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This list of resources has been compiled to encourage physical activity in your area. Inclusion does not imply recommendation or endorsement. Use the links to research your own opportunity for a healthier you!

To submit your event or resource information, e-mail Karla Patrick at [Karla.Patrick@allina.com](mailto:Karla.Patrick@allina.com). This listing is prepared by Community Benefits Council members.

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
5	6	7 Prime Time Walkers Walking Club Cambridge Medical Center Lobby 9:30 a.m.	8 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge	9 <a href="#">Coffee CHAT</a> Understanding Autism Dr. Filetti Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	10	11 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
12	13	14 Prime Time Walkers Walking Club Cambridge Medical Center Lobby 9:30 a.m.	15 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge	16 <a href="#">Coffee CHAT</a> Head Injury in Seniors Dr. Elser Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	17	18 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
19	20	21 Community Health Dialogue: Cambridge Armed Forces Reserve & Community Center 7:00-9:00 a.m. RSVP 763-688-9393 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	22 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge	23 <a href="#">Coffee CHAT</a> Advanced Care Planning Dr. Kampa Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	24 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	25 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
26	27 Apple a Day Program Cambridge Medical Center Foundation Room 6:30-8:00 p.m. Topic: Heart Failure Speaker: Dr. Lesser & Susan Machutt, NP	28 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	29	30 <a href="#">Coffee CHAT</a> What is Fibromyalgia? Carrie Smith, NP Cambridge Medical Center Foundation Room 9:00-10:00 a.m.		<a href="#">NEXT MONTH</a> <a href="#">Return to top</a>

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	2 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
3	4	5 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	6 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge Walk to School Day, Cambridge Medical Center Parking lot 7:30 a.m.	7 <a href="#">Coffee CHAT</a> Hearing Health Josie Helmbrecht Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	8 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	9 <a href="#">Breast Cancer Awareness Ride</a> Outdoor Edge
10	11	12 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	13 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge	14 <a href="#">Coffee CHAT</a> Osteoporosis Dr. Andrie Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	15 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	16 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
17	18 Apple a Day Program Cambridge Medical Center Foundation Room 6:30-8:00 p.m. Joint Replacement Dr. Richard Birdwell, CMC Orthopedic Surgeon	19 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	20 <a href="#">Cambridge Cycling Club Group Ride</a> 6 p.m. Outdoor Edge	21 <a href="#">Coffee CHAT</a> COPD/Emphysema Dr. Hauptert Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	22 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	23 <a href="#">Cambridge Cycling Club Group Ride</a> 8 a.m. Outdoor Edge
24	25	26 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	27	28 <a href="#">Coffee CHAT</a> First Aid & Senior Safety John Zahn Cambridge Medical Center Foundation Room 9:00-10:00 a.m.	29 Faithfully Fit Forever Senior Exercise Group Cambridge Lutheran Church Fellowship Hall 10:00 a.m.	30/31

## WALKING/HIKING TRAILS

### [“Walk the Town” Routes](#)

[Walk the Town Braham](#)

[Walk the Town Cambridge](#)

[Walk the Town Isanti](#)

### [Anoka County Parks](#)

[Becklin Homestead Isanti County Park/WMA](#)

[Dalbo Isanti County Park](#)

[Irving & John Anderson Isanti County Park](#)

[Springvale Isanti County Park](#)

[Vegsund Family Isanti County Park](#)

[Wayside Prairie Isanti County Park](#)

[Spirit River Nature Area](#)

[Wild River State Park Almelund](#)

[Sherburne National Wildlife Refuge Zimmerman](#)

[Sunrise Trail between North Branch and Hugo](#)

[Willard Munger Trail](#)

[Jay Cook State Park](#)

[St. Croix State Park](#)



## BUILDINGS WITH OPEN WALKING POLICIES

### [Braham school buildings](#)

To learn more about indoor walking opportunities in the Braham School District, please call the [Braham Community Education](#) Office at 320-396-2677

[Cambridge-Isanti school buildings](#) allow community members to walk the halls for free Monday through Friday after the school day.

Please register at the Community Education Office to receive your walking badge and information packet.

[North Branch High School](#) - call 651-674-1025 for more information.

[Pine City Elementary School](#) – contact Pine City Community Education at 320-629-4030 for a pass to walk the halls.

[Princeton school building](#) – contact Community Education at 763-389-4789 for more information.

The Cambridge Mall – 5 times around equals a mile. Big Box stores are usually 1/5 of a mile around.

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## CHURCH-BASED FITNESS GROUPS

### [Faithfully Fit Cambridge Lutheran Church, Cambridge](#)

Faithfully Fit Forever has space for you seniors. Join now, it's never too late.

This energized senior aerobics program for men and women is offered at no cost to you.

This includes all seniors in our community. FFF is offered each Tuesday and Friday at 10 a.m. in the Cambridge Lutheran Church Fellowship Hall, 621 Old Main St. N.

in Cambridge. Classes include balance moves with warm-ups, energized aerobics, cool-down, resistance training, health issues of interest, guest appearances, and a devotional closing. Session I starts Tuesday, September 21<sup>st</sup>. Mark your calendars! It's never too late. For more information, call Lois Tureen at 763-689-2180.



## COMMUNITY EDUCATION CLASSES

[Braham Community Education](#)

[Cambridge Community Education classes](#)

[Hinckley-Finlayson Community Education](#)

[Milaca Community Education](#)

[Mora Community Education](#)

[North Branch Community Education](#)

[Ogilvie Community Education](#)

[Pine City Community Education](#)

[Princeton Community Education](#)

## CANOEING / KAYAKING

Martin's Landing MN DNR Canoe Landing, Isanti

[Rum River Scenic Parkway Water Trail](#)

[Saint Croix National Scenic Riverway](#)

[Sherburne National Wildlife Refuge Zimmerman](#)

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## COMMUNITY ORGANIZATIONS RELATED TO PHYSICAL ACTIVITY

[Active Living by Design](#)

[Walk the Town Braham](#)

[Walk the Town Cambridge](#)

[Walk the Town Isanti](#)

## BIKING TRAILS/ROUTES

[Cambridge Cycling Club](#)

[Sunrise Trail](#) - between North Branch and Hugo 25 miles off road paved trail

[Spirit River Nature Area](#) - 3+ miles mountain biking

[Willard Munger Trail](#) - 63 miles of paved trails from Hinckley to Duluth

[Jay Cook State Park](#) - 8 miles of paved trails

[St. Croix State Park](#) - 5 miles of paved trails and 21 miles of mountain bike trails

[Wild River State Park](#) - 2.6 miles of paved trails

## SWIMMING

[Cambridge Community Education classes](#)

[Crossings Inn & Suites Cambridge](#) (small fee)

[AmericInn Lodge & Suites North Branch](#) (small fee)

[Fish Lake Park](#) - Harris

[Checkerboard Park](#) - North Branch

[West Side Park](#) - Pine City

## LOCAL CHAMBERS

[Braham Chamber of Commerce](#)

[Cambridge Chamber of Commerce](#)

[Isanti Chamber of Commerce](#)

[Milaca Chamber of Commerce](#)

[Mora Chamber of Commerce](#)

[North Branch Chamber of Commerce](#)

[Pine City Chamber of Commerce](#)

[Princeton Chamber of Commerce](#)

[Sandstone Chamber of Commerce](#)



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## WINTER ACTIVITIES

### ICE SKATING

**Skate Park** - 635 18<sup>th</sup> Avenue SW, Cambridge

- Lighted hockey rink, open skating area and warming house, 8 a.m. to 10 p.m., daily

**Skate Park/Ice Rink** – 13292 Sylvan Avenue, Lindstrom (south from the corner of Highway 8 and Akerson St.)

- Lighted hockey rink, open skating area and warming house

**Chuckie Lundquist Park** – 11031 Stinson Avenue, Chisago City

- Lighted hockey rink, open skating area and warming house
- Skating hours:  
Monday – Thursday 3 p.m. to 9 p.m.  
Friday 3 p.m. to 10 p.m.  
Saturday 10 a.m. to 10 p.m.  
Sunday 10 a.m. to 9 p.m.

**North Branch Ice Rink** – Northwest corner of Hwy. 95 and Grand Avenue, North Branch

- Lighted hockey rink, open skating area and warming house
- 8 a.m. to 10 p.m. daily

**Isanti Ice Rink** – 201 Isanti Parkway West, Isanti

- Lighted hockey rink, open skating area
- Weekdays 3:30 p.m. to 9 p.m.
- Weekends 10 a.m. to 9 p.m.



## **SLEDDING**

Wild Mountain – 37200 Wild Mountain Road, Taylors Falls

- Tubing (rates apply)

City Park Sledding hill – 745 Second Avenue SW, Cambridge

Paradise Park Sledding Hill – 11031 Stinson Avenue, Chisago City

Pleasant Hill Park Sledding Hill – Corner of Pleasant Avenue and Elm Street, Lindstrom

Braham Sledding Hill – corner of Hwy. 65 and County Rd. 4

## **SKIING – DOWNHILL**

Wild Mountain – 37200 Wild Mountain Road, Taylors Falls

[www.wildmountain.com](http://www.wildmountain.com) or 1-800-447-4958 for pricing and rental information

## **CROSS COUNTRY SKI TRAILS**

[Spirit River Nature Area](#)

[Wild River State Park Almelund](#)

Wild River Youth Nordic Ski Club – Wild River State Park Trail Center, 39797 Park Trail, Center City

- A club for children 4-14 who like to have fun while learning how to cross country ski (fees apply)

Contact John Grund at 651-674-6096 or [jmgdape@yahoo.com](mailto:jmgdape@yahoo.com)

[Fish Lake Park](#)

[Ki-Chi-Saga Park](#) – 29061 Glader Blvd., Lindstrom

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## **VOLUNTEER OPPORTUNITIES**

Prime Time Walking Club is looking for someone to organize and spearhead a twice per week walking group throughout the fall months. For more information contact Lisa Perlick 763-689-8282 or Bill Carlson 763-689-1442.

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