



IRON RANGE Tour

August 25 –27th, 2025

You will experience a wide range of quintessential Minnesota sights.

Tour Fees

Price per Person

Single: \$990

Double: \$900

Triple: \$875*

Final payment is due

Girlfriends Getaway

5 days, 4 nights

September 24 - 28

We are off to the Canadian city of Winnipeg, so be sure to have your passport.

Tour Fees

Price per Person

Single: \$1,350

Double: \$1,150

Triple: \$1,100

Final payment is due on July 29, 2025

Kansas City Holiday

Dec 10 –14th, 2025

5 day, 4 nights

Dawn your holiday spirit because we are off to Kansas City where magic awaits with cheer so bright.

Tour Fees

Price per Person

Single: \$1,475

Double: \$1,250

Triple: 1,200*

Final payment is due on October 8, 2025

55+ Driver Discount Courses

Did you know you can receive a 10% discount on your car insurance if you take a "Mature Drivers" Course? Minnesota has more than 1.5 million drivers age 55 and older — accounting for more than 20% of all licensed drivers in the state in 2020 — yet only a quarter of them have taken a class, which comes with a state-mandated 10% reduction in car insurance rates annually. (*Star Tribune 12/5/2022*) **Location:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 26	12:30-4:30 PM	\$29	Jun 19
Tue	Aug 19	12:30-4:30 PM	\$29	Aug 12
Wed	Oct 29	5:00-9:00 PM	\$29	Oct 22

Spring Lake Park Tower Days

Friday June 6th

Senior 500 Tournament

(1:00 - 3:00 PM, SLP City Hall) Card enthusiasts can test their skills at the **Senior 500 Tournament!** This individual tournament (no partners needed) is open to all seniors.

- Fee:** \$5/person
- Pre-registration Required:** Deadline **May 30**

Sponsored by: Spring Lake Park Parks & Recreation

\$3.00
donation for
Tower Day
Button

Important information on page 6!

How to Register

Online - Visit our website at slprec.org and click "Registration". Payment is due at time of registration.

Over The Phone - Call us at 763-792-7201 between 8:00am and 4:30pm, Monday - Friday. Payment is due at time of registration.

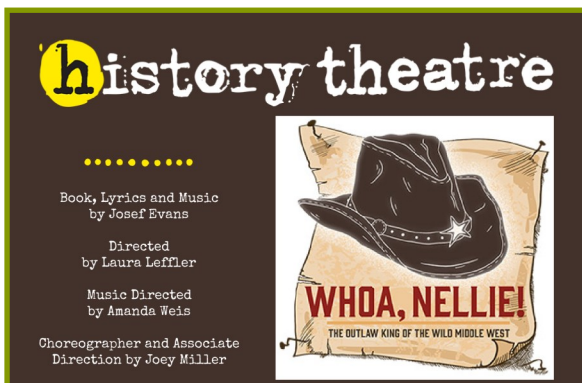
In Person or Via USPS Mail - To register, mail or drop off your Registration Form and payment to Spring Lake Park City Hall. Office Hours: 8:00am - 4:30pm, Monday - Friday Email: recinfo@slpmn.org



DAY TRIP - Lake Mille Lacs Fishing

Kick off summer with an exciting fishing adventure! Join us for a 4-hour charter trip on Lake Mille Lacs, targeting walleye, perch, and crappies. Departing from Twin Pines Resort, enjoy stunning lake views and a delicious lunch after your day on the water. Don't forget to buy your fishing license before departure—let's make this season unforgettable! *Lunch choice made at registration.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 22	7:00 AM-5:30 PM	\$120	April 22



Whoa, Nellie! The Outlaw King of the Wild Middle West

This is a fast-paced, funny, and emotional musical about "Nellie King," a fake detective and former child performer who became a Minnesota media sensation in the late 1800s. Her criminal exploits and love of male attire lead to disastrous consequences, exploring themes of gender, addiction, mental health, and celebrity that still resonate today. *Lunch Included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 29	9:15 AM-3:00 PM	\$98	May 1



ABBA

ABBAFAB is a stunning tribute to ABBA's greatest hits, featuring talented artists and musicians. This multimedia show covers ABBA's iconic songs, from Waterloo to Dancing Queen and Mamma Mia. With world-class vocals and musicianship, ABBAFAB creates an unforgettable experience for fans of all ages. Join us at the Paramount Theater in St. Cloud, with lunch at Coyote Moon Grill! *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jul 24	10:00 AM-5:30 AM	\$107	Jun 24



Church Basement Ladies at the Plymouth Playhouse

The *Church Basement Ladies* are back with the musical that started it all! This comedy follows four women who run the church kitchen, handling everything from dinners to weddings while keeping the pastor on track. Filled with humor, heart, and memorable characters, it's a nostalgic look at church life. *Buffet lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Aug 1	11:30 AM-5:15 PM	\$98	Jul 1



Day Trip: Singin' in the Rain

The "Greatest Movie Musical of All Time" returns to Artistry! Each unforgettable scene, song and dance is accounted for, including the show-stopping title number! Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make SINGIN' IN THE RAIN the perfect entertainment for any fan! *Lunch at Qcumbers Buffet in Edina.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 7	10:30 AM-5:15 PM	\$104	Jul 7



Take Me Out to the Ballgame with the Spring Lake Park Lions!

Join the Spring Lake Park Lions for an exciting evening at the St. Paul Saints baseball game on August 7, 2025! Enjoy a night at the ballpark, cheering on the Saints and connecting with fellow community members. Don't miss out on this fun-filled evening made possible by the Spring Lake Park Lions. *Dinner on your own.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 7	5:00-10:30 PM	\$43	Jun 30



Disney's Beauty & Beast at the Orpheum

Join us for Disney's reimagined 30th Anniversary production of *Beauty and the Beast*, featuring stunning new sets, costumes, and the timeless romance audiences love. Enjoy a catered lunch at Spring Lake Park City Hall before the show. *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 14	10:30 AM-5:15 PM	\$98	Jul 14



Neil Diamond

Join Matt Vee and The Killer Vees for a high-energy tribute to Neil Diamond, featuring hits like *Sweet Caroline*, *Cracklin' Rosie*, and *America*. With stunning vocals and authentic arrangements, this show honors the music that shaped generations. Enjoy lunch at Coyote Moon before the show at the Paramount Theater! *Lunch included.*

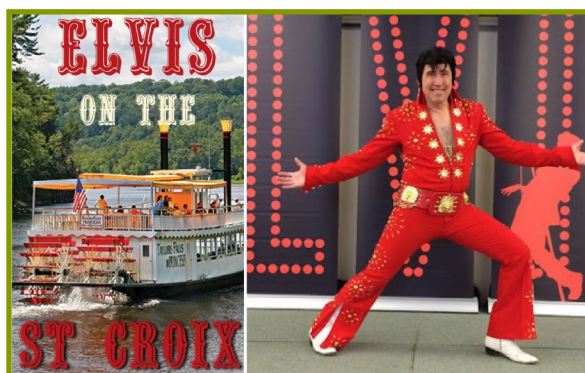
Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 21	10:00 AM-5:30 PM	\$107	Jul 20



Grease

Grease is back at Chanhassen Dinner Theatres! Experience the nostalgia of the '50s with greased-back hair, leather jackets, and the iconic Rydell High backdrop. Enjoy the drama, comedy, and classic songs like "Summer Nights," "We Go Together," and "Greased Lightnin'." Join the fun and groove along to this beloved production! *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Sept 3	10:30 AM-5:00 PM	\$107	Aug 1



Elvis Show on the St. Croix

Set sail on the St. Croix for a magical evening of music and scenic beauty! Enjoy a paddlewheel cruise with stunning views and wildlife while Todd Anderson (Elvis tribute artist) delivers an unforgettable performance. Before the show, we'll have a pizza dinner on the Patio. Don't miss this unique night of entertainment! *Dinner included.*

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Sept 5	4:00-10:30 PM	\$112	Aug 5

FREE CLASSES

Gardens of Rice Creek

Participants will meet 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
Tue	May 20	10:00 AM-12:00 PM	\$0	May 13

Medicare

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:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Sept 16	11:00 AM-Noon	\$0	Sept 9

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:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 19	2:00-3:30 PM	\$0	Jun 12

Classes & Workshops

by Eric Houston

Location: SLP City Hall

Antiques Anywhere: DIY Antique Appraisals Workshop

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 23	10:00-11:00 AM	\$0	Jun 16

Movie Man Classes

Mary Pickford: The World's First Movie Star

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 21	10:00-11:00 AM	\$0	May 14

At the Movies: The Birth of Sound, Color, and the Widescreen

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 16	10:00-11:00 AM	\$0	Jul 9

Over the Rainbow: Behind the Scenes of Wizard of Oz

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 27	10:00-11:00 AM	\$0	Aug 20

Dracula, Frankenstein & King Kong: Monster Movies of the 20's & 30's

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Sept 10	10:00-11:00 AM	\$0	Sept 3

Join the fun! Free Senior Clubs



Senior Card Club - Join other seniors **every Thursday from 1:00 - 3:00 PM** for 500. There is no charge to participate and no pre-registration is required. **Location:** SLP City Hall

Hand and Foot Card Club - Hand and Foot is a fun, engaging card game perfect for seniors looking for a relaxed social activity. A variation of Canasta, it's usually played by four players in teams of two, but can be adapted for other numbers. **Join us Wednesdays at 1:00 PM.** **Location:** SLP City Hall

Beverly's Walkers - Step into fitness and friendship with our Community Walking Group, designed especially for seniors! Enjoy the health benefits of walking while exploring scenic local trails and connecting with others who share your enthusiasm for staying active. Whether you're looking to boost your energy, improve your mood, or simply enjoy good company, this group is a perfect way to keep moving at your own pace. Lace up your sneakers and join us for fun, fitness, and new friendships! **See website for locations (www.slpsec.org)*

HEALTH & FITNESS CLASSES

Gentle Yoga

Discover the wisdom of this ancient exercise. Our classes are specially designed for seniors and include gentle stretching, mindful breathing techniques, and guided relaxation.

Location: SLP City Hall



Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 12 - Jun 26	10:00-10:45 AM	\$19	Jun 11
	Jul 10 - Jul 31		\$25	Jul 9
	Aug 7 - Aug 28			Aug 6

Bird Hike

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



Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 7	9:00-11:00 AM	\$5	April 25
Fri	May 23			May 9

Nordic Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. Nordic Walking uses specially designed poles to enhance your natural walking experience. Burn more calories and improve your posture and gait. Poles provided by instructor.

Location: Coon Rapids Dam / Wargo Nature Ctr.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 16	9:00-10:15 AM	\$12	Jun 11
Wed	Jun 18	3:00-4:15 PM	\$12	Jun 11

CREATIVE CLASSES

Mandala Rock Painting

Have you ever wanted to tap into your creative self? Come and explore how to find peace and relaxation while creating an intricate and original Mandala Rock.

Location: SLP City Hall



Day(s)	Date(s)	Time	Fee	Deadline
Thu	June 12	1:00-3:00 PM	\$30	Jun 5
	Sept 18			Sept 10

Card Making Class - Birthday Cards

Make birthdays truly unforgettable by sending personalized, handmade cards to your friends and family! We'll provide inspiring examples and all the supplies you need to create your own cards.

Location: SLP City Hall



Day(s)	Date(s)	Time	Fee	Deadline
Sat	Sep 13	10:30 AM-Noon	\$30	Sep 5

Art Classes by Jill

Sip and Paint



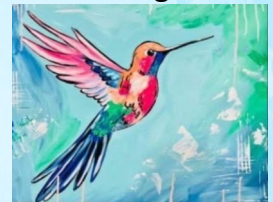
Date: Fri, Jun 6

Time: 6:00-9:00 PM

Fee: \$45

Deadline: Jun 1

Hummingbird



Date: Tue, Jul 8

Time: 6:00-9:00 PM

Fee: \$37

Deadline: Jul 2

Dear Friends and Colleagues,

I just wanted to take a moment to express my sincere gratitude to each of you for attending my retirement party. Your presence, kind words and thoughtful gestures made the occasion truly special and memorable.

Thank you again for making my retirement celebration so meaningful. I look forward to many adventures and maybe I will see you down the road.

Best wishes,

Kay



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

PRESORTED
STANDARD
US POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 30308

New Journeys NEWS

Help Us Keep *New Journeys* on Track!

- We're working to **streamline and update** our *New Journeys* newsletter mailing list—and we need your help!
- Whether you've moved, changed your email, or want to receive the newsletter digitally instead of by mail, now's the time to update your preferences. Even if nothing has changed, confirming your information helps us stay organized and reduce paper waste.

Please take a moment to complete and return this form.

- It's quick, easy, and helps us keep *New Journeys* coming your way—just how you like it!

Please take a moment to update your information

3 ways to update your information!

1. Online Form: <https://bit.ly/NewJourneysUpdate>
2. Email us at recinfo@slpmn.org
3. Call us at 763-792-7201

Email subscribers
will be entered
to win a \$25
Gift Card

4 chances
to win!



Scan me