacement with Sports & Orthopaedic Specialists, part of Allina Health

Wednesday, March 6

9:00am -11:00am
\$5/person includes presentation, fruit, pastries, coffee and juice

FREE SENIOR ACTIVITIES

SENIOR CARD CLUB

Join other seniors every Thursday from 1:00-3:00 pm for 500 at the Spring Lake Park City Hall. There is no charge to participate and no pre-registration is required.

Thursdays, *Year round activity*
1:00 - 3:00 pm
SLP City Hall

SENIOR BINGO

Every second and fourth Monday of the month enjoy BINGO at the Spring Lake Park City Hall! There's no charge to have fun and maybe win a prize. No registration required.

2nd & 4th Mondays
September - May
SLP City Hall
1:00 - 3:00 pm

BOOK CLUB

Do you love to read, and want to share and discuss the book? Join us the first Thursday of every month.

October - May 11:00 am - Noon
SLP City Hall

GRANDPARENT AND CHILD PAINTING

Parents or Grandparents, spend a fun morning with your kids making one large canvas painting together. Keep in mind there is one canvas per registered Adult/Child to work on together, you may register another child to work on the same canvas for an additional \$5/child.

Saturdays

January 12 "Frosty Friends"
February 9 "Heart Me"
March 9 "March Madness"

10:00am - Noon
SLP City Hall

Fee: \$27/per class for one grandparent and one grandchild; each additional child \$5.00
(Please call 763-792-7201 if adding an additional child)

NEW – CULINARY CLASSES

PIZZA & MORE

You'll begin class learning to prepare authentic Italian pizza dough and sauce which you'll transform into your own creation. Next you'll prepare Vermicelli Napoletana with fresh basil, plum tomatoes, garlic and parmesan cheese. We'll finish with Crème Brulee, rich, creamy custard baked with a crusty caramel glaze.

Monday, February 11
6:30-8:30pm
Spring Lake Park High School –B108
Fee: \$31/person

FAMILY STYLE ITALIAN

You'll be preparing chicken, cacciatore style, sautéed in olive oil with garlic, red onion, mushrooms and capers in a delightful marinara sauce. Also, classic garlic mashed potatoes paired with tender green beans tossed in olive oil with fresh squeezed lemon juice. We'll finish with Crème Brulee, rich, creamy custard baked with a crusty caramel glaze.

Wednesday, March 6
6:30-8:30pm
Spring Lake Park High School Room – B108
Fee: \$31/person

THE ART OF SUSHI

This class begins with the preparation of Sushi rice. You'll then learn the art of "maki-sushi" rolling the rice and various fillings in and around nori (dried seaweed sheets). Options and accompaniments will include shrimp, chicken, crab, avocado, cucumber, tempura onions, cream cheese, spicy mayo, eel sauce, pickled ginger, wasabi and soy sauce.

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

All classes taught by Jeff Sandino
Founder of "Flavors from the Home" Jeff's love of food began at the Lincoln Del. He sought formal training at L' Hotel Sofitel in Bloomington, MN and Houston Texas. His 40 + year professional career has brought him to such spots as Buca Di Beppo, Figlio, Sunsets on the Bay, My pie pizza and the Sunshine Factory to name just a few. He's appeared on several cooking shows demonstrating his culinary wizardry but his passion is teaching and demystifying the process of gourmet cooking. Must register at least one week in advance.

EARLY FILM TREASURES

THIS IS ORSON WELLES

By the age of 24, Orson Welles had already created history's most famous radio presentation and begun work on Citizen Kane, often considered the greatest film ever made. It was all downhill from there. In this one hour class, we'll use rare photos and film clips to trace the young genius' meteoric rise and long, slow decline. You'll see clips from his other masterpieces, like The Magnificent Ambersons and Touch of Evil, footage from unfinished projects like Moby Dick and The Other Side of the Wind, and find out just what made his films so special and influential. It's a detailed look at one of cinema's greatest artists that you won't want to miss!

Wednesday, January 16
All Classes held at City Hall
10:00-11:00am
Fee: \$2/person

THE GREAT TRAIN ROBBERY

Return to the fabulous world of turn of the century movie making with this class from North Metro TV Studio Manager Eric Houston! In this one hour class, you'll follow the career of early film pioneer Edwin S. Porter through rare photographs and clips from more than a dozen movies made between 1900 and 1903! You'll see rare footage of the 1901 World's Fair, the funeral of President McKinley, and more. The class culminates with a look at one of the most important and influential films of all time: The Great Train Robbery. This is an amazing trip to the past that you won't want to miss!

Wednesday, February 13
All Classes held at City Hall
10:00-11:00am
Fee: \$2/person

HOW TO REGISTER

Online
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 in, phone in or pay in person.

1301 81st Avenue NE
Spring Lake Park, MN 55432
(763)792-7201
recinfo@slpmn.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. Passport or Pass card 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.

Final prices will be available in January!

GIRLS GETAWAY

October 3-6, 2019

Door County

Join your girlfriends for an escape to the heart of the Midwest.

HIGHLIGHTS

- Washington Island
- Maritime Museum
- Door County Peninsula
- Peninsula State Park
- Peninsula Players Theater
- Fish Creek Boat Tour
- Art Museum
- Local Orchard stop
- Al Johnson's Restaurant
- Fish Boil

Tour Cost per person:

Double	\$809
Single	\$1,069
Triple	\$759
Quad	\$734

\$100.00 deposit is due with completed registration form. **FOR COMPLETE ITINERARY CALL**

763-792-7201 or go online www.slprec.org

Cancellation Policy

Full refund provided by Spring Lake Park Recreation prior to payment in full due date of August 1, 2019. Refunds after that date available through Travel Insured Int'l in accordance with the Evidence of Benefits.

Spring Lake Park 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. We occasionally have to make changes due to circumstances beyond our control. Any cancelled activity will be replaced with an activity of equal or greater value.

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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