



# 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](http://www.slprec.org/parksrec)

## OUR STAFF

### PROGRAM SUPERVISOR

Patrice Holter  
*Adult Programs & Tours*  
pholter@slpmn.org

### PROGRAM SUPERVISOR

Clare Waddell  
*Adult Sports & Youth Programs*  
cwaddell@slpmn.org

### RECREATION SUPPORT SPECIALIST

Mara Olden  
recinfo@slpmn.org

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



Adventuring in La Crosse!



## Silver Spotlight- Meet Our Participants!

We have resided in Spring Lake Park since 1991, having previously grown up in Blaine and Coon Rapids. Gary is a graduate of Spring Lake Park High School, Linda graduated from Coon Rapids High School, and our daughter also graduated from Spring Lake Park High School. We retired in 2021.



Linda & Gary W

After spending four decades visiting Duluth and the North Shore, we wanted to travel around Lake Superior upon retirement. We were excited to learn that Spring Lake Park Parks and Recreation organizes bus tours, and we were fortunate to participate in a tour around Lake Superior arranged by Spring Lake Park Recreation in 2024.

The journey exceeded our expectations. Traveling with approximately forty community members provided an enjoyable experience, and all logistical arrangements, including accommodation, meals, and activities, were excellent. The itinerary included excursions we might not have planned independently, such as visits to waterfalls, an amethyst mine, and boat tours.

Our positive experience led us to join the trip around Lake Michigan in 2025, which was equally satisfying. The itinerary featured many sightseeing opportunities, including a day on Mackinac Island, a ferry ride across Lake Michigan, as well as trolley and boat excursions in Door County. We continue to participate in classes at Spring Lake Park. Linda attends the monthly book club, and Gary attended a class about dogsledding in Alaska. We extend our sincere gratitude to Anne and Clare for their attention to detail and thoughtful planning of these excursions. We highly recommend their tours. - Linda & Gary Wax



# ALASKA

## Land and Sea Adventure



**Adventure is calling. Will you answer?**

**Seven Nights at Sea** – Sail in comfort aboard your Princess ship, with great dining, live shows, and sweeping ocean views. Glide through Alaska's waterways, watching for whales, eagles, and sunlit glaciers. **Six Days on Land** – Venture into Alaska's interior by motorcoach, visiting small towns, mountain passes, and national parks. Meet sled dogs, ride mountain trams, and explore at your own pace. **Nature & Adventure** – Cruise past icebergs, spot wildlife, and savor Alaska's long summer light—each day offering a new adventure.

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.

July 25-Aug 7, 2026

From Minneapolis to the LastFrontier

Princess Cruise Lines – Alaska Land & Sea

763-792-7201

recinfo@slpmn.org

[www.slprec.org](http://www.slprec.org)

### Tour Fees

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

## KANSAS CITY SPARKLED—AND SO DID WE!

**Join us next year for more holiday magic and unforgettable adventures!**

Spring Lake Park Travel Tours: Kansas City Holiday Highlights

Five days. Countless memories. One unforgettable holiday adventure.

What a trip! From snowy roads to sparkling lights, our five-day holiday adventure was packed with laughter, history, and festive cheer. We savored broasted chicken and classic Maid-Rites on the way, then dove into Kansas City's treasures—from the Truman Library and Arabia Steamboat Museum to jazz at 18th & Vine.

Holiday magic was everywhere: Powell Gardens glowed with acres of lights and cocoa by the fire, Union Station shimmered with seasonal displays, and a dazzling tree lighting warmed our hearts. Add in a Kansas City Tour, Hallmark's holiday charm, and a legendary slice of Minsky's Pizza, and you've got memories to last a lifetime.

We wrapped it all up with sweet treats from Russell Stover before heading home—bags full, hearts fuller. Until next time, Kansas City!



# 03 ENRICHMENT

Spring Lake Park

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 | 11:00 am - 12:00 pm | SLP City Hall | FREE**

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 | 12:00 - 1:00 pm | SLP City Hall | FREE**

JAN  
24

## SNOW DAY AT ABLE PARK

Join us at Able Park for a free, family-friendly afternoon of winter fun featuring crafts, music, treats, skating, snowshoeing, and plenty of snowy magic.  
**Sat, Jan 24 | 1:30 - 3:30 pm | Able Park | FREE**



## Heel & Toe, LLC

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## Need Medicare Help?

Contact **Dan Pfeifer** at 763.310.7627  
[mninsurancesolutions.com](http://mninsurancesolutions.com)



**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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**320-250-1848**  
[hello@downsizingwithpurpose.net](mailto:hello@downsizingwithpurpose.net)  
Workshop schedule and tips:  
[kristi.nemec@results.net](mailto:kristi.nemec@results.net)

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**Kristee Flynn**

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

# 04 ENRICHMENT & HEALTH

Spring Lake Park

## JAN GAME DAY FUN

5

Get ready to laugh, play, and connect at our lively Game Day! Sip on coffee, enjoy fresh cookies and share plenty of laughs

Mon, Jan 5 | 10:00 - 11:30 am | SLP City Hall | Free



*Fun at the Orpheum Theater!*

## FEB MATURE DRIVERS COURSE

2

Taking a Minnesota Mature Driver course helps drivers 55+ become safer behind the wheel while also earning a state-mandated 10% car insurance discount.

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

## FEB VIRTUAL: GENEALOGY DNA 101

19

Learn how to use popular DNA tests to enhance your family history research while expert genealogist Mica L. Anders guides you through understanding results, navigating surprises, and uncovering meaningful stories from your past.

Thurs, Feb 19 | 6:30 - 8:00 pm | Virtual | \$25

## COOKING CLASSES WITH

**JEFF SANDINO**

**LOCATION: FRIDLEY HIGH SCHOOL**

## CHICKEN MARSALA VS CHICKEN LIMONE

This class begins with bruschetta topped with fresh mozzarella cheese, vine ripened tomatoes, and sweet roasted bell pepper, sprinkled with fresh basil and drizzled with olive oil. You'll prepare "Chicken Marsala" with fresh sauteed mushrooms in a sweet Marsala butter sauce. We'll see how that measures up against "Chicken Limone" topped with a chardonnay butter sauce and capers. Both entrees are paired with "Spaghetti Aglio Olio", tender garden vegetables tossed with olive oil, garlic, and Romano cheese.

Tue, Jan 27 | 6:00 - 9:00 pm | \$45

## HYPERTENSION CONTROL

**(8 WEEKS, VIA ZOOM AT SLP CITY HALL)**



A weekly 90-minute workshop to help you manage and lower high blood pressure. Learn: DASH nutrition, activity and weight planning, medication and stress management, tobacco cessation, and community resources. Goal: Build healthy habits and gain support to improve your blood pressure.

Wed, Feb 18 - Apr 22 | 10:00 - 11:30 am

SLP City Hall | Free

## MEDICARE 101

Learn the essentials of Medicare in this informative course. We'll cover Parts A, B, C, and D, along with supplemental options, and provide a brief overview of Medicare's history. Most of the session will focus on understanding Medicare Advantage Plans. Please note: carrier-specific plans will not be discussed.

Wed, Jan 7 | 6:00 - 7:00 pm | SLP City Hall | Free



## FOOT CARE CLINIC

Treat your feet to the care they deserve! Jill, a registered nurse, provides gentle foot care, including nail trimming, filing, and buffing, along with helpful tips to keep your feet healthy and comfortable. Perfect for aging feet—safe, professional, and stress-free. First-come, first-served.

👉 No insurance accepted

💵 Cash or check only

📞 Call Patrice (763-792-7233) to schedule your 30-minute appointment

Wed, Jan 14 | By appointment | SLP City Hall | \$65

Wed, Feb 11 | By appointment | SLP City Hall | \$65

# 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!

8:00 - 8:45 PM  
Wednesdays, Jan 7 - 28  
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  
January 8 - 29 \$28  
February 5 - 26 \$28

### Evening Yoga

6:00 - 7:30 pm  
Thursdays  
January 8 - 29 \$40  
February 5 - 26 \$40

## 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

**Dates:** January: 10, 17, 31 | February: 7, 14, 21, 28

**Where:** Spring Lake Park High School | Enter door #29 (bring a pair of clean walking shoes on snowy days)



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Spring Lake Park Senior Center, Spring Lake Park, MN

B 4C 02-1222

# 06 ART AND FUN

Spring Lake Park

**JAN  
15**

## PAINT, RESIN AND GLASS SNOWMAN

Join us for a frosty-fun art class where you'll craft your very own resin snowman that won't melt—but might just steal your heart. **Thurs, Jan 15 | 6:00 - 8:30 pm | SLP City Hall | \$55**

**FEB  
2**

## ENVELOPES OF LOVE

Create & paint a lovely love letter for a special someone – this includes you 😊

**Mon, Jan 2 | 6:00 - 9:00 pm | SLP City Hall | \$37**

**FEB  
17**

## BEGINNER WATERCOLOR FUN

Dip your brush into something new with a beginner watercolor class where happy accidents are part of the magic.

**Tue, Feb 17 | 1:00 - 4:00 pm | SLP City Hall | \$37**



*Winter watercolor examples*



## COUNTRY JAMMERS!

Love country music? Drop in for Country Jammers, a casual, open jam session where musicians and singers of all levels can play, sing, or simply enjoy the friendly, foot-stomping tunes.

- **Tues, Jan 13**
- **Mon, Feb 9**
- **Mon, March 9**

**Able Park 8200 Able Street NE**

**12 pm - 3 pm**

**FREE**



*Jammers in session!*

## CREATE WITH US!

Discover the joy of creativity with classes designed for all skill levels! From painting and watercolor to mixed media, mosaic bird baths, and mandala rock painting, we offer a wide variety of fun and inspiring projects. Each session is an opportunity to explore new techniques, express yourself, and create something beautiful—whether you're a beginner or an experienced artist.

All materials are provided, and classes are offered at a range of times to fit your schedule. Come join the fun, learn new skills, and take home your own unique works of art!

*Check out [slprec.org](http://slprec.org) for classes and times*



## SNOW BUDDY SCAVENGER HUNT!

Join us for our "Snow Buddy in the Park" Scavenger Hunt, where your family will receive daily clues to find our hidden Snow Buddy in a City Park, snap a selfie to post on our Facebook page for a chance to win a local food store gift card, and earn extra entries each time you find him Monday, February 23 through Friday, February 27.

*Call 763-792-7201 for more information!*



*Snow Buddy*

# BI - MONTHLY CALENDAR 07

Spring Lake Park

| Monday   | Tuesday   | Wednesday                              | Thursday   | Friday  |
|--|---|--|--|---|
| <b>JANUARY 2026</b>  |   |  | 1 <b>NEW<br/>YEAR'S<br/>DAY</b><br><b>CITY HALL CLOSED</b> | 2 <b>CITY HALL CLOSED</b>   |
| 5  | 6   | 7<br>1:00 pm- Hand and Foot Card Club  | 8<br>1:00 pm- 500 Club                                     | 9   |
| 12<br>1:00 pm- Bingo!  | 13<br>12:00 pm- Country Jammers at Able Park!   | 14<br>1:00 pm- Hand and Foot Card Club | 15<br>1:00 pm- 500 Club                                    | 16  |
| 19<br><br><b>CITY HALL CLOSED</b>                                       | 20<br> | 21<br>1:00 pm- Hand and Foot Card Club | 22<br>1:00 pm- 500 Club                                    | 23  |
| 26<br>1:00 pm- Bingo!  | 27  | 28<br>1:00 pm- Hand and Foot Card Club | 29<br>1:00 pm- 500 Club                                    | 30  |
| <b>FEBRUARY</b>   |   |  |  |   |
| 2  | 3   | 4<br>1:00 pm- Hand and Foot Card Club  | 5<br>11:00 am Book Club<br>1:00 pm- 500 Club               | 6   |
| 9<br>12:00 pm- Country Jammers at Able Park!<br>1:00 pm- Bingo!  | 10  | 11<br>1:00 pm- Hand and Foot Card Club | 12<br>1:00 pm- 500 Club                                    | 13  |
| 16<br>★  ★<br><b>PRESIDENT'S<br/>—DAY—</b><br><b>CITY HALL CLOSED</b> | 17  | 18<br>1:00 pm- Hand and Foot Card Club | 19<br>1:00 pm- 500 Club                                    | 20<br> |
| 23<br>1:00 pm- Bingo!  | 24  | 25<br>1:00 pm- Hand and Foot Card Club | 26<br>1:00 pm- 500 Club                                    | 27  |
| -----  | <b>SNOW BUDDY SCAVENGER HUNT!</b>   | -----                                  | <b>SNOW BUDDY SCAVENGER HUNT!</b>                          | -----   |

\*UP AND DOWN THE RIVER IS CANCELED FOR JAN AND FEB

\*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

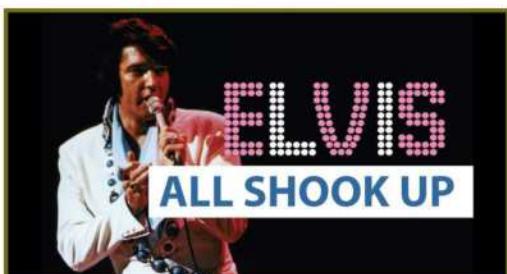
Fri, Feb 20 | 10:30 AM - 4:00 PM | Depart from SLP City Hall | \$100



## 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.

# 09 SLP DAY TRIPS

Spring Lake Park



## Birthday Candles at the Sidekick Theater

Birthday Candles by Noah Hidle 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

history theatre



## 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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Spring Lake Park Senior Center, Spring Lake Park, MN

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## 2026 Extended Tours WITH SLP RECREATION

### PLAN YOUR TRIP WITH US

#### Trek for the Tulips

April 29- May 4 | 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.

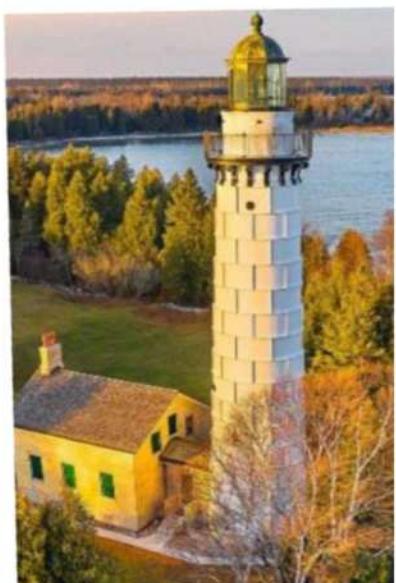
**Price per Person:** Single: \$1,850 | Double: \$1,500 | Triple: \$1,455



#### Backroads and River Bends

June 11-14 | La Crosse/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.

**Price per Person:** Single: \$1,250 | Double: \$1,050 | Triple: \$975



#### Ladies in Lincoln

September 23-27 | 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.

**Price per Person:** Single: \$1,350 | Double: \$1,150 | Triple: \$1,075



#### Door County Delights

October 6-9 | 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.

**Price per Person:** Single: \$1,550, Double: \$1,350, Triple: \$1,275

#### 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.

**Price per Person:** Single: \$1,725 | Double: \$1,525 | Triple: \$1,450

## 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](http://slprec.org) for more information!  
Anne Scanlon, Program Director, 763-792-7231, [ascanlon@slpmn.org](mailto:ascanlon@slpmn.org).



### HOLIDAY PUFFCORN RECIPE

#### Ingredients Needed:

- 7 oz butter flavor puffed popcorn
- 16 oz almond bark cut into pieces
- Sprinkles



#### Instructions:

1. Line a cookie sheet with parchment paper.
2. Melt almond bark in a microwave-safe bowl in 30-second intervals, stirring until smooth.
3. Gently fold puffed popcorn into melted almond bark until coated.
4. Spread evenly on prepared cookie sheet.
5. Add sprinkles before chocolate sets.



Anoka County  
TRANSIT UNIT

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## REGISTRATION

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

**Office Hours:**  
Monday – Friday  
8:00 AM – 4:30 PM

**Phone:** 763-792-7201  
**Email:** [recinfo@slpmn.org](mailto:recinfo@slpmn.org)  
**Website:** [slprec.org](http://slprec.org)

### Registration Options:

**Online:** [slprec.org](http://slprec.org)  
**In-Person:** City Hall during office hours  
**By Mail:**  
Spring Lake Park Recreation  
1301 81st Ave NE  
Spring Lake Park, MN 55432

## FREE SENIOR CLUBS

### BINGO

2<sup>nd</sup> & 4<sup>th</sup> Monday of the Month  
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.*

### BOOK CLUB

1<sup>st</sup> Thursday of each month.  
11:00 am SLP City Hall

**Jan:** The Mad Wife by Meagan Church

**Feb:** The Queens of Crime by Heather Terrell



### UP & DOWN THE RIVER

3<sup>rd</sup> 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

### Got a Hobby? Start a Club!

*Cards, cribbage, Mahjong, knitting, crocheting—anything goes!*

*We've got the space, if you've got a skill  
Want to lead or join? Let us know!  
Please stop in and talk to us, call us, or  
email us today!*