

City of Ramsey
Agenda
Park and Recreation Commission
Thursday, May 8, 2025

6:30 pm

Loral I Delany Central Park, 7925 161st Ave NW

Remote Attendance available at www.cityoframsey.com/meetings.
Those joining remotely and requesting to speak are asked to use a webcam when speaking.

1. **Call to Order**

2. **Citizen Input**

3. **Approve Agenda**

4. **Approve Minutes**
 1. Approve the following meeting minutes.
 1. Park & Recreation Commission meeting dated April 10th, 2025.

5. **Commission Business**
 1. **2025 Playground Replacement—Central Park**

6. **Commission/Staff Input**
 1. Recreation Program Update

7. **Adjournment**

Park and Recreation Commission

Meeting Date: 05/08/2025

Primary Strategic Plan Initiative: Connect the community through Parks, Trails and Recreational Programming.

Information

Title:

Approve the following meeting minutes.
1. Park & Recreation Commission meeting dated April 10th, 2025.

Purpose/Background:

To review and approve meeting minutes.

Notification:

N/A

Time Frame/Observations/Alternatives:

Staff anticipates this case will take less than 5 minutes.

Funding Source:

N/A

Recommendation:

To review and approve meeting minutes dated April 10th, 2025.

Outcome/Action:

Motion to approve meeting minutes dated April 10th, 2025.

Attachments

Park and Recreation Minutes April 10th, 2025

Form Review

Inbox	Reviewed By	Date
Brian Hagen	Mariah Albrecht	05/02/2025 10:47 AM
Form Started By: Mariah Albrecht		Started On: 05/01/2025 09:13 AM
Final Approval Date: 05/02/2025		

**PARK AND RECREATION COMMISSION
CITY OF RAMSEY
ANOKA COUNTY
STATE OF MINNESOTA**

The Ramsey Park and Recreation Commission conducted a regular meeting on April 10, 2025, at the Ramsey Municipal Center, 7550 Sunwood Drive NW, Ramsey, Minnesota.

Commission Members Present: Chair Megan Ealain
 Vice Chair Nathan Barten
 Commissioner Garth Anderson
 Commissioner Todd Arts (arrived at 6:32 p.m.)
 Commissioner Shane Bennett
 Commissioner Dean Olson
 Commissioner Brandon Sis

Commission Members Absent:

Also Present: City Council Liaison Kirsten Buscher
 Parks & Assistant Public Works Director Mark Riverblood
 Recreation Coordinator Abby Proulx

1. CALL TO ORDER

Chair Ealain called the Park and Recreation Commission meeting to order at 6:30 p.m.

2. CITIZEN INPUT

None.

3. APPROVE AGENDA

Motion by Commissioner Sis, seconded by Commissioner Barten, to approve the Park and Recreation Commission meeting agenda as presented.

Motion carried. Voting Yes: Chair Ealain; Commissioners Sis, Barten, Anderson, Bennett, and Olson. Voting No: None. Absent: Commissioner Arts.

4. APPROVE MINUTES

4.01: Approve Park and Recreation Commission Meeting Minutes

Motion by Commissioner Sis, seconded by Commissioner Barten, to approve the following Park and Recreation Commission Regular Meeting Minutes:

- Park and Recreation Commission Meeting Minutes dated March 13, 2025

Motion carried. Voting Yes: Chair Ealain; Commissioners Sis, Barten, Anderson, Bennett, and Olson. Voting No: None. Absent: Commissioner Arts.

Commissioner Arts arrived.

5. COMMISSION BUSINESS

5.01: Consider Park and Recreation 2025 Outdoor Meeting Schedule

Parks & Assistant Public Works Director Riverblood stated that each year, the regular Commission meetings from May through September are held in City parks in order to see park projects and provide access to residents in their own neighborhood parks. He noted that within the packet, there are suggestions for some of the meetings and welcomed idea locations for the other three months.

Commissioner Sis asked the parks that are coming up on the replacement schedule.

Parks & Assistant Public Works Director Riverblood commented that Riverdale could be a good location for the August meeting. He also suggested The Draw for June and The Waterfront for July.

The Commission agreed with those suggestions.

Motion by Commissioner Sis, seconded by Commissioner Olson, to approve the outdoor meeting schedule as follows:

- May – Central Park
- June – The Draw
- July - The Waterfront
- August – Riverdale Park
- September – River’s Bend Park

Motion carried. Voting Yes: Chair Ealain; Commissioners Sis, Olson, Anderson, Arts, Barten, and Bennett. Voting No: None. Absent: None.

5.02: Invitation: Tree Planting with Ramsey Environmental Policy Board and Parks and Recreation Department/Commission

Recreation Coordinator Proulx stated that the City will be hosting a tree planting event on Wednesday, May 14th, to celebrate Arbor Month. She noted that this will be an opportunity for residents to participate and interact with the Parks and Recreation Commission and Environmental Policy Board and to replant trees that were removed due to Emerald Ash Borer. She noted that members of the Commission interested can let her know, and residents can register for the event online.

Parks & Assistant Public Works Director Riverblood commented that this will be a hands-on tree planting event, along with educational components to teach people how to properly plant trees.

6. COMMISSION/STAFF INPUT

6.01: Upcoming Programs and Events

Recreation Coordinator Proulx provided program updates highlighting recent and upcoming events and activities.

Chair Ealain commented that there are a lot of good things coming up with a mix of things for everyone.

6.02: Update on Term Limitations on Commission and Board Chairs

Chair Ealain welcomed Commissioner Anderson to the Commission.

Parks & Assistant Public Works Director Riverblood stated that the City Council recently changed the policy related to term limitations for the Commission and Board Chairs. He noted that the previously implemented term limit has now been removed.

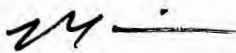
7. ADJOURNMENT

Motion by Commissioner Sis, seconded by Commissioner Barten, to adjourn the meeting.

Motion carried. Voting Yes: Chair Ealain; Commissioners Sis, Barten, Anderson, Arts, Bennett, and Olson. Voting No: None. Absent: None.

The Park and Recreation Commission meeting adjourned at 6:50 p.m.

Respectfully submitted,



Mark Riverblood
Parks & Assistant Public Works Director

Drafted by Amanda Staple
TimeSaver Off Site Secretarial, Inc.

Park and Recreation Commission

Meeting Date: 05/08/2025

Primary Strategic Plan Initiative: Connect the community through Parks, Trails and Recreational Programming.

Information

Title:

2025 Playground Replacement—Central Park

Purpose/Background:

The purpose of this case is to review the significant playground replacement addressed in 2025—Central Park.

Staff proposes proceeding with the regular May Park & Recreation Commission—then, after adjournment, conduct the ribbon cutting for the 'Grand Opening'.

Time Frame/Observations/Alternatives:

Observations

Earlier this year, City Council acted on the Park & Recreation Commission's recommendation to replace Central Park's play equipment with a new, multi-faceted playground befitting the prominence of Central Park as both a community park and the city's flagship park. The playground also has artificial turf surfacing (versus the engineered wood fiber used for playground replacements in previous years).

The following is a summary of the project costs:

Playground components, freight and installation.....	\$301,000
Artificial Turf surfacing.....	\$132,000
Removals, site work, boulder purchases.....	\$16,000
Total _____	\$449,000

The play equipment purchase and contracted services total of \$449,000 includes; \$301,000 from the Lawful Gambling Fund, and \$148,000 from the Park Trust Fund.

The above costs do not include the significant modifications and enlargements to the playground boulder border performed by city staff with heavy equipment, and site restoration and landscape. This activity, if performed by contracted services, would be in excess of \$15k

Funding Source:

No funding is required nor authorized as part of this case.

Recommendation:

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Outcome/Action:

No formal action required.

Attachments

under construction

Form Review

Inbox

Bruce Westby

Brian Hagen

Form Started By: Mark Riverblood

Final Approval Date: 05/02/2025

Reviewed By

Bruce Westby

Mariah Albrecht

Date

05/02/2025 06:27 AM

05/02/2025 10:47 AM

Started On: 04/29/2025 10:25 AM























Park and Recreation Commission**Meeting Date:** 05/08/2025**Primary Strategic Plan Initiative:** Connect the community through Parks, Trails and Recreational Programming.**Information****Title:**

Recreation Program Update

Purpose/Background:**Upcoming Programs, Registration Deadlines, and New Releases:****Upcoming Special Events:****Central Park Playground Re-opening**

The Central Park playground was installed 28 years ago by volunteers. Since then, thousands of young people have enjoyed it—now these residents can bring their children to the new, even larger playground following construction in April. Come celebrate the grand reopening with the Ramsey Parks and Recreation Commission! Food from [Griddle on the Go](#) will be available for purchase.

- **Date:** Thursday, May 8, 5 – 6:30 p.m.
 - [Parks and Recreation Commission meeting](#) begins at 6:30 p.m. – you’re invited to stay and hear about the latest in park and trail initiatives and provide your input on the very first Community Art Plan for the city.
- **Cost:** Free
- **Registration:** Pre-registration is encouraged if you would like to receive event reminders or notifications of any weather-related changes.

Dash and Dine 5K

Join us for our very first Dash and Dine 5k at Elmcrest Park! This event is for everyone, regardless of whether you run, walk, spectate, or just want to spend some time outside at the park – you’re invited! After the race, we will have food trucks, yard games, inflatables, and activities for all. See the full schedule on the race website.

- **Date:** Saturday, May 17 at Elmcrest Park, Race starts at 9:30 a.m.
- **Cost:** \$45, includes \$10 food truck voucher and t-shirt while supplies last.
- *This race is scheduled for the same weekend as the annual [Garage Sale Trail](#). See below for more information.*

Garage Sale Trail

It’s back and better than ever! Meet your neighbors, find great bargains, and explore a variety of treasures at the third annual Garage Sale Trail. This year, we’re excited to partner with Elk River for a bigger and better sale event! Don’t forget to swing by Elmcrest Park while you’re out and about shopping for some tasty eats from one of the food trucks!

- **Date:** Thursday, May 15- Sa., May 17, 8:00 a.m. – 5:00 p.m.
- **Cost:** FREE
- **Registration:** Pre-registration is required, register by May 11 [online here](#).
- *We encourage sellers to use Sunday as a “free day” and/or donate their items to community organizations. We have compiled a list of local organizations accepting donations by pickup or drop off [online here](#).*

Kites and Bites

Fill the spring skies with colorful kites! Join us with the Ramsey Lions for our third annual Kites and Bites. Fun for all ages, we'll have a food truck, entertainment, yard games, and more! Bring your own kite or come decorate your own (while supplies last).

- **Date:** Saturday, May 31, 10:00 a.m. – noon at Elmcrest Park
- **Cost:** FREE
- **Registration:** Pre-registration is encouraged if you would like to receive event reminders or notifications of any weather related changes.

Two Rivers Art Fair

Save the date for the Two Rivers Art Fair for its second year at The Draw!

- **Date:** Saturday, July 19, 10:00 a.m. – 4:00 p.m.
- **Cost:** Free to attend
- **Registration:** Now accepting artist registrations! Fee is \$40 for a 10x10 booth, youth receive a discounted booth at \$25.
- **Volunteer:** We couldn't run this event without the help of our wonderful volunteers! [Two and three hour shifts are available here.](#)

Active and Outdoor Programs:

Walk with a Naturalist

Join Naturalist Ellen for a guided spring birdwatching walk at Mississippi West and Rum River Central, where you'll observe migratory waterfowl, warblers, and other forest birds—arrive early for an optional 7 a.m. scouting walk before the main 8 a.m. group.

- **Dates:**

● Day	Date	Location	Time
Su.	May 4	Mississippi West	7 a.m. or 8 a.m. – 9 a.m.
Su.	May 25	Mississippi West	7 a.m. or 8 a.m. – 9 a.m.

- **Cost:** \$5/ session
- **Registration:** Pre-registration is required to secure your spot. This program needs a minimum number of participants to run.

Line Dancing

Led by Karen Ann Stark, an experienced instructor and former choreographer of the Bootscooters Dance Team, each week features a new dance. Suitable for all ages and levels, no partner required—just bring a water bottle and get ready to dance! Classes take place at Central Park.

- **Dates:**

● Day	Date	Time
Tu.	May 6	5:30 – 6:30 p.m.
Tu.	May 20	5:30 – 6:30 p.m.

- **Cost:** \$5/session
- **Registration:** Pre-register prior to arrival at the class. Walk-ins taken on a first come first serve basis.
- **Note:** *Line Dancing classes will take a break over the summer. We will look to schedule more come the fall pending the instructor's availability.*

Intro to Pickleball

Learn the basics of pickleball with certified instructor Gwen Radel from Nitty Gritty Pickleball! This fun, two-hour beginner class covers rules, scoring, terminology, fundamentals, and court positioning—paddles and balls provided. These classes fill fast! Please only register for one Intro to Pickleball session. All classes cover the same materials. Classes take place at the Central Park courts.

- **Dates:**

● Day	Date	Time
-------	------	------

Sa.	May 10	9 – 11 a.m.
Su.	June 1	1 – 3 p.m.
Sa.	June 14	9 – 11 a.m.
Su.	July 27	1 – 3 p.m.

- **Cost:** \$15/person
- **Registration:** Pre-registration is required, space is limited.

Pickleball Leagues

Our first league of the season started on April 30 and will run through July 2! Ramsey Parks and Recreation is partnering with Minnesota Pickleball to offer structured ladder leagues where players compete individually, rotate partners each session, and move up or down based on performance, with results posted weekly. Leagues will take place at the Central Park courts.

- **Sessions**
 - Sunday Evening
 - June 15- August 31, 5:30-8:30 p.m.
 - Wednesday Evening Late Season
 - July 16-Sept. 17, 5:30-6:30 p.m.

- **Cost:** \$65/person
- **Registration:** Pre-registration is required, space is limited.

Tree Planting with Ramsey Environmental Policy Board and Parks and Recreation Commission

Celebrate Arbor Month by joining Ramsey’s Environmental Policy Board and Parks and Recreation Commission to plant replacement trees along 145th Ave NW, helping restore trees lost to Emerald Ash Borer. Families are welcome, with youth activities and supervision available for children.

- **Date:** Wednesday, May 14, 6 – 7:30 p.m.
- **Cost:** FREE
- **Registration:** Pre-registration is strongly encouraged as space is limited based on the number of trees and equipment. *If you plan to bring children, pre-registration is required* to ensure we have age-appropriate activities and the right quantity of materials. Please register both the adult volunteer and any participating children.

Wednesday Evening Yoga

Weekly Yoga is back! After a long pause, we are excited to bring back Wednesday evening yoga at Central Park.

- **Dates:** Wednesdays, from 6:00 – 7:00 p.m. at Central Park
 - Sessions begin May 21.
- **Cost:** \$5/session
- **Registration:** Pre-register prior to arrival at the class. Walk-ins taken on a first come first serve basis.

Youth and Family Programs:

Parent and Me

In partnership with KidCreate, our Parent & Me classes offer children ages 12 months to 6 years a fun, sensory-rich experience to explore, create, and play alongside their caregivers at Central Park.

- **Dates:**

Day	Date	Theme	Time
• Sa.	June 14	Glow Party	10:30 – 11:30 a.m.
• Sa.	July 12	Summer Fun	10:30 – 11:30 a.m.
• Sa.	Aug. 16	Camp Out	10:30 – 11:30 a.m.

- **Cost:** \$25/parent-child pair. Get \$10 off when you register a sibling for the same session.

- **Registration:** Pre-registration is required. Space is limited to 12 kids per session.

Time2Play

Play is fundamental to a child's healthy development and community gives children a feeling of belonging and safety. Time2Play with Northgate Church combines the two by providing a weekly destination for fun! Bring your kids and their friends and join us for games, sports, crafts and snacks.

- **Dates:** Tuesdays, 10:00 – 11:30 a.m. at the ballfields at The Draw
- **Cost:** FREE
- **Registration:** Pre-registration is encouraged if you would like to receive event reminders or notifications of any weather related changes.
- *Although this event is partnered with a church, this is not a religious activity or "church event." Northgate Church wishes to provide services to the community with kids and families in mind, regardless of belief.*

Sports Discovery

Discover Your Child's Passion for Sports! This weekly introductory program is perfect for kids ages 3-9 who want to explore three of today's most popular sports: soccer, baseball, and flag football. The four sessions are designed to help kids familiarize themselves with these sports, the program provides an opportunity to learn new skills, discover their favorites, and understand the importance of sportsmanship.

- **Dates:** Tuesdays, June 10 – July 1 at Central Park

● Age	Time
3 to 4	5:00 – 6:00 p.m.
5 to 6	6:15 – 7:15 p.m.
7 to 9	7:30 – 8:30 p.m.

- **Cost:** \$85/child, includes t-shirt
- **Registration:** Pre-registration is required.

55+ Programs:

55+ Day Trip: Holland Family Farm and Marieke Gouda Store

Discover the rich flavors and traditions of Holland's Family Farm in Thorp, WI, where Gouda cheese is made fresh just hours after milking. This immersive visit includes a guided tour of the farm, a chance to meet the cows and calves, and an inside look at the cheese-making process—complete with a tasty sample. Enjoy a delicious meal at Café Dutchess while taking in the picturesque farm views, then explore the Marieke Gouda Store for locally made Wisconsin goods and Dutch specialties. It's a perfect day of food, fun, and farm-fresh experiences!

- **Date:** Tuesday, June 10
- **Cost:** \$96/person. Includes roundtrip transportation on a coach bus, lunch, and guided tour. Bus picks up and drops off at City Hall.
- **Registration:** Registration is open until May 11 or until full. No refunds or registrations can be taken after this date.

Vitality Arts: Nature Drawing and Watercolor

Vitality Arts is a program was developed by the Rumriver Art Center to share the transformative power of the arts and creativity that inspire vitality in older adults. Classes are designed to improve the health, well-being, and renewed sense of purpose for adults ages 55 and older. Join us at Central Park for a Nature Drawing and Watercolors camp and let your creativity bloom. Each day you will spend time drawing and sketching a variety of subjects. Explore many watercolor techniques, composition, color mixing and more. This class is perfect for all levels of experience.

- **Dates:** Monday-Friday, June 16 – 20, 9:30 a.m. – noon at Central Park
- **Cost:** \$150/person, includes all materials except for a sketchbook.
- **Registration:** Pre-registration is required to secure your spot. [Register online through the Rumriver Art](#)

[Center here.](#)

- *Only three spots remain as of May 1!*

55+ Day Trip: Munsinger Gardens

Experience a delightful day in St. Cloud exploring gardens, dining, and history! Begin with a visit to the Munsinger and Clemens Gardens nestled along the Mississippi River shores. These nationally renowned gardens attract visitors from all over the world. Following the garden visit, fill up with a delicious lunch at Coyote Moon Grille before heading to the Stearns County History Museum for a guided tour.

- **Date:** Wednesday, July 23
- **Cost:** \$92/person. Includes roundtrip transportation on a coach bus, lunch, and entry to all locations. Bus picks up and drops off at City Hall.
- **Registration:** Registration is open until June 22 or until full. No refunds or registrations can be taken after this date.

In the Works

Planning for our 2025 programs and events is in full swing! We've locked in dates for some popular returning events and a few exciting new ones:

- **Volunteer opportunities** – want to get involved with the community? Let us know! We're looking for volunteers to assist at a variety of our events.
- **Community Art Plan** – In partnership with the Ramsey Community Foundation, we're working on the creation of a Community Art Plan. We are currently gathering resident feedback on what Ramsey means to those who live and work here. [Visit our website to learn more.](#)
- **More summer fun** – We are working on gearing up for new and returning favorite summer events such as Party at the Park with giant waterslides, NW Food Truck Fest, Pickleball Women's State Qualifier, The Draw Concert Series and so much more!
- **Happy Days** – Registration for Happy Days events and sponsors have started to open. For more information, [visit our Happy Days website here.](#)
- **Expanding communications** – At events, we often hear that people are *just* discovering everything we offer. We'd love to reach people where they are to share our programs and events. Right now, we have been utilizing [EventBrite](#), [Nextdoor](#), [Facebook](#), this E-Newsletter, our Website, [Ramsey Resident](#), and submitting events to local papers and other online event boards. If you have other places you receive information and think would be a great place for us to spread the word, please let me know!

Recommendation:

N/A

Outcome/Action:

N/A

Attachments

Line Dancing
Intro to Pickleball
Community Tree Planting Flyer
Garage Sale Trail
Dash and Dine 5K
Weekly Yoga
Kites and Bites

55+ Day Trip: Holland Family Farm
Vitality Art Nature Drawing and Watercolor
Time2Play with Northgate Church
Two Rivers Art Fair
55+ Day Trips: Munsinger Gardens
Walk with a Naturalist

Form Review

Inbox	Reviewed By	Date
Mark Riverblood	Mark Riverblood	05/01/2025 01:21 PM
Bruce Westby		05/01/2025 02:01 PM
Brian Hagen	Mariah Albrecht	05/01/2025 02:13 PM
Mark Riverblood	Mark Riverblood	05/01/2025 02:42 PM
Form Started By: Abby Proulx		Started On: 05/01/2025 12:00 PM
Final Approval Date: 05/01/2025		



LINE DANCING



Join us for a fun night of line dancing! Each week features a new dance and a quick review of past ones, so no worries if you miss a class. Suitable for all ages and levels, no partner required—bring a water bottle and get ready to dance!

Led by Karen Ann Stark, an experienced instructor and former choreographer of the Bootscooters Dance Team.

Tuesdays
March 4 & 18
April 1 & 15
May 6 & 20

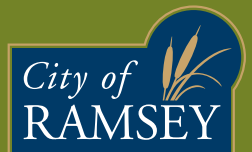
5:30-6:30 p.m.

**Central Park Building,
7925 161st Avenue NW**

All Ages

\$5 per session

PARKS AND RECREATION



REGISTER

cityoframsey.com/parksregister

CONTACT

parks@cityoframsey.com | 763-433-9883

INTRO TO PICKLEBALL



Would you like to learn how to play the fun game of pickleball? Come join us and learn with Gwen Radel from Nitty Gritty Pickleball and other top instructors. Gwen is a certified instructor through the Professional Pickleball Registry (PPR), which is the official education and certification partner for USA Pickleball.

Whether you have never played, or only tried it a few times; this is the class for you! We will cover the beginner basics of pickleball, the Nitty Gritty. You will leave this two-hour class knowing basic rules and scoring, terminology, some fundamentals, court positioning, and be given next-steps info on where to play and more.

Paddles and balls will be provided, but you are welcome to bring your own. Dress for the weather and bring water. Wear tennis (court) shoes, not running shoes. Come join us!

Day	Date	Time
Sa	May 10	9-11 a.m.
Su	June 1	1-3 p.m.
Sa	June 14	9-11 a.m.
Su	July 27	1-3 p.m.

Central Park
7925 161st Avenue NW,

Cost \$12.50/person
Ages 10+

Pre-registration is required, maximum 24 participants. Please only register for one Intro to Pickleball class as all classes cover the same content.

PARKS AND RECREATION

REGISTER

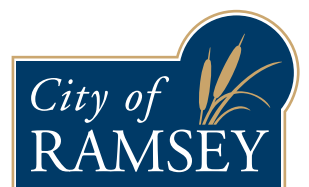
cityoframsey.com/parksregister

CONTACT

parks@cityoframsey.com
763-433-9883



NittyGritty

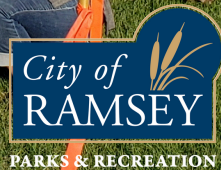


Tree Planting

with the

Ramsey Environmental Policy Board & Parks and Recreation Commission

Volunteer Opportunity!



Across the state, many trees are under stress due to disease, pests, and changing environmental conditions. You may have noticed markings on trees or recent tree removals around Ramsey. The spread of Emerald Ash Borer (EAB) has led to the loss of numerous ash trees in our community.

Join us in giving back by planting replacement trees along 145th Ave NW alongside Ramsey's Environmental Policy Board and Parks and Recreation Commission.

Light snacks and refreshments will be provided. Youth activities and supervision will also be available for families bringing children.

.....

Pre-registration is strongly encouraged to help us prepare for the right number of participants.

If you plan to bring children, pre-registration is required to ensure we have age-appropriate activities and the right quantity of materials.

Scan here



**Wed.,
May 14**
6 - 7:30 p.m.

145th Ln NW
*South of the
ballfields at
The Draw*

Did you know

since 1978, May has been designated as Arbor Month in Minnesota? May is an ideal time to plant and set new trees up for success.



Th. May 15 - Sa., May 17
Open 8:00 a.m. until 5:00 p.m.
unless otherwise indicated.

A combined interactive map with Ramsey and Elk River sales will be posted on the City website.

Third Annual Garage Sale Trail!

Meet your neighbors, find great bargains, and explore a variety of treasures at the third annual Garage Sale Trail! This year, we're excited to partner with Elk River for a joint community-wide garage sale happening Thursday, May 15 – Saturday, May 17.

On Sunday, May 18, we encourage sellers to host a "free day" and/or donate leftover items. Check online for a resource list of places accepting donations.

To participate and have your sale listed on the official map, **register online by May 11 at midnight.** A final map and list of all registered sales will be available online the week of the event, with print copies available at City Hall.

Scan for
interactive
Garage Sale
Trail map



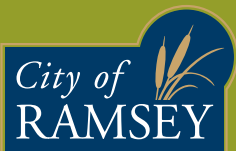
No late registrations, cancellations, or changes can be made to posted materials after May 11.

Even More Spring Fun!

While you're out shopping, stop by Elmcrest Park for the inaugural Dash and Dine 5K! Whether you're racing or just browsing the sales, swing by to cheer on the runners and enjoy delicious food from local food trucks.



Scan for
more info on the
Dash and Dine
5K



View the interactive map at
www.cityoframsey.com/941

Abby Proulx
Recreation Coordinator
aproulx@cityoframsey.com
763-433-9883

Saturday | May 17

9:30 a.m.

Elmcrest Park
16303 Quicksilver Street NW
Ramsey

Lace up your shoes and get ready for our first-ever Dash and Dine 5K! Whether you're a runner, a food truck enthusiast, or both, this event is a fantastic way to challenge yourself, connect with the community, and enjoy a great meal!

The race will take place on a USATF certified 5K course at Elmcrest Park that winds through scenic trails, open fields, and local neighborhoods, featuring some slight rolling hills. This course is perfect for both seasoned runners and first-timers alike.

All runners will receive a meal voucher for one of the food trucks, those who register by April 13 will receive a T-shirt. Plus, the overall top male and female finishers in addition to the top male and female in each age group will receive an award. Age group categories are: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Even if you're not running, you're invited to join the fun! We'll have yard games and festivities at going on at the park, so come enjoy the spring season and cheer on your neighbors! And don't forget—it's the same weekend as Ramsey's Garage Sale Trail. After you fuel up with tasty food truck eats, you can explore the town to hunt for hidden treasures!



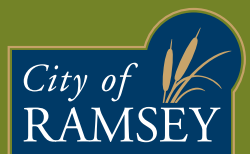
Registration Dates	Cost	Included
Jan 1- Jan 31	\$35	Meal & T-Shirt
Feb 1- March 16	\$40	Meal & T-Shirt
March 17- April 13	\$45	Meal & T-Shirt
April 14- May 16	\$45	Meal, T-shirt if extras are available
Same Day Registration	\$45	Meal, T-shirt if extras are available



REGISTER
cityoframsey.com/parksregister

CONTACT
parks@cityoframsey.com
763-433-9883

PARKS AND RECREATION





GENTLE YOGA



Immerse yourself in mindful movement and connect to your breath in an hour-long Gentle Movement session. Christina, our yoga instructor, will guide you through a series of poses and breath-work that revitalize both the mind and body.

All levels are welcome. No experience is necessary. Bring your own yoga mat, water bottle and small towel. Dress comfortably and be prepared to practice barefoot.

Preregistration is required.

Register for one or multiple sessions, deadline is noon the day of. Those wishing to withdraw or transfer must do so by noon the day of for a full refund.

In case of inclement weather, a decision will be made by noon the day of via email. Full refunds will be issued upon cancellation by the City.



Wednesdays | 6:00 p.m.

Central Park Building
7925 161st Avenue NW

Ages 13+: Youth under 18 must be accompanied by an adult

Cost: \$5 per session



CONTACT

parks@cityoframsey.com or
763-433-9883

REGISTER

cityoframsey.com/parksregister



PARKS & RECREATION

3RD ANNUAL KITES AND BITES



FREE EVENT

Fill the Spring skies with colorful kites! Join us with the Ramsey Lions for our third annual Kites and Bites. It's fun for all ages. Bring your own kite or decorate a kite when you get to the park (while supplies last).

We'll have food trucks, face painting, games, and more!

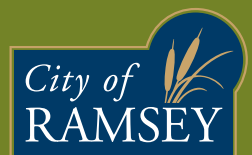
Saturday, May 31

10:00 a.m.-12:00 p.m.

Elmcrest Park

16303 Quicksilver Street NW

PARKS AND RECREATION



REGISTER

cityoframsey.com/parksregister



CONTACT

parks@cityoframsey.com
763-433-9883





DAY TRIP: HOLLAND FAMILY FARM & MARIEKE GOUDA STORE



Experience the Art of Farmstead Cheese in Wisconsin!

Discover the rich flavors and traditions of Holland’s Family Farm in Thorp, WI, where Gouda cheese is made fresh just hours after milking. This immersive visit includes a guided tour of the farm, a chance to meet the cows and calves, and an inside look at the cheese-making process—complete with a tasty sample. Enjoy a delicious meal at Café Dutchess while taking in the picturesque farm views, then explore the Marieke Gouda Store for locally made Wisconsin goods and Dutch specialties. It’s a perfect day of food, fun, and farm-fresh experiences! *Please note, the farm tour is not ADA accessible.*

Tentative Itinerary

8:00 a.m.: Leave Ramsey City Hall

11:00 a.m.: Arrive in Thorp, WI. Here they make TRUE farmstead cheese. This means the milk is produced at the same location as the cheese, resulting in ridiculously delicious Gouda cheese. The Gouda is made within five hours of the cows being milked.

Group 1 will be seated for lunch in the Café Dutchess. Enjoy a tasty meal as you gaze out across the Penterman Farm.

Menu: Classic Burger, With Cheese, Onion, Lettuce, and Tomato. Served with French Fries and Coffee.

Group 2 Meet your host for a guided tour of the facilities. Go through the Milking Parlor Observation Area and the Barn. Connect with the cows and cuddle the little calves, watch the cheese making process, and taste a sample

12:30 p.m.: Groups will change places.

2:00 p.m.: Spend time shopping in the Marieke Gouda Store. They not only offer cheese items, but many locally made Wisconsin food and products as well! In addition, there are items from the Netherlands to pay homage to Marieke’s home country. View the creamery and aging room with a unique behind-the-scenes experience!

2:45 p.m.: Estimated departure time from Thorp, WI.

4:00 p.m.: Stop at the Menomonie Creamery to purchase refreshments (on own).

6:00 p.m.: Estimated return time to Ramsey.

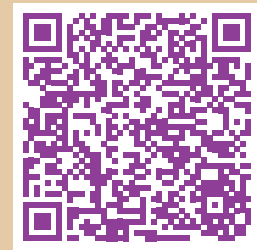
Thursday, June 10
7:45 a.m. - 6:00 p.m.

Bus pickup/drop off
Ramsey City Hall
7550 Sunwood Drive NW

Cost: \$96/person
includes: coach bus transportation, lunch, and tour.

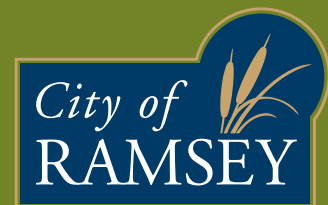
Pre-registration is required, deadline to register or cancel is Sunday, May 11

Ages: 55+



REGISTER
cityoframsey.com/parksregister

CONTACT
parks@cityoframsey.com
763-433-9883



PARKS AND RECREATION

55+

VITALITY ART CAMP

NATURE DRAWING AND WATERCOLOR

Enjoy the beautiful summer weather, and let nature inspire you! Join the Rumriver Art Center and friends to let your creativity bloom in this fun and relaxing camp.

Each day you will spend time drawing and sketching a variety of subjects. Use your ideas and sketches as inspiration for your watercolor paintings. Explore many watercolor techniques, composition, color mixing and more. This class is perfect for all levels of experience. Bring your sketchbook! All other materials will be provided for you.



Monday-Friday | June 16-20

9:30 a.m.-Noon

**Central Park
7925 161st Avenue NW.**

Ages: 55+

Cost: \$150

REGISTER

cityoframsey.com/parksregister

CONTACT

parks@cityoframsey.com
763-433-9883



Vitality Arts is a program through the Rumriver Art Center.

Ramsey Parks and Recreation proudly co-hosts a few of their offerings within our park system. See below about the courses offered in Ramsey.

The Rumriver Art Center developed the Vitality Arts Program to share the transformative power of the arts and creativity and inspiring vitality in older adults. Classes are geared and designed to improve the health, well-being, and renewed sense of purpose for adults ages 55 and older.



PARKS AND RECREATION



POPUP PLAY: TIME2PLAY WITH NORTHGATE CHURCH



Let's play!

Play is fundamental to a child's healthy development and community gives children a feeling of belonging and safety. Bring your kids and their friends and join us for games, sports, crafts and snacks.

This is a drop-in event; no registration is required but preferred. The program may be canceled if the weather is pending. If you would like to be notified of any potential schedule change or cancellation, you must register Online. In case of cancellation, a notice will be posted here as well as City social media channels.

Although this event is partnered with a church, this is not a religious activity or "church event". Northgate Church wishes to provide services to the community with kids and families in mind, regardless of belief.

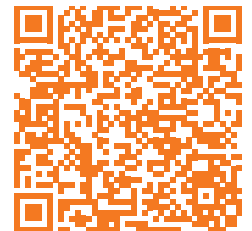
Tues., June 17 - Aug. 19
10 - 11:30 a.m.
No session on July 1

**Ball Fields at The Draw,
7401 Ramsey Parkway**

All ages

FREE EVENT

REGISTER
cityoframsey.com/
parksregister



PARKS & RECREATION

CONTACT

Ramsey Parks and Recreation at parks@cityoframsey.com, 763-433-9883

—or—

Wendy Walton, Northgate Church at wendywalton@ngatechurch.org, 763-412-1701



FREE
Admission



TWO RIVERS
ART FAIR

Saturday, July 19
10:00 a.m.-4:00 p.m.

The Draw
7401 Ramsey Parkway NW
Ramsey, MN

ART

Original art from local and visiting artists

FOOD

Variety of Food Trucks

FAMILY

FREE art demonstrations, classes, entertainment and more!

and more!

Learn more at
www.rumriverart.com/art-fair/



Brought to you by





DAY TRIP: MUNSINGER GARDENS AND STEARNS CO. HISTORY MUSEUM



Gardens, Dining, and History in St. Cloud!

Begin with a visit to the Munsinger and Clemens Gardens nestled along the Mississippi River shores. These prestigious and nationally renowned gardens attract visitors from all over the world. Following the garden visit, fill up with a delicious lunch at Coyote Moon Grille before heading to the Stearns County History Museum for a guided tour. The Munsinger Garden tour is self-guided and will require walking. *Wear durable and comfortable footwear to walk through the gardens.*

Tentative Itinerary:

9:00 a.m.: Leave Ramsey City Hall

10:00 a.m. Arrive at the Munsinger and Clemens Gardens nestled along the shores of the Mississippi River. Enjoy these prestigious and nationally renowned gardens that attract visitors from all over the world. Stroll among the beautiful colors and inhale the garden fragrances.

12:30 p.m. Leave the Munsinger and Clemens Gardens

11:15 a.m. Arrive for lunch at Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud.

Menu: *Entrée, Popover, Salad, Side Dish, Beverage, Dessert.*

12:30 p.m. Leave the Coyote Moon Grill Restaurant.

12:45 p.m. Arrive at Stearns County History Museum.

1:00 p.m. Take a guided tour through the museum with a collection of photographs, printed materials and artifacts related to the history of Stearns County. Exhibits explore the County's diverse heritage by providing connections to the past, perspective on the present, and inspiration for the future. After the guided tour take time to explore the two floors of gallery space at your own pace.

2:30 p.m. Leave St. Cloud.

3:30 p.m. Estimated return time to Ramsey.

Wednesday, July 23
9:00 a.m. - 3:30 p.m.

Bus pickup/drop off
Ramsey City Hall
7550 Sunwood Drive NW.

Cost: \$92/person
includes: coach bus transportation, lunch, and tours.

Pre-registration is required, deadline to register or cancel is Sunday, June 22

Ages: 55+



REGISTER
cityoframsey.com/parksregister

CONTACT
parks@cityoframsey.com
763-433-9883



PARKS AND RECREATION



WALK WITH A NATURALIST BIRDING WALK: RUM RIVER CENTRAL



Sunday, May 4

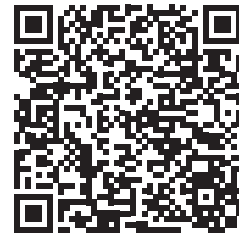
8:00-9:00 a.m.

**Rum River Central Regional Park
17955 Roanoke Street NW
Ramsey, MN 55303**

Ages 8+

\$5 per participant

Preregistration is required



REGISTER

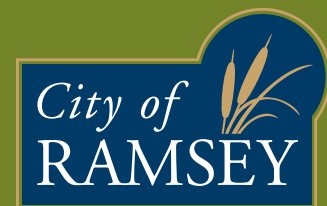
cityoframsey.com/parksregister

CONTACT

**parks@cityoframsey.com
763-433-9883**

Take a spring walk in the park with a naturalist. Observe a variety of migratory waterfowl, such as ducks, swans, mergansers, and geese, while exploring Rum River Central Regional Park. Encounter an exciting diversity of warblers and other forest birds in the tree canopies. Ellen Munshower, a knowledgeable naturalist with a Master of Environmental Education and a passion for birding, leads the walk. These walks are perfect for birdwatching enthusiasts of all levels to connect with and spend time in nature.

Bring binoculars if you have them.



**PARKS AND
RECREATION**