



PARKS & RECREATION NEW JOURNEYS

OUR MISSION

New Adventures.
Lifelong Connections.

CONTACT US

ADDRESS

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Spring Lake Park, MN 55432

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763-792-7201

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recinfo@slpmn.org

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www.slprec.org/parksrec



OUR STAFF

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MN Zoo was a Tropical Oasis -
while it was subzero outside!
Jan. 20 Day Trip



Signs of Spring in Minnesota

Signs of Spring in Minnesota & a Global Innovation to Smile About
As March and April roll in, Minnesotans know the subtle signs that winter is loosening its grip. The first robins appear, maple sap begins to flow, and the ice on our beloved lakes starts to crack and sparkle under longer daylight hours. For many who grew up in the 1940s, these months were a time of anticipation—waiting for fishing season, planning gardens, and enjoying the smell of thawing earth.

Did You Know?

- The average date for ice-out on Minnesota lakes is mid-April, but in recent years, warming trends have shifted this earlier.
- Maple syrup season typically peaks in March when daytime temperatures rise above freezing but nights stay cold.
- The Minnesota Twins' first home game this year is scheduled for early April—another sure sign of spring!
- Sign up for MN Twins game June 3rd, see inside for details!

Adventure Awaits

SLP Rec Trips and Tours for
exploration and surprise.

Learn & Create

Hands-on clubs and classes for
creativity and new skills.

Community Connection

fun activities bring people together
to make core memories and
maintain wellness.

We're Going Places

Pack your curiosity, and make every
moment count! Let's Go!

MARCH / APRIL 2026

SLP Day Trip

MN Zoo

Tropical Oasis Adventure



Stop monkeying around - get on board with our next Day Trip!

From water ways to wings and things. We learned, explored, and made new friends at the Jan. 20th MN Zoo Trip. Temperatures outside were sub zero, but inside it was an escape to the tropics for a day! Delicious food at the Wild Cafe, then so many animals to watch and enjoy from indoors, underwater, on top of trees, to the semi outdoor trail - we saw them all!



EDUCATIONAL SEMINARS



CLASSES AND CLUBS



AT SLP
WE ALWAYS
HAVE FUN TOGETHER!

CHECK OUT OUR INSTAGRAM
AND FACEBOOK



SENIOR SAFETY AND WELLNESS FAIR

THURSDAY, MAY 7 | 9AM-3PM | \$15
LOCATED AT FIRE STATION #3 (11920 ULYSSES STREET NE.)



A variety of speakers will present safety and wellness topics specific for healthy senior living. Local vendors will provide take home information and door prizes. The afternoon will be filled with entertainment and activities. Refreshments will be available throughout the day and lunch will be served at noon.

Advanced registration is needed at 763-587-1863 or www.sbmfire.org/seniorsafetyfair, starting Monday, March 30.

03 ENRICHMENT

Spring Lake Park

Your Equity Your Way Series - Kristi Nemec - Senior Home Coach™/Downsizing Professional

As a Senior Home Coach™, she guides older adults and their families through the emotional and practical steps of moving later in life, offering thoughtful planning and steady support every step of the way.



**MAR
18**

Navigating AS IS Sales - no staging - no repairs - no stress

Discover what's really behind "We Buy Homes for Cash!" offers and learn when selling as-is makes financial sense.

Wed, Mar 18 | 10:00 -11:00 am | SLP City Hall | Free

**MAR
25**

Make the Most of Your Home in Retirement - Your Equity - Your Options

Kristi explains how to make the most of your home equity and choose the right financial strategy for a smooth transition to your next home.

Wed, Mar 25 | 10:00 -11:00 am | SLP City Hall | Free

APR 15 STEVIE RAY: IMPROV COMEDY WORKSHOP

Laughter really is the best medicine; come see for yourself! Join Stevie Ray for a fun lighthearted improv comedy workshop. No experience needed - just a sense of humor and a willingness to try something new. Open to all - especially those young at heart.

Wed, Apr 15 | 5:30 pm - 6:30 pm | Able Park | \$10



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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

Kristi@PathwayToPurposeMN.com
Follow for updates & tips:
PathwayToPurposeMN.com

Trusted by Twin Cities seniors & their families.

Advertise in Our Newsletter!

Contact Kristee Flynn

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



04 ENRICHMENT

Spring Lake Park

MAR APR BOOK AND PUZZLE EXCHANGE

Need a new book or puzzle—or ready to pass one along? Bring a book or puzzle to trade (take home anything not exchanged).

Wed, Mar 4 | 11:00 am - 12:00 pm | SLP City Hall | FREE

Wed, Apr 1 | 11:00 am - 12:00 pm | SLP City Hall | FREE

APR 29 MATURE DRIVERS COURSE

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

MAR APR VIRTUAL: GENEALOGY BY MICA ANDERS

March 19 | 6:30 - 8:00 PM Central | Genetics and Genealogy (DNA 102)

March 31 | 10:00 - 11:30 AM Central | Genetics and Genealogy (DNA 102)

April 16 | 6:30 - 8:00 PM Central | Census Records Decoded



Fun at the Le Musique Theater!

COOKING CLASSES WITH JEFF SANDINO

LOCATION: FRIDLEY HIGH SCHOOL



TRADITIONAL ITALIAN CUISINE

Tue, April 7 | 6:00 - 9:00 pm | \$45

TANTALIZING THAI CUISINE

Tue, May 12 | 6:00 - 9:00 pm | \$45

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, Apr 15 | 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 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, Mar 11 | By appointment | SLP City Hall | \$65

Wed, Apr 8 | By appointment | SLP City Hall | \$65

April hath put a spirit of youth in everything.

— WILLIAM SHAKESPEARE —



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, March 18-April 8
 Fee: \$40
 Location: QC Dance

YOGA

Discover this ancient practice that not only builds strength and flexibility, it 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
 March 5 - 26 \$28
 April 2 - 30 \$35

Evening Yoga

6:00 - 7:30 pm
 Thursdays
 March 5 - 26 \$40
 April 2 - 30 \$50

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: March: 7, 14, 21, 28

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



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.

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 763-308-2888 to
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Spring Lake Park Senior Center, Spring Lake Park, MN

02-1222

06 ART AND FUN

Spring Lake Park

APR 13 MANDALA ROCK PAINTING

Want to tap into your creative side? Explore peace and relaxation while crafting an intricate, original Mandala Rock or tea candle
Fri, Apr 10 | 1:00 - 3:00 pm | SLP City Hall | \$35

APR 23 NIGHT LIGHT ART CLASS

Make your very own night light! This mixed media class will let the light in late at night.
Thur, April 23 | 6:00 - 8:30 pm | SLP City Hall | \$55

MAY 6 BIRD WATCHING WALK

Get outdoors and stay active on a guided bird walk. Staff will help identify birds and wildlife, and binoculars are available. A fun, relaxing experience for all ages.
**Wed, May 6 | 9:00-11:00 am OR Wed, May 20 | 6:00-8:00 pm
Coon Rapids Dam East, meet at the visitor center | \$10**



Spring Lake Park Lions Pancake Breakfast

**Sunday, April 19
8:00 am - noon**

**Spring Lake Park High School
School Cafeteria door #29**

FREE WILL OFFERING



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.

- Mon, March 2
- Mon, April 13
- Mon, May 11

**Able Park 8200 Able Street NE
12:00 pm - 3:00 pm
FREE**



Jammers in session!

new! CREATIVE CARD MAKING CLUB MIXER

Hands-on card-making session where creativity blooms. No experience is needed! We'll provide all the materials you need to design beautiful personalized cards crafted for someone you love, to donate, or to keep as a little piece of joy for yourself. Take what you make, 1-3 cards are typically completed in a session. Come for the fun, stay for the skills. (You may bring your own supplies if you have them) A relaxed, social atmosphere - perfect for beginners and seasoned crafters alike! Let's make something beautiful together to sprinkle more smiles in the world!



Meets third Monday monthly.

Begins: Mon, Mar 16 | 1:00 - 3:00 pm | SLP City Hall | FREE



MOSAIC BIRD BATH WITH PEGGY

All items needed to create a beautiful personalized bird bath with guided instructions. Please bring rubber gloves, old towel for grouting and wear clothing that can get messy.



Thu, May 14 | 6:00 - 9:00 pm | SLP City Hall | \$20

**\$25 supply fee paid to instructor at class*

March
Monday

BI - MONTHLY CALENDAR 07

Spring Lake Park

Tuesday

Wednesday

Thursday

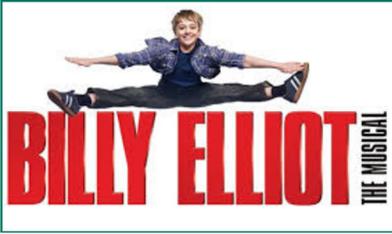
Friday

2 12:00 pm- Country Jammers at Able Park!	3	4 1:00 pm- Hand and Foot Card Club	5 11:00 am Book Club 1:00 pm- 500 Club	6 
9 1:00 pm- Bingo! <i>International Women's Day</i>	10	11 1:00 pm- Hand and Foot Card Club	12  1:00 pm- 500 Club	13
16 1:00 pm- Up and Down the River Card Club Card Making Club Mixer	17 	18 1:00 pm- Hand & Foot Card Club	19 1:00 pm- 500 Club	20
23 1:00 pm- Bingo!	24	25 1:00 pm- Hand and Foot Card Club	26 1:00 pm- 500 Club	27
30	31	 <p>Set those clocks back! Daylight savings is <u>Sunday, March 8th!</u></p>		
		1 1:00 pm- Hand and Foot Card Club <i>April Fools Day</i>	2 11:00 am Book Club 1:00 pm- 500 Club	3
6	7	8 1:00 pm- Hand and Foot Card Club	9 1:00 pm- 500 Club	10
13 12:00 pm- Country Jammers at Able Park! 1:00 pm- Bingo!	14	15 1:00 pm- Hand & Foot Card Club	16 1:00 pm- 500 Club	17
20 1:00 pm- Up and Down the River Card Club Card Making Club Mixer	21	22 1:00 pm- Hand & Foot Card Club <i>Earth Day Administrative Professionals' Day</i>	23 1:00 pm- 500 Club	24 <i>National Arbor Day</i>
27 1:00 pm- Bingo!	28	29   12:30 pm Mature Driver 1:00 pm- Hand and Foot Card Club	30 1:00 pm- 500 Club	

Book Club March: The Letter Carrier by Francesca Giannone
Book Club April: The Heaven & Earth Grocery Store by James McBride

08 SLP DAY TRIPS

Spring Lake Park



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.

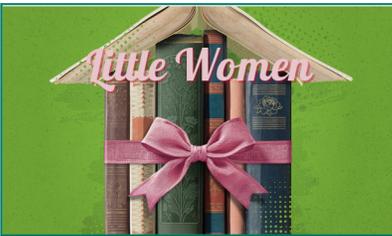
Wed, Apr 29 | 10:30 AM - 4:00 PM | Depart from SLP City Hall | \$100 | Meal Included



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 | Depart from SLP City Hall | \$92 | Meal Included



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.

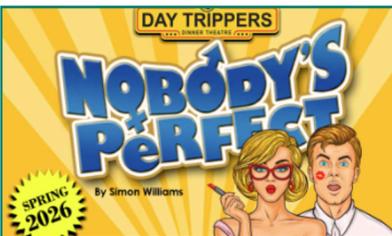
Wed, May 27 | 10:30 AM - 4:30 PM | Depart from SLP City Hall | \$90 | Meal Included



Minnesota Twins vs. Chicago White Sox

Take Me Out to the Ballgame! Travel by round-trip coach from Mounds View Community Center and enjoy great seats in Section 109—just steps from the concourse. Soak up the sunshine, cheer on the team, hear the crack of the bat, and grab your favorite ballpark bites on your own.

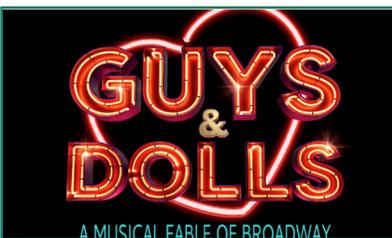
Wed, June 3 | 12:00 PM – 3:45 PM | Depart from Mounds View Community Center | \$70 | **No Meal**
Deadline: May 15



Daytrippers Nobody's Perfect

A hilarious romantic comedy about love, chaos, and second chances now at their beautiful new location the Scottish Rite Theatre, Uptown! Enjoy great food, laughter, and an unforgettable outing of live comedy theatre.

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



Guys & Dolls

Iconic musical comedy full of romance, dance, and show-stopping numbers like 'Luck Be a Lady,' this Broadway classic comes to Chanhassen Dinner Theatres for or the first time in over 35 years! From New York to cafes of Havana, it pops!

Wed, Jun 24 | 10:30 AM - 5:00 PM | Depart from SLP City Hall | \$107 | Meal included
Wed, Sept 9 | 10:30 AM - 5:00 PM | Depart from SLP City Hall | \$107 | Meal included



Minneapolis Queen River Cruise & Mystery Stop

Join us aboard the elegant Minneapolis Queen for a scenic lunch cruise on the Mississippi River. Enjoy the views of Minneapolis, historic bridges and natural beauty during this lunch cruise. After the cruise we'll whisk you away to a surprise destination.

Tue, June 30 | 10:00 AM - 5:00 PM | SLP City Hall | \$112 | Meal included

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

09 SLP DAY TRIPS

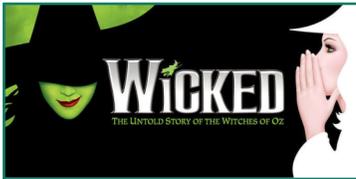
Spring Lake Park



Church Basement Ladies

It's 1969. The world is changing and the ladies of the church prepare for changes of their own below the House of God. As always, you'll laugh until your side-dish hurts with their antics and down-to-earth charm from within the church basement.

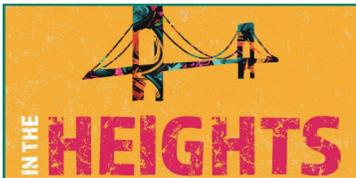
Thur, July 16 | 10:30 AM - 4:30 PM | Depart from SLP City Hall | \$92 | Meal included



Wicked

Wicked you want - Wicked you get! From the first electrifying note to the final breathtaking moment, WICKED—the untold true story of the Witches of Oz transfixes audiences with its wildly inventive story at the Orpheum.

Thu, July 30 | 5:30 PM - 10:30 PM | Depart from SLP City Hall | \$150 | Light Reception at SLP City Hall 5:30-6:30



In The Heights

In the Heights bursts with vibrant music and heart, telling the story of a lively Washington Heights community chasing dreams and love. At its center is Usnavi, a bodega owner navigating hopes, traditions, and tough choices it's electrifying!

Wed, Aug 12 | 10:30 AM - 4:30 PM | Depart from SLP City Hall | \$95 | Meal included



Laff Boat Comedy Dinner Cruise

Enjoy dinner and comedy on this St. Croix River Cruise. This evening comedian is Garie Lewis. He will be sure to have you laughing the night away. This trip is open to anyone age 21+

Fri, Aug 14 | 5:00 PM - 9:30 PM | SLP City Hall | \$112 | Meal included



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

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Spring Lake Park Senior Center, Spring Lake Park, MN

02-1222

EXTENDED TOURS

Spring Lake Park

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

Selling out

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.

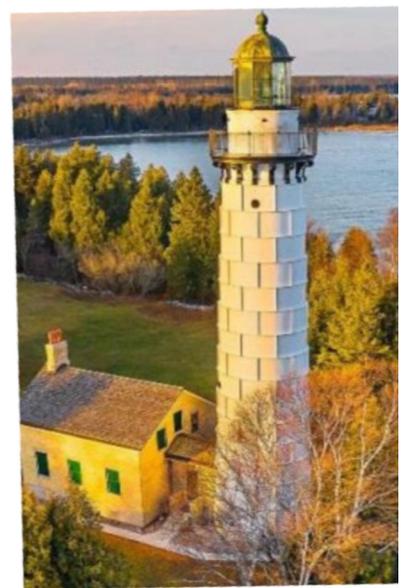
Price per Person: Single: \$ 1,550, Double: \$ 1,350, Triple: \$ 1,275

A Very Branson Christmas

**Selling out
4 seats left!**

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

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.



ST. PATRICK'S DAY POT O' GOLD COOKIES

Ingredients Needed:

- Vanilla Wafers
- Green Frosting
- Sprinkles



Instructions:

1. Line a cookie sheet with parchment paper.
2. White frosting of choice and fold in green food coloring
3. Spread on the flat side of cookie, press another cookie on top until frosting squishes out a little and roll in sprinkles
4. Put cookies in a mini plastic caldron or basket to serve. add frosting and Mini Peanut butter cup and rainbow fruit to top



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REGISTRATION

Spring Lake Park City Hall
1301 81st Ave NE
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Office Hours:

Monday – Friday
8:00 AM – 4:30 PM

Phone: 763-792-7201

Email: recinfo@slpmn.org

Website: slprec.org

Registration Options:

Online: 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

2nd & 4th Monday of the Month
1:00 pm SLP City Hall

BOOK CLUB

1st Thursday of each month.
11:00 am SLP City Hall

Mar: The Letter Carrier by Francesca Giannone

Apr: The Heaven & Earth Grocery Store by James McBride

CARD MAKING CLUB MIXER

New! 3rd 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.*



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? Trip our Tours

Wish List, Let us know!

*Please stop in and talk to us, call us, or
email us today!*