RECREATION NEWSLETTER

January 1 - March 14

Programs, activities and resources for all ages.

What's Happening...

Family Sledding Weekends
Youth Fun Fridays
Rec on the Go

Family Ice Bocce
Donut Make You Wonder
Virtual Fitness

Snowshoe Sundays
Flick & Float
& More...
REGISTRATION

ONLINE RECREATION REGISTRATION
1. webtrac.cityofbrooklyncenter.org
2. Create an account through the site by providing basic information about you and your family.
3. Create a LOGIN (your email address) and choose a password. If you forget your password, the site can send you a reminder email.
4. Once your account is created, use your login and password to sign up for recreation programs. If you have questions, please contact us at 763-569-3400.

PHONE-IN
Visa, MasterCard, Discover and American Express accepted.
Monday-Friday, 8:30 am - 4:30 pm

LIABILITY
The Community Activities, Recreation and Services Department does not provide accident insurance for participants in any of its programs. Participants assume all inherent risk of injury from their involvement in programs or activities.

NO NON-RESIDENT FEES
Brooklyn Center Recreation Department does not charge non-resident fees for any of our programs, classes or community center memberships.

REFUND INFORMATION
Request for refunds must be made at least 24 hours before first class or by registration deadline date. Cancellations after the first class, require 24 hour notice before the second class. No refunds issued after the second class. No refunds on Active Adult programs and Community Tripsters after the registration deadline.
Requests for refunds for Lifeguard Training must be made at least 8 days before the program start date.
Refunds will be prorated and a $5 cancellation fee is charged.
No refunds given on programs of $5 or less.
If programs are canceled by the Recreation Department, a full refund will be issued.

PLEASE NOTE...
Incliment Weather – If classes or recreation activities are canceled due to inclement weather, we will attempt to make them up. For a recorded message about activity cancellations, call 763-569-3442.

Financial Assistance – Available to Brooklyn Center youth residents who could not otherwise participate in the program due to financial reasons. Request and registration must be made in person at the community center. Not available for one-day programs, private swim lessons, lifeguard training, water safety aide, memberships, or contracted trip programs.

Photograph Notice – City employees take pictures of program participants to use for publicity purposes. Photos may appear in the guide, on the website or other marketing publications.

Missed Lessons - Missed lessons will not be made up.

No Participant Substitutions – Only registered participants may attend programs.

Prorated Fees – Program fees cannot be prorated.

Late Pickup Fee – $5 fee for every ten minutes past program ending time will be issued for youth programs.

Auxiliary Aids – Auxiliary aids for persons with disabilities available upon request at least 96 hours in advance. Persons with hearing or speech impairment served by the MN Relay Service, 711 (TTY/Voice).

Inclusion Requests – Successful inclusion requests are made two weeks in advance.

LANGUAGE INTERPRETATION SERVICES
Language translation services are available at the community center via LanguageLine. LanguageLine is a service that connects human interpreters via telephone to individuals who wish to speak to each other but do not share a common language. Service provided free of charge.

REACH FOR RESOURCES
An inclusion specialist is available to assist persons who wish to participate in programs. For a successful inclusion, a minimum of two weeks notice is required for an inclusion assessment to be completed. To register or for more information on REACH for Resources programs or other adaptive recreation options, call REACH at 952-200-3030 or go to https://www.reachforresources.org/news/newsletters/.
We love seeing everyone out enjoying City of Brooklyn Center Parks!

To protect yourself, your loved ones and your community please follow these guidelines:

**Face masks or coverings** are strongly recommended to protect yourself and others.

**Bring your own equipment** and be sure to take it home with you when you leave.

**Maintain a 6-foot distance** between yourself and others, alert others before passing them on the trail.

**Wash your hands** for at least 20 seconds before and after visiting public spaces.

Please note...

Brooklyn Center Recreation continues to adapt to the guidelines and recommendations as it relates to the COVID-19 pandemic. All programs and events will have social distancing protocols in place and are subject to change. Stay up-to-date by ensuring we have the most current contact information for you when registering. Be safe and be well Brooklyn Center!
YOUTH PROGRAMS

BUSY BAGS
FREE! Ages 5-10. Busy bags have arrived with activities ready to help keep the kids busy this winter! All bags will have 4-5 surprise activities. Each month a new version will become available. Pick-up will be at the Brooklyn Center Community Center. Supply is limited so, act fast! Adult version available on page 9.

January Busy Bag: Freezin’ Season
January 4 – while supplies last, #320303-01

February Busy Bag: Crazy Crafting
February 1 – while supplies last, #320303-02

March Busy Bag: Spring is Near
March 1 – while supplies last, #320303-03

RECESS WITH REC ON THE GO
Rec on the Go staff will be joined by Brooklyn Center Community School staff to provide a mid-day activity break to kids who may be home and want to join. Dress for the weather! Bag lunch will be provided by Brooklyn Center Community Schools.

FIREHOUSE PARK, 6535 BRYANT AVE N
Jan 6, Feb 3, Mar 3 - 11:45am-12:25pm

LIONS PARK, 5501 RUSSELL AVE N
Jan 11, Feb 8, Mar 8 - 10:55-11:25am

CENTENNIAL PARK, 6301 SHINGLE CREEK PKWY
Jan 20, Feb 17, Mar 17 - 11:45am-12:25pm

TWIN LAKE NORTH APARTMENTS, 4539 58TH AVE N
Jan 25, Feb 22, Mar 15 - 10:55-11:25am

LEARN TO SWIM
Swim lessons will be provided with Covid-19 pre-cautions. Parents will be required to be in the water with children 8 and under to facilitate the lesson with the instructor. If you have any questions about lessons, precautions, or concerns, please contact Jacob Andersen at jandersen@ci.brooklyn-center.mn.us or 763-569-3400.

MAKE A SPLASH GRANT
The USA Swimming Foundation has graciously granted the City of Brooklyn Center the Make a Splash Grant again for 2020. The grant funds are eligible for anyone signing up for the first time to offset the cost of private lessons. If you are interested in receiving the Make a Splash grant, please contact the community center at 763-569-3400.

PRIVATE LESSONS
Ages 6 month & older. Improve stroke techniques, conquer fear of water, gain confidence, or focus on skills! Designed to meet the individual needs of you or your child. Ratio one student/instructor.

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Registration for February sessions begins January 12 at 10 am.

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Registration for March sessions begins February 9 at 10 am.

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COMING TO A PARK NEAR YOU!

Join us this Winter at one of our **FREE** Rec On The Go sites!
The Rec On The Go (ROTG) van will be pulling in and bringing recreation to neighborhoods. Rec On The Go staff will set up activities and equipment for youth and teens. There will be games, sports, arts, crafts and more! **FREE MEALS** provided by Partners In Quality Care for youth 18 and under. Drop in! No registration required. The ROTG van will arrive and leave at the designated time. Brooklyn Center staff are not responsible for any youth after the vehicle has exited the site.

### JANUARY 5 – APRIL 1

<table>
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<th>Park</th>
<th>Address</th>
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<th>Time</th>
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<td>Kylawn Park</td>
<td>6015 Kyle Ave N</td>
<td>Tues</td>
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<td>Firehouse Park</td>
<td>6535 Bryant Ave N</td>
<td>Thurs</td>
<td>3 - 3:45 PM</td>
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<tr>
<td>Bellvue Park</td>
<td>801 55th Ave N</td>
<td>Thurs</td>
<td>4 - 4:45 PM</td>
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### RECESS WITH REC ON THE GO

Rec on the Go staff will be joined by Brooklyn Center Community School staff to provide a mid-day activity break to kids who may be home and want to join. Dress for the weather! Bag lunch will be provided by Brooklyn Center Community Schools.

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<td>6535 Bryant Ave N</td>
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<td>5501 Russell Ave N</td>
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<tr>
<td>Centennial Park</td>
<td>6301 Shingle Creek PKWY</td>
<td>Jan 20, Feb 17, Mar 17</td>
<td>11:45 AM - 12:25 PM</td>
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For weather updates and more follow us on Facebook @brooklyncenterrec. For more information about Rec on the Go visit *cityofbrooklyncenter.org/reconthego* or call 763-569-3400.
Make today a play day! Make today a play day! Make today a play day! Make today a play day! Make today a play day! Make today a play day! Make today a play day!

**STAY ACTIVE THIS WINTER WITH BROOKLYN CENTER RECREATION! LISTED PROGRAMS ARE FREE AND SUBJECT TO COVID-19 GUIDELINES AND WEATHER CONDITIONS.**

**JANUARY**
- 5 - Rec on the Go
- 6 - Recess with Rec on the Go
- Wintry Wednesday Walks
- 7 - Rec on the Go
  - Family Ice Bocce
- 8 - Youth Fun Fridays
- 9 - Flick & Float
- 10 - Snowshoe Sundays
- 11 - Recess with Rec on the Go
- 12 - Rec on the Go
- 13 - Wintry Wednesday Walks
- 14 - Rec on the Go
  - Family Ice Bocce
- 15 - Youth Fun Fridays
- 16 & 17 - Family Sledding Weekend
- 19 - Rec on the Go
- 20 - Recess with Rec on the Go
- 21 - Rec on the Go
  - Family Ice Bocce
- 22 - Youth Fun Fridays
  - Flick & Float
- 24 - Snowshoe Sundays
- 25 - Recess with Rec on the Go
- 26 - Rec on the Go
- 27 - Wintry Wednesday Walks
- 28 - Rec on the Go
- Family Ice Bocce
- 29 - Youth Fun Fridays
  - The Big Chill

**FEBRUARY**
- 2 - Rec on the Go
- 3 - Recess with Rec on the Go
  - Wintry Wednesday Walks
- 4 - Rec on the Go
  - Family Ice Bocce
- 5 - Youth Fun Fridays
- 8 - Recess with Rec on the Go
- 9 - Rec on the Go
- 10 - Wintry Wednesday Walks
- 11 - Rec on the Go
  - Family Ice Bocce
- 12 - Youth Fun Fridays
- 13 - Flick & Float
- 14 - Snowshoe Sundays
- 15 - Recess with Rec on the Go
- 16 - Rec on the Go
- 17 - Recess with Rec on the Go
  - Wintry Wednesday Walks
- 18 - Rec on the Go
- 19 - Youth Fun Fridays
- 20 & 21 - Family Sledding Weekend
- 22 - Recess with Rec on the Go
- 23 - Rec on the Go
- 24 - Wintry Wednesday Walks
- 25 - Rec on the Go
- 26 - Youth Fun Fridays
  - Flick & Float
- 28 - Snowshoe Sundays

**MARCH**
- 2 - Rec on the Go
- 3 - Recess with Rec on the Go
  - Wintry Wednesday Walks
- 4 - Rec on the Go
- 5 - Youth Fun Fridays
- 8 - Recess with Rec on the Go
- 9 - Rec on the Go
- 10 - Wintry Wednesday Walks
- 11 - Rec on the Go
- 12 - Youth Fun Fridays
- 13 - Flick & Float
- 14 - Snowshoe Sundays
- 15 - Recess with Rec on the Go
- 16 - Rec on the Go
- 17 - Recess with Rec on the Go
  - Wintry Wednesday Walks
- 18 - Rec on the Go
- 19 - Youth Fun Fridays
- 20 & 21 - Family Sledding Weekend
- 23 - Rec on the Go
- 24 - Wintry Wednesday Walks
- 25 - Rec on the Go
- 26 - Youth Fun Fridays
  - Flick & Float
- 28 - Snowshoe Sundays
- 30 - Rec on the Go
- 31 - Wintry Wednesday Walks

**FAMILY ICE BOCCE**
Bring your family to Evergreen Park for a fun night of ice bocce. Game equipment will be supplied by attendant. Wear your skates or boots. The ice will be divided in half so 2 families can play at the same time. Face masks required.

Call 763-569-3382 to reserve a space.
Jan 7 - Feb 11, Thursdays, 5 pm, 6 pm or 7 pm

**FAMILY SLEDDING WEEKENDS**
Let it snow for sledding! Bring the family to the parks for the wonderful winter activity of sledding. Warm up with a hot beverage afterward. Sleds provided or bring your own.
Saturdays and Sundays 2-3:30pm
Jan 16 & 17 - Lions Park, Feb 20 & 21 - Grandview Park, Mar 20 & 21 - Evergreen Park

**FLICK & FLOAT**
Watch a movie while floating in the heated pool. Details on page 15.

**REC ON THE GO**
Join us for activities and equipment for youth and teens. There will be games, sports, arts, crafts and more! Free meals provided by Partners in Quality Care for youth 18 and under. Details on page 5.

**RECESS WITH REC ON THE GO**
Rec on the Go staff will be joined by Brooklyn Center Community School staff to provide a mid-day activity break to kids who may be home and want to join. Details on page 4 or 5.

**WINTRY WEEKEND WALKS**
Stay active this winter and enjoy the brisk winter air each Wednesday at Centennial Park. Bundle up and head over to take a stroll along the plowed trail and enjoy the wintry landscape and lights throughout the park. If you need to warm up, hot beverages will also be available! Bring photo ID to check out trekking poles.
Wednesdays, 2 - 6 pm

**SNOWSHOE SUNDAYS**
Snowshoeing is a great way to enjoy the outdoors and stay active in the winter months, in fact it can burn up to 1,000 calories per hour! So join us on Sundays this winter to explore our parks on snowshoes. Snowshoes, trekking poles and leg gaiters will be available on a first come first serve basis with photo ID. Adult and youth sizes available, recommended age 4 and up.

Sundays, 2 - 5 pm
West Palmer Lake Park - Jan 10, Feb 14, Mar 14
Lions Park - Jan 24, Feb 28, Mar 28 (check in at golf clubhouse)

**YOUTH FUN FRIDAYS**
Calling all youth! Join us at the parks of Brooklyn Center on Fridays for winter fun. Each week will have different surprise theme to explore. Dress for the weather.
Fridays 4:30-5:30pm
Jan 8 - Centennial West Park, Jan 15 - Evergreen Park
Jan 22 - Willow Lane Park, Jan 29 - West Palmer Park
Feb 5 - Firehouse Park, Feb 12 - Northport Park
Feb 19 - Garden City Park, Feb 26 - Kylawn Park
Mar 5 - Lions Park, Mar 12 - Bellvue Park
Mar 19 - Orchard Lane Park, Mar 26 - Happy Hallow Park

**WEATHER HOTLINE**
763-569-3442

**PARKS**
- **BELLVUE PARK** - 801 55TH AVE N
- **CENTENNIAL PARK** - 6301 SHINGLE CREEK PKWY
- **EVERGREEN PARK** - 7112 BRYANT AVE N
- **FIREFHOUSE PARK** - 6355 BRYANT AVE N
- **ORCHARD LANE PARK** - 6512 PERRY AVE N
- **WEST PALMER LAKE PARK** - 7110 PALMER LK DR W
- **LIONS PARK** - 5501 RUSSELL AVE N
- **KYLAWN PICNIC SHELTER** - 6015 KYLE AVE N
- **HAPPY HOLLOW PARK** – 5100 ABBOTT AVE N
- **GARDEN CITY PARK** - 3607 65TH AVE N
- **NORTHPORT PARK** - FRANCE AVE & BURQUEST LN
- **WILLOW LANE PARK** - 4800 69TH AVE N

**WEATHER CONDITIONS.**
The Big Chill is a free family event featuring a candy scavenger hunt, music, ice skating, s’mores and glow-in-the-dark sports. All ages welcome, dress for the weather.

For information visit cityofbrooklyncenter.org/events or call 763-569-3400.
ADULT PROGRAMS

NEW! ICE BOCCE LEAGUE
One of the summer’s hottest yard games is hitting the ice this winter at an outdoor rink near you! Think of it as a cross between bocce, bowling and curling. Form a team of 2-4 players and compete in this cool new 6 week league. Call Crystal Recreation to register for this league, 763-531-0052 by January 4. Provided by the Northwest Metro Adults Sports League.

Starts Wednesday, Jan. 13, 6-9 pm
$50/team, Activity #W30032A1

NORTHWEST METRO ADULT SPORTS LEAGUE
Includes the recreation departments of Brooklyn Center, New Hope, Crystal, Robbinsdale, Golden Valley, Brooklyn Park and Maple Grove. For information about the Northwest Metro Adult Sports League, contact the organization or call Joe at 763-569-3382.

BUSY BAGS
FREE! Ages 18+.
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February Busy Bag: Crazy Crafting
February 1 – while supplies last, #320304-02

March Busy Bag: Spring is Near
March 1 – while supplies last, #320304-03

POTTERY
The pottery studio will be open via reservation only for Open Pottery. Participants must have a pottery membership to utilize the space.

OPEN STUDIO
Open studio is designed for individuals that have completed the beginners class and want to work independently.

# WEEKS DATES FEE ACTIVITY #
4 Jan 4 – Jan 31 $57 207101-01
4 Feb 1 – Feb 28 $57 207101-02
4 Mar 1 – Mar 28 $57 207101-03

Fees include: studio tools, glaze, firing of pieces and tax. Cost of clay: $20 per 25lbs. Additional clay - $42.45, includes 25 lbs., glazes and tax. Ages 18+, open to both residents and non-residents. If you have further questions please contact us via email at recreation@ci.brooklyn-center.mn.us or by phone at 763-569-3382.

SENIORS VALENTINE’S LUNCHEON
NEW HOPE GOLF COURSE 8130 BASS LAKE ROAD
Celebrate Valentine’s Day a little early with a special luncheon overlooking the scenic New Hope Golf Course. Each participant will receive a box lunch from Pinstripes, which will include penne pomodoro, pesto bread, chocolate chip cookie, water and a choice of beer or wine. Social distancing guidelines will be followed. Register by February 4.

Thursday, Feb. 11, 11:30 am - 1:30 pm
$18, #303101-01

ADVANCE CARE PLANNING BY NORTH MEMORIAL
FREE! Ages 18+. Instructions for a life well-lived. We may not be able to see into the future, but we can plan for it. Advance Care Planning helps you stay in the driver’s seat for your own healthcare. We provide the roadmap – you do the steering. Classes are sponsored by North Memorial Health and Maple Grove Hospital as part of a community Healthy Aging Initiative. Join with remote options offered via online and phone. Registration is required.

To register visit www.northmemorial.com/event or call Mindy (763) 581-5580. If you’d like more information about any class, e-mail acp@northmemorial.com.

How to Write a Health Care Directive
We will walk you through how to write a legal document called a Health Care Directive using the Honoring Choices Minnesota forms (free).
Jan 8, 12pm; Feb 4, 5:30 pm; Mar 8, 10:30 am

Honoring Wishes
Learn how to interpret what is written in a health care directive and make difficult health care decisions on behalf of someone else.
Jan 15, 12 pm; Feb 11, 5:30 pm; March 15, 10:30 am

Get in the Conversation
Learn how to talk be a conversation starter and talk about what you value for your health and your future with people in your life most concerned with your health: people you love, trust and your healthcare team.
Jan 22, 12 pm; Feb 18, 5:30 pm; March 22, 10:30 am

Planning During the COVID-19 Pandemic
The future is full of unknowns. Open conversations and knowing what to plan for during the Coronavirus pandemic can put you back in the driver’s seat for your care.
Jan 29, 12 pm; Feb 25, 5:30 pm; March 29, 10:30 am

UPCOMING...
Local Author Series via Zoom on April 13th featuring Eva Moremi, author of Hidden Recipes. Community Tripsters is planning to return for a May 2021 trip. Stay tuned for details in our next newsletter!
Third Wednesday of the month, 10-11:30 am
OFFERED VIA ZOOM, LINK WILL BE EMAILED PRIOR TO PRESENTATION

CHALLENGER & COLUMBIA SPACE SHUTTLE DISASTERS

January 20

Speaker Rob Ellos has a special passion for this talk as he personally knew Rob McNair, who died on the Challenger. With a riveting narrative, Rob will explain what happened and why. See a large model of the Space Shuttle, Booster Rockets, and Fuel Tank, which Rob will hold to explain what caused the disasters. Hear what went on behind the scenes at NASA and their contractors in the flawed decision to launch the Challenger on such a cold day. Register by January 18.

WOLVES IN THE WILDLANDS

February 17

Gray wolves are an incredibly widespread species and can be found in many of the Earth’s ecosystems, from the desert to the arctic. Our guide from the International Wolf Center will introduce us to the different subspecies of the gray wolf and delve into the ways they have adapted to their environment. Register by February 15.

MINNESOTA WOMENS SUFFRAGE

March 17

As the twentieth century dawned, the decades long drive for the right to vote was a major factor, but far from the only one, in the broader Women’s Rights Movement. The emerging “New Woman,” notes one historian, “always referred to women who exercised control over their own lives, be it personal, social or economic.” These women expected no less than civil and personal rights equal to those of men. Historian and author Frederick Johnson’s article on Minnesota women’s voting rights was featured in the October 2020 Minnesota History double issue on women’s suffrage. Register by March 15.

$2, advance registration required. Register over the phone by calling 763-569-3400 or online by clicking tickets at webtrac.cityofbrooklyncenter.org.

WINTER 2021: Hosted by the cities of Brooklyn Center, Crystal, New Hope, Robbinsdale and Robbinsdale Area Schools Community Education.
HEALTH & WELLNESS

SKATING RINKS
Skating season typically runs from December 15-February 15. It could be earlier or later depending on weather conditions. Due to Covid 19, warming houses will not be open this winter. All rinks listed below will be maintained and lights will be on timers for skating.
Centennial Park West, 6254 Brooklyn Drive
Evergreen Park, 7112 Bryant Avenue
Bellvue Park, 801 - 55th Avenue
Grandview Park, 1600 - 59th Avenue
Kylawn Park, 6015 Kyle Avenue
Northport Park, 5512 Sailor Lane
Riverdale Park, 7031 Dallas Rd
West Palmer Park, 7110 Palmer Lake Drive
Willow Lane Park, 4800 - 69th Avenue

GREENHOUSE PROGRAMS COMING SOON!
The City of Brooklyn Center is excited to announce the progress of the Greenhouse program. The City’s commitment to enhancing the quality of life for the community was fundamental to this project. Through this program, we hope to provide many beneficial opportunities including improving access to healthy, locally grown foods and educational opportunities. While the city is currently in the process of developing our greenhouse facility, our preparation for our produce is well under way! This winter we planted the first of our seeds which will be grown using an aeroponic Tower Garden® system that requires no soil and can use as little as 10% of the water required for traditional growing methods. We hope to have our first harvest of healthy greens and veggies in the early months of 2021 and look forward to making the produce available to the community.

INTRODUCING HEALTH ON THE GO
Health on the Go (HOTG) is a mobile unit that will travel throughout both Brooklyn Park and Brooklyn Center to bring access to health services to our community during COVID-19. Health on the Go will bring health resources to where residents live and worship. Beginning in December, services will focus on COVID-19 response with the potential for information and prevention supplies, access to COVID tests, flu shots, and mental healthcare resources. Hennepin County Public Health staff and community health workers will be onsite to help people with services. Our shared mission is to deploy resources to those most impacted by COVID-19. If we are successful, we will seek to expand to address a variety of health disparities. This project is coordinated by the Brooklyn Bridge Alliance for Youth, City of Brooklyn Center, City of Brooklyn Park, Brooklyn Center Community Schools, ACER, NW Hennepin Family Service Collaborative and funded by Hennepin County Public Health Services.

MINNESOTA WARMLINE
The Minnesota Warmline provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by a team of professionally trained Certified Peer Specialists, who have direct experience living with a mental health condition. Open Monday-Saturday, 5-10 p.m. Call 651-288-0400 or toll free at 877-404-3190 or text “Support” to 85511.
HERE’S WHAT WE ARE DOING TO HELP KEEP YOU SAFE:

We are limiting facility capacity. To ensure enough space for social distancing, we’re only allowing a certain number of people in at one time. This means you will have to reserve a time to enter.

We are practicing social distancing. We ask that you stay six feet apart from others.

We are cleaning frequently. While the facility is open, we are sanitizing all equipment and surfaces with disinfectant in accordance with the Centers for Disease Control and Prevention (CDC) guidelines. We are also deep cleaning the facility every night.

We are providing self-cleaning stations. These will be conveniently located throughout the facility with easy, readily available equipment disinfectant wipes and hand sanitizer.

We are wearing face masks. We are wearing face masks, and members and visitors are required to wear a face mask or face covering when in our facilities, except when using cardio equipment or in the pool — for your own health and safety, as well as the safety of others.

Fitness center and the pool are open by reservation only. Fitness sessions, Lap Swim and Recreational Swim sessions are available by the hour and can be reserved online at webtrac.cityofbrooklyncenter.org/ or over the phone by calling 763-569-3400.

Please call us if you are going to miss your reservation. If you are going to miss your reservation to work out or swim, please let us know in advance. If you miss three reservations without notifying the community center, privileges to reserve time could be revoked.

We are asking for your help. Please use your best judgment. If you’re not feeling well, have a fever or other flu-like symptoms, we ask that you stay home.

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<th>Membership Fees</th>
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DAILY ADMISSION

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PUNCH CARDS

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Definitions

INDIVIDUAL: Any individual ages 18+.

DUAL: Two people residing at the same address, one must be age 18+.

SENIOR: Any Brooklyn Center resident ages 62+.

SENIOR DUAL: Two Brooklyn Center residents residing at the same address ages 62+.

HOUSEHOLD: Two adults and up to three dependents ages 0-17 or full-time students ages 18-22. Additional dependents may be added for $10 per month, per dependent.

TAKE AN ADDITIONAL 25% OFF While restrictions are in place due to the pandemic, punch card fees will be reduced by 25% from the fee listed below at the point of registration.

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Daily admission and punch cards provide daily access to all amenities included in a community center membership.
COMMUNITY CENTER

Fitness, lap swim and recreational swim appointments are required and can be reserved online at webtrac.cityofbrooklyncenter.org/ or over the phone by calling 763-569-3400.

Fitness Center

The upper level of the community center is designated for socially distanced fitness activities. Cardiovascular equipment, resistance training and free weights available to use by those ages 15+. Showers are currently only available for pool users. All users of the fitness center are recommended to complete a fitness center orientation. Shirt and athletic shoes are required.

Pool

Pool Hours:
Monday: Lap Swim – 8:30am – 3pm, 5-9pm
Tuesday: Lap Swim – 8:30am – 3pm
Wednesday: Lap Swim – 8:30am – 3pm, Recreational Swim – 5-9pm
Thursday: Lap Swim – 8:30am – 3pm
Friday: Lap Swim – 8:30am – 3pm, Recreational Swim – 5-9pm
Saturday: Lap Swim – 8-9:30am, 6-8pm, Recreational Swim- 1-5pm
Sunday: Recreational Swim – 1-5pm

Pool Covid-19 Precautions

Entering the facility: reservations will be required. Lap lanes and recreational swim areas will have staggered start times to ensure social distancing. Masks are required to enter the facility and until you enter the water.

Locker Rooms: the all gender locker rooms will be available for showering and changing and be disinfected between uses. Main locker rooms will not be available. No lockers are available for rent. Showering is required to enter the pool.

Pool Deck: cubbies will be provided on the deck for storage of items. Cubbies will be disinfected between use. Furniture on the deck will not be available to use.

Lap Swim: limit one person per lane to ensure social distancing.

Recreational Swim: groups will be restricted to roped off areas of the pool. Groups are required to be within same household. To ensure social distancing, the deep end and the slide will be closed. Parents/guardians are required to be in the water with children under the age of 7 and to be within arm’s reach at all times.

Sauna: available by reservation, limited to one user at a time. No lockers are available for rent.

Exiting the Facility: mask is required after getting out of the water. Leave through designated exit.
FITNESS PROGRAMS

Group fitness is offered virtually through zoom unless noted. The link will be emailed the morning of the program. Register by the day or week. Ages 16+ unless otherwise noted.

SILVERSNACKERS® CLASSIC
Ages 16+. Learn to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are available to check out from the community center; a chair is used for seated and/or standing support.

Wednesdays, 10 am
FREE! #109707-01

CREATIVE MOVEMENTS
Learn to get fit from home! Join us for wellness class focused on movements and exercises that can be in any setting. Work on flexibility, balance and overall wellness. Stream this program from the comfort of your home, park or wherever you like to exercise. Must have a sturdy chair and yard stick.

Wednesdays, 9 am
Free! #109704-01

STRENGTH TRAINING
Ages 16+. Fit or unfit, experienced or beginner, everyone can benefit from resistance training. This class can improve muscular strength and power, build and protect bone mass, and increase joint stability. Modifications are offered for different abilities. No class 1/15.

Tuesdays, 5:30 pm
Free! #109705-01

SILVERSNACKERS® YOGA
Ages 16+. Yoga will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Have a chair, clear space and streaming device.

Tuesdays, 9:30 am
FREE! #109701-01

ZUMBA®
Ages 16+. Come ready to sweat! This high intensity dance party fitness class focuses on all element of fitness: cardiovascular, muscular conditioning, flexibility and balance. Wear cross training or aerobic style shoes and comfortable clothes as well as a clear area to move around. Once the Latin and World rhythms take over, you’ll see what Zumba Fitness classes are often called exercise in disguise.

Saturdays, 9 am
FREE! #109707-01
Join us for a movie night in the pool!

**FREE!** Doors open at 7pm, the movie will start at 7:30pm. Bring your own tube or inflatable or use one of the tubes provided. Reserve space by household, space is limited to 6 households. Click tickets at webtrac.cityofbrooklyncenter.org or call 763-569-3400. More information and precaution instructions will be emailed prior to event. For movie titles call the movie hotline at 763-569-3402, movies will be announced two weeks prior.

Youth ages 6 and under must by accompanied by an adult in the pool. For further details please visit cityofbrooklyncenter.org/events
EXPLORE BY CLICKING THE TOPICS THAT INTERESTED YOU MOST. TOPICS ARE ORGANIZED BY AGE HOWEVER, MOST CAN BE ENJOYED BY ALL.

RESOURCES FOR ALL
- Brooklyn Center Parks and Trail Map
- Three Rivers Park District Parks and Trail Map
- Minnesota State Parks
- Dressing for Winter
- Virtual Field Trip List
- 25 Virtual Escape Rooms

RESOURCES FOR KIDS
- Story Time from Space
- Daily Doodle by Mo Willems
- STEM Experiments for Kids
- 15 Backyard Science Experiments for Kids
- Code.org: Kids Coding Lessons
- $ Science Made Fun
- Online, hands-on classes

RESOURCES FOR FAMILIES
- Minnesota Department of Natural Resources: Live Eagle Cam
- Camp Fire: My Nature Connection for Families
- Three Rivers Park District Online Learning
- Top 50 Minute to Win It Games
- Stages Theater: Beyond the Stage Series
- Learn to Skate
- Walt Disney World Virtual Experience
- Free Family Game Night Ideas

RESOURCES FOR ADULTS
- Ultimate Minnesota Waterfalls Roadtrip
- Smithsonian Magazine Virtual Travel
- Fitness Blender: Free Fitness for All Levels
- National Museum of the Great Lakes
- National Museum of African American History & Culture
- MDH Coping with COVID-19
- Sarah Beth Yoga: All Levels

RESOURCES FOR SENIORS
- Online Games by AARP
- Online Tools for Learning New Skills
- Senior Community Services
- Draw Everyday with JJK
- Online Games for Seniors
- Minnesota Streetcar Museum Videos
- Farm Food 360 Tours
- Silver Sneakers Youtube Page – On Demand Workouts for Older Adults
- Senior Benefits Checkup

21 Winter Science Experiments for Kids
- San Diego Zoo Live Streams
- Crafts, Recipes, Science and More

Brooklyn Center RECREATION
#RecreateResponsibly Winter Edition

**KNOW BEFORE YOU GO**
Some areas can become dangerous with winter conditions. Research your destination, as roads and facilities may be closed in winter.

**PRACTICE PHYSICAL DISTANCING**
Be prepared to cover your nose and mouth. When possible, opt to eat and rest outside. If you feel sick, stay home.

**PLAN AHEAD**
Check local conditions and prepare for the elements, packing extra layers, waterproof clothing, and avalanche safety gear for the backcountry.

**PLAY IT SAFE**
Know your limits and your gear. Slow down and choose lower-risk activities to reduce your risk of injury.

**EXPLORE LOCALLY**
Consider exploring locally, as driving and parking may be more challenging in winter. If you travel, be mindful of your impact on Native and local communities.

**LEAVE NO TRACE**
Did you know that the snow is our water supply? Keep our winter playgrounds clean. Pack out any human or pet waste. Be respectful of the land.

**BUILD AN INCLUSIVE OUTDOORS**
Everyone deserves to experience a winter wonderland. Be an active part of making the outdoors safe, accessible, and welcoming for all identities and abilities.