

North Shore – Overnighter Hike

Autumn on the North Shore: when the trees blaze into color on the banks of Lake Superior, many come to drive the back roads and enjoy the beauty. But to walk through the groves, to be completely surrounded with brilliant color, to tread on the carpet of fallen leaves – this is the only way to fully experience it. Join us for a series of guided hikes on the best trails of the North Shore, Sept. 26 through 29.

Some of the terrain is moderately difficult, but anyone in reasonably good shape can negotiate the trails that our guide has selected. The walking pace is comfortable, with frequent rest breaks. Trail lunches will be provided.

Fee: \$110 *per person* includes 4 days of guided trail hikes (Sun, Mon, Tues, Wed), and 2 trail lunches **Code: 1050**
Must preregister (*a minimum of*

5 must be registered to run this event)

Open to ages 18 & over;
Group will meet at North Shore.

(Please note: *Fee does not include lodging, required vehicle State Park pass, or other meals*) Experienced Trail Guide: Don Forsberg is also a certified personal trainer, CPR certified, and is uniquely familiar with these trails and some of the hidden treasures of the North Shore.

September 26 - 29
REGISTER NOW!

Active Travel - Woodland Nature Hikes

Explore Minnesota Parks and Trails! Our guide shares extensive knowledge of the plants, animals, history and geology of locations, leading us on two-hour hikes each month with congenial company. Each hike also features a campfire & picnic lunch!

Must preregister. Transportation is by carpool to the destination.

Meet at NSC parking lot between 7:30-7:55 am Tour leaves at 8 am sharp.

September 18: Afton State Park

October 23: William

O'Brien State Park
November 6: Nerstrand State Park

Hike Instructor: Don Forsberg, CPR certified, ACE Certified Personal Trainer

Fee: \$20 each hike

Code: 860

Active Travel - Metro Art & History Walking Tours

Discover pleasant walks and unique attractions in the Twin Cities, combining good exercise with a cultural experience with different destinations each month. Guide indicates and explains carefully researched points of interest as well as their historic and cultural importance.

Must preregister. Transportation is by carpool to the destinations. Meet at NSC parking lot between 7:30-7:55 am Tour leaves at 8 am sharp.

September 11: Fort Snelling; Minnehaha Creek and Falls; light rail

October 9: First Minneapolis house; Old Soldiers

Home; Winchell Trail – autumn color

November 13: Summit Avenue; State Capitol

Fee: \$20 per tour event

Code: 858



Open Card and Game Night

Has moved back to **Fridays, 6:30 -8:30 pm**. Bring your own games or just show up. Games available include: Bridge (with mentor), Cribbage, Pinochle, Spades, Yahtzee, Scrabble, Dominos, Bananagrams, or most any other game you'd like to get started here at the Center.

Sept 17 Twins Game trip is full.
We MAY get more tickets. Receptionists are keeping a waiting list.