

Parks & Recreation

New Brighton

january updates



TRAVEL SHOW

Wed, February 6th, 2019 at 1:00 PM

New York City The Big Apple May & Sept of 2019 	America's Heritage Williamsburg & Gettysburg October of 2019 	Yellowstone & the Grand Tetons June of 2019 	Iceland Land of Fire & Ice July & October of 2019 	Ireland The Emerald Isle May & Sept of 2019 
Alaska Land & Sea Expedition August of 2019 	Discovering the Danube European River Cruise September of 2019 	Canyonlands of the Southwest October of 2019 	New England Fall Foliage Adventure October of 2019 	Albuquerque Balloon Fiesta October of 2019 

BEGINNER LINE DANCE

Join us on Tuesday evening, as we learn the Samba, Charleston, Cowboy and Twist. Socialize while getting a great workout. No partners needed! January 22-February 19. Cost: \$70

SNOWSHOEING

Explore all that winter has to offer with a 3-mile snowshoe trek through the beautiful woods of Fort Snelling on Thursday, February 7 from 1-3pm. Registration includes snowshoe rental and transportation. Cost: \$20.

PROGRAMS & EVENTS

Below are programs for the months of January and February. For detailed information, click on your desired program heading or call 651-638-2130.

FITNESS & WELLNESS

ZUMBA
 SilverSneakers® Classic
 SilverSneakers® Circuit
 Silver Sneakers® Cardio
 Silver Sneakers® Yoga
 Fit Lab: Strength
 Cardio Strength
 Energy Flow Yoga
 Ashtanga Yoga
 Beginner Yoga
 Restorative Yoga
 Alignment Yoga

FitWERKS
 Stretch & Tone
 Mat Pilates
 Core & More
 Bands & Body
 Triple Threat
 Tai Chi
 Off the Barre
 Cardio Kickboxing
 PIYO
 Water Aerobics
 Super Sculpt

ADULT 55+

Snowshoeing
 Avoid the Top 3 Estate Planning Mistakes
 Socializing Online
 Online App Use
 Alzheimer's & Dementia Support
 AARP Smart Driver Courses
 Club 55 Valentine's Day Mixer
 The Church Basement Ladies in: You
 Smell Barn
 Landmark Travel Show

ADULT

Beninner Line Dance
 Country Dance Workshop
 First Aid/CPR/AED Training
 Pickleball: NBCC & Highview
 Women's Volleyball League
 Kick-Start Guitar/Ukulele

TEEN

Adapted Bowling
 Kickers Karate
 Kick-Start Guitar/Ukulele

YOUTH

Martial Arts
 Holiday Preschool Adventures
 Ice Skating
 Gymnastics
 Basketball/Soccer Camps
 Dance
 Swimming Lessons

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The Parks and Recreation Department is dedicated to delivering parks and recreation services that improve the quality of life in New Brighton. As identified in our strategic plan, we will strive to do the following:

IMPROVING HEALTH

- Adaptive bowling was held weekly on Saturdays in December. 31 young adults attended each week at the Mermaid bowling Lanes.
- Six teams participated in the Women's Volleyball League at Highview School on Wednesday evenings.
- Adult Pickleball open gym was held at Highview School on Tuesday and Thursday evenings with an average of 18 players attending each night.
- On December 4, 5 seniors gathered at the NBCC to learn about hospice care from a nurse from Our Lady of Peace Hospice Care.
- On December 12, 14 seniors headed to the Alexander Ramsey House for a guided tour. After the tour, the group headed to Cossetta for a delicious lunch.
- On December 13, 14 seniors from New Brighton joined 40 seniors from St. Anthony and Roseville for a Holiday Lights Tour.
- Fifteen Club 55 members met at the NBCC on Monday, December 17 for a holiday social. The group played games, did puzzles and enjoyed a festive atmosphere.

FOSTERING HEALTHY YOUTH DEVELOPMENT

- 65 children along with approximately 200 parents, grandparents and friends attended the Holiday Dance Performance at Highview School on Dec. 12.
- Parents attended the final class of the fall gymnastics session on December 8. 53 children demonstrated skills that they had learned during the 12 week session.
- 31 children attended martial arts classes weekly in December.
- The outdoor ice rink season opened during the start of the Holiday break at Freedom, Hansen and Sunny Square Parks.

SUPPORTING COMMUNITY REINVESTMENT

- Staff attended the MRPA Athletic Management Institute in Maple Grove and served as a speaker at the League Directors Forum.
- Upgrades to the security system were performed at NBCC. A radio communicator module was installed to identify and communicate more complete fire panel information monitored at the Electro Watchman central station.

If you would like to receive the Parks & Recreation Monthly Update please opt in by clicking here:

<http://www.newbrightonmn.gov/news/>. Select Parks and Recreation to receive the Monthly Update as well as any other categories you wish to receive the latest updates under Subscribe via E-mail along with your e-mail address. Parks & Recreation Updates will be e-mailed around the 10th of each month.