



PARKS & RECREATION NEW JOURNEYS

OUR MISSION

New Adventures.
Lifelong Connections.

CONTACT US

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✨ SLP Recreation—We've Got It All! ✨
From exciting day trips and extended tours to
hands-on classes and community fun, we're
going places—and taking you with us!

Silver Spotlight

I opened the latest newsletter and thought WOW! Kudos to Anne and her staff for page after page of listings for classes, clubs, day trips, exercise, crafts, multi-day trips – something for everyone. I registered for 9 activities that evening using the online registration system. I didn't have to wait until the office opened or stand in a long line or wait on hold to register. Several day trips, a couple of craft classes, and almost all the free lectures were now added to my calendar.

The day trips are worth the price and are comparable to the prices of any other Senior Center in the area. There is always a staff member in attendance, not a volunteer, and they are not limited to Monday through Friday, 9 a.m. to 5 p.m. I signed up for the Jimmy Buffet Tribute that takes place on a Saturday evening – can't wait. I enjoy the book club; having my creativity pulled out in a craft class; and enjoy learning new information on a variety of subjects. What I really love are the multi-day trips.

As a single senior traveling solo, I have found that multi-day bus trips are a way to cross off bucket list items. I've been on two mystery trips, and trips to the Carolinas, Colorado, Banff, and the National Parks of Utah. I've made many social friends along the way, many also do the day trips, and never worry about a place at the table. There is always a surprise or two along the way and I always walk away with unforgettable memories.

I never hesitate to promote SLP Park and Recreation activities to anyone who will listen. I do activities at other Senior Centers, but I have always felt that SLP is my home. - Doreen S





SLP TOURS

ALASKA

Land and Sea

Adventure



Adventure is calling. Will you answer?

This is your chance to experience Alaska at its finest—a perfect blend of luxury cruising and thrilling land exploration. From glittering glaciers to endless wilderness, this 14-day journey is filled with jaw-dropping scenery, incredible wildlife, and moments you'll remember forever.

The Experience

- **Seven Nights at Sea** – Relax in comfort aboard your Holland America Lines ship, enjoying fabulous dining, live entertainment, and endless ocean views. As you glide along Alaska's famed waterways, watch for whales breaching, eagles soaring, and glaciers shimmering in the summer sun. **Six Days on Land** – Travel deep into the heart of Alaska's interior by comfortable motorcoach, visiting charming towns, dramatic mountain passes, and vast national parks. Along the way, you'll have chances to meet sled dogs, take in panoramic views from mountain trams, and explore at your own pace. **Nature & Adventure** – Whether you're cruising through iceberg-filled fjords, spotting moose in the wild, or soaking in the long golden light of an Alaskan summer evening, every day promises a new adventure.

Why This Trip Stands Out

- **The Best of Both Worlds** – The pampering of a cruise with the excitement of a guided land tour.
- **Wildlife Encounters** – Whales, bears, moose, and more—nature is always close by.
- **Unforgettable Views** – Towering mountains, pristine glaciers, and miles of unspoiled wilderness.
- **Stress-Free Travel** – Flights, transfers, and most meals included—just pack your sense of adventure!



July 25 - Aug 7, 2026



From Minneapolis to the Last Frontier



Princess Cruise Lines – Alaska Land & Sea

**MORE
INFO**



Brochure at SLP City Hall

Tour Fees

Cabin	Single	Double
Inside cabin	\$8250	\$6250
Outside cabin	\$9250	\$6600
Balcony Cabin	\$9800	\$7500

763-792-7201

recinfo@slpmn.org

www.slpsec.org

03 ENRICHMENT

Spring Lake Park

DEC
17

BARRED OWL WITH SCOTT NELSON

Discover Minnesota's barred owls—their haunting “who cooks for you?” call, silent flight, and important role in nature—in this engaging presentation.

Wed, Dec 17 | 12 pm - 1 pm | SLP City Hall | Free

JAN
7

BOOK AND PUZZLE EXCHANGE

Looking for a new book or puzzle—or ready to pass one along? Bring a book or puzzle to trade (take home anything not exchanged). Stay after for A.I. for Seniors at 12 pm.

Wed, Jan 7 | 11 am - 12 pm | SLP City Hall | Free

NEW

JAN
7

A.I. FOR SENIORS WITH SCOTT NELSON

Learn how AI works, from voice assistants to medical tools, and discover practical ways it can enhance everyday life.

Wed, Jan 7 | 12 pm - 1 pm | SLP City Hall | Free

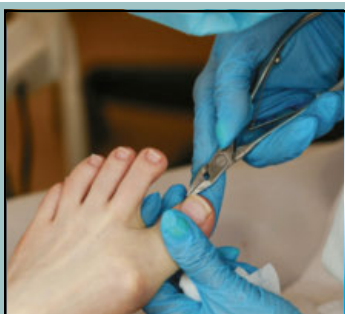


FEB
4

MATURE DRIVER

Taking a mature driver course can enhance your driving skills and knowledge, ensuring safer driving as you age. The course often covers traffic laws, defensive driving techniques, and tips for managing common age-related changes in vision, hearing, and reaction time. Additionally, completing the course may qualify you for up to a 10% discount on your car insurance premiums.

Wed, Feb 4 | 12:30 pm - 4:30 pm | SLP City Hall | \$29



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Pfeifer
Insurance Solutions



Dan Pfeifer
Independent Agent

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



Kristi Nemec

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As a **Senior Home Coach™**, I empower and educate older adults and their families to maximize and maintain their home's equity to fund their next lifestyle. **Join one of my free local seminars where I walk you through the emotional and practical steps of:**

- Decluttering & downsizing
- Selling the family home - as-is or traditional sales
- Planning for what's next

Call **Kristi Nemec**
320-250-1848

hello@downsizingwithpurpose.net
Workshop schedule and tips:
kristi.nemec@results.net

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Kristee Flynn

kflynn@4LPi.com
(800) 950-9952 x2251



04 ENRICHMENT

Spring Lake Park

NOV
3

GAME DAY FUN

Get ready to laugh, play, and connect at our lively Game Day! Sip on coffee, enjoy fresh cookies and share plenty of laughs
Mon, Nov 3 | 10 am - 11:30 am | SLP City Hall | Free

NOV
18

CRAFTING WITH CLARE

Join us for a relaxed afternoon of crafting and conversation! Supplies provided, or bring your own project. All skill levels welcome—just bring your creativity and enjoy time with friends. **Tue, Nov 18 | 11 am - 12 pm | SLP City Hall | Free**

DEC
1

GAME DAY FUN

Get ready to laugh, play, and connect at our lively Game Day! Sip on coffee, enjoy fresh cookies and share plenty of laughs
Mon, Dec 1 | 10 am - 11:30 am | SLP City Hall | Free



COOKING CLASSES

TANTALIZING THAI WITH JEFF SANDINO

Start with fresh Vietnamese summer rolls served with hoisin and peanut sauces, followed by crispy fried spring rolls filled with pork, turkey, and glass noodles. Then, cook classic Pad Thai with chicken, rice noodles, and bold Thai flavors. Finish with a refreshing Thai lime custard topped with whipped cream.

Tue, Dec 9 | 6 - 9 pm | \$45

MAKE & TAKE COOKIES

Create, bake, and decorate ten varieties of festive cookies and treats in this hands-on holiday class. With dough pre-made and ovens ready, you'll help bake, decorate, and take home beautifully plated goodies to enjoy or share.

Sat, Dec 6 | 9 am - 12 pm | \$65



HEALTH CARE DIRECTIVE CLASS

WITH THE UNIVERSITY OF MINNESOTA EXTENSION

What's the difference between a living will and a health care directive? Join *Health Care Directives: Are You Prepared?* To learn key facts, dispel myths, and explore policies around advanced care planning. This workshop also offers tips for starting important conversations about your wishes.

Mon, Nov 3 | 12 - 1 pm | SLP City Hall | Free

STAYIN STEADY: FALL PREVENTION

WITH MALLORY HASS

Join us for a fun, practical class on preventing falls and staying safe at home and in the community. Learn easy tips, exercises, and safety tricks to stay confident and independent. Led by Mallory, a registered nurse with trauma care experience, this class offers expert advice with a personal touch.

Wed, Nov 5 | 1 - 2 pm | SLP City Hall | Free

ISLAMIC RESOURCE GROUP

Learn about the beliefs, practices, and history of Islam in this welcoming class focused on education, dialogue, and community. Discover shared values and the rich diversity of Minnesota's Muslim population—everyone is welcome!

Tue, Nov 18 | 11 am - 12 pm | SLP City Hall | Free

The Edmund Fitzgerald probably wouldn't have sunk today

The legend of the Edmund Fitzgerald, the massive Great Lakes freighter that sank in a storm in November 1975, lives on, thanks at least in part to the Gordon Lightfoot song that memorializes the wreck.

But did you know it's highly unlikely a wreck like that would happen today? Experts say that with improved forecasting, it's easier to pinpoint where a big storm will hit with enough time to get a ship like the Ed Fitz to safety.



05 HEALTH & WELLBEING

Spring Lake Park

Zumba

Love to Dance? Join the Party! This specialty course is designed for those just starting their journey to a fit and healthy lifestyle or the older active adult. The class will be a fat-burning, body-shaping, fun workout!

10:00 - 10:45 AM
Wednesdays, Nov 5 - 26
Fee: \$40
Location: QC Dance

Yoga

Discover this ancient practice that not only builds strength and flexibility but also calms the mind and reduces stress. Whether gentle or traditional, our classes adapt to your needs and comfort level. You'll enjoy stretching, mindful breathing, and guided relaxation—leaving you refreshed, focused, and energized.

Daytime Gentle Yoga
10:00 - 10:45 AM
Thursdays
November 6 - 20 \$18
December 4 - 18 \$18

Evening Yoga
6:00 - 7:30 pm
Thursdays
November 6 - 20 \$27
December 4 - 18 \$27

Saturday Morning Indoor Walking

Stay active this winter with a fun, relaxing walk inside Spring Lake Park High School. Enjoy 30–40 minutes on designated indoor paths, then stick around for friendly company and refreshments.

When: Saturdays, 9:00–10:30 am



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Spring Lake Park Senior Center, Spring Lake Park, MN

B 4C 02-1222

06 ART AND FUN

Spring Lake Park

NOV
18

WATERCOLOR FUN- CHRISTMAS CARDS!

Join us for a festive and dynamic watercolor painting class. You will paint a stunning Christmas Card with a professional artist. **Tue, Nov 18 | 1 - 4 pm | SLP City Hall | \$37**

DEC
2

ALCOHOL INK ORNAMENTS

Create a gorgeous ornament using special inks and isopropyl alcohol to create vibrant abstract art. The technique is known for its spontaneous nature.

Tue, Dec 2 | 6 - 8 pm | SLP City Hall | \$55

DEC
16

WOOD & RESIN JEWELRY DISH

Create a stunning jewelry dish using wood and resin. Jill will teach you the techniques in a fun and relaxed atmosphere.

Tue, Dec 16 | 6 - 8 pm | SLP City Hall | \$55



Wood & Resin Jewelry Dish Examples

SPRUCE TIPS PORCH CONTAINERS

Join us for a festive workshop to create your own spruce tip pot using fresh greenery & decorative accents. All materials are provided, and our instructor will guide you in crafting a unique, one-of-a-kind holiday decoration to take home.

Sat, Nov 15
10:30 am - 12:30 pm
\$55



CREATE WITH US!



MIXED MEDIA CLASSES

Explore your creativity in this mixed media art class, where you'll experiment with paint, collage, texture, and more to create unique, layered works of art. Designed for all skill levels, this class encourages exploration and self-expression, with all materials provided—just bring your imagination!

- Glass, Resin & Wood Ornaments
- Alcohol Ink Ornaments
- Glass, Resin and Wood Angel

PAINTING CLASSES

Discover the joy of painting in these classes designed for all skill levels. Learn techniques in color, composition, and brushwork while exploring a variety of styles and subjects. Whether you're a beginner or an experienced artist, you'll gain skills, confidence, and inspiration to create your own beautiful works of art. All materials provided.

- Watercolor Christmas Cards
- Holiday Painting

SIP & PAINT

Unwind and get creative at a fun Sip & Paint session! Enjoy your favorite beverage while following step-by-step instructions to create your own masterpiece. Perfect for all skill levels, this relaxed class is all about laughter, creativity, and leaving with a painting you'll be proud to display. All materials provided.














- Black Light
- Christmas Vacation

Individual class pricing, locations, times, and registration are available online at slprec.org or by calling 763-792-7201

November

BI-MONTHLY CALENDAR 07

Spring Lake Park

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4	5 1:00 pm- Hand and Foot Card Club	6 11:00 am Book Club 1:00 pm- 500 CLUB	7
10 1:00 pm- Bingo!	11  VETERANS DAY CITY HALL CLOSED	12  1:00 pm- Hand and Foot Card Club	13 1:00 pm- 500 CLUB	14
17 1:00 pm- Up & Down the River Card Club	18	19 1:00 pm- Hand and Foot Card Club 6:00 pm: TRAVEL SHOW!	20 11:00 am: TRAVEL SHOW! 1:00 pm- 500 CLUB	21
24 9:00 am- Foot Care Clinic *call for appt. 1:00 pm- Bingo!	25	26 1:00 pm- Hand and Foot Card Club	27 THANKSGIVING CITY HALL CLOSED	28  BLACK FRIDAY 
				
1 	2	3  1:00 pm- Hand and Foot Card Club	4  11:00 am Book Club 1:00 pm- 500 CLUB	5
8	9	10 1:00 pm- Hand and Foot Card Club	11 1:00 pm- 500 CLUB	12
15 1:00 pm- Bingo!	16	17 1:00 pm- Hand and Foot Card Club	18 1:00 pm- 500 CLUB	19
22 1:00 pm- Up & Down the River Card Club	23	24  CITY HALL CLOSED	25  CITY HALL CLOSED	26 CITY HALL CLOSED
29 1:00 pm- Bingo!	30	31 1:00 pm- Hand and Foot Card Club 		

SEE FOLLOWING PAGE FOR DAY TRIP DETAILS

08 SLP DAY TRIPS

Spring Lake Park



MN Zoo Winter Getaway

Escape the Cold: A Tropical Day at the Minnesota Zoo! Tired of the icy sidewalks and gray skies? Step into a lush, warm paradise without leaving Minnesota! Join us this January for a delightful day trip to the Minnesota Zoo, where we'll trade snow boots for tropical vibes and discover the wonders of the animal kingdom—no passport required!" Lunch at Zoo

Tue, Jan 20 | 8:00 AM - 4:00 PM | Depart from SLP City Hall | \$85



Church of Cash - Le Musique Room

Church of Cash delivers an authentic tribute to Johnny Cash that captures both his sound and spirit. Featuring timeless hits like "I Walk the Line" and "Ring of Fire," their high-energy performances honor Cash's legacy with unmatched passion and artistry. This unforgettable show has won fans across the globe, bringing the soul of American music to life. Lunch Included

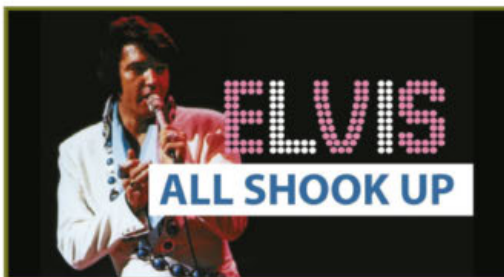
Fri, Feb 20 | 10:30 AM - 4:00 PM | Depart from SLP City Hall | \$100



Mille Lacs Indian Museum and Grand Casino

Discover the rich history and culture of the Mille Lacs Band of Ojibwe at the Mille Lacs Indian Museum. Enjoy an engaging visit filled with stories, traditions, and interactive exhibits. Then, head to the Mille Lacs Casino for a delicious lunch and time to relax, explore, and experience the excitement the casino has to offer. Lunch Included

Fri, Mar 6 | 8:15 AM - 5:00 PM | Depart from SLP City Hall | \$80



Elvis All Shook Up Show - Plymouth Playhouse

It's 1955, and into a square little town in a square little state rides a guitar-playing young man who changes everything and everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumpin' out of your blue suede shoes with such classics as "Heartbreak Hotel," "Jailhouse Rock," and "Don't Be Cruel." Dinner Included

Thu, Mar 12 | 5:00 - 10:30 PM | Depart from SLP City Hall | \$92



Garth Brooks Tribute - Le Musique Room

Experience the magic of Garth Brooks from the moment you enter the theater. From "Friends in Low Places" to "The Dance," World According to Garth delivers his biggest hits with incredible energy, emotion, and authenticity—a true front-row tribute to one of country music's legends.

*No Meal

Sat, Mar 21 | 6:00 - 10:30 PM | Depart from SLP City Hall | \$80



Billy Elliot - Artistry

Billy Elliot The Musical tells the uplifting story of a boy in a struggling 1980s English mining town who discovers an unexpected love for dance. With a moving score by Elton John, the show blends humor, grit, and heartfelt emotion as Billy's dream inspires hope and change for his family and community. Lunch Included

Wed, Apr 29 | 10:30 AM - 4:00 PM | Depart from SLP City Hall | \$100

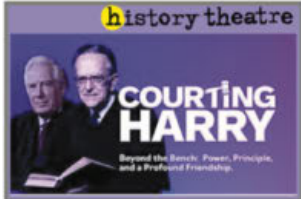
Day Trips depart from Spring Lake Park City Hall. *All Day Trips include lunch unless otherwise noted.



Birthday Candles at the Sidekick Theater

Birthday Candles by Noah Haidle is a poignant, imaginative play that follows Ernestine Ashworth from 17 to 101—all within one kitchen. Blending humor, love, and loss, it celebrates the beauty of everyday moments and what makes a life well-lived. Lunch at theater

Wed, May 6 | 11:00 AM-4:00 PM | SLP City Hall | \$92



Courting Harry at the History Theater

Follow Minnesota natives and lifelong friends Warren Burger and Harry Blackmun as their bond is tested on the U.S. Supreme Court, where differing beliefs put them on opposite sides of history's most controversial cases. Lunch included

Thu, May 21 | 10:30 AM - 2:30 PM | SLP City Hall | \$97



Little Women at Guthrie Theater

Jo March dreams of becoming a writer in 1860s Massachusetts. With their father at war, Jo and her sisters face love, loss, and growing up under Marmee's care. Through it all, Jo finds her voice and becomes a published author. Lunch at SLP City Hall.

Wed, May 27 | 10:30 AM - 4:30 PM | SLP City Hall | \$90



Daytrippers Nobody's Perfect

Thu, Jun 18 | 10:30 AM - 4:00 PM | SLP City Hall | \$92

Guys & Dolls

Wed, Jun 24 | 10:30 AM - 5:00 PM | SLP City Hall | \$107



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2026 Extended Tours WITH SLP RECREATION

PLAN YOUR TRIP WITH US

Trek for the Tulips

TBD - (Around May) | Holland, MI: Get ready to tiptoe through a sea of tulips in one of the most charming springtime destinations around. We'll start with a quick city stop, then it's flowers galore, quaint streets, and picture-perfect moments in bloom. On the way home? Let's just say we'll be crossing waters and soaking up a few more surprises before landing back in Minnesota.

Backroads and River Bends

June 11-14 | Lacrosse/Harmony, WI: Leave the fast lane behind and journey with us through winding riverside views and the peaceful charm of Amish country. From handmade treasures to hidden gems off the beaten path, this trip blends simplicity, serenity, and a whole lot of scenic beauty — with a restful stay tucked along the Mississippi. Come wander where time slows down.

Ladies in Lincoln

September 24-28 | Lincoln, NE: This September, we're off to Lincoln, Nebraska—where crisp fall air meets cozy charm. Think golden gardens, scenic strolls, and time well spent with your favorite crew. From local bites to boutique finds, this autumn escape is all about laughs, layers, and a little Lincoln magic.

Door County Delights

October 8- 11 | Green Bay/Door County, WI: This October, we're off to Door County—where fall colors meet lakeside serenity. Sip local wines, spot storybook lighthouses, and soak in the beauty of autumn at its peak. With every winding road and cozy stop, this relaxing getaway is a toast to the season.


A Very Branson Christmas

November 17-22 | Branson, MO: Get ready for a spotlight-filled weekend in Branson, where dazzling live shows, festive tunes, and toe-tapping fun take center stage. From holiday classics to local favorites, this trip is all about catching the best performances and celebrating the season with style.



REGISTRATION OPENS AT THE TRAVEL SHOW

November 19th 6-7 pm OR November 20th 11-Noon

 **Call (763) 792-7201 to RSVP**

 **Location: SLP City Hall**  **www.slprec.org**



EXPLORE THE WORLD WITH **collette**

Highlights of Norway

June 20-28, 2026

Mediterranean Coastal

Aug 22 - Sep 6, 2026

Iceland's Northern Lights

Sep 26 - Oct 2, 2026

Journey Through Spain

Oct 31 - Nov 10, 2026

Christmas Markets in Canada

Dec 17 - 23, 2026

Hawaiian Adventure

January 14 - 23, 2027

IN PARTNERSHIP WITH:

Stop by the recreation office to pick up trip flyers or go to slprec.org for more information!
Anne Scanlon, Program Director, 763-792-7231, ascanlon@slpmn.org.



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COMMUNITY HIGHLIGHT
Photo courtesy: Our community news office

SECTION HEADINGS

Our community news office is a place where you can find out what's going on in your community. We have a lot of information for you, and we want to make sure you get it. We have a lot of information for you, and we want to make sure you get it. We have a lot of information for you, and we want to make sure you get it.

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REGISTRATION

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Phone: 763-792-7201

Online: slprec.org

In-Person: SLP City Hall
M - F 8:00 am - 4:30 pm

Mail: Spring Lake Park
Recreation
1301 81st Ave NE
Spring Lake Park, MN 55432

FREE SENIOR CLUBS

BOOK CLUB

1st Thursday of each month.

11:00 am SLP City Hall

Nov: The Secret Life of Sunflowers

Dec: Broken Fields

BINGO

2nd & 4th Monday of the Month

1:00 pm SLP City Hall

UP & DOWN THE RIVER

3rd Monday of the Month

1:00 pm SLP City Hall

HAND AND FOOT

Wednesdays

1:00 pm SLP City Hall

500 CARD CLUB

Thursdays

1:00 pm SLP City Hall

*All of our senior clubs
are free to join and
drop-in friendly—no
registration needed! Just
come by, connect with
others, and enjoy
activities at your own
pace.*

