



PARKS & RECREATION

NEW JOURNEYS

OUR MISSION

New Adventures.
Lifelong Connections.

CONTACT US

ADDRESS

1301 81st Ave. NE
Spring Lake Park, MN 55432

PHONE

763-792-7201

EMAIL

recinfo@slpmn.org

WEBSITE

www.slprec.org/parksrec

OUR STAFF

PROGRAM SUPERVISOR

Clare Waddell
cwaddell@slpmn.org

RECREATION SUPPORT SPECIALIST

Mara Olden
recinfo@slpmn.org

FOLLOW US

 [springlakeparkrec](https://www.facebook.com/springlakeparkrec)

 [@springlakeparkrecreation](https://www.instagram.com/springlakeparkrecreation)



WELCOME!

We're excited to introduce the updated version of our adult newsletter - New Journeys - your go-to guide for staying connected, active, and engaged in our community. Whether you're looking for enriching programs, exciting day trips, helpful resources, or just a little inspiration, New Journeys is here to keep you in the loop and on the move.

Each issue will highlight upcoming events, local opportunities, wellness tips, and community stories - designed especially for adults and older adults who are ready to make the most of every day. We've refreshed the look and added even more content to reflect the vibrant, ever-evolving spirit of our community.

Let New Journeys be your companion in discovering all the fun, connections and adventure that lie ahead.

SEPTEMBER / OCTOBER 2025

STAY YOUNG AT HEART

Life's an adventure at any age—so why not make the most of it? Join our vibrant community of seniors who are staying active, making new friends, and discovering new passions through fun events and activities. It's never too late to try something new—come move, laugh, and thrive with us!



YOGA

DAYTIME

Discover the wisdom of this ancient exercise that not only strengthens the body but also calms and focuses the mind. Our classes are specially designed for seniors and include gentle stretching, mindful breathing techniques, and guided relaxation and meditation.

Thursdays
10:00 am - 10:45 am

EVENING

Discover this ancient exercise system that builds strength, improves circulation, lowers blood pressure, and reduces stress. Classes feature Hatha or stretching, breathing, and guided relaxation.

Thursdays
6:00 pm - 7:30 pm

Cost varies - based on number of Thursdays in a month

CLASSES AND LEARNING

STEVIE RAY: IMPROV COMEDY WORKSHOP

Laughter really is the best medicine; come see for yourself! Join Stevie Ray, founder of Stevie Ray's Improv Company in Chanhassen, for a fun and lighthearted improv comedy workshop. No stage experience needed—just a sense of humor and a willingness to try something new. You'll play easy, low-pressure games that keep your brain sharp and your spirits high. Open to all, especially those young at heart!

Tuesday, October 28
1:00 pm - 2:00 pm
\$10

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. Zumba fitness is for everyone, all shapes and sizes and just about any age. This class allows you to have fun while safely losing pounds and inches. With Zumba, the fun comes first, and the physical benefits follow. Zumba Gold is like a basic Zumba class with lower impact. The class will be a fat-burning, body-shaping, fun workout!

Session I
Wednesdays
Oct 1 - Oct 22
8:00 pm - 8:45 pm
\$40

Session II
Wednesdays
Nov 5 - Nov 26
8:00 pm - 8:45 pm
\$40



ALASKA -2026



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 13-day journey is filled with jaw-dropping scenery, incredible wildlife, and moments you'll remember forever.

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 15–27, 2026

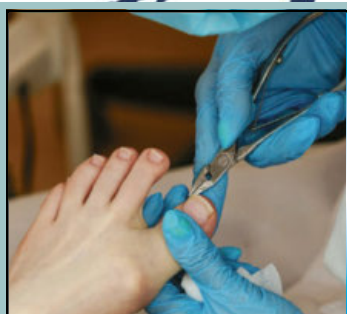


From Minneapolis to the Last Frontier



Princess Cruise Lines – Alaska Land & Sea

Details coming in September 2025



Heel & Toe, LLC

Foot and Nail Care Services

320-318-8684

Need Medicare Help?

Contact **Dan Pfeifer** at 763.310.7627
mninsurancesolutions.com

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

Downsizing? Moving? Planning Ahead?

You're not alone. I'm here to help.

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

Trusted by Twin Cities seniors & their families.



**LET'S GROW
YOUR BUSINESS**
Advertise in our
Newsletter!

CONTACT ME
Kristee Flynn

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



04 ENRICHMENT

Spring Lake Park

**OCT
14**

MINNESOTA LOONS WITH SCOTT

North American loons, from their haunting calls to their striking plumage, loons capture our imagination and stir powerful memories. **Free**

**OCT
28**

SLED DOGS WITH MELONIE

sled dogs—their history, training, daily lives, and roles from Arctic exploration to modern racing. Perfect for dog lovers and adventurers! **Free**

**DEC
17**

BARRED OWLS WITH SCOTT

Discover the twilight world of Minnesota's Barred Owls—their echoing calls, silent flight, unique behaviors, and vital role in our forests—in this captivating presentation. **Free**

**JAN
7**

A.I. FOR SENIORS WITH SCOTT

This AI presentation for seniors covers how machines learn, with examples like voice assistants, recommendations, and medical diagnostics, while addressing concerns and benefits. **Free**



FREE CLUBS

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

BOOK CLUB

1st Thursday of each month.
11:00 am SLP City Hall
Sep: The Lost Girls of Paris
Oct: The Star & Shamrock

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

COOKING CLASSES - WITH JEFF

ASIAN FAVORITES

You'll start with pork, shrimp, and vegetable egg rolls served with hot mustard and sweet-and-sour sauce, then make chicken and shrimp fried rice with fresh vegetables and a secret sauce. Next is classic pork chow mein with crispy noodles, egg foo young, and a lemon custard torte to finish.

Tues, Sept 30 6 - 9 pm \$45

PIZZA UNCHAINED & MORE

Starts with an easy make-ahead dough for stromboli filled with chicken, broccoli, sun-dried tomatoes, herb cheese, and zesty dip. Enjoy pizzas from BBQ chicken to taco and Reuben, master Spaghetti Napolitana, and finish with Zuppa Inglese—citrus-soaked pound cake layered with custard, ganache, and cherries.

Tue, Nov 4 6 - 9 pm \$45

TANTALIZING THAI

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, decorating, and take home beautifully plated goodies to enjoy or share.

Sat, Dec 6 9 - 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 - 1:00 pm **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 - 2:00 pm **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 11am - 12:00 pm **Free**



Something good is always going on at Tradition.

Discover the best senior living at one of our upcoming events.

Visit TraditionLiving.org/NewJourneys to see what's in store.

8500 Tessman Farm Rd., Brooklyn Park, MN 55445




WILLOWS
— BEND —
SENIOR LIVING



MANAGED BY
EBENEZER

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

Call Rachel at
763-308-2888 to
schedule a tour!

**ENJOY \$500 OFF
SELECT STUDIOS!**

6455 UNIVERSITY AVE NE, FRIDLEY
WillowsBendSeniorLiving.com



©2025 Ebenezer 12791



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [Ipicommunities.com
/adcreator](http://Ipicommunities.com/adcreator)

SENIORS, do you dread falling when you take a bath?

Do you have a bathtub that's
hard to get into and out of?

The safe solution is a Walk-In Tub from
Jim Ridgway Walk-In Tubs

Have it done right!
Call Jim **NOW** for a free estimate!

Jim (320) 282-0116 • 30 years experience!



06 ART AND FUN

Spring Lake Park

CARD MAKING

OCT
4

Create unforgettable birthdays with handmade, personalized cards! We'll provide inspiring examples and all the supplies you need to design your own. **\$30**

GEMSTONE BRACELETS

OCT
23

Join us for a hands-on bracelet-making night! Learn gemstone meanings, choose your beads, and create a personalized piece with a symbolism card to take home. All materials included. **\$35**

MANDALA ROCK CREATION

NOV
7

Have you ever wanted to tap into your creative side? Explore peace and relaxation while crafting an intricate, original Mandala Rock or Tea Candle. **\$30**



Mandala Rock Example

COME & CREATE WITH US!

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 -12:30 pm
\$55



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!

- Pumpkin Suncatcher
- Wire Wrapped Cocktail Silverware
- Glass, Resin & Wood Ornaments
- Alcohol Ink Ornaments
- Glass, Resin and Wood Angel
- Mini Wood & Resin Jewelry Dish

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.

- Wicked
- Black Light
- Christmas Vacation

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.

- Fall Landscapes
- Beginning Watercolor
- Pumpkins & Flowers Oh My!
- Watercolor Fun
- Watercolor Christmas Cards
- Holiday Painting

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

September
Monday

BI-MONTHLY CALENDAR 07

Spring Lake Park

Tuesday

Wednesday

Thursday

Friday

1 LABOR DAY: CITY HALL CLOSED	2	3 DAY TRIP 1:00 pm- Hand and Foot Card Club	4 11:00 am Book Club 1:00 pm- 500 CLUB	5 DAY TRIP
8 1:00 pm- Bingo!	9	10 1:00 pm- Hand and Foot Card Club	11 1:00 pm- 500 CLUB	12
15 1:00 pm- Up & Down the River Card Club	16	17 1:00 pm- Hand and Foot Card Club	18 1:00 pm- 500 CLUB	19
22 1:00 pm- Bingo!	23	24 1:00 pm- Hand and Foot Card Club	25 1:00 pm- 500 CLUB	26
29	30			
	OCTOBER 	1 DAY TRIP 1:00 pm- Hand and Foot Card Club	2 11:00 am Book Club 1:00 pm- 500 CLUB	3
6 DAY TRIP	7	8 1:00 pm- Hand and Foot Card Club	9 DAY TRIP 1:00 pm- 500 CLUB	10
13 1:00 pm- Bingo!	14	15 DAY TRIP 1:00 pm- Hand and Foot Card Club	16 1:00 pm- 500 CLUB	17
20 1:00 pm- Up & Down the River Card Club	21 DAY TRIP	22 DAY TRIP 1:00 pm- Hand and Foot Card Club	23 1:00 pm- 500 CLUB	24
27 1:00 pm- Bingo!	28	29 1:00 pm- Hand and Foot Card Club	30 DAY TRIP 1:00 pm- 500 CLUB	31 HAPPY HALLOWEEN 

***SEE FOLLOWING PAGE FOR DAY TRIP DETAILS**

08 TRIPS AND TOURS

Spring Lake Park

The City of Spring Lake Park offers exciting getaways—whether you're looking for a fun day trip or an extended adventure beyond the state. Each year, we host a variety of day trips and five extended tours across the United States. Take a look and start planning your next journey!



JIMMY BUFFET TRIBUTE BAND (AMES THEATER)

On Saturday, **Oct 25**, enjoy an unforgettable evening at the Ames Theater with a top-tier Jimmy Buffett tribute band whose 11 talented musicians will transport you to a tropical paradise of timeless hits. **\$79**

9-5 (PLAY AT PARAMOUNT THEATER)

Join us Thursday, **Oct. 30** for Dolly Parton's laugh-out-loud musical 9 to 5 at the Paramount Theater, a high-energy tale of friendship, empowerment, and challenging the status quo. **\$107**

M.I.A. TOUR & LUNCH

Join us Tuesday, **Nov. 4** for a guided Minneapolis Institute of Art tour followed by a cozy lunch, the perfect way to warm up a chilly fall day. **\$78**

WHITE CHRISTMAS

Join us Wednesday, **Nov. 12** for White Christmas at Chanhassen DT, a festive holiday classic filled with music, romance, and the magic of the season. **\$107**

DAY TRIPS & OUTINGS OCTOBER - NOVEMBER

DON'T MISS DORIS HINES (PLAY AT HISTORY THEATER)

Join us Wednesday, **October 1**, for Don't Miss Doris Hines at the History Theatre—a captivating play about the remarkable post-WWII life and career of the Twin Cities jazz legend once praised by Nat King Cole himself. **\$99**

LA CROSSE QUEEN BOAT CRUISE

On Monday, **October 6**, step aboard the La Crosse Queen—a fully functional, authentic paddlewheel riverboat—for a scenic Mississippi River cruise that captures the charm of early 1900s river travel. **\$107**

FIREFLIES (PLAY AT SIDEKICK)

On Thursday, **October 9**, enjoy Fireflies at the Sidekick Theatre—a heartwarming and humorous tale of a retired schoolteacher whose quiet life in small-town Texas is upended by an unexpected romance with a mysterious drifter. **\$95**

HISTORIC DOWNTOWN NORTHFIELD

On Wednesday, **October 15**, discover Northfield's storied past with a guided history tour—including the site of the infamous Jesse James bank raid—then toast the present with a tasting at a local distillery. **\$97**

CHURCH & STATE TOUR

On Wednesday, **October 22**, experience Saint Paul's architectural and historical gems with tours of the Cathedral of Saint Paul and the Minnesota State Capitol, plus a delicious lunch at a local favorite. **\$90**

STILLWATER TROLLEY TOUR- WITH CITY OF MOUNDS VIEW!

Join us on **October 21st** for a day in Stillwater with a narrated trolley tour, lunch at the historic Lowell Inn, and shopping at Pedestrian Plaza—departing Mounds View at 9 am and returning by 3 pm. **\$91**

***will need to call City of Mounds View to register. (763) 717-4043**

Collette Tours with Spring Lake Park

We've teamed up with Collette to bring you 6 incredible trips filled with sights, stories, and unforgettable experiences! From breathtaking landscapes to bucket-list destinations, there's something for everyone.

Don't miss out—pick up a brochure at Spring Lake Park City Hall or explore all the details online at www.slprec.org

Highlights of Norway 📅 June 20 - 28, 2026

Mediterranean Costal 📅 August 22 - Sept 6, 2026

Iceland's Northern Lights 📅 September 26 - October 2, 2026

Journey Through Spain 📅 October 31 - November 10, 2026

Christmas Markets in Canada 📅 December 17 - 23, 2026

Hawaiian Adventure 📅 January 14 - 23, 2027



**The Landmark
of Fridley**
A Lifespark Community

*Where Every Life Is a Landmark - Never settle
for less than the best for your loved one*

**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

6490 Central Avenue NE • Fridley, MN 55432



763-571-7355 • LandmarkOfFridley.com



Anoka County
TRANSIT UNIT

**COMMUTE
SOLUTIONS**

1440 Bunker Lake Boulevard NW
Andover, MN 55304

763-324-3240

**SUPPORT OUR
ADVERTISERS!**



(612) 978-7052
Trusted Vendor Spring Lake Park
www.mntree.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



Thinking about your next getaway? Attend one of our Travel Shows to learn how we can take you beyond the ordinary and into the extraordinary.

2026 SPRING LAKE PARK TRAVEL SHOWS

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

Location: SLP City Hall

Call (763) 792-7201 to RSVP

"TREK FOR THE TULIPS"

(HOLLAND, MI) APRIL 28- MAY 4

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" (LA CROSSE & HARMONY) JUNE 11-14

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"

(LINCOLN, NE) SEPTEMBER 24-28

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"

(GREEN BAY/DOOR COUNTY) OCTOBER 8- 11

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"

(BRANSON, MO) NOVEMBER 17-22

This November, 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.



Anoka County
TRANSIT UNIT

COMMUTE
SOLUTIONS

763-324-3240

Email commutesolutions@anokacountymn.gov
to inquire about transportation options near you.

1440 Bunker Lake Boulevard NW Andover, MN 55304

ADT-Monitored
Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized
Provider

SafeStreets

833-287-3502

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to
reach your
community.



Scan to
contact us!

Visit lpcommunities.com

SPRING LAKE PARK
1301 81st Ave. NE
Spring Lake Park, MN 55432

PRSRT STD US
POSTAGE PAID
NEW BERLIN, WI
PERMIT NO. 188

REGISTRATION

Spring Lake Park
City Hall
1301 81st Ave NE
Spring Lake Park, MN 55432

Office Hours:
M - F 8:00 am - 4:30 pm

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

MATURE DRIVER

Once you turn 55, you become eligible for the Minnesota Driver Discount Program—a simple way to sharpen your driving skills and save money. Completing this class gives you a 10% discount on your auto insurance premiums for three years, which can add up to hundreds of dollars in savings.

But the benefits go beyond your wallet. The course helps refresh safe-driving habits, introduces the latest traffic laws, and offers tips tailored to the needs of mature drivers—keeping you confident and comfortable behind the wheel. With Minnesota’s large community of drivers 55 and older, staying sharp on the road helps protect not only you, but your family and neighbors as well.

October 29, 2025

5:00 pm - 9:00 pm

\$29

February 4, 2026

12:30 - 4:30 pm

\$29

April 29, 2026

12:30 - 4:30 pm

\$29

August 18, 2026

12:30 - 4:30 pm

\$29

September 16, 2026

12:30 - 4:30 pm

\$29

October 22, 2026

12:30 - 4:30 pm

\$29