

Summer 2024



New Journeys

Spring Lake Park Parks and Recreation

Music in the Park Summer Dine and Dance

WEDNESDAYS

6:30pm-8:00pm

May 29

Spring Lake Park High School Jazz Band

June 12

North Suburban Band

June 26

Me & Todd with Maryn

July 10

Stir Krazy

July 24

Half Dead Roses

August 7

Dan Ferstenou

Lakeside Lions Park
7840 Pleasant View Dr

Spring Lake Park Extended Tours



Spring Lake Park Recreation presents a diverse array of thoughtfully curated extended trips designed with your enjoyment in mind. Each trip package includes comfortable hotel accommodations, luggage handling for one bag (where available), motor coach transportation, and the expertise of a Spring Lake Park Recreation Tour Manager. Revel in seamless experiences with all-inclusive tours and admissions as outlined in each trip itinerary.

Lake Superior Loop

Jun 15 - 21, 2024

National Park Tour

Sep 5 - 16, 2024

Girlfriends Getaway

Sep 26 - 29, 2024

Additional information on itinerary inclusions, cost and registration details can be found on our web-site or by calling the Parks and Recreation office at 763-792-7201

www.slpres.org

Mosaic Bird Bath



Peggy will help you create a personalized Mosaic Bird Bath. This class will include all the items you need and step by step instructions. Please bring rubber gloves, and old towel for grouting and wear clothing that can get messy. Additional \$25.00 supply fee paid to instructor at class.

Location: Able Park (8200 Able St)



Day(s)	Date(s)	Time	Fee	Deadline
Fri	May 31	6:00 - 9:00 PM	\$20	May 20

Mature Drivers Courses



Are you age 55+

Have you been waiting to take your Mature Driver Course? Did you know in MN you receive 10% off your car insurance with this class?

Having a car is getting more expensive for drivers across the country as auto insurance premiums continue to soar. According to a new Bankrate report, U.S. drivers are paying on average \$2543 annually, or \$212 per month, for car insurance—and increase of 20% from last year. WCCO Feb 5, 2024

Refresher Courses - Fee: \$29

Thu, Jun 27 | 12:30-4:30 PM | Oak Crest (1639 Cty Hwy 10)

Wed, Aug 21 | 12:30-4:30 PM | Able Park (8200 Able St)

Wed, Oct 30 | 12:30-4:30 PM | Able Park (8200 Able St)

New Student Course - Fee: \$31

Tue & Wed, Oct 29 & 30 | 5:00-9:00 PM | Able Park (8200 Able St)



Twins Baseball Game

Come see the 2023 American League Central Champions take on the Tampa Bay Rays. June 20th. Game is at 12:10. Bus will depart from Spring Lake Park City Hall at 10:00am. Section 102 is only a short walk across the concourse from our bus drop off. This trip will be using a **school bus**. You may **purchase food** at the game on your own. This is a cooperative trip with Mounds View. Adults only tour.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	June 20	10:00 AM - 5:00 PM	\$55	May 15



Vintage Vegas - Paramount Theater

Mick Sterling, along with songstress Cate Fierro and a stunning 16-piece orchestra, bring the dazzling sounds of Vegas to St. Cloud! This jam-packed program features the songs of Sinatra, Bennett, Garland, Liza, Dean Martin and many others. Don't miss it!

Lunch included at Grizzly's. Select lunch upon registration.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jun 25	10:15 AM - 4:45 PM	\$97	May 17



Taylor Falls Boat Cruise

We will enjoy lunch on the river aboard the Taylor Falls Queen Paddle boat. This cruise will be on the lovely St. Croix River, boasting unique rock formations and lovely summer colors. Lunch will be served while we are cruising. We will depart the cruise and finish our afternoon off at Franconia Sculpture Park, where you will have free time to walk among the amazing works of art. This activity will be outside on paths. Box Meal included.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 10	9:30 AM - 3:15 PM	\$86	Jun 10



Mystery Tour

Join us on an exhilarating Mystery Tour Day where enchantment awaits at every turn. Traverse through lush gardens, delve into the rich history of a church, and enjoy exploring our other stops. With surprises around every corner, this full day of fun promises education, enrichment, and excitement. Lunch and a special treat are included.

Don't miss out on this unforgettable adventure!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 24	8:00 AM - 5:30 PM	\$107	Jun 24



Hinckley Fire Museum & Wildlife Center

We'll start at the Wildlife Science Center in Stacy. We'll encounter wolves, bears, raptors, mountain lions, and more. Delve into the center's research and conservation initiatives before we break for our lunch. Next, we'll journey to the Hinckley Fire Museum to uncover the tragic aftermath of the Hinckley Fire. Witness the sheer magnitude of the wall of fire ignited by a seemingly innocuous spark. Please note that our itinerary includes leisurely walks along graded and flat paths at the Wildlife Center. Lunch included.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 15	9:00 AM - 4:00 PM	\$96	Jul 15



Over the River & Through the Woods

Nick is a 32 old single Italian-American man who dutifully has dinner with both sets of his grandparents every Sunday. When he announces he's leaving New Jersey to take a job in Seattle, his grandparents pull out all the stops to change his mind, including bringing to dinner the lovely—and single—Caitlin O'Hare as bait. This production will be at Sidekick Theater and Lunch is included: Creamy Chicken Breast, with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Oct 24	10:15 AM - 4:15 PM	\$96	Sep 24

Evening / Family Outings



Henderson Classic Car Roll In

Enjoy your summer evening walking around downtown Henderson, MN at this classic car roll in. With over 200 cars and motorcycles showcasing craftsmanship of bygone eras. There will be food vendors, a Farmers Market, business and restaurants open for shopping. **Feel free to bring a lawn chair and just sit back and watch the cars roll by**, or walk around checking out all the restored cars and motorcycles. Box meal included.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jul 16	3:30 PM - 8:30 PM	\$50	Jun 24



Twin Cities River Rats

Join us on this fun evening out watching the Twin Cities River Rats Water Ski Show. This is a family-friendly show. Watch high-flying stunts, fast-paced barefooting, graceful swivel skiing, and even human pyramids on water as the Ratagascars crew goes a Little Wild on the River! The team began in 1970 and has been going strong since then. They are nationally ranked and have skiers as young as 5 years old. This years theme is from the movie Madagascar. Box meal Included. **Please bring a chair or blanket for event seating.**

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Aug 20	5:30 - 9:00 PM	\$36	Jul 15

FREE CLASSES

Call 763-792-7201 to register.

Free Social Security—Timing is Everything

Tue, May 14

Social Security is a vital income source for many retirees. This workshop can help attendees get answers to their questions and learn what Social Security can mean for them.

Time: 3:00 PM

Location: Able Park Building

Gardens of Rice Creek

Participants will gather at the Gardens of Rice Creek for a free guided tour exploring unique plants and their impact on the landscape. Topics included curb appeal, quiet retreats, maintenance, and plant choices. The gardens cover four levels of uneven terrain. Preregistration is required. Transportation not provided.

Location: 1315 66th Ave NE, Fridley.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 22	10:00 - 11:30 AM	\$0	May 15

Medicare 101

This course will go over parts A, B, C, D and supplements of Medicare. We'll touch on a brief history of Medicare. Most of the time will be spent on Medicare Advantage Plans. We will NOT discuss carrier-specific plans.

Location: Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Apr 10	6:00 - 7:00 PM	\$0	Apr 5
Wed	Oct 2	6:00 - 7:00 PM	\$0	Sep 25

Will Your Taxes Affect Your Retirement?

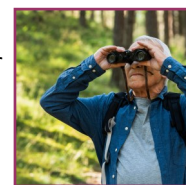
Make informed decisions and avoid paying more than your fair share. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

Location: Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jun 4	3:00 - 4:30 PM	\$0	May 30

Bird Hike

Bird watching is an easy way to get outdoors and get some exercise. An experienced birder will be along to help identify birds, lead the hike and answer birding questions. Binoculars provided or you may bring your own.



Location: Coon Rapids Dam (9750 Egret Blvd NW)

Day(s)	Date(s)	Time	Fee	Deadline
Tue	May 7	6:00 - 8:00 PM	\$5	Apr 29
Fri	May 17	9:00 - 11:00 AM	\$5	May 9

Jeff Sandino - The Art of Sushi

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing the coveted sushi rice then you'll learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, tamago, ahi tuna, and more. You'll then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options and accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.



Location: Fridley High School

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 6	6:00 - 9:00 PM	\$45	May 30



Join Spring Lake Park's 100-Day Challenge!

Free!

Embark on an exhilarating journey from June 1st to September 9th with our SLP Challenge. Whether you prefer walking, running, biking, or any other form of exercise, this challenge is open to all! Simply convert your activities into miles and set your sights on one of our three distance goals: 100 miles, 200 miles, or 300 miles.

Track your progress conveniently on our website and stay motivated with email updates, packed with tips and encouragement to keep you going strong.

Don't miss out on this opportunity to elevate your fitness and enjoy the great outdoors with Spring Lake Park's 100-Day Challenge!

Call to Register 763-792-7201

Tower Days Puzzle Contest

Join us for our Tower Days Jigsaw Puzzle contest. Celebrate Tower Days with fellow enthusiasts as you race to piece together a 500 piece puzzle. Build a team of up to 4 people, family teams are welcome. Each team will receive a wrapped puzzle and start at the same time 6:00 pm. There is a 2 hour max time to complete your puzzle. Teams will keep completed puzzle. Prize for 1st and 2nd place team will be awarded.



Location: Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Fri	June 7	5:45 pm—8:15 pm	\$35	May 15

Tower Days 500 Tournament

Tower Days Annual 500 Card Tournament. This cash prize tournament is a singles tournament with rotation each round for a new partner. Rules will begin at 12:45 and Tournament starts at 1:00pm. Dessert will be served at the end of the tournament. Payment of \$5 is due with registration. Cash prizes are \$50 for 1st place, \$35 for 2nd place and \$20 for 3rd place.



Location: Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Fri	June 7	12:45 pm—3:00 pm	\$5	May 15

Collette Travel Show

April 17, 1:00pm at Able Park | RSVP 763-792-7201

Spring Lake Park Recreation and Collette have teamed up. Check out some trending tours for inspiration on your next adventure. Contact us at 763-792-7201 and plan your next adventure!

Italy's Treasures

Sep 21 - Oct 2, 2024

Sunny Portugal

Oct 24 - Nov 2, 2024

Discover Scotland

May 11 - 20, 2025

Peru: Machu Pichu & Lake Titicaca

Feb 15 - 24, 2025

Full Details at www.slprec.org

Beverly's Walking Explorers

Seasonal Walking Group

Looking for an opportunity to get more exercise, meet new friends, and enjoy nature? Starting mid-May join the Senior Walking Explorers Group. These are gentle scenic walks and the trails have easy access. No dogs please. Meet up to 4 times weekly, at nearby parks, which are easy to find. Five of the six park trails are paved and range from 1 mile to 3 miles, 9:00 am start time. There is no fee and you can choose how often you wish to participate. View the walking schedule for the month of May on our website: www.slprec.org.

For more information (or direction to parks) contact volunteer coordinator Beverly at 763-571-7502.

Park Locations

Lochness Park - 11121 Lexington Ave NE, Blaine
 Silver View Park - 7542 Silver Lake Rd, Mounds View
 Springbrook Nature Center - 100 85th Ave NW, Fridley
 Pioneer Park - 2491 125th Ave NE, Blaine
 Locke Park - 840 71st Ave NE, Fridley
 Kordiak Park - 1845 49th Ave NE, Columbia Heights



Spring Lake Park Recreation Department
1301 81st Avenue NE
Spring Lake Park, MN 55432

PRSRT STD
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TWIN CITIES, MN
PERMIT NO. 30308

Due to the construction, Adult Trips and Tours will be departing from
SLP District Office: 1415 81st Ave NE SLP, MN 55432 until further notice.

New Journeys Mailing List

Thank you for being a recipient of New Journeys. At this time, we are updating our list. If you would like to receive New Journeys by e-mail or to remove yourself from the list please call 763-792-7201.

How do I register for a program?

Register online at www.slprec.com or call 763-792-7201

Participant Name: _____ Phone Number: _____
Address: _____ City: _____ State: _____ ZIP: _____
Program / Event Name (#1): _____ Program Date: _____
Program / Event Name (#2): _____ Program Date: _____
Extended Tour Roommate (s) _____
Payment Amount Enclosed: _____ Deposit or Payment in Full (Circle)
Email address: _____ Questions? Please call 763-792-7201
Return with check payment to: SLP Recreation, 1301 81st Ave NE, Spring Lake Park, MN 55432