



# City of Burnsville

100 Civic Center Parkway, Burnsville, MN 55337

Phone: 952-895-4400

Fax: 952-895-4404

[www.burnsville.org](http://www.burnsville.org)

**FOR IMMEDIATE RELEASE**

May 18, 2017

**Contact:**

Amber Jacobson  
Community Services  
952-895-4575

## **MULTIPLE EVENTS SCHEDULED FOR OLDER ADULTS DURING I LOVE BURNSVILLE WEEK**

*I Love Burnsville Week is June 3 – 9*

Burnsville residents who are young at heart are invited to show their love for their community during multiple *I Love Burnsville Week* events.

### **Burnsville YMCA Open House – Monday, June 5**

Participants can experience many of the YMCA's amenities, including fitness equipment, pool, whirlpool and sauna – as well as free fitness classes such as SilverSneakers Classic, Water Exercise and Yoga.

**Who:** Ages 55+  
**When:** Monday, June 5 | Call 952-898-9622 for hours  
**Where:** Burnsville YMCA | 13850 Portland Ave. S.  
**Cost:** FREE for adults 55+ (*please bring photo ID*)

### **Intro to Pickleball – Tuesday, June 6**

All ages are invited to get a taste of the popular sport of pickleball. Equipment will be provided, and experienced players will be on hand to help out beginners. A great event for grandparents/grandkids!

**Who:** All ages  
**When:** Tuesday, June 6 | 10 a.m. - noon  
**Where:** North River Hills | 11501 19<sup>th</sup> Ave.  
**Cost:** FREE

### **Senior Health & Fitness Day – Wednesday, June 7**

Older adults are invited to check out the fun while getting educated, healthy and fit. Participants will be able to select topics and activities that match their interests, such as legal issues, yoga, sleep, pickleball, home safety and dance. Door prizes will be available.

**Who:** Ages 62+  
**When:** Wednesday, June 7 | 8:30 a.m. – 1 p.m.  
**Where:** Nicollet Commons Park, 12550 Nicollet Ave.  
**Cost:** FREE (*morning snacks and lunch included*)

Limited to the first 150 people. Register by June 2 at [www.burnsville.org/recreation](http://www.burnsville.org/recreation) (click "Online Registration") or by calling 952-895-4500. Pre-register for a free lunch. \$5 for lunch at the door.

(more)

**City of Burnsville Press Release**

Page 2 – Young at Heart I Love Burnsville Week

**Intro to Bird Watching – Thursday, June 8**

Participants will learn about a variety of birds, and see/hear them as they busily pronounce their claim to their breeding territory.

The adventure starts with a short introduction to birdwatching, followed by a “birdwalk” through the park.

Participants should expect to walk on gravel and wood chip trails, wear comfortable shoes, and bring binoculars.

**Who:** Ages 62+  
**When:** Thursday, June 8 | 9 – 10:30 a.m.  
**Where:** Rudy Kraemer Nature Preserve | 12799 Chowen Ave. S.  
**Cost:** FREE

Register by June 5 at [www.burnsville.org/recreation](http://www.burnsville.org/recreation) (click “Online Registration”) or by calling 952-895-4500.

**Burnsville Senior Center Ice Cream Social – Thursday, June 8**

Cool off at the Burnsville Senior Center during their open house and ice cream social. All ages are welcome to stop by for a FREE ice cream treat.

**Who:** All ages  
**When:** Thursday, June 8 | 2 – 4 p.m.  
**Where:** Burnsville Senior Center | 200 W. Burnsville Parkway  
**Cost:** FREE

Register for programs at [www.burnsville.org/recreation](http://www.burnsville.org/recreation) (click “Online Registration”) or by calling 952-895-4500. For more information on I Love Burnsville Week visit [www.burnsville.org/love](http://www.burnsville.org/love).

###