

FALL /WINTER 2023-2024



FACILITIES

Bob Welch Aquatic Center

The Bob Welch Aquatic Center is a zero-depth, Olympic-sized pool with a 208-foot water slide, 2 diving boards, lap lanes, a large patio, large grass area, shade, and two playground structures. No alcohol is allowed. Choose to pay for a daily admission, 10-punch pass, or seasonal membership.

780 West 4th Street, Winona, MN 55987

Phone: (507) 453-1646

Hours: vary by day

2023 Season June 10-August 20

Bud King Ice Arena

The Bud King Ice Arena is a multi-million dollar renovation project that was created through a partnership between the City of Winona and the Winona Area Youth Hockey Association (WAYHA). Under a management agreement between the two organizations, the City is responsible for maintaining and operating the facility and WAYHA is responsible for programming. This public/private partnership has produced a new indoor ice refrigeration system and outdoor ice rink that overlooks the beautiful Mississippi River.

670 East Front Street Winona, MN 55987

Phone: (507) 454-7775

Hours:

For information pertaining to open skate times, skating lessons, and hockey programs, please visit the Winona Area Youth Hockey Association website

East Recreation Center

The East Recreation Center includes a large gym, with two basketball courts, and a large gaming and lounge room with seating, pool table, table tennis, craft tables, and toys.

210 Zumbro Street, Winona, MN 55987

Phone: (507) 453-1634

Hours:

August 21 - May 31, 2024

Monday-Saturday: 3:00pm-7:00pm

Sunday: Closed

Friendship Center

The Friendship Center's mission is to support the quality of life for adults 55 and older in the Winona area. The Friendship Center offers a variety of programs, services and more! Active Wellness Center, Health & wellness programs, educational programs, arts programs, clubs, cards & games, computers, special events, virtual & hybrid programs, resources & referrals, PEARLS Counseling, and chore services

251 Main Street, Winona, MN 55987

Phone: (507) 454-5212

Hours: Monday - Friday: 7:30am-4:00pm

Lake Lodge Recreation Center

Lake Lodge offers a variety of outdoor rental equipment for all seasons. Items include kayaks, canoes, stand-up paddleboards, bicycles, ice skates, snowshoes, and more! Equipment is available on a first-come, first-served basis and must stay within Lake Park or East Lake Winona (except snowshoes).

113 Lake Park Dr, Winona, MN 55987

Phone: (507) 453-1955

Hours: ADD WINTER

City Hall- Park & Recreation Office

207 Lafayette Street, Winona, MN 55987

Phone: (507) 457-8258

Hours:

Labor Day- Memorial Day 8:00am-4:30pm

Memorial Day-Labor Day 7:30am-4:00pm

Scholarship Information

Scholarships are available to remove financial barriers to recreation. Qualifiers may receive 35% or 45% off of Lake Lodge and Bob Welch Aquatic Center memberships as well as most youth programs. To apply for the program, please complete the Scholarship Form and return it to the Parks and Recreation Office along with documentation of financial need. For more information call (507) 457-8258.

<https://www.cityofwinona.com/FormCenter/Parks-Recreation-7/2023-Scholarship-Application-211>

or scan the QR code with your phone



Friendship Center Scholarship Information

Scholarships for the Friendship Center membership, Active Wellness Center membership and for some fitness programs are available to qualified individuals. Interested individuals can set up a time to meet with a Senior Advocate for additional information or to request scholarship assistance. To contact a Senior Advocate, please call (507) 454-7369.



WINONA PARKS & RECREATION

Since John A. Latsch donated nearly 2,200 acres to the City of Winona, which include Aghaming Park, Latsch Island, Prairie Island, and Gabrych Park to name a few, the City has embraced his spirit and love for the outdoor environment. Winona is known for leading recreation trends within the state of Minnesota. Winona built the first outdoor zero depth entry aquatic center and is one of three communities to have an outdoor ice climbing park, and has the only nationally Accredited Senior Center in the State of Minnesota - The Friendship Center.

WPR Mission

The mission of Winona Parks & Recreation is to enhance lives through parks, experiences, and play.



WPR Vision

Provide accessible, flexible, and connected quality parks, facilities, and experiences for all.

Contact Us:

Park & Recreation Office: (507) 457-8258
Bob Welch Aquatic Center: (507) 453-1646
Bud King Ice Arena: (507) 454-7775
East Recreation Center: (507) 453-1633
Friendship Center: (507) 454-5212
Lake Lodge: (507) 453-1955
Park Maintenance: (507) 453-1640
Public Library: (507) 452-4582

Park & Recreation Staff:

Laura Hoberg-Director of Recreation Services
Patrick Menton-Director of Recreation Facilities and Grounds
Mike Durnen-Park Maintenance Superintendent
Ali Mayer-Recreation Coordinator-Community Engagement
Alicia Lano-Recreation Coordinator-Outdoor Recreation
Austin Powell-Recreation Coordinator-Youth and Adult Sports
Sheena Gifford-Recreation Coordinator-Older Adults
Jessie Reed-Chore Corps Coordinator
Lori Paulson-Senior Advocate
Marite' Olmstead-Senior Advocate
Cathy Larson-Administrative Assistant - Park & Recreation
Heather Geiwitz-Administrative Assistant - Park & Recreation
DeeDee Brinkman-Administrative Assistant - Friendship Center



Volunteer Opportunities

Winona Park Rec has a variety of volunteer opportunities to choose from and we can tailor each experience to the group or individual that is volunteering. Some volunteer opportunities require individuals to be at least 18 years old.

Community Gardens/Seed Library (ERC/Friendship Center)
Friendships Forever (Friendship Center)
Chore Corps
Dementia Friendly Programs (Friendship Center)
Educational Speaker/Instructor (Friendship Center)
Programs (East Recreation Center, Lake Lodge, Bob Welch Aquatic Center)
Special Events



All persons volunteering for the City of Winona Park & Recreation Department (WPR) must complete a Volunteer Application in order to be considered as a volunteer for the department. Individuals may be asked to complete an Informed Consent Form (background check) in addition to the Volunteer Application, based on the type of volunteer duties to be performed.

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Registration

Activities and programs that require pre-registration and/or a registration fee will be noted in the activity description.

We offer three convenient ways to register for programs and activities:



Online

Visit www.cityofwinona.com to access our online registration system. Navigate to Park & Recreation page and click the "Register for Activities" button



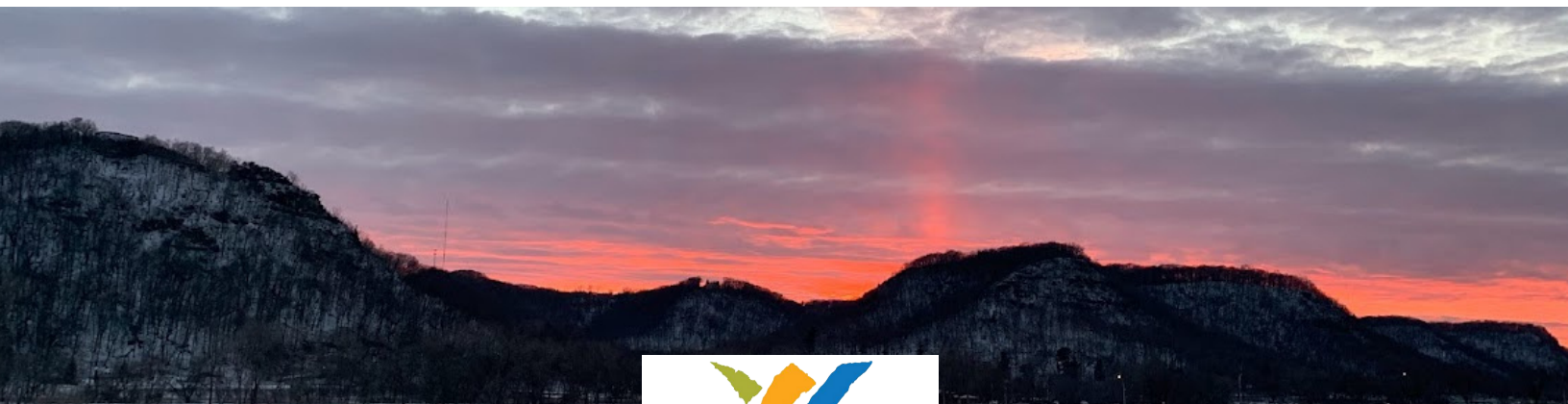
Over the Phone

Give the Park & Recreation main office a call at (507) 457-8258.



In Person

Stop by the Park & Recreation main office at 207 Lafayette St., Suite 105.
Credit/debit card, cash, and check payments accepted in person.



ACTIVITIES FOR ALL

LAKE LODGE

January 5-March 3, 2024

Membership Rates

Membership Type	Cost
Annual Single Membership <i>*Good for 1 year from date of purchase</i>	\$35
Annual Family Membership <i>*For up to 4 people, good for 1 year from date of purchase</i>	\$90
Seasonal Summer Individual <i>*May-September</i>	\$22
Seasonal Winter Individual	\$15

Lake Lodge memberships include unlimited use of all equipment.



Daily Rates

Broomball stick + broomball	\$1
Hockey stick + puck	\$1
Ice Skates	\$4
Snowshoes	\$6

AFTERSCHOOL OPEN HOURS AT EAST RECREATION CENTER

At the East Recreation Center, staff facilitate experiences and activities for all to play, learn, and connect with others. Join us for planned and spontaneous programs daily. Must be age 7 or older to be in the ERC without an adult. Free membership required

Open August-December 3:00-7:00pm
Open January-May 3:00-7:00pm




CARE CLOSET AT EAST RECREATION CENTER

The Care Closet is a resource available to all individuals in the community. It provides everyday items such as school supplies, hygiene products, food, clothing and more.

Care Closet is available Monday-Saturday from 3pm-7pm

Questions can be directed to the East Recreation Center (507) 453-1634



Donations Needed

Care Closet

- HYGIENE PRODUCTS
- JACKETS
- HATS/GLOVES
- SCHOOL SUPPLIES
- NON-PERISHABLE FOOD ITEMS
- ETC.

Drop off your donations at:

210 Zumbro St Winona, MN
(East Recreation Center)
Mondays to Fridays • 3 P.M. to 7 P.M.



(507) 457-8258

Fall & Winter 23-24

www.cityofwinona.com

ACTIVITIES FOR ALL

COMMUNITY EVENT NIGHTS AT EAST RECREATION CENTER

Come to the East Recreation Center for fun special event nights. Staff will provide the space, themes and activities each month. These activities are geared for everyone!

This program is not a drop off program, caregivers must be present with youth participants.

Location: East Recreation Center
Registration available online

Registration required minimum 4 days in advance to ensure space and equipment is appropriately and adequately set up prior to the program.

Date	Theme	Time	Location
10/27	Halloween Bash	5:00pm-9:00pm	East Recreation Center
11/10	Dancy Party	5:00pm-9:00pm	East Recreation Center
1/19	Camp Indoors	5:00pm-8:00pm	East Recreation Center
2/23	Trivia	5:00pm-8:00pm	East Recreation Center
3/22	Bingo	5:00pm-8:00pm	East Recreation Center
4/12	Yard Games	5:00pm-8:00pm	East Recreation Center

FALL & WINTER DISPLAY SHOWS

Show off your spooky displays in the Fall Display Show
Registration open: October 1-13
Judges visit displays: October 27

Show off your creative and festive lights in the Winter Display Show
Registration open: November 27-December 8
Judges visit displays: December 22

Registration open to all City of Winona residents.



THANKSGIVING- DESSERT, COFFEE AND COMMUNITY

Gather at the East Recreation Center on Friday, November 17th for dessert, coffee, milk or juice and community. Staff will facilitate games and Thanksgiving themed activities/crafts.

Location: East Recreation Center
Time: 5:00pm-7:00pm

Activity is free and open to the public.



PUZZLE COMPETITION

Save the Date for the 2024 Puzzle Competition!

Saturday January 13th.

Keep an eye on the Winona Parks & Recreation Facebook page & website for more information and how to register for the event!



Scholarship Information

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<https://www.cityofwinona.com/FormCenter/Parks-Recreation-7/2023-Scholarship-Application-211>
or scan the QR code with your phone



PRESCHOOL PROGRAMS

PRESCHOOL PLAY AT EAST RECREATION CENTER



Preschool Play is offered at the East Recreation Center Gym on Tuesdays from 9:30am to 11:00am. October-May
 Parental supervision is required. Pre-registration is not needed.

Free membership & check-in required.

Winona Public Library will be leading a Story Time at East Recreation Center on 11/28 and 12/12 at 10am. Keep an eye on WPR Facebook page for additional dates for Story Times at the ERC!

MY PRESCHOOLER & ME- WILD WINONA

These programs will provide your preschooler with the opportunity to learn about and explore in nature. Using stories, songs or physical activities, join us and observe the wild surroundings of Winona. Wild Winona programs will occur both indoors and outdoors. This program is geared for youth in our community ages 4-6.

Program duration 1 hour per session, specific lesson topics will vary. Register for each date separately, only register preschool participants. Caregiver must be present during program- not a drop off program

Fee: \$6.00 per date

Fee is for each preschool age participant

Locations; Lake Lodge/Holzinger Lodge

Registration available online

Registration required minimum 4 days in advance

MY PRESCHOOLER & ME- ART SERIES

These programs provides your art creation and exploration time with your preschooler. This program will occur primarily indoors with trips outdoors when using natural objects for art creations. These programs are geared for youth in our community ages 4-6.

Program duration 1 hour per session, specific lesson topics will vary. Register for each date separately, only register preschool participants. Caregiver must be present during program- not a drop off program

Fee: \$6.00 per date

Fee is for each preschool age participant

Location: East Recreation Center Studio Room

Registration available online

Registration required minimum 4 days in advance

Date	Time	Location
10/14	9:00am-10:00am	Lake Lodge
11/11	9:00am-10:00am	Lake Lodge
12/9	9:00am-10:00am	Lake Lodge
1/13	9:00am-10:00am	Holzinger Lodge
2/10	9:00am-10:00am	Holzinger Lodge
3/9	9:00am-10:00am	Lake Lodge
4/13	9:00am-10:00am	Lake Lodge

Date	Time	Location
10/21	9:00am-10:00am	ERC Studio Room
11/18	9:00am-10:00am	ERC Studio Room
1/20	9:00am-10:00am	ERC Studio Room
2/17	9:00am-10:00am	ERC Studio Room
3/16	9:00am-10:00am	ERC Studio Room
4/20	9:00am-10:00am	ERC Studio Room

Registration Cancellation Policy

Conflicts happen, so if you register for a program and need to withdraw, contact the office at least 5 business days prior to the program and receive a refund, less a \$5 processing fee. We do our best to offer all programs advertised. Many programs have a minimum enrollment. If there are not enough interested participants, and the program is cancelled, participants will receive a full refund. *All membership and punch card pass sales are final.*



PRESCHOOL/YOUTH PROGRAMS

MINI ADVENTURES PRESCHOOL

At each program, participants will learn and explore a different topic. This program is geared for youth ages 4-6. Staff will provide games, hands-on learning, crafts and activities. Caregivers are invited back for the last 15 minutes of program to see what participants have been working on during their Mini- Adventure.

Programs will last for 2 hours. Register for each date separately, only register preschool participants.

This is a drop off program, caregiver does not have to be present with preschooler during this program.

Fee: \$15.00 per date
 Location: East Recreation Center
 Registration available online
 Registration required minimum 4 days in advance

Date	Time	Location
10/28	9:00am-11:00am	East Recreation Center
12/2	9:00am-11:00am	East Recreation Center
1/6	9:00am-11:00am	East Recreation Center
2/24	9:00am-11:00am	East Recreation Center
3/23	9:00am-11:00am	East Recreation Center
4/27	9:00am-11:00am	East Recreation Center

MINI ADVENTURES SCHOOL AGE

At each program, participants will learn and explore a different topic. This program is geared for youth ages 7-11. Staff will provide games, hands-on learning, crafts and activities. Caregivers are invited back for the last 15 minutes of program to see what participants have been working on during their Mini- Adventure.

Programs will last for 2.5 hours. Register for each date separately, only school age participants.

This is a drop off program, caregiver does not have to be present with child during this program.

Fee: \$15.00 per date
 Location: East Recreation Center
 Registration available online
 Registration required minimum 4 days in advance

Date	Time	Location
10/28	12:30pm-3:00pm	East Recreation Center
12/2	12:30pm-3:00pm	East Recreation Center
1/6	12:30pm-3:00pm	East Recreation Center
2/24	12:30pm-3:00pm	East Recreation Center
3/23	12:30pm-3:00pm	East Recreation Center
4/27	12:30pm-3:00pm	East Recreation Center



Registration Cancellation Policy

Conflicts happen, so if you register for a program and need to withdraw, contact the office at least 5 business days prior to the program and receive a refund, less a \$5 processing fee. We do our best to offer all programs advertised. Many programs have a minimum enrollment. If there are not enough interested participants, and the program is cancelled, participants will receive a full refund. *All membership and punch card pass sales are final.*



YOUTH PROGRAMS

MY CHILD & ME- WILD WINONA

These programs will provide your child with the opportunity to learn about and explore in nature. Using stories, songs or physical activities, join us and observe the wild surroundings of Winona. Wild Winona programs will occur both indoors and outdoors. These programs are geared for youth in our community ages 7-11

Program duration 1.5 hour per session, specific lesson topics will vary. Register for each date separately, only register youth participants. Caregiver must be present during program- not a drop off program.

Fee: \$6.00 per date
Fee is for each youth participant
 Location: Lake Lodge/Holzinger Lodge
 Registration available online
 Registration required minimum 4 days in advance

Date	Time	Location
10/14	10:30am-12:00pm	Lake Lodge
11/11	10:30am-12:00pm	Lake Lodge
12/9	10:30am-12:00pm	Lake Lodge
1/13	10:30am-12:00pm	Holzinger Lodge
2/10	10:30am-12:00pm	Holzinger Lodge
3/9	10:30am-12:00pm	Lake Lodge
4/13	10:30am-12:00pm	Lake Lodge

MY CHILD & ME- ART SERIES

These programs provides your art creation and exploration time with your child. This program will occur primarily indoors with trips outdoors when using natural objects for art creations. These programs are geared for youth in our community ages 7-11.

Program duration 1 hour per session, specific lesson topics will vary. Register for each date separately, only register youth participants. Caregiver must be present during program- not a drop off program

Fee: \$6.00 per date
Fee is for each youth participant
 Location: East Recreation Studio Room
 Registration available online
 Registration required minimum 4 days in advance

Date	Time	Location
10/21	10:30am-11:30am	ERC Studio Room
11/18	10:30am-11:30am	ERC Studio Room
1/20	10:30am-11:30am	ERC Studio Room
2/17	10:30am-11:30am	ERC Studio Room
3/16	10:30am-11:30am	ERC Studio Room
4/20	10:30am-11:30am	ERC Studio Room

E.P.I.C. YOUTH AT EAST RECREATION CENTER

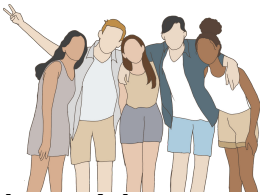
The E.P.I.C. (empowered, principled, imaginative, confident) Youth program uses mentoring, enriching, educational activities, and community-based support systems to provide tools and skills that help empower youth to have a voice and to develop skills and gain knowledge to advocate for themselves. Over a 10 week program youth will build positive relationships with adults, learn about support systems, time management, processing their emotions and positive personal identities.

Youth will write, record and edit podcast episodes as part of the program.
 Free program, open to all youth ages 11-14

Program will meet on Tuesday and Thursday 4:30pm-6:00pm
October 3-December 14
No program on 10/31, 11/23

For more information or to register for this program, call the East Recreation Center (507) 453-1633

E.P.I.C. Youth



empowered, principled, imaginative, confident

TEEN PROGRAMS

TEEN- WILD WINONA

These programs will provide your teen with the opportunity to learn about and explore in nature. Using stories, songs or physical activities join us and observe the wild surroundings of Winona. Wild Winona programs will occur both indoors and outdoors. These programs are geared for ages 12-17.

Program will last 2 hours, specific lesson topics will vary. Register for each date separately, only register teen participants

Fee: \$12.00 per date

Fee is for each teen participant

Location: Lake Lodge/Holzinger Lodge

Registration available online

Registration required minimum 4 days in advance

Date	Time	Location
10/14	12:30pm-2:30pm	Lake Lodge
11/11	12:30pm-2:30pm	Lake Lodge
12/9	12:30pm-2:30pm	Lake Lodge
1/13	12:30pm-2:30pm	Holzinger Lodge
2/10	12:30pm-2:30pm	Holzinger Lodge
3/9	12:30pm-2:30pm	Lake Lodge
4/13	12:30pm-2:30pm	Lake Lodge

TEEN- ART SERIES

These programs provides your art creation and exploration time with your child. This program will occur primarily indoors with trips outdoors when using natural objects for art creations. These programs are geared for youth in our community ages 12-17.

Program duration 1 hour per session, specific lesson topics will vary. Register for each date separately, only register teen participants

Fee: \$10.00 per date

Fee is for each teen participant

Location: East Recreation Center Studio Room

Registration available online

Registration required minimum 4 days in advance

Date	Time	Location
10/21	12:30pm-1:30pm	ERC Studio Room
11/18	12:30pm-1:30pm	ERC Studio Room
1/20	12:30pm-1:30pm	ERC Studio Room
2/17	12:30pm-1:30pm	ERC Studio Room
3/16	12:30pm-1:30pm	ERC Studio Room
4/20	12:30pm-1:30pm	ERC Studio Room

E.P.I.C. YOUNG ADULTS AT EAST RECREATION CENTER

The E.P.I.C. (empowered, principled, imaginative, confident) Young Adult program uses mentoring, enriching, educational activities, and community-based support systems to provide tools and skills that help empower young adults to further develop their voice, skills and gain additional knowledge to advocate for themselves. Over a 10 week program young adults will build positive relationships with adults and peers, learn about support systems, time management, processing their emotions and positive personal identities. Participants will also learn about resume writing, practice mock interviews and learn about post secondary educational opportunities

Participants will write, record and edit podcast episodes as part of the program.

Free program, open to all youth ages 15-17

Program will meet on Tuesday and Thursday 6:15pm-8:15pm

October 3-December 14

No program on 10/31, 11/23

For more information or to register for this program, call the East Recreation Center (507) 453-1633

E.P.I.C. Young Adults



empowered, principled, imaginative, confident



ADULT PROGRAMS

WINTER WOMEN'S VOLLEYBALL

Adults ages 16+

Registration opens: September 19

Registration closes: December 16

League plays 10 regular season games + playoffs, games held at East Recreation Center/St. Stanislaus Gymnasium

Game times are 6:00, 7:00, and 8:00 pm.

Mondays & Tuesdays: January- April

Registration Prices: \$190 team fee.

WINTER MEN'S VOLLEYBALL

Adults ages 16+

Registration opens: September 19

Registration closes: December 16

League plays 10 regular season games + playoffs, games held at East Recreation Center/St. Stanislaus Gymnasium

Game times are 6:00, 7:00, and 8:00 pm.

Wednesdays: January- April

Registration Prices: \$190 team fee.



WINTER ADULT BASKETBALL 5v5

Adults ages 16+

Registration opens: August 29

Registration closes: November 1

League plays 10 regular season games + playoffs, games held at East Recreation Center/St. Stanislaus Gymnasium

Game times are 7:00, 8:00, and 9:00 pm.

Thursday: December- March

Registration Prices: \$380 team fee.

CO-ED 6'S VOLLEYBALL TOURNAMENT- JANUARY 6TH

Adults ages 16+

Registration opens: November 20

Co-ed 6's (min. 4 players/2 must be female). Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee

\$100 until December 23

\$125 December 24-January 3

Payouts through third place- payouts will be in the form of a check mailed to team captain

CO-ED 6'S VOLLEYBALL TOURNAMENT- APRIL 27

Adults ages 16+

Registration opens: March 18

Co-ed 6's (min. 4 players/2 must be female). Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee

\$100 until December 23

\$125 December 24-January 3

Payouts through third place- payouts will be in the form of a check mailed to team captain



Registration Cancellation Policy

Fees reflect 2023 and will increase in 2024

Conflicts happen, so if you register for a program and need to withdraw, contact the office at least 5 business days prior to the program and receive a refund, less a \$5 processing fee. We do our best to offer all programs advertised. Many programs have a minimum enrollment. If there are not enough interested participants, and the program is cancelled, participants will receive a full refund. *All membership and punch card pass sales are final.*



ADULT PROGRAMS

THEMED ONE DAY TOURNAMENTS

HALLOWEEN VOLLEYBALL TOURNAMENT

Adults ages 18+

Registration opens: September 5th

Tournament October 21st

East Recreation Center

10am start time- end time TBD

Co-ed 6's. Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee \$40

DRESS LIKE THE DECADES: 70s, 80s, 90s, 00s 3v3 BASKETBALL TOURNAMENT

Adults ages 18+

Registration opens: October 18

Tournament November 18

East Recreation Center

10am start time-end time TBD

Co-ed 3's. Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee \$40

FIRE & ICE VOLLEYBALL TOURNAMENT

Adults ages 18+

Registration opens: January 15

Tournament February 24

East Recreation Center

10am start time- end time TBD

Co-ed 6's. Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee \$40

DISCO DODGEBALL TOURNAMENT

Adults ages 18+

Registration opens: February 5

Tournament March 16

East Recreation Center

10am start time-end time TBD

Co-ed 6's. Self-officiated.

Round Robin or Pool Play, followed by double elimination tournament (format depends on # or teams).

Limit 15 teams.

Team Entry Fee \$40

ADULT OPEN GYM AT EAST RECREATION CENTER

Adult (16+) Open Volleyball

Monday Nights

September 18- December 18

8:00 - 10:00 pm

Adult (16+) Open Pickleball

Tuesday Nights

September 19-December 19

7:30-9:30pm

Adult (18+) Open Basketball

Thursday Nights

September 21-November 30 *No open gym on November 23

7:30-9:30pm

2023 FEES

\$10.00 ANNUAL MEMBERSHIPS

\$2.00 DAILY ADMISSION

Adult Open Gym memberships valid for one year from date of purchase

Fees listed reflect 2023 and will increase in 2024

FRIENDSHIP CENTER PROGRAMS

Our mission is to support the quality of life for older adults in the Winona area.

MEMBERSHIP RATES

Type	Cost
Individual <i>*Good for 1 year from date of purchase</i>	\$30
Two Individuals in the same household	\$50
Non-members	\$2 daily pass, pay program fees + 50%



Winona Friendship Center

Membership is good for one year from the date of purchase. Stop in, mail-in, or call to purchase or renew your membership. (507) 454-5212

Benefits include "members only" programs, member pricing for programs and the Active Wellness Center, and program guide mailed or emailed each trimester.

FRIENDSHIPS FOREVER

Interested in participating in Friendship Center programming but lack transportation? Join our Friendships Forever program and stay in-touch via Zoom with programs and friends through the help of volunteers.

No technology or equipment required.

CHORE CORPS

Yard work, snow shoveling, lawn mowing, window washing, and outdoor assistance available for older adults in the City of Winona and Goodview. Services based on a sliding-fee scale.

PEARLS: PROGRAM TO ENCOURAGE ACTIVE REWARDING LIVES

PEARLS empowers people by teaching problem-solving skills to increase positive interactions and improve quality of life. Improve your emotional well-being by working with a PEARLS counselor. A PEARLS counselor will meet with you for eight, one-hour sessions that are customized to support you and your needs. Inquire to see if you qualify.

CONTINUING CONNECTIONS

Are you or someone you know interested in trying virtual programs?

Our Continuing Connections program connects older adults to virtual programming through **FREE** tablets.

Whether you have experience with tablets or have never worked with a computer in your life, our staff and volunteers are happy to help you get connected to exercise, social, and educational programs from wherever you are. Continuing Connections is **FREE** for members of the Friendship Center. If you or someone you know could benefit from this program, please reach out to the Friendship Center at 507-454-5212.

BOOK CLUB: FREE

4th Tuesday of month 12:00pm- 12:45pm

Held in person and on Zoom 838 216 0298

September: The White Lady by Jaclyn Winspeare

October: Present your own book

November: The Lager Queen of Minnesota by J. Ryan Stradal

December: No meeting

T'AI CHI: MEMBER \$3, NONMEMBER \$4.50/CLASS

Instructor: Bahieh Wilkinson

Tuesday - Friday

9:30am-10:30am

Moving meditation, improve balance, increase flexibility, promote cardiovascular fitness.

Friendship Center Scholarship Information

Scholarships for the Friendship Center membership, Active Wellness Center membership and for some fitness programs are available to qualified individuals. Interested individuals can set up a time to meet with a Senior Advocate for additional information or to request scholarship assistance. To contact a Senior Advocate, please call (507) 454-7369.



FRIENDSHIP CENTER PROGRAMS

MAT YOGA: MEMBERS \$3.50, NONMEMBER \$5.25/CLASS

Instructor: Alison Ogren

Wednesdays

8:00am - 8:45am

Release stress, open up your body, and deepen your breath with gentle yoga breathing flows. We'll flow between yoga poses and connect each movement with our breath, gently increasing the strength and flexibility of our bodies. Mats and blocks available.

CHAIR YOGA: MEMBERS \$3.50, NONMEMBER \$5.25/CLASS

Instructor: Tammy Gatzlaff

Monday 11:30am-12:15am

Thursday 10:45am-11:30am

Improve flexibility, posture, and core with easy movements, basic yoga positions, simple stretches, and soothing breathing exercises.

NIA: MEMBERS \$3.50, NONMEMBER \$5.25/CLASS

Instructor: Mary Lee Eischen

Monday 10:15am-11:15am

Tues 11:00 am-12:00 pm

Thurs 4:00 pm-4:45 pm

Connecting the body, mind, emotions and spirit through music. Emphasis on stretching, strengthening, flexibility, agility & balance. Nia is a movement practice that incorporates martial, dance and healing arts.

WALKING CLUB: MEMBERS FREE

Tuesdays and Fridays at 9:00am

Get your walking shoes ready and join us for fun, fitness, and friendship as we go on walks around the lake and various trails, areas, and parks within our community. On Tuesdays, we will meet at a different location (weather permitting) and walk for approximately an hour. We will meet at East Recreation Center and walk indoors during the winter. On Fridays through September, we will meet at Lake Lodge and walk around the lake with staff from the Friendship Center. Please call the Center to register and to be notified of meeting locations and weather announcements.

ZUMBA GOLD: MEMBERS \$3.50, NONMEMBER \$5.25/CLASS

Instructor: Sheena Gifford

Wednesdays

8:15-8:55am

Easy-to-follow Zumba choreography that focuses on balance, range of motion, cardiovascular & muscular conditioning, and coordination in this lower-intensity workout.

DRIFTLESS UKES: MEMBERS FREE, NONMEMBERS \$2/CLASS

Monday 1:00 - 2:15pm

The Driftless Uke group meets weekly to practice music, laugh, and have a good time. Whether you're an experienced uke player or just picked up your first ukulele, this welcoming group is open to all. Basic lessons can be arranged. Ukuleles available for rental on site for Friendship Center members.

FORGET ME NOTES CHORUS: FREE

Monday 2:30 - 3:30pm

A real choral experience for people living with memory loss, their care partners, and people who support people living with memory loss. Feel free to try the choir if you haven't yet. We are a very low commitment and no pressure choir. A perfect singing voice is NOT required. Ability to read music is NOT required. We sing, have fun, and perform a few times each year. There is no cost to belong to the choir. A membership to the Friendship Center is NOT required. Sing! Laugh! Enjoy! Be Together!



To register for individual programs & classes, as well as to view the schedule for all activities, call us at 507-454-5212.

FRIENDSHIP CENTER PROGRAMS

DEMENTIA FRIENDLY COMMUNITY

For more than seven years, Winona has been working to become a dementia friendly community.

What does this mean for Winona? It means that we are working to have meaningful engagement for people living with dementia and their family and friends, such as our weekly Forget Me Notes choir and Memory Café. It means that if someone looks confused or lost, everyday Winona citizens have been informed on how to offer help or support. Being a Dementia Friend is like being a good human being.

Help Winona continue its work on becoming a Dementia Friendly Community by becoming a Dementia Friend

DEMENTIA FRIENDS INFORMATION SESSIONS: FREE

Dementia is not a specific disease, but a term that describes a wide range of systems associated with a decline in memory or other thinking skills. Change the way you think, act, and talk about dementia by becoming a Dementia Friend. In one hour, learn how to effectively communicate and support people living with dementia. Help Winona be a safe and supportive community for all. Information Sessions are added frequently.

Check our Facebook page to see new opportunities to become a Dementia Friend. <https://www.facebook.com/WinonaDFC>

Upcoming Sessions:

- Tuesday, September 19th 9:00am-10:00am
- Thursday, October 8th 11:30am-12:30pm
- Wednesday, November 15th 12:00pm-1:00pm
- Thursday December 14th, 12:00pm-1:00pm

MEMORY CAFÉ: FREE

Wednesday 2:30 - 3:30pm

The Winona Memory Café is a stigma free social gathering for people living with memory loss, their care partners, and people who support people living with memory loss. It is a safe and welcoming space where individuals with memory loss and their care partners can socialize, engage in meaningful activities, exchange information, and support one another. Most importantly, Memory Cafés offer opportunities for individuals to connect with others experiencing similar things. A new topic is discussed each week. There is no cost to come to the Memory Café. A membership to the Friendship Center is NOT required.

BRIDGES HEALTH CLINIC

NEW THIS YEAR! All services are FREE! Donations welcome to support Bridges Health.

All services provided at Sobieski Lodge: 965 East 7th Street, Winona

No services on 9/14 and 11/2. No 3pm services on 9/21.

Last day of services is 11/9.

Foot & Nail Clinic

One hour appointments with nursing students from Winona State includes foot soak, nail trim, and massage. Call for an appointment at: 507-454-5212.

Day	Time	Dates	Cost
Thursday	10am-4pm	Sep 7-Nov 9	Free

Health Check-in or Massage

Free health services provided by Winona State students. Call for an appointment at: 507-454-5212.

- Neck and shoulder massage
- Health assessments
- Blood pressure check
- And more!

Day	Time	Dates	Cost
Thursday	10am-4pm	Sep 7-Nov 9	Free



Winona
Working to become
Dementia Friendly



◆ FREE Services ◆

- ☐ Foot & Nail Care
- ☐ Blood Pressure Check
- ☐ Health Screening & Education
- ☐ Chronic Illness Self-Care Guidance
- ☐ Social Interaction
- ☐ Mental Health Referrals
- ☐ Vision/Hearing Screening
- ☐ Community Resources
- ☐ Neck & Shoulder Massage
- ☐ Health Information/Questions

◆ Dates & Times ◆

Select Thursdays
10am-4pm
9.7, 9.21, 9.28, 10.5, 10.12,
10.19, 10.26, 11.9

◆ More Info ◆

www.bridgeshealthwinona.com
bridgescommunityhealth@winona.edu

FREE HEALTH & WELLNESS SERVICES



◆ Location ◆

Sobieski Lodge
965 E. Wabasha St., Winona

Call for an Appointment

Call the Friendship Center
to secure an appointment:
507-454-5212
Appointments go fast!
Call today!

All are welcome.



PARKS & TRAILS

Winona's park system contains 27 parks, 3,000 acres of park land, & numerous paved and unpaved trails.

Bluffside Park

Bluffside Park contains 10 miles of multi-use trails, which provide picturesque views of the Mississippi River valley from atop the bluffs. Trails may be used for mountain biking, hiking, skiing, and snowshoeing and vary in difficulty. New trail coming soon!

Sugar Loaf Park

Sugar Loaf is a regional destination for beginner and intermediate hiking and sport climbing. Come back in the winter for ice climbing, one of only a few human made ice climbing parks in the nation.

Aghaming Park

Located across from the main channel from downtown Winona, Aghaming Park is an unique natural refuge close to home. Aghaming Park contains 1,950 acres of some of the most well preserved floodplain forest in the country, providing habitat for unique birds and wildlife.

Cooperatively managed by the US Fish & Wildlife, more information can be found at www.fws.gov.

Flyway Trail

Bridging the bluffs of Minnesota and Wisconsin is the Flyway Connector Trail. Approximately 8 miles of out & back multi-use trail connects Buffalo County with Winona via Aghaming Park and Latsch Island.

Garvin Heights Park

Garvin Heights Park offers an expansive blufftop view, with Lake Pepin and Trempealeau Mountain visible in clear conditions. Explore restored goat prairie and oak savannah ecosystems native to the Driftless Region on hiking paths through the park. Trailhead is located at the base of the bluff, near the intersection of Garvin Heights Road and West Lake Boulevard. The trail length is 0.4 miles and includes 378 man-made steps on the upper part of the trail.

Prairie Island Park

Located on the banks of the Mississippi, Prairie Island has a 1.5 mile trail winding through the riverbed forest ideal for hiking. The park also contains public boat landings, dog park, wildlife viewing, fishing, playground, volleyball and horseshoe pits, and camping adjacent at Prairie Island Campground.

Trail maps and resources are available on our website.

<https://www.cityofwinona.com/651/Outdoor-Recreation>

Or scan the QR code with the camera on your phone to go directly to the page.



Check out these upcoming/recently completed projects at Winona Park & Recreation!

Mountain Bike Park

Thanks to a generous donation by the Shirley and Will Oberton family, an exhilarating new play space is on the horizon for mountain bike enthusiasts in Bluffside Park as plans for a bicycle skills playground are realized. The park will be located within the western stretch of the High and Low Rollers between Holzinger Lodge and Stone Circle and have three distinct ride hubs of varying ability that will offer a circuit course brimming with rollers, banked turns, jumps, and drops. The anticipated construction date is July 2024.

Sinclair Basketball Court

Sinclair Park, aka "Dinosaur Park," just got a prehistoric makeover. This summer, thanks to ATE Recreation, we have a newly refinished basketball court! Challenge the resident purple dinosaur to a friendly game of P-T-E-R-O-D-A-C-T-Y-L and take your best Jurassic jump shot!

Windom Park Gazebo

Visit Windom Park to see the newly installed cedar shake roof on the gazebo, it is beautiful! Here's some park trivia for you. William Windom, for whom the park was named, lived across the street in the 1870s, served in the U.S. Congress and Senate for a total of 24 years, and was twice Secretary of the Treasury.

Sidewalk Project at ERC

Part of the sidewalk in front of the East Recreation will be under construction this fall! The project will include adding a curb cut and sloped entrance to the main facility doors. Throughout the project, the ERC will remain open for drop-in hours and scheduled programming.

Madison Park Playground

Attention all parents, kids, and playtime enthusiasts! We're thrilled to announce that a brand new playground is coming to the former Madison Elementary School site including a 2-5 and a 5-12 year old play set along with a swing set and basketball hoops. Stay tuned for updates on the design, construction process, and the grand opening date.

The Willows Disc Golf Course

We are embarking on a significant renovation project to enhance the disc golfing experience at "The Willows," Winona's East Lake Course. The transformation will include an 18-hole course with a thoughtfully redesigned layout, new baskets, and concrete t-pads. We've already begun the renovation process but still have a ways to go so please consider making a donation to the Winona Community Foundation to make the course even better!

Bluff Traverse Conservation and Recreation Area

Phase 1 & 2 construction projects have commenced in Bluffside and Sugar Loaf Parks. Projects include the addition of four new trails, totaling 5.4 miles, and trailhead improvements. Of the four trails, there will be two "green" multi-use trails and two "blue" intermediate mountain bike-only trails.



RENTABLE SPACES

Lodges



Holzinger- 925 W. Lake Boulevard

Holzinger Lodge is tucked in the beautiful rolling hills on the south edge of Winona, overlooking West Lake Winona. The lodge is adjacent to the Holzinger biking and hiking trail system. Capacity 75



Sobieski- 965 E. 7th Street

Perfect for small weddings or graduation parties, Sobieski Park Lodge is outfitted with kitchen, two microwaves, refrigerator, two sinks, video projector w/ screen, heat & air conditioning, accessible bathrooms, gas fireplace and outside covered patio area, Capacity 85



Valley Oaks –260 Valley Oaks Drive

Located in the scenic Valley Oaks subdivision of Winona, is adjacent to a playground and park, includes an outdoor shelter area, a half range, a fridge, indoor bathrooms, and electric baseboard heat. Handicap accessible and is adjacent to tennis and basketball courts.

Pavilions & Gazebos



Jaycee- 340 Lake Park Drive

The Jaycee Pavilion is the largest rentable shelter and includes approximately 25 picnic tables, plentiful green space, and is tucked in the Bambenek Field Complex.



Lions(Gepner Pavilion)-525 Lake Park Drive

The Lions Pavilion is located on East Lake Winona, holds approximately 20 picnic tables, is adjacent to the Lake Park Path, has sand volleyball, near boat landing, and plentiful green space.



Hiawatha Valley Marines Pavilion–527 Lake Park Drive

This pavilion is on the West Lake adjacent to the bike path and playground. The nine hole disc golf course and fishing docks are also nearby.



Kiwanis Pavilion–1340 Prairie Island Road North

The Kiwanis Pavilion is perched on the Mississippi River next to the spill way. The shelter is also next to a large playground, horse shoe pits, and sand volleyball court.

Lodges

Club/Non-Profit Rate	\$39 Hourly
Half Day Rental 8am-3pm/4pm-11:59pm	\$145
Full Day Rental 8am-11:59pm	\$254
Maintenance/Damage Deposit \$100	

Fees reflect 2023 and will increase in 2024

Pavilions & Gazebos

Club/Non-Profit Rate	\$34 Hourly
Half Day Rental 8am-3pm/4pm-10pm	\$110
Full Day Rental 8am-10pm	\$210
Maintenance/Damage Deposit \$100	

Fees reflect 2023 and will increase in 2024



Unity Park–860 Park Avenue

Unity Park is located in Lake Winona Park and is home to many festivals and events throughout the year. This is a beautiful site under Sugar Loaf and right on East Lake Winona.

The shade canopy is available for an additional fee of \$64.



Rose Garden Gazebo–190 East Lake Park Drive

The Rose Garden Gazebo boasts over 200 roses and is a romantic setting for weddings. Located in the heart of Lake Park on the East Lake.



Windom Park Gazebo–250 West Broadway

Windom Park is a scenic place for a wedding or celebration. The elegant Princess Wenonah overlooks the park located in the center of Winona

RENTABLE SPACES

Facilities



Lake Lodge Recreation Center—113 Lake Park Drive West

Lake Lodge Recreation Center is situated on East Lake Winona at the foot of Main Street. It includes table tennis, a fireplace, a full kitchen, coffee pot, bathrooms, and a projector screen. No alcohol is allowed at Lake Lodge Recreation Center. For groups wishing to do group paddles outside of open hours, please contact the Park & Rec office directly to set up at 507.457.8258

**** Rentals are limited to reservations outside open hours and staffing availability,**



Bob Welch Aquatic Center—780 West 4th Street

The Bob Welch Aquatic Center is a Zero Depth Olympic Size Pool with a 208 ft water slide, diving boards, lap lanes, large patio, plenty of grass area, shade, and two playgrounds. A great place to have a celebration. The fee includes lifeguards. No alcohol is allowed at the Bob Welch Aquatic Center. Rental capacity 700.

RENTAL FEES: \$328/hour

**** Rentals are limited to reservations outside pool hours and staffing availability, typically M-F 8-10pm; Sat/Sun 8-11:30am OR 7-10pm.**

Other Rental Areas



Lake Park Path—Lake Park

The Lake Park Path circles both the East and West Lake Winona. The path measures 5.3 miles around both lakes. East Lake alone is 3.7 miles, West Lake is 1.8 miles, and bridge inlet to Vila Street is 0.4 miles.

Rate: \$50.00 per day/event



Bambenek Ball Fields #2, #3, #4, #5, #6—290 East Lake Park/Dacota and Lions Fields

Bambenek Fields, shaded and fenced dugouts, portable toilets, drinking fountains, and bleachers. Dacota Ball Field located by Dacota Street and Lions T-Ball Fields by Bud King Ice Arena

Rate: \$71 per day - Club & Non-Profit \$23/hour



Gabrych Baseball Field—950 East 7th Street

Gabrych Baseball Field is a fenced field with dugouts, broadcast box, lights, drinking fountain, and portable toilets.

Rate: \$165 per day - Club & Non-Profit \$28/hour



Levee Park—1 Main Street

Levee Park offers a beautiful view of the Mississippi River and is the perfect location for special events of all kinds, big or small. The space includes the entrance plaza, the circle patio, and the open area and parking lot toward the east. Whether you utilize one or all three depends on your event details.

Special event application required to be filled out before reserving.



The Willows Disc Golf Course—East & West Lake Park

The Willows Disc Golf Course is an 18 hole par 3 course. Varying levels of difficulty; good for recreational and tournament play. A 9 hole course is located on the West lake.

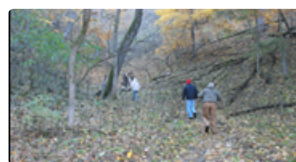
Rate: \$50.00 per day/event



Maynard Johnson Field—290 East Lake Park

Johnson Field is a fenced field with cement dugouts, broadcast box, lights, drinking fountain, and portable toilets.

Rate: \$165 per day - Club & Non-Profit \$28/hour



Holzinger Trail System—925 West Lake Boulevard

The Holzinger Trail system is located just off of the West Lake and boasts some of the best trails in the region with 10 miles of trail ranging in difficulty. Great for hiking, snowshoeing, mountain and fat bike riding, and more. The park also includes the 'Lumberyard', a winter playground for snowboard and skiing.

Rate: \$50 per day/event

Fees reflect 2023 and will increase in 2024

The time of your rental is the time you can occupy the space, so be sure to rent the times you need to include set up, decorating, and clean up. You may not take items and decorate prior to your rental time and may not leave items or clean up until the next day. Reservations can be made online or in person at the Park & Rec office. All applicable sales tax apply and are included in the fee.



27 Parks 3000+ Acres of park land

5 Recreation Centers 203 Programs offered each year

- 15 Playground Areas • 16 Ball Fields • 2 Soccer Fields • 2 Sand Volleyball Courts • 10 Tennis Courts • 1 Dog Park • Trails •
- 9 Basketball/Hard Courts • 2 Disc Golf Courses • 1 Golf Course • 4 Pickleball Courts • 4 Ice Rinks • 1 Skate Park •
- 1 Rock + Ice Climbing Areas • 4 Watercraft Accesses • 4 Docks + Fishing Piers • 2 Canoe/Kayak Landings • 1 Amphitheater •
- 14 Picnic Shelters/Buildings • 1 Aquatic Center

NRPA PARK PULSE

Parks and Recreation Fosters Healthy Living

83% of U.S. adults believe it is important to have access to indoor and outdoor recreation areas, classes and activities in order to lead a healthy lifestyle.

Parents and millennials (69%) most strongly agree that access to these spaces and programs is very or extremely important.

Each month, through a poll of 1,000 U.S. residents focused on park and recreation issues, NRPA Park Pulse helps tell the park and recreation story. Questions span from the serious to the more lighthearted. The survey was conducted by Wakefield Research (www.wakefieldresearch.com).

Visit nrpa.org/ParkPulse for more information.

NATIONAL RECREATION AND PARK ASSOCIATION

Visit our website for the most up to date information about activities and programs
www.cityofwinona.com





Winona Parks & Recreation: 507-457-8258

Email: recreation@ci.winona.mn.us

Website: cityofwinona.com

207 Lafayette Street.
Winona, MN 55987
Return Service Requested

