

## September/October Recreation Programs

**Full Moon Walk with a Naturalist:** Join a Minnesota Master Naturalist Educator on a hike under the full moon at Mississippi West Regional Park on October 9 from 6:45 – 8:45 pm. Learn about the local flora and fauna in a whole new light.

**Line Dancing:** Join us for a fun night of line dancing! Partners are not required, but feel free to bring a friend. This program will be on September 13 & 27 and October 11 & 25 from 6:00 – 7:30 pm at Central Park.

**Movie in the Park:** Spend the evening with us on September 9 & 23 for a free movie under the stars! Bring along a blanket or a lawn chair and enjoy a night of fun with friends and family. Check our website for showtimes and movie titles.

**Qigong Meditation:** Qigong is a holistic exercise that aims to strengthen, stretch, balance and coordinate the body. It is deceptively simple yet can be profoundly healing. This class will be Thursday(s) from 10:30 - 11:30 am at Ramsey City Hall.

**Starwatching Party:** Come watch the great celestial show in the skies over Ramsey on Wednesday, September 14 from 8:00 – 10:00 pm. We'll have giant telescopes aimed at Jupiter, Saturn, Mars, star clusters, galaxies, and more!

**Walk with a Naturalist:** Spend the morning hiking with a Minnesota Master Naturalist Educator on September 10 & 24 and October 8 from 10:00 am – 12:00 pm. Observe the changes occurring as Ramsey transitions from a hot Minnesota Summer to the cool colorful Autumn.

**Women's Walking Club:** Meet us on Mondays from 5:30 – 6:30 pm to walk and navigate the trails around Ramsey. We will meet at a different park every week. All abilities and fitness levels are welcome! This series runs September 12 – October 17.

**Yoga:** Join us for an hour-long gentle movement style yoga that focuses on breath and movement. All levels of experience are welcome. Check out our website for dates, times, and location.

All dates and times may be subject to change. For a list of all offerings and registration information, please visit [CityofRasmey.com/ParkEvents](http://CityofRasmey.com/ParkEvents). For questions, contact Marla Martinez-Flynn, Recreation Specialist at [mmartinez-flynn@cityoframsey.com](mailto:mmartinez-flynn@cityoframsey.com), 763-433-9883