

Recreation Services

Your Guide to Classes, Activities, Programs and Events in the City of Richfield!

INSIDE:

Events in Richfield
PAGE 2

Richfield Ice Arena
PAGE 3

Wood Lake
Nature Center
PAGE 4

Recreation
Programs
& Athletics
PAGE 7

Youth Athletics
PAGE 10

Programs for
Individuals
55 and Over
PAGE 11

Registration
PAGE 16

Sign up to receive
the Richfield Recreation
e-newsletter at
www.richfieldrecreation.com



Take a look...

Christmas Tree Sales and
Ice Fishing with the Kids - page 2
New Year's Eve Skating Party - page 3
Wood Lake Nature Center FOWL
Benefit Dinner - page 5

Don't miss these great events in Richfield...

Holiday Tree & Wreath Sales

Open Daily, 9 am to 9 pm
From November 26 until all trees are sold.



Richfield Farmers Market
Veterans Memorial Park Shelter
6335 Portland Avenue South

Minnesota-Grown trees, wreaths, garlands, and more at affordable prices!

Buy a fresh tree from a local grower for the holidays! A Richfield tradition continues as Clear Lake, Minnesota-based B&J Evergreen will sell holiday trees and stands, garlands, wreaths, spruce tips, and swags from Thanksgiving until all of the trees are sold. Find all of your favorite varieties of evergreens, including Balsam Fir, Scotch Pine, Colorado Spruce, Fraser



Fir, White Pine & Canaan Fir. Most trees are \$25, \$32, or \$39, depending on size and variety (all Fraser Fir and Canaan Fir trees are \$39 & up).

For more information,
contact Richfield Recreation at 612-861-9385 or
B&J Evergreen at 612-390-4117 / www.BJtrees.com



WAGON RIDES—Free with tree purchase!
Nov. 25, 26, 27, Dec. 3 and 4,
11 a.m. to 5 p.m.



Kids Super Saturday Ice Fishing Spectacular

Saturday, February 4
10:00 am-1:00 pm
Taft Lake

(62nd St & Bloomington Ave)



The City of Richfield and the **Minnesota DNR FIN** program will host a **FREE** kids ice fishing expo on Saturday, February 4 at Taft Lake in Richfield. No prior experience or ice fishing gear is needed, everything will be provided!

Stop by to introduce a kid to one of Minnesota's most popular winter outdoor recreational activities!

For more information call 612-861-9385 or visit our website at www.richfieldrecreation.com

Fare for All Express – Save up to 40% on Groceries

Fare for All is a cooperative food buying program of Emergency Foodshelf Network located in the Richfield Community Center. Open to everyone, Fare for All sells packages of fresh fruits and vegetables and frozen meats with prices ranging from \$10 to \$25 per package, for up to **40% LESS** than grocery store prices. Food sales take place one Tuesday each month at the Richfield Community Center, 7000 Nicollet Ave.

November 22, December 20,
January 24, February 21,
March 20, April 24

Come between 1:00 and 3:00 pm to visit the distribution. No pre-registration is required.
For more details, call 763-450-3880.



Richfield Ice Arena

612-861-9350

MN Relay Service 711

636 East 66th Street

Register for Ice Arena programs at the Arena.

Open Skating Schedule

Sunday	3:30-5:00 pm
Monday	12:00-1:30 pm
Tuesday	12:00-1:30 pm
Wednesday	6:30-8:00 pm
Thursday	12:00-1:30 pm
Friday	12:00-1:30 pm

Occasionally open skating sessions may be cancelled because of special events or scheduling conflicts. Schedules are available online, in the Ice Arena office or by calling 612- 861-9350.

Open Skating	\$4
10 Admission Ticket.....	\$32
20 Admission Ticket.....	\$55
Skate Rental.....	\$2.50
Skate Sharpening.....	\$5

Adult Open Hockey

18 years and older

Tuesday and Thursday	10:00-11:30 am
Admission \$7	10 Admission Ticket \$56

Youth Skating Lessons

Eight 30-minute lessons, practice time and open skating pass. Age four and older.

Saturdays	December 3-January 28
10:00-10:30 Pre-Beginner & Level 1	
10:30-11:00 Beginners & Level 2	
11:00-11:30 Pre-Beginner, Level 3, 4 & Adults	
11:30-12:00 Level 5-8 & Freestyle	
Richfield residents \$65	Non-Resident \$70
Rental skates \$1 during lessons	

CLASS DESCRIPTIONS OF SKILLS TO BE LEARNED.

Pre-Beginner (4 & 5 year olds, unable to move across ice): Stand on skates, move across rink and dip in place.

Beginner (6 year old or completed pre-beginner): Move across rink with some glide, dip in place, snowplow stop

Level 1: (7 years and older or have completed beginner skills) Two foot glide & dip, forward two foot swizzles and stopping.

Level 2: Backward two-foot glide, forward one foot glide, turn forward to backward.

Level 3: Forward stroking, 1 foot pump on circle, backward 1 foot glide, 2 foot spin.

Level 4: Forward outside & inside edges, forward crossovers, backward snowplow stop.

Level 5: Back outside & inside edges, back crossovers, T-stop, 1 foot spin.

Level 6: Forward inside 3 turn, hockey stop, bunny hop.

Levels 7 and 8: Forward inside mohawk, forward outside & inside 3 turns, ballet jump, forward inside pivots

Freestyle 1: Advanced stroking, scratch spin, waltz jump.

Freestyle 2: Spirals, toe loop, back spin.

Advanced Freestyle: Loop, flip, lutz jumps, spins, jump combinations.

SPRING SESSION BEGINS FEBRUARY 4. SPRING REGISTRATION BEGINS JANUARY 2.



**RICHFIELD
SKATE SCHOOL
ICE SHOW**

**Saturday,
March 24**

Must enroll
in Spring lessons.
Registration deadline
is February 25.

Richfield residents \$70,
Non-Residents \$75

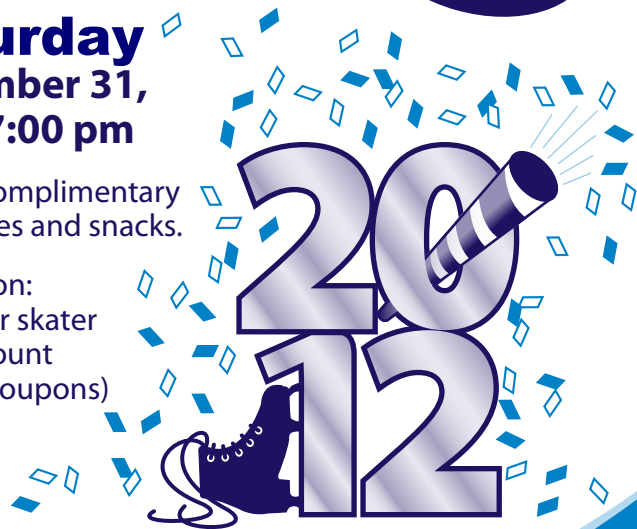
New Years Eve Skating Party

On **TWO** Rinks!

**Saturday
December 31,
4:00-7:00 pm**

Prizes, complimentary
beverages and snacks.

Admission:
\$4.50 per skater
(no discount
passes/coupons)



Wood Lake Nature Center

612-861-9365

MN Relay Service 711

6710 Lake Shore Drive • www.woodlakenaturecenter.org

Wood Lake Nature Center is a 150-acre natural area dedicated to environmental education, wildlife observation, and outdoor recreation. Three miles of trails wind through the park; most are wheelchair accessible during summer months. To preserve the natural habitat, no pets, bikes, or rollerblades are allowed. During the winter season, cross-country ski trails are open, snow permitting.

The Interpretive Center offers visitors a chance to learn more about plants, animals, and the environment. Staff naturalists are available to answer questions during building hours. For more information about nature center classes, programs, or facilities, please call 612-861-9365 or visit www.woodlakenaturecenter.org.

Building Hours Monday-Saturday: 8:30 am-5:00 pm
Sunday: 12:00 pm-5:00 pm

Building is closed on legal holidays.

Park Hours Daily: 5:00 am-11:00 pm

Group Programs & Fees

Interpretive naturalists and educators have developed engaging, hands-on programs for schools, childcare centers, scout groups, seniors, adults with disabilities, and other groups. Cost is \$3-\$4 per participant (\$40 minimum). Visit www.woodlakenaturecenter.org for a program list and call 612-861-9365 for availability.

Room Rental

The nature center offers a wonderful setting for meetings, parties, memorials, anniversaries, and receptions. Auditorium rental includes use of the fireplace, seating for 60-80, tables and chairs, and a beautiful view of the marsh. Non-alcoholic beverages only; no helium balloons.

Resident: \$42/hour for private party rentals

Non-Resident: \$47/hour for private party rentals

Non-Profit: \$32/hour for non-profit groups

BIRTHDAY PARTIES

Wood Lake offers a variety of birthday parties that are fun, educational, and the mess stays with us! We provide a naturalist-led activity and use of the party room with tables, chairs, and tablecloths. Payment is due when the party is booked. For an additional \$10, make it a "green" party; includes use of reusable dishes, silverware, and cups. Treat bags are available for \$2 each. Visit www.woodlakenaturecenter.org for additional information and party descriptions.

Time	2 hours total (first hour with naturalist, second hour without naturalist)
Resident	\$85 for up to 10 children, \$4 per additional child (max. 15)
Non-Resident	\$95 for up to 10 children, \$4 per additional child (max. 15)

- **Critter Hunt Birthday** (ages 4-5) Become nature detectives and look for hidden animals at Wood Lake.
- **Treasure Hunt Birthday** (ages 5-9) Find clues along the trail to receive puzzle pieces that lead to a treasure!
- **Scaly Tales Birthday** (ages 5-12) Meet a snake, turtle, and salamander and learn about these amazing creatures.
- **Tracks and Trails Birthday** (ages 5-12) Make a plaster animal track, then hike the trails to look for real animal tracks.
- **Big Foot Birthday** (ages 7-12) Explore the winter world in snowshoes.
- **Games Birthday** (ages 7-12) Hawk vs. crows, squirrel tag, everybody's it! Play fun, nature-oriented games.
- **Survival Birthday** (ages 8-12) Learn the basics of survival and build an outdoor shelter.



Community Gardens

Garden plots, measuring 15' x 20' are available for seasonal rental. The garden plots are fully irrigated and plowed. The cost is \$32 per plot. Two plot maximum per household; commercial gardening not allowed. Registration must be done in-person at the nature center. Weather permitting; the plots will be ready in early May. The Community Garden site is located at 5844 28th Avenue.

REGISTRATION START DATES & TIMES:	
Residents	Saturday, April 7, 10:00 am
Non-Residents	Saturday, April 14, 10:00 am

Friends Of Wood Lake (FOWL)

Membership

Individual (\$30) Includes free admission to Sunday Specials (up to \$3), free admission to Half-Haunted Halloween, Candlelight & Ice, Live Animal Show, and Adult Book Club, free cross-country ski rental, 10% discount on select classes and programs, plus newsletter.

Family (\$50) Same as Individual benefits for a maximum of two named adults residing at the same address and their dependent children or grandchildren under age 18.

Sustaining (\$100) Same as Family plus four Wood Lake mugs.

Corporate (\$250) Engraved plaque plus Family benefits for one family.

Life (\$1,000) Same as Family plus framed Wood Lake photo.





Candlelight and Ice

New Year's Eve Program

Saturday, December 31, 6:00-9:00 pm

\$4/person, Free for FOWL Members

Celebrate the New Year with family and friends at Wood Lake Nature Center. Follow hundreds of candle-lit luminaries on a trail through cattails and trees. Enjoy the evening while on the lookout for deer, fox, rabbits, and owls. Return to the building to warm up, drink hot cocoa, and roast marshmallows over a crackling fire. Make a craft, play a game, or just sit back and relax. No pre-registration; doors open at 6:00 pm.

Adult/Child Pre-School Classes

Nature Adventurers

Young explorers (ages 3-5) accompanied by an adult will have an exciting time exploring a different natural topic each visit. Enjoy stories, puppet shows, crafts, hands-on activities, snack, and outdoor discovery time. Registration and prepayment required by calling 612-861-9365. \$8/child

Tuesdays, 10-11:30 am	Wednesdays, 10-11:30 am	Topic
January 10	January 11	Winter Scavenger Hunt
January 24	January 25	Snowshoes and S'mores
February 7	February 8	Animal Tracks
February 21	February 22	Owls around Us
March 6	March 7	Storybook Hike: Stranger in the Woods
March 20	March 21	Magical Maples

Adult Programs

Environmental Book Club

Join other adults to discuss some wonderful environmental and outdoor recreation-based books. Refreshments will be provided. Most books are available at local libraries or may be available for loan through the nature center. Please call 612-861-9365 to register. \$5/person, free for members. 6:30-8:00 pm

Tuesday, January 10	Cadillac Desert by Marc Reisner
Tuesday, February 7	Beyond the Last Village by Alan Rabinowitz
Tuesday, March 6	The Earth Moved by Amy Stewart

Full Moon Snowshoe Strolls

Experience the joy of snowshoeing along moon-lit trails at Wood Lake. Afterwards, enjoy hot chocolate and the warmth of a fire. Please wear snow boots and warm clothing; snowshoes rental is included in program fee. If snow conditions are poor, we will hike the trails. Ages 16 and up. Please call 612-861-9365 to register.

January 12, February 9, March 7	7:00-8:30 pm
Wood Lake Nature Center	\$8/person, \$4/person for members

Saturday and Sunday Specials

No pre-registration. Programs are offered on a first-come, first-served basis for both members and non-members.

Rolled Beeswax Candles

LIMIT 30

Enjoy an afternoon making candles using sheets of beeswax. They are fun to make, look and smell great, and make fantastic homemade holiday gifts for grandparents, neighbors and teachers! A wonderful project for adults and children to do together!

Sunday	1:00-2:00, 2:00-2:00, or 3:00-4:00 pm
December 11	\$3/person, free for members + \$2/candle

MARK YOUR CALENDAR FOR THE 22ND ANNUAL

Friends of Wood Lake Benefit Dinner Friday, April 27, 2012

Money raised at the dinner will directly support the programs and events at Wood Lake Nature Center. Enjoy a silent auction and ticket prizes donated by local businesses, visit with fellow Wood Lake supporters, then stay to hear guest speaker Peggy Knapp, Director of the Freshwater Society and formerly from Newton's Apple and CNN.

Storybook Hike: The Mitten

LIMIT 40

Hike Wood Lake's trails with story book stops along the way that tell the wintery story of The Mitten, by Jan Brett. Warm up afterwards with s'mores, hot chocolate, and story-inspired activities.

Sunday	1:00-2:30 or 3:00-4:30 pm
December 18	\$3/person, free for members

Meet Wood Lake's Cold-Blooded Critters

LIMIT 30

In the wild they'd be underground, but Wood Lake's tank-dwelling reptiles and amphibians are awake and ready to star in this exciting program. Meet and have a chance to touch Wood Lake's resident Boa Constrictor, bull snake, fox snake, and salamander while learning how their wild counterparts survive the winter months.

Sunday	1:00-2:30 or 3:00-4:30 pm
January 8	\$3/person, free for members

Snowshoeing Basics

LIMIT 20

Enjoy the beauty of winter at Wood Lake while snowshoeing! Discover the history of this sport along with techniques and helpful tips. Afterward, warm up inside by a glowing fire. Snowshoes will be provided; we will hike trails if there is not sufficient snow. \$8/person, free for members

Sunday, January 15	1:00-2:30 pm
Saturday, January 21	12:00-1:30 pm
Sunday, February 12	1:00-2:30 pm
Saturday, February 18	2:30-4:00 pm

Cross-Country Ski Lessons

LIMIT 20

Whether you've never skied before or you just want some tips to ski better, this class is for you. Knowing how to ski can help you get through a Minnesota winter and burn calories, too! Learn about this sport and its equipment, then try your new or improved skills on Wood Lake's ski trails. \$8/person, free for members (includes ski rental)

Sunday, January 22	1:00-2:30 pm
Saturday, January 28	2:30-4:00 pm
Saturday, February 11	2:30-4:00 pm
Sunday, February 19	1:00-2:30 pm

Winter Scavenger Hunt

LIMIT 30

Enjoy a Minnesota winter, Wood Lake style! Hunt for tracks, feathers, animal homes, and more, then head back in to warm up by a fire and drink hot cocoa.

Sunday	1:00-2:30 or 3:00-4:30 pm
January 29	\$3/person, free for members

Storybook Hike: Stranger in the Woods

LIMIT 20

Enjoy a hike along Wood Lake's trails with story book stops along the way that tell the story Stranger in the Woods, by Carl R. Sams and Jean Stoick. Make your own "stranger" and discover what animals might visit by looking at photos from our wildlife camera.

Sunday	1:00-2:30 or 3:00-4:30 pm
February 5	\$3/person, free for members

Build A Quinzhee

LIMIT 25

Learn the technique of building a snow house that is suitable for winter camping. Warm up with a cup of hot cocoa afterwards. Participants are asked to bring a snow shovel, but it is not required.

Sunday	1:00-2:30 or 3:00-4:30 pm
February 26	\$3/person, free for members

Animal Trackers

LIMIT 25

Strap on your boots and join a naturalist on a winter hike to uncover what animals have left their tracks behind. Make your very own plaster animal track and test your track knowledge in a game of animal Jeopardy!

Sunday	1:00-2:30 or 3:00-4:30 pm
March 4	\$3/person, free for members

Marvelous Maples

LIMIT 30

Hike into Wood Lake's sugar bush and help tap, collect, and boil maple sap into syrup. Listen to the cultural and natural history of these amazing trees and enjoy a delicious maple treat. \$3/person, free for members

Saturday, March 10	2:30-4:00 pm
Sunday, March 11	1:00-2:30 pm or 3:00-4:30 pm
Saturday, March 17	2:30-4:00 pm
Sunday, March 18	1:00-2:30 or 3:00-4:30 pm

Friends of Wood Lake Live Animal Show

LIMIT 80

Meet live animals up-close at this free benefit for Wood Lake members. Learn about the many benefits of becoming or being a Friends of Wood Lake member. Non-members are welcome but space is limited; check in at the front desk.

Sunday	1:00-1:45, 2:00-2:45, or 3:00-3:45 pm
March 25	\$5/person, free for members

Winter Break Camps for Children

Pre-registration and payment required. Healthy snacks provided with all camps. Please call 612-861-9365 to register.

Frozen Fun Days (K-2nd grade)

LIMIT 16

Explore winter by trekking on snowshoes, tracking winter animals and playing outdoor games. Warm up inside with cocoa, stories and crafts. Come dressed and ready to go outside!

Tuesday-Thursday	9:00-11:30 am
December 27-29	\$50/child

Outdoor Winter Survival (3rd-6th grades)

LIMIT 16

Survive the Wood Lake Challenge of building your own snow shelter, creating a fire, and learning to cook over it. Discover how to use a map and compass while on a snowshoe hike and how to plan your very own winter outdoor adventures!

Tuesday-Thursday	9:00-11:30 am
December 27-29	\$50/child

Winter Fiesta! (ages 6-12)

LIMIT 30

Celebrate the wonderful winter season by playing snow games. Enjoy a fun-filled afternoon of snowshoe races, building winter forts, and snow tag. Please come dressed in warm snow clothes and ready to have wild winter fun!

December 27 or December 29	
1:00-4:00 pm	\$20/child

Cross-Country Ski & Snowshoe Rental Information

Ski Trails

For a convenient ski trail close to home, visit Wood Lake! We have two traditional-style ski trails, 1.8 miles and .8 miles, that wind around the marsh and through the woods.

Ski & Snowshoe Rental

Cross-country skis and snowshoes are available for rent to use at Wood Lake Nature Center. Skis must be used on designated ski trails and snowshoes may only be used on walking paths. Equipment must be returned to the building by 4:30 pm.

Monday-Saturday	9:00 am-3:30 pm
Sunday	12:30 pm-3:30 pm
\$8 (16-55 years old)	\$4 (under 16, over 55)
Free for Friends of Wood Lake members	

Friday Night Luminary-Lit Skiing & Snowshoe Rental

On Fridays, January 6 through February 24, from 6:00-8:00 pm, a short ski trail (.8 miles) will be lit with luminaries and the building will be open for ski/snowshoe rental. Snowshoes must be used on walking paths only. Walking paths will not be lit. Rental will be cancelled if conditions are poor. Please call 612-861-9365 before 5:00 pm if conditions are questionable.

Cross-Country Ski Lessons

The friendly and non-competitive approach used by nature center staff provides a comfortable learning environment for beginning skiers. Learn about equipment, how to get up from a fall, uphill techniques, the diagonal stride and double poling. Limit 20 per session. \$8/person including ski rental, free for members.

Sunday, January 22	1:00-2:30 pm
Saturday, January 28	2:30-4:00 pm
Saturday, February 11	2:30-4:00 pm
Sunday, February 19	1:00-2:30 pm

Snowshoe Lessons

Enjoy the beauty of winter at Wood Lake while snowshoeing! Discover the history of this sport along with techniques and helpful tips. Afterward, warm up inside by a glowing fire. Snowshoes will be provided; we will hike trails if there is not sufficient snow. \$8/person, free for members

Sunday, January 15	1:00-2:30 pm
Saturday, January 21	12:00-1:30 pm
Sunday, February 12	1:00-2:30 pm
Saturday, February 18	2:30-4:00 pm

Private Beginner Ski Lessons

Private lessons are available for adults, children, and families. Lessons are 90 minutes and include ski rental. Cost is \$75 for 1-5 people. Call 612-861-9365 for more information.

Recreation Programs & Athletics

612-861-9385

MN Relay Service 711

Richfield Community Center • 7000 Nicollet Avenue

Office Hours: Monday-Friday 8:30 am-5:00 pm

Office is closed December 26, January 2 & 16, February 20.

Register at the Richfield Community Center (unless otherwise noted) or online at www.richfieldrecreation.com

Pre-School Programs

Wiggles and Giggles

A recreational pre-school morning program. Children must be toilet trained and out of diapers and "pull-ups". The program is currently being offered on Tuesdays through Thursdays. Parents may choose a one, two, or three day option. A non-refundable supply and curriculum fee of \$65 is required at the time of enrollment. Call 612-243-3000 for more details.

9:00-11:30 am	Central School (7145 Harriet Avenue)
---------------	--------------------------------------

FABULOUS FRIDAYS

Fridays	9:00-11:30 am
Central School (7145 Harriet Ave, Room 404)	\$15/class
Call 612-243-3000 to register.	

UPCOMING FAB FRIDAY THEMES:

January 6: Bakers' Day

Pat-a-cake, Pat-a-cake, baker's man... Join us as we mix, measure, and roll our way through a delicious baking day! We may also have a visit from a baker to tell us what it's like to work in a real bakery!

January 20: Beach Party

Temperatures are rising in the Fabulous Friday classroom! Step out of the cold and into some fun in the sun as we escape to the "beach" and enjoy summer activities and treats.

February 3: Thank a Mail Carrier Day

What's better than receiving a hand-written letter? Thank the people who make this possible on "Thank a Mail Carrier Day!" We will have a visit from a real mail carrier and hear about his adventures on his mail route! Bring along the address of a friend or family member and our mail carrier will deliver our homemade mail!

February 17: The Mitten (book by Jan Brett)

When Nicki drops his white mitten in the snow, he goes on without realizing that it is missing. One by one, woodland animals find the mitten and crawl in. Join us as we enjoy this classic winter story written by Jan Brett and act out the events as a class!

March 2: Dr. Seuss' Birthday Party

Celebrate "Read Across America" and Dr. Seuss' birthday with us! We'll explore some favorite Dr. Seuss stories, create a "cat-in-the-hat," and snack on green eggs and ham!

March 16: Nursery Rhyme Time

Get ready to read, sing, and act out classic nursery rhymes like "The Three Little Pigs," "Little Miss Muffet," and "Humpty Dumpty!" We will be sure to find laughter as we share tongue twisting rhymes and silly stories!

Arts Commission Movie Night
Friday, February 10, 7:30 pm
CANCELLED
Richfield Community Center

Music Together – FREE Sample Class

This Spring & Summer Richfield Recreation will be partnering with Ensemble Music to offer Music Together classes. To give families an introduction to Music Together we invite you to attend a Free sample class! Music Together is a researched-based music and movement program for children birth to Kindergarten and the adults who love them. Classes meet once a week for 45 minutes and include an artistically conceived flow of songs, nursery rhymes, instrumental jam sessions, finger-plays and movement activities. Parents and caregivers participate with their children and learn ways to continue the music making at home. Come experience the joy of family music making and join us for a session filled with song. Please call 612-861-9385 to RSVP for the sample class you would like to attend.

Tuesday, January 24	10:15 – 11:00 am
Monday, March 5	10:00 – 10:45 am
Richfield Community Center (7000 Nicollet Ave)	

Youth & Teen Programs

Winter Break Movie, Games & Sledding Play Day

Youth in grades K-5 have a fun day off school hanging out with your friends at the Richfield Community Center! Watch movies, play games, make crafts and have Subway for lunch! Feel free to bring a blanket or pillow so you can get extra comfy while watching a movie! Bring outside winter play clothes & a sled! Min 10 – Max 20

Wednesday	10:00 am – 3:00 pm
December 28	\$13
Richfield Community Center (7000 Nicollet Ave)	Ages 5-11 / Grades K-5
Registration Deadline: Thursday, December 22	

Sky Deck Sports Games & Bowling

Check out the new Sky Deck Sports entertainment zone at the MOA with 30,000 square feet of fun! Start the day playing cutting-edge video games, ski-ball, air hockey and the list goes on! Bring extra money if you would like to supercharge your game card! Then Cosmic Bowl for 2 hours while enjoying pizza for lunch. End the day by watching a movie back at Central. Min 15 – Max 40

Thursday	9:30 am-3:00 pm
December 29	\$16
Drop off /Pick-up Central School	Ages 8 - 14 / Grades 3 - 8
Registration Deadline: Thursday, December 22	

ZumbAtomic Family Fitness

Hey kids, get ready to MOVE!

ZumbAtomic fitness program for kids is a fusion of Zumba's basic rhythms and moves (salsa, cumbia, reggaeton, hip-hop) and high energy workouts designed to let kids ages 4 and up max out on fun and fitness at the same time. It's safe, effective, and will improve their fitness, confidence, and overall well being. Kids ages 4 – 12 must attend class with a special adult (mom, dad, grandparent, caregiver). Teens 13 - 17 may attend class on their own. Min 10 / Max 30 participants

Wednesdays	January 18-March 21	6:15-7:00 pm
Richfield High School Cafeteria		(10 classes)
\$60 - 1st child per family w/adult		
\$30 - 2nd child per family		
\$15 - 3rd child per family		

Home Alone Safety Class

There is no magic age at which children develop the maturity and good sense needed to stay alone. Make sure your 9 to 12 year-old is ready to be home unattended. Prepare them to be alone for short periods of time, before or after school or while you run errands. During this class, kids will make their own first-aid kits and learn basic first-aid techniques. We'll discuss personal and home safety, internet safety, phone skills, fire safety, escape plans, what to do in severe weather, snack ideas, appropriate activities and more! Lunch will be provided. This class is a partnership with Richfield Public Safety, Richfield Recreation Services, Richfield Community Education and Richfield Ready. Max 18 participants.

Thursday	9:00 am–3:00 pm
February 16	\$16
Central School (7145 Harriet Ave)	Ages 9-12
Registration Deadline: Monday, February 13	

She Runs

A running program for girls ages 8-14 will resume in early April. If you haven't joined us for the fun yet, visit the She Runs website, www.sheruns.org, or call 612-861-9387 for more details so you don't miss out this spring. **Our spring race will be held in early June, 2012.**

Adult Fitness Programs

NOTE: Fitness classes marked with the "Senior Friendly" symbol are perfect for active seniors!

Jazzercise

INSTRUCTOR: JAYNE COX LINDSEY, JAZZERCISE CERTIFIED

Jazzercise combines jazz dance, Pilates, kick-boxing, yoga and body sculpting for an energizing, motivating fun workout! Call Richfield Jazzercise at 612-518-0604 for additional class information. Registrations are handled at the door or online at www.jazzercise.com. Classes are ongoing. Come to class a little early to join anytime!

Monday, Tuesday, Wednesday & Thursday	6:30 pm–7:30 pm
Richfield STEM School	No class on 12/22, 1/2, 1/19 & 2/20
Saturday	8:30 am–9:30 am
Richfield Community Center	

PRICE OPTIONS:

12 month unlimited \$35/mo. (with EFT) and one-time joining fee of \$25
6 month unlimited \$39/mo. (with EFT) and one-time joining fee of \$35
Day Pass \$10

Pilates

INSTRUCTOR: STEPHANIE STOCKTON, BALLY'S CERTIFIED

Pilates is a different form of exercise. Instead of performing many repetitions of each exercise, you do fewer, more precise movements, requiring proper control and form. It is a mind and body exercise emphasizing stretching and strengthening the muscles and relaxation with proper breathing and form while executing the movements. Benefits may include improvement in coordination, flexibility, posture, balance and body awareness. Bring a mat. Senior friendly. Min. 9, Max. 20

Tuesdays	10:00–11:00 am
January 10–March 6	\$ 50 (9 classes)
Richfield Community Center	
Class fee increases by \$5 one week prior to class starting	



Arthritis Foundation Tai Chi

INSTRUCTOR: KELLI TENNYSON, CERTIFIED TAI CHI FOR ARTHRITIS

The Arthritis Foundation Tai Chi Program is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. Senior Friendly. Min 5, Max 20.

Tuesdays	2:00–3:00 pm
January 10–March 20	\$55 (10 classes)
Richfield Community Center	
No class Feb 14	
Class fee increases by \$5 one week prior to class starting	



Tai Chi

INSTRUCTOR: KELLI TENNYSON, ECC

Learn the ancient art of Tai Chi, practiced world-wide for its health benefits. Tai Chi reduces stress while improving balance, flexibility and strength. Tai Chi will teach the Yang form, the most popular Tai Chi form practiced around the world. Min 5, Max 20

Tuesdays	6:30–7:30 pm
January 10–March 20	\$55 (10 classes)
Richfield Community Center	
No Class Feb 14	
Class fee increases by \$5 one week prior to class starting	

Fitness Yoga

INSTRUCTOR: ANNETTE FRAGALE, YOGA FIT

This FUN yoga class is a wonderful way to stretch, increase flexibility and strength, reduce stress and relax the mind and body. Gentle stretches and postures. Bring a mat. Senior friendly. Min. 8, Max. 20

Wednesdays	9:30–10:30 am
February 1–March 21	\$55 (8 classes)
Richfield Community Center	
After January 25 class fee \$60	



Zumba

INSTRUCTOR: DENISE THOMPSON

It's here! An exciting new workout that's sweeping the nation! This dance fitness class fuses Latin rhythms with easy to follow moves and fun music! It is a dynamic total body cardio workout burning an average of 600 calories/hour. Come join the party! Try something new and join Zumba! Zumba wear available for purchase at class. Bring a water bottle and clean shoes with low traction to class. Min10

Wednesdays	7:15–8:15 pm
January 18–March 21	\$80 (10 classes)
Richfield High School Cafeteria	
Class fee increases by \$5 one week prior to class starting	



Check out **ZumbAtomic Family Fitness** for ages 4+ (with adult). See page 7.

Over 50 & Fit Group Exercise

This is a low-impact exercise class following video instruction. Senior friendly. Min. 5, Max. 25

Monday & Friday	8:40–9:40 am
January 9–March 16	\$15
No class January 16 or February 20	
Richfield Community Center	



Cardio Blast

INSTRUCTOR: SUSIE LUTTENEGGER, ACE CERTIFIED

A cardio workout for active individuals who want a moderate exercise program. Senior friendly. Min. 15, Max. 30



Monday & Wednesday	5:30–6:20 pm
January 4–March 16	\$70 two days wk (21 classes)
(No class Jan 16 or Feb 20)	\$30 one day wk (9 classes)
After December 28 class fee \$75 two days / \$35 one day	
Tuesday & Thursday	9:00–9:50 am
January 3–March 22	\$80 two days wk (24 classes)
\$40 one day wk (12 classes)	
Richfield Community Center	
Class fee increases by \$5 one week prior to class starting	

The Wet Work Out

INSTRUCTOR: SUSIE LUTTENEGGER, ACE CERTIFIED

This water exercise class emphasizes stretching, flexibility, strength building and cardiovascular fitness. Senior friendly. Min. 24, Max. 35 per day



Monday & Wednesday	9:45–10:35 am
January 4–February 8	\$50 (10 Classes)
February 13–March 21	\$54 (11 Classes)
Monday Only	9:45–10:35 am
January 9–February 6	\$20 (4 Classes)
February 13–March 19	\$25 (5 Classes)
Wednesday Only	9:45–10:35 am
January 4–February 8	\$30 (6 Classes)
February 15–March 21	\$30 (6 Classes)
Monday, Wednesday, Friday	Mon & Wed: 9:45-10:35 am Fri: 9:30-10:15 am
January 4–February 10	\$77 (16 Classes)
February 13–March 23	\$82 (17 Classes)
No class Monday, Jan 2, Jan 16 or Feb 20	
Richfield Middle School Pool (7461 Oliver Ave S)	
Class fee increases by \$5 one week prior to class starting	

Fridays Walk & Roll Water Workout

INSTRUCTOR: SUSIE LUTTENEGGER, ACE CERTIFIED

This class is a walking and aerobics routine designed for active adults looking for low impact exercise. Senior friendly. Min. 15, Max. 35



Fridays	9:45–10:15 am
January 6–February 10	\$28 (6 Classes)
February 17–March 23	\$28 (6 Classes)
Richfield Middle School Pool (7461 Oliver Ave S)	
Class fee increases by \$5 one week prior to class starting	

Adaptive Recreation for Individuals with Disabilities



The City of Richfield is a member of the four cities Adaptive Recreation & Learning (AR&LE) cooperative. AR&LE provides recreation and continuing education opportunities to residents with disabilities who live in Richfield, Bloomington, Edina and Eden Prairie. Call 612-861-9361 for more information on inclusion/adaptive opportunities or for an AR&LE brochure, or visit online at www.cityofrichfield.org/Recreation/Adaptive.htm

Outdoor Rinks

The 2011-12 outdoor skating season will include two locations on alternating days with open hours Sunday through Saturday.

Warming House Days and Locations

Tuesday, Thursday & Saturdays	
Christian Park	6900 Bloomington Avenue

Monday, Wednesday, Friday & Sundays	
Donaldson Park	7434 Humboldt Avenue

Warming House Hours

December 19-February 19 (weather permitting)	
Monday–Friday	4:00–8:30 pm
Saturdays	10:00 am–7:00 pm
Sundays	1:00–7:00 pm

Warming House Hours During Winter School Break and Holidays

Thursday, December 22 –Friday, December 23	10:00 am–7:00 pm
Saturday, December 24	10:00 am–4:00 pm
Sunday, December 25	CLOSED
Monday, December 26–Friday, December 30	10:00 am–7:00 pm
Saturday, December 31 & Sunday, January 1	10:00 am–4:00 pm
Monday, January 2	10:00 am–7:00 pm
Monday, January 16 (Martin Luther King Day)	10:00 am–7:00 pm
Thursday, January 26 & Friday January 27	10:00 am–7:00 pm
Thursday & Friday, February 16 & 17	10:00 am–7:00 pm

Skating Sites Without a Warming House

(Lights will be provided at these locations each day of the program until 7:00 pm)

Augsburg Park.....	7145 Wentworth Avenue
Jefferson Park.....	6700 Thomas Avenue
Madison Park.....	6244 Knox Avenue
Roosevelt Park.....	7644 4th Avenue
Taft Park.....	6300 18th Avenue

Hockey and broomball are not allowed on pleasure rinks. For more information about hockey or broomball reservations, please call 612-861-9396.

INCLEMENT WEATHER PROCEDURE

While the guidelines below are generally the criteria which will be followed to determine outdoor rink closures, we reserve the right to close rinks whenever we feel it is in the best interest and safety of the participants.

BUILDINGS WILL REMAIN OPEN UNLESS:

1. The air temperature is ten degrees below zero and/or the wind chill factor is twenty degrees below zero.
2. Unusually warm temperature may soften ice, making the rinks unsafe for skating.
3. If there's a snowfall of more than two inches, this could delay cleaning the rinks and opening the building.

WEATHER LINE (UPDATED DAILY BY 3 PM): 612-861-9189

Co-Rec (6 v 6) Adult Broomball

Officiated games with end-of-season tournament. All games held at Christian Park.

WEDNESDAY NIGHTS	
6 games, begins January 4	\$185/team

Adult Sports Leagues

2011 returning spring/summer RASA teams will have until **Thursday, March 1** to purchase their league spot by either paying a \$100 non-refundable down payment or paying the entire fee.

After March 1, registration is first-pay, first play. Teams may send in their \$100 non-refundable down payment to be placed on a list, prioritized when the information was received in our office.

Deadline for all league fees is **Friday, April 6** at 4:30 pm. A \$25 late fee will be charged to any team turning in fees after April 6.

Co-Rec Adult Kickball

Grab your group of friends and relive your childhood! Officiated games. For more information, visit richfieldrecreation.com or call 612-861-9385.

WEDNESDAY NIGHTS Begins May 2	
8 teams, 12 games, single games	Resident \$275 Non-Resident \$300
SUNDAY NIGHTS Begins April 29	
8 teams, 12 games, double headers every other week	Resident \$275 Non-Resident \$300

RASA Adult Softball (Men's & Co-Rec)

Registration opens February 21 for returning teams; March 2 for new teams. Register by phone, in person, mail, fax, or email. Find registration materials online at richfieldrecreation.com. All games are held at Taft Park.

MONDAY NIGHTS Begins April 30	
Men's C/D (12 teams, 22 games, double headers)	Resident \$725 Non-Resident \$775
Church League (8 teams, 12 single games)	Resident \$585 Non-Resident \$635
TUESDAY NIGHTS Begins May 1	
Men's C (8 teams, 22 games, double headers)	Resident \$725 Non-Resident \$775
WEDNESDAY NIGHTS Begins May 2	
Men's D (12 teams, 22 games, double headers)	Resident \$725 Non-Resident \$775
THURSDAY NIGHTS Begins May 3	
Men's D (16 teams, 22 games, double headers)	Resident \$725 Non-Resident \$775
SUNDAY NIGHTS Begins May 8	
Co-Rec (8 teams, 14 games, double headers every other week)	Resident \$625 Non-Resident \$675



Richfield Youth Athletics Contacts

This contact information is compiled by Richfield Recreation in order to provide a directory of youth athletics organizations. For registration dates or any other information about a particular activity, please contact the president of that association.

Spring/Summer Registration (for softball, baseball, and soccer)

All the sessions below will be held at the Richfield Community Center, 7000 Nicollet Ave.

- Saturday, February 4, 9:00 am-Noon
- Thursday, February 9, 6:30-9:00 pm
- Tuesday, February 14, 6:30-9:00 pm

ASSOCIATION	WEBSITE	PRESIDENT	CONTACT
Richfield Baseball, Inc. (Pre-school-12 yrs)	www.leaguelineup.com/richfieldbaseballinc	John Ekholm	612-869-6160
Richfield Babe Ruth Baseball (13-15 yrs)	www.richfieldbaberuth.org	Steve Yaglowski	612-382-9246 steveyago@comcast.net
Richfield American Legion Baseball (16-18 yrs)		Mike Karnas	612-869-7376
Richfield Sr Babe Ruth/Mickey Mantle Baseball (16-18 yrs)		Paul Pomerleau	612-866-8047
Richfield Girls Softball Association	www.richfieldsoftball.org	Mike Stok	612-869-7108 president@richfieldsoftball.org
Richfield Girls Fast Pitch Softball, Inc.	www.richfieldfastpitch.com	Sam Malafarina	612-558-2030 612-291-2456 smalafarina@comcast.net
Richfield Football League	www.richfieldfootballleague.com	Patrick McNabb	612-869-0467 p.macnabb@yahoo.com
Richfield Soccer Association	www.richfieldsoccer.org	Doug Kleist	612-866-8242 president@richfieldsoccer.org
Richfield Girls Basketball	www.richfieldgirlsbasketball.org	Joe Dennis Jen Dennis	612-369-3991 612-369-0357 richfieldgirlsbasketball@gmail.com
Richfield Boys Basketball Booster Club	www.richfieldboysbasketball.com	Susan Taylor	612-710-8290
Richfield Hockey Association	www.richfieldhockey.com	Carin Folk	612-202-7388 ryha55423@live.com
Richfield Gymnastics Club	www.richfieldgymnasticsclub.org	Sara Gumke	612-798-6386
Richfield Swim Club	www.richfieldswimclub.org	Kerry O'Neill	612-866-7857 headcoach@richfieldswimclub.org

Programs for Individuals 55 and Over

612-861-9385

MN Relay Service 711

Richfield Community Center • 7000 Nicollet Avenue

Office Hours: Monday-Friday 8:30 am-5:00 pm

Office is closed December 26, January 2 & 16, February 20.

REGISTRATION BEGINS Thursday, December 1. Registration is required for all classes, unless otherwise noted.

Classes are open to individuals over 55 on a space-available basis. **Trips are open to adults of any age.** For a more detailed description of programs and classes, call 612-861-9363.

Special Events & Volunteerism

Free Tax Assistance

This AARP sponsored service is provided for low to moderate income taxpayers with priority attention to those ages 60 and older. Returns involving owning rental property will not be processed. Only limited self employment and investment transactions will be processed. Tax Preparers have the right to not process these returns because of lack of training in these fields. Appointments are **REQUIRED** by calling 612-861-9385 between 9:00 am and 12:00 noon, Monday-Friday only, starting January 17. Returns will be processed by e-file.

Tuesdays & Fridays	8:30-11:30am
February 3- April 13	Free
Community Center	

Tax Assistance Preparers Needed for Tax Assistance Program

Accountants, tax practitioners, computer users, and others who have done their own taxes and know how to use computers are needed to help with our free tax assistance program. Client facilitators for phones and traffic direction are also needed. Training is provided. Please call 612-861-9363 for more information.

Arts & Crafts Volunteers Needed on Thursday Mornings

If you like to do arts and crafts projects, we need your help on Thursday mornings, 9:00-11:00 am. Various seasonal crafts are made. We also do knitting for various projects. We also need quilters for our annual quilt raffle. Good conversation and tasty treats are always plenty on hand. Please call 612-861-9363 for more information.

Donations for VEAP at Community Center's Sharing Tree

Help decorate the Sharing Tree at the Community Center by taking a paper ornament bearing the name of a food item. When you bring back the food item, you can then trim the tree with a real ornament. Hopefully the paper tags will be gone and the tree will be trimmed in full color – and VEAP receives a very generous donation of badly needed food for their shelves. For more information, call 612-861-9363.

Sports & Leagues

See page 8-9 for fitness classes such as Cardio Workouts With Susie, The Wet Work Out, Fridays Walk & Roll Water Workout, Advanced Pilates, Fitness Yoga and Over 50 & Fit.

55 Years & Older Co-Ed Volleyball

Join players of various abilities to learn new skills and have fun.

Tuesdays	7:00-8:30 pm
January 3-March 13 (no play Jan 10)	\$8
Sheridan Hills Gym (6400 Sheridan Ave)	9 Sessions

Senior Bowling League

This fun co-ed league plays at Southtown Bowl. You may be a sub or a regular player. No Tap Tournament and Banquet at end of season. Call 612-861-9363 for more information and registration.

Tuesdays	1:00-3:00 pm
Second session	December 20-March 27
Southtown Bowl \$10 registration fee...\$7/game includes coffee	

Cross-Country Ski Outings – NEW!

If you would like to cross-country ski with other people, there is a group that will start skiing when the snow conditions are good. Information on skiing destinations and times will be handled through email or phone calls. Enjoy the outdoors this winter with others who enjoy the outdoors. To sign up, call 612-861-9363.

Tuesdays	Time TBD (will be in afternoon)
No cost unless entrance fees at park areas	

Full Moon Snowshoe Strolls for Adults – NEW!

Experience the joy of snowshoeing along moon-lit trails at Wood Lake. Afterwards, enjoy hot chocolate and the warmth of a fire. Please wear snow boots and warm clothing; snowshoes rental is included in program fee. If snow conditions are poor, we will hike the trails. Ages 16 and up. Please call Wood Lake at 612-861-9365 to register.

January 11, February 9, March 7	7:00-8:30 pm
Wood Lake Nature Center	\$7/person, \$3/person for members

Pickle Ball Play

Pickle ball play has moved indoors for the winter months. Call 612-861-9363 for locations of indoor play.

Artistic Expression

DANCE/MUSIC/THEATER

Read A Story Theater

Volunteer readers take on the parts of characters in the manuscript stories, providing a lively performance filled with expression and enthusiasm, for pre-school and elementary school age children. For more information, call 612-861-9363.

1st & 3rd Mondays (rehearsals)	1:00-3:00 pm
No cost	Community Center

Silvernotes Choral Group

Love to sing? Join other men and woman who love to sing too and go out to performances. No auditions. For performance scheduling, call director Jim Anderson at 952-891-2340 or email jimanderson824@gmail.com

Fridays	1:00-3:00 pm
Sept-May	Community Center

Introduction to Drum It Up! – NEW!

INSTRUCTOR: *CHERI BUNKER*

This one session class will introduce you to the fun and laughter of drumming. There is absolutely no experience necessary or instrument needed. You will start with easy wellness exercises and then be instructed on the use of the drums and percussion instruments and the different sounds. Don't miss this new form of exercise and art music.

Wednesday	3:30-4:30 pm
January 18	\$15
Community Center	1 Session

Line Dancing with Annette

INSTRUCTOR: *ANNETTE FRAGALE*

Discover why line dancing is so much fun and such a great workout! Learn the steps that will empower you to feel confident joining any line dance at weddings or other dances. Annette will cover country, Latin and American styles like the Electric Slide. The class is suitable for all ages and all levels.

Wednesday	10:45-11:45 am
February 8-March 28	\$49 (\$54 after Feb 1)
Community Center	8 Sessions

Old Time Fiddle Lessons for Beginners and Ongoing Players

INSTRUCTOR: *PHIL SCHAFFER*

This class is for people who want to continue playing some good old tunes and for those who are beginners. The first one-half hour will focus on beginners only and then join the ongoing students for more experience. Fiddle rental from the instructor is available.

Tuesday	3:30-4:30 pm (Beginners start at 3:00 pm)
January 10-February 28	\$46
Community Center	8 Sessions

Artistic Expression

ARTS/CRAFTS/HOBBIES

500 Card Lessons – NEW!

INSTRUCTOR: *MEL ENGLER*

Learn the basics or review the play of the card game 500. Even though there is no cost to the lessons, you need to call and register at 612-861-9363.

Mondays	10:00-11:30 am
January 23 & 30	No Cost
Community Center	2 Sessions

Beginning Bridge Playing Lessons

INSTRUCTOR: *BARBARA KURTENBACH*

Learn or review the basics of bridge play.

Fridays	2:15-4:15 pm
---------	--------------

January 6-March 9	\$62
Community Center	10 Sessions

Intermediate Bridge Playing Lessons

INSTRUCTOR: *BARBARA KURTENBACH*

Continue to improve your game. Pre-requisite is beginning lessons of bridge.

Fridays	12:00-2:00 pm
January 6-March 9	\$62
Community Center	10 Sessions

Play/Defense Bridge

INSTRUCTOR: *BARBARA KURTENBACH*

For players intermediate and advanced using the American Standard Bridge version.

Fridays	9:30 am-11:30 am
January 6-March 9	\$62
Community Center	10 Sessions

Advanced Watercolor Painting

INSTRUCTOR: *ELLEN STINGER*

For students who have painted before and have their pallets set up. The class is all about painting techniques, no drawing skills required.

Fridays	2:00-4:00 pm	Community Center
January 20-February 3	3 Sessions	\$38
March 2-23	4 Sessions	\$49

Sketch 'N' Journal – NEW!

INSTRUCTOR: *GIN WEIDENFELLER*

Use words, line drawings, brush strokes and color to capture your environment and experiences. Explore visual and verbal note taking methods, apply color to express ambiance and mood, and draw/paint/collage bits 'n' pieces to illustrate a vignette or nature. Create a portfolio of journal entries. All materials furnished for participants.

Thursdays	1:00-2:30 pm
January 26 & February 2	\$43
Community Center	2 Sessions

Lifelong Learning

Computer Discussion Group

HYHO (help yourself, help others). Exchange computer information.

Every Wednesday	1:00-3:00 pm
No Cost	Community Center

Computer Lab

Use a lab computer or bring your laptop, connect to the internet, get help with your questions, tutors available.

Every Wednesday	1:00-3:00 pm
\$2 every Wednesday	Community Center

Little Known but Useful Features in Windows – NEW!

INSTRUCTOR: *ED AUBITZ*

This class will show some of the less well known but possibly useful features in Windows. We will cover topics such as using personal pictures as your desktop and screen saver, what to do to your system before donating it, use of the "hibernate"

feature when shutting down, setting up and using the Quick Launch toolbar, file backup strategies and how to keep your system "stable". We will attempt to at least demonstrate these features in more than one level of Windows. Prerequisite is experience using a PC. Bring your laptop if you have one.

Thursday	1:00-3:00 pm
February 9	\$15
Community Center	1 Session

Introducing PowerPoint Preparation – NEW!

INSTRUCTOR: NILDA D. HEINZE

Participants in this discussion get hands on experience and will gather information on what a PowerPoint is, its features, how to get started working on a PowerPoint and how to customize different options when doing your own PowerPoint.

Thursday	1:00-3:00 pm
February 16	\$13
Community Center	1 Session

Creating a PowerPoint Presentation – NEW!

INSTRUCTOR: NILDA D. HEINZE

In this session, since you may already know the features of PowerPoint, you will start creating your own PowerPoint, adding features such as slides, duplicating slides, selecting themes and saving. Pre-requisite is basic knowledge of PowerPoint.

Thursday	1:00-3:00 pm
February 23	\$13
Community Center	1 Session

Additional Knowledge on PowerPoint from Your Camera – NEW!

INSTRUCTOR: NILDA D. HEINZE

In this final class, you will learn how to insert tables, pictures, clip art, graphics, shapes, photos from your camera and smart art.

Thursday	1:00-3:00 pm
March 1	\$13
Community Center	1 Session

Digital Camera Discussion for Beginning Users – NEW!

FACILITATOR: LES MILLER

Discuss the very basics of digital camera use from buying a camera to using it in different situations to putting pictures on your computer. Computers available for use.

Every first Monday of the month	1:00-3:00 pm
December 5, January 9, February 6, March 5	No Cost
Community Center	

Digital Camera Discussion for Advanced Photographers

FACILITATOR: LES MILLER

This group of seriously interested photographers show and discuss their pictures, share techniques and locations and talk about attitudes and photographic philosophy.

Every third Monday of the month (check dates carefully)	1:00-3:00 pm
December 19, January 30, February 13, March 19	No Cost
Community Center	

Life Drawing (OLLI Class) – NEW!

PRESENTER: ROWAN POPE

This introductory drawing course will help students learn fundamental skills necessary for drawing from life. The course will focus on a variety of techniques and media and will cover concepts in composition, space, volume and shape, line and contour, value and contrast. Students will gain a basic knowledge of formal concepts and a working vocabulary about drawing. They will enhance skills of observation, improve technical ability, and develop personal expression and creativity. You will cover still-life, portraiture, figure drawing, and landscape. No drawing experience is required. Materials list will be given to participants one week before class.

Tuesdays	2:15-3:45 pm
January 10-February 14	\$12
Community Center	6 Sessions

Beyond Freud & Jung: The Psychology of Wolfgang Giegerich (OLLI Class) – NEW!

PRESENTER: JOHN ROBERTSON, PROFESSOR OF PSYCHOLOGY, EMERITUS

Giegerich's focus is not on the psychology of individuals, our thoughts, feelings and personal problems, but rather on the movement of the cultural mind as it has evolved through history. His intellectual forbearers include many major Western philosophers and the topics that he addresses include the world wide web, the atomic bomb and Islamic terrorism.

Wednesday	10:00-11:30 am
January 11-February 15	\$12
Community Center	6 Sessions

A Fond Farewell: End of Life Planning – NEW!

PRESENTER: JEANNE MCGILL CSA CPC

Education for families and individuals to reduce stress at a difficult time. Hear the five responsibilities: important documents/locations, location of death and how it affects actions to be taken, service/burial choices, values/costs, and what to do after services. Presentation is co-sponsored with Edina Park Plaza. Registration is necessary at 612-861-9385

Wednesday	10:00-11:00 am
January 25	\$3
Community Center	1 Session

Health Care Directive Discussion and Completing the Form – NEW!

PRESENTER: JEANNE MCGILL CSA CPC

This class will give you a chance to learn what a Health Care Directive is all about, as well as step by step instructions on completing the form. At the discussion, pay the presenter \$1 per person for the Directive form that you will fill out. The last topic of discussion will be "What I want my loved ones to know about my funeral." This presentation is co-sponsored with Edina Park Plaza. Registration is necessary at 612-861-9385.

Wednesday	10:00-11:00 am
February 22	\$3
Community Center	1 Session

8-Hour Defensive Driving Course

INSTRUCTOR: MN SAFETY COUNCIL

This 8-hour course is needed to receive the certificate of completion provided for your 10% senior auto insurance discount.

Thursdays	5:00–9:00 pm
February 9 & 16	\$24
Tuesdays	5:00–9:00 pm
May 8 & 15	\$24
Community Center	2 sessions each

4-Hour Defensive Driving Refresher Course

This is for those who have taken the 8-hour course.

Tuesday, January 17	12:00-4:00 pm	
Monday, February 6	12:00-4:00 pm	
Monday, March 5	12:00-4:00 pm	
Community Center	1 session each	\$22

Health/Wellness/Clinics

Health Insurance Help

Trained volunteers help with sorting out confusing Medicare and health insurance forms, as well as counsel people in selection of supplemental health insurance. This help is provided by Senior Outreach. Call 612-861-9385 for an appointment.

Every 2nd Monday	9:30 am-12:30 pm
Dec 12, Jan 9, Feb 13, Mar 12	No Cost

Understanding Psoriasis – NEW!

PRESENTER: DIANNE BURD

Psoriasis is not just skin deep. Learn about the signs and symptoms of psoriasis, various treatment options, as well as lifestyle strategies that enable psoriasis patients to lead healthier and happier lives. Dianne is a clinical social worker who provides health education to psoriasis patients in the community. Refreshments provided. Registration is necessary by calling 612-861-9385.

Tuesday	10:00-11:00 am
January 17	\$3
Community Center	1 Session

Support Group for Caregivers of Memory Loss Family Members – NEW!

FACILITATOR: MONICA MOHAN, LSW WITH AGEWELL

If you have a loved one dealing with memory loss, we have a resource for you. If you are a caregiver or have a loved one living with Alzheimer's Disease, we invite you to attend our support group. Support will be held the 3rd Wednesday of every month at the Richfield Community Center. Call Tressa Daily with AgeWell at 952-345-8770 for questions.

Wednesdays	6:30-7:30 pm
Dec 21, Jan 18, Feb 15, Mar 21	Community Center

Day Excursions & Beyond

Trips are open to adults of all ages. All trips depart from the Richfield Ice Arena; 636 East 66th St. Registration for all trips is required at the Richfield Community Center.

State Capitol and Winter Carnival Display

Take a 45 minute guided tour of one of the grandest monuments of the American Renaissance considered the country's great artistic masterpieces. A wonderful lunch is at the popular Tavern on Grand. Menu is Walleye, Baby Red Potatoes, Vegetable, Salad and Beverage. Preorder a chicken entrée if you do not want Walleye. Finally drive around Rice Park to see the Winter Carnival Ice Sculptures and walk through the park for a close up view, if mid-winter weather conditions permit. Deadline: January 17

Tuesday	9:15 am-3:00 pm
January 31	\$44

American Swedish Institute Lunch & Tour

Start your day at Ingebretsen's Scandinavian Center and shop for gift items, baked goods and traditional Nordic foods. Arrive at the American Swedish Institute for a special menu created and served in this European atmosphere. After lunch, take a guided tour of The Turnblad Mansion and the American Swedish Institute. At the end of the tour, spend time in the Bokhandel Gift Shop. Deadline: February 7

Tuesday	10:45 am-3:00 pm
February 21	\$58

Czech Village

Arrive at Hilltop Hall in Montgomery for some kolache and coffee. Your guide will talk about this historic concert hall and the village of Montgomery. Entertainment from the area includes a family that plays instruments and a wonderful storyteller. Your hosts have created an authentic Czech Pork Dinner with all the special flavors of the Olde Country. After lunch, your local guide will take you through this tiny village and talk about "Big Honza," the Giant from Montgomery. Deadline: March 12

Thursday	10:00 am-3:30 pm
March 22	\$50

Tour Lakewood Cemetery/Lakes/Lunch at Vescio's Cucina

Tour Lakewood Cemetery and its architectural centerpiece, the Memorial Chapel. Have a Rigatoni Pasta with Meat Sauce and Meatballs, Cheese Shells with half Marinara and half Cream Sauce, Bread and Butter, House Salad, Brownies and Beverage for lunch at Vescio's Cucina. A professional sightseeing guide will give a tour of the Mpls Lakes District, the downtown Mpls area, the Historic Riverfront Area and stop at the I-35 W Bridge Memorial. Deadline: April 2

Friday	9:15 am-3:15 pm
April 20	\$58

Services and Resources Close to Home

Bloomington Public Health 952-563-8900
 Disability Linkage Line 1-866-333-2466
 House, Outdoor Maintenance for the Elderly (HOME) 952-888-5530
 Senior Linkage Line www.minnesotaHelp.info 1-800-333-2433
 Senior Outreach/Deb Hoger 952-888-7121
 VEAP (Volunteers Enlisted to Assist People)
 9731 James Ave. So., Bloomington 952-888-9616

Special Interest & Ongoing Groups

For information, call 612-861-9363

500 Play No registration required. Every Thursday, 12:00-3:00 pm, \$.50

500 Tournament Prizes & refreshments.

Monday, Jan 9 (no partners) & March 12 (partners needed), 12:30-3:30 pm, \$3 each

Arts and Crafts No registration required. Every Thursday, 9:00-11:30 am

Bingo Prizes & refreshments. Wednesdays, Jan 18 and April 18, 1:00-2:00 pm, \$1, \$.50 each additional card

Blood Pressure Check Every 3rd Thursday, 9:15-11:15 am, Dec 15, Jan 19, Feb 16, Mar 15 Free

Book Discussion Call 612-861-9385 for title of book to read. Every 4th Wednesday, 1:00-2:00 pm, Dec 28, Jan 25, Feb 22, Mar 28 No Cost

Bridge No registration required. Every Thursday, 11:45 am-3:00 pm, \$.50

Cribbage No registration required. Every Thursday, 1:00-3:00 pm, \$.50

Dart Baseball No registration required. Every Thursday, 9:15-11:00 am, \$.50

Dining Tasty Foods, Good Conversation, BINGO for diners only, with great prizes, every second Tuesday of each month, 12:45-1:30 pm. For individuals 60 and up. Call 612-869-6662 to reserve a spot, three working days in advance. Weekdays, 9:00 am-12:30 pm, \$3.50 donation requested. Come in or call for a menu. Special Birthday parties with cake and ice cream every last Wednesday of the month. Other special parties include Christmas, New Year's, Valentine's and St. Patrick's Day.

Dominoes Chicken Foot and Mexican Train. No registration necessary. Every Monday, 10:00 am-12:00 pm, \$.25

Foot Care Clinic Call Happy Feet at 763-560-5136 for appointment. Every 2nd Wednesday, 9:00 am-3:30 pm, \$32 per visit. Every 4th Wednesday, 9:00 am-12:00 pm, \$32 per visit

Hand & Foot No registration required. Every Thursday, 1:00-3:00 pm, \$.50

Movie of the Month \$.50 donation. Second Wednesday of the month, 1:00-3:00. Refreshments served. Dec 14, Jan 11, Feb 8, Mar 14

Scrabble Tuesdays 1:00-4:00 pm. \$.25

do. town

BLOOMINGTON EDINA RICHFIELD

Richfield joins Bloomington and Edina to become first "do.towns"

The City of Richfield recently announced it was one of three cities starting an 18-month project to improve the health of the community through a project called "do.town." With the help of Blue Cross and Blue Shield of Minnesota (Blue Cross), Richfield will join forces with Bloomington and Edina to make changes that support residents in their healthy eating and active living choices.

The goal of the **do.town** initiative is to make the communities places where the healthy choice is the easy choice in order to prevent illness caused by unhealthy eating and physical inactivity. These two risk factors combined are the second leading cause of death and disease in Minnesota. By breaking down barriers and thinking about how our surroundings can support our health, community members will decide what changes and improvements make the most sense for Richfield. Examples might be working to make biking or walking to school safer; helping improve access to healthy foods at work, school and in faith organizations; or allowing for more community gardens to help serve people with low incomes. Bottom line, people should have more opportunities to eat right and be physically active, whether at school, at work or out in the community.

"The best solutions come from our community members. We will need input and involvement from a variety of groups... from schools, workplaces and neighborhoods to the faith community, civic organizations and health providers, in order to bring health to every corner of our communities. It will truly be a grass-roots effort."

— *Richfield Mayor Debbie Goettel*

For more information about do.town, please contact Betsy Osborn, Richfield Public Safety, at 612-861-9881 or e-mail bosborn@cityofrichfield.org. Be sure to also visit do-town.org to sign up to get involved!

do. is a registered mark licensed by Blue Cross® and Blue Shield® of Minnesota, an independent licensee of the Blue Cross and Blue Shield Association. do.town is a collaborative effort to improve community health and does not indicate a product endorsement.



Recreation Services Department
7000 Nicollet Avenue
Richfield, MN 55423

Pre-sorted STD
U.S. Postage Paid
Permit #2256
Twin Cities, MN

* * * * * E C R W S S * * *
RESIDENTIAL CUSTOMER LOCAL

Sign up to receive the Richfield Recreation e-newsletter at www.richfieldrecreation.com

Registration Information

Richfield Recreation Services accepts cash, check, Visa, MasterCard or Discover. You may register by...

WALK IN:

Registration for all activities/classes is accepted on a first-come, first-served basis. Walk-in registrations will be handled first.

MAIL:

Registrations received by mail will be considered as they are received. If an activity should fill up, a waiting list will be started. Please include your name, address, phone, activity title, activity date and time, and class number. Make checks payable to the City of Richfield. A registration form is available online, at www.richfieldrecreation.com.

PHONE AND FAX:

Check the brochure section for the correct phone number and pay by credit card. Department Fax numbers are: Recreation & Senior Programs, 612-861-9388; Ice Arena, 612-861-9353; and, Wood Lake Nature Center, 612-861-9367.

REGISTER ONLINE:

Registration is now available online for many of Richfield's Recreation programs! Check out www.richfieldrecreation.com for a link to the online registration site where you can set up an account, sign up and pay for many of the classes offered through Richfield Recreation Services. For more information, please call the Recreation Services Department at the Community Center, at 612-861-9395.

PASSPORT ASSISTANCE PROGRAM:

For those that may need financial assistance to participate in our programs. This assistance is for qualified Richfield residents only. For more information, please call the Recreation Services Department at the Community Center, at 612-861-9385.



RICHFIELD READY

Scholarships are available for qualifying youth.
Call 612-861-9361 for more information.

Recreation Services General Policies & Procedures

CANCELLATIONS AND REFUNDS

If you need to withdraw from a program, you must notify the Recreation Services office where you registered (Community Center, Ice Arena, Wood Lake, etc.) before the session begins.

1. The Richfield Recreation Services Department reserves the right to cancel class(es) or activities due to insufficient enrollment or issues beyond our control. Full refunds will be given when classes are cancelled by our department.
2. When a class is not cancelled by the department, registered program participants are eligible to receive a refund when canceling one week prior to the first class session. No refunds will be issued when requested within one week or after the start of the first class session unless for bona fide medical reasons. Refunds will be prorated if you have participated in the class prior to the occurrence of the medical condition. Richfield Recreation Services reserves the right to require documentation from a physician.
3. When a customer attends the first class of a session and the class does not meet their expectations, we will give a prorated refund for the remaining classes. The refund must be requested before the second class session takes place.
4. Refunds will not be issued for classes missed due to illness or vacations.
5. For activities that have advance program expenses, i.e. bus transportation, contracted services or prepaid admissions, no refunds will be issued after the registration deadline.

REGISTERING FOR OTHERS

When registering for recreation programs, you may only register your immediate family and one other family (a family constitutes all persons permanently living at the same address).

VOLUNTARY PROGRAM PARTICIPATION

I understand that my or my child's participation in this program is voluntary and that the program is offered for the benefit of participants. I also understand that the risk of injury to myself or child from the activities in the program is significant, including potential for permanent disability and death. In consideration of my or my child being allowed to participate, I knowingly assume all such risks, both known and unknown, even if arising from the negligence of the City of Richfield, its agents or employees. For myself, my child, my spouse and our heirs, assigns, personal representatives and next of kin, I release and hold harmless the City of Richfield, its agents and employees with respect to any and all injury, disability, death, loss or damage to person or property arising out of connected to my or my child's participation in this program, whether arising from the negligence of the City or otherwise, to the fullest extent permitted by law."

CONSENT TO PHOTOGRAPHY AND VIDEO RECORDINGS OF PROGRAMS

Richfield Recreation Services uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to City staff.