

## Recreation Updates:

Below is a list of current events planned, in the planning process, as well as tentative programming that is at the beginning process.

- Movie in the Park
- Starwatch Party – September 8
- Yoga September 14 – November 9
  - Gentle Yoga
  - Candlelight Vinyasa Yoga
- Zumba (September)
- Ramsey Residents Day on the Farm (October)
- Swing Dance Workshop (October)
- Fall Line Dancing
- 2021 Photo Contest
- Qigong Meditation
- Antique Roadshow Type Event (tentative)
- Pickleball (tentative)
- Drive in Movie- October (tentative)
- Winter ornament making (tentative)
- Ballroom, Salsa, dance classes (tentative)
- Bootcamp fitness class (tentative)
- Holiday/Winter Skate (tentative)
- Wine and Canvas (tentative)



# Ramsey Parks & Recreation: Movie in the Park



## Enjoy time outside and a great movie!

Bring your family, friends, and lawn chairs to experience a movie at Elmcrest Park. Arrive before sunset to secure your spot. The movie will start soon after the sun is low in the sky. See you there for a (tentative) screening of *How to Train Your Dragon*.

**September 10: *How to Train Your Dragon*, PG (tentative)**

## Registration

This is a free community event. Registration is not required for this event. For more information and please visit our website.

## Location:

**Elmcrest Park**  
16303 Quicksilver St NW,  
Ramsey, MN 55303

## Dates:

Friday September 10th, 2021  
*Rain check: Saturday, September 18th*

## Time:

8:15-10:15pm

## To register:

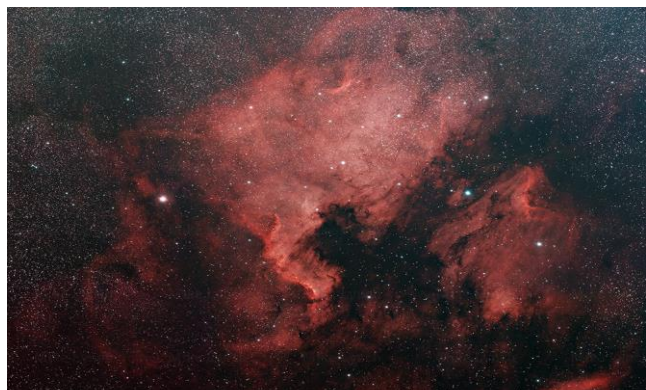
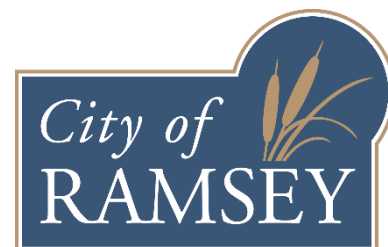
[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

## For more information:

**Kayleigh Sonterre,**  
Recreation Specialist  
[ksonterre@cityoframsey.com](mailto:ksonterre@cityoframsey.com)

Ramsey Parks & Recreation Presents:

# STARWATCH PARTY



## Come & Enjoy a Night of Stargazing

Make the stars your old friends as we watch the great celestial show in the skies over Ramsey. We'll have giant telescopes aimed at Jupiter, Saturn, star clusters, galaxies, and more. Live video telescopes will also be available. Get to know constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured!

Mike Lynch is a retired WCCO meteorologist and has been hosting star watch parties and teaching astronomy classes since 1972. He also writes a weekly stargazing column for the St. Paul Pioneer Press and is the author of the book "Stars, a Month by Month Tour of the Constellations." It'll be available for purchase at a discount. Super cool glow-in-the-dark star shirts will also be available for sale.

**Registration:** is \$10 and required for adults, kids are free.

### Location:

Elmcrest Park  
16303 Quicksilver Street NW  
Ramsey, MN 55303

### Date:

September 8, 2021

### Time:

8:00pm-10:00pm

### To register:

[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

### For more information:

Mike Lynch  
[Mikewlynch@comcast.net](mailto:Mikewlynch@comcast.net) ,  
612-978-4633  
or  
Kayleigh Sonterre,  
Recreation Specialist  
[ksonterre@cityoframsey.com](mailto:ksonterre@cityoframsey.com)  
763-433-9883



# Ramsey Parks & Recreation Presents: Gentle Movement Yoga



## Gentle Movement Yoga with Mary, RYT

Join Mary in an hour long gentle movement style yoga class where we will connect to our breath through mindful movement. Mary believes yoga should be accessible to everyone, so all levels are welcome and encouraged to participate.

### Prepare for class:

- Bring a yoga mat, water, and a small towel
- Wear comfortable clothing and be prepared to practice barefoot
- Yoga is best done on a (nearly) empty stomach

**Registration** is required as space is capped at 20 students. Please arrive 5-10 minutes early. Admittance to class closes at 5:50pm. Class will begin at 6:00pm.

### Location:

**Central Park Building**  
7925 161st Ave NW  
Ramsey, MN 55303

**Dates:** Tuesday evenings  
September 14—November 9.  
*No class November 2.*

**Time:** 6:00pm - 7:00pm

### To register:

[CityofRamsey.com/ParkEvents](http://CityofRamsey.com/ParkEvents)

### Contact:

**Mary Troullier, RYT**  
troullier28@gmail.com  
(920) 973 6279  
Or

**Kayleigh Sonterre,**  
*Recreation Specialist*  
ksonterre@cityoframsey.com  
(763) 433 9883



Ramsey Parks & Recreation Presents:  
**Candlelight Vinyasa Yoga**



### Vinyasa with Mary, RYT

Join Mary in an hour long Vinyasa style yoga class where we will connect to our breath through mindful movement. Mary believes yoga should be accessible to everyone, so all levels are welcome and encouraged to participate.

### Prepare for class:

- Bring a yoga mat, water, and a small towel
- Wear comfortable clothing and be prepared to practice barefoot
- Yoga is best done on a (nearly) empty stomach

**Registration** is required as space is capped at 20 students. Please arrive 5-10 minutes early. Admittance to class closes at 7:05pm. Class will begin at 7:15pm.

### Location:

**Central Park Building**  
7925 161st Ave NW  
Ramsey, MN 55303

**Dates:** Tuesday evenings  
September 14 - November 9.  
*No class November 2.*

**Time:** 7:15 - 8:15pm

### To register:

[CityofRamsey.com/ParkEvents](http://CityofRamsey.com/ParkEvents)

### Contact:

**Mary Troullier, RYT**  
troullier28@gmail.com  
(920) 973 6279  
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**Kayleigh Sonterre,**  
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