

Bowling Centers

El Toro Bowl

112 High Ave, Gaylord
Phone: (507) 237-5111

Spare Time Bowling Center

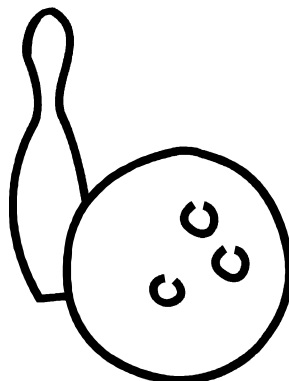
508 2nd Ave NW, Arlington
(507) 964-2414

Winthrop Lanes

106 N Carver, Winthrop
(507) 647-5705

Tom's Bowling Center

510 E 13th, Gibbon
(507) 834-6174

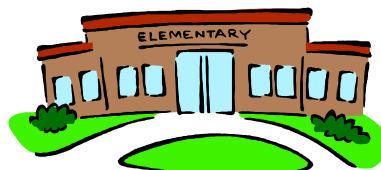


Community Education

Sibley East - Gaylord 507-237-3322
www.sibleyeast.org

GFW - Gibbon 507-834-6822
www.gfw.k12.mn.us

LeSueur Henderson - LeSueur 507-665-4600
www.isd2397.org



FAIRFAX

Depot Park

Depot Park is the starting point for FairRidge Recreational Trail which is a 10 mile trail to Ft. Ridgely State Park.

Fort Ridgely Historic Site

Nancy Zempel
72404 County Road 30
Fairfax, MN 55332
507-426-7888

Memorial Park

Memorial Park in Fairfax is located one block off T.H. 19. Turn on Dana Kiecker Street and it will lead you right to the Memorial Park Baseball Grandstand complex. The baseball park has had the distinction of being named the amateur baseball park of the year in 1996. The St. Paul Saints have played at the complex a couple of times. The Fairfax Cardinals Amateur Baseball team plays there, as well as, the Fairfax Legion Team. Baseball has always been a favorite with Fairfax residents.

Memorial Park has a Municipal Swimming pool that hosts young and old alike especially on the hot hot days in summer or if you are a tennis enthusiast you can play on one of the two courts located in the park. If tennis isn't your game and basketball is, there are basketball hoops inside the tennis courts.

Picnic shelters and a playground for the energetic kids to play are both located in this park

Lions Park

The Lions Park has two softball diamonds, concession stand and picnic shelter. A miniature golf course is located in the park, as well as, two basketball courts.

Central Park

Central Park is located in the center of the business district. The park is directly across from the City Hall. It's a nice place to sit down and relax. On nice days just order a sandwich to go from the Frontier Bar across the street and sit in the park and have lunch. Especially wonderful in the spring when the trees and lilies are in bloom and so fragrant.

Farmer's Markets

Farmer's Markets

Gaylord

Downtown Gaylord - Main St. & 5th St.

Open Wednesdays, Mid June - October

3:00-5:30 p.m.

Sponsored by Gaylord Area Chamber of Commerce.



Kathleen's Gardens

Rural Arlington

42612 286th St

Arlington, Minnesota 55307

Phone: (507) 237-2247

4 1/2 miles south of Arlington on Cty Hwy #9 and 1 1/2 miles west on township road (286 St.) Lots of signs. Open 7am - 7pm.

This Old House

Green Isle Community School Marketplace

Green Isle

On Highway 5 across from County Corner

Thursdays, May - October

4:00 - 7:00 p.m.

Winthrop

Farmer's Market

Located: Lyle's Café parking lot (Highway 19 & Main Street)

Hours: Mondays, 3:00 pm - 7:00 pm

June through September (throughout the growing & harvest seasons)

For more information contact Barb Johnson 507-647-3030. Sponsored by Winthrop Area Chamber of Commerce and Barb Johnson of Lyle's Cafe.

Golf/Tennis/Skating

Golf

Winthrop Golf Club
9 holes over 2,912 yards with a par of 36
55155 300th St, Winthrop
(507) 647-5828

Tennis Courts

Gaylord

Located on the corner of Hwy 22 and Linden Ave. Please bring your own rackets and balls.

Arlington

Located next to the Arlington A's baseball field. Please bring your own rackets and balls.

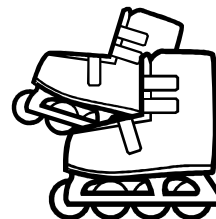
Winthrop

Located in Winthrop's Main Park. Please bring your own rackets and balls.

Fairfax

Located in Memorial Park in Fairfax one block off T.H. 19. Please bring your own rackets and balls.

Green Isle



Health and Fitness Centers

Arlington Snap Fitness

428 West Main St. Arlington

Phone: 507-964-5664

www.snapfitness.com

Gaylord Anytime Fitness

112 5th Street Gaylord

(507) 237-3700

www.anytimefitness.com



Parks and Recreation

Clear Lake County Park

Size: 42 acres Existing uses: swimming, boating, children's playground equipment, picnicking and fishing bullheads

Buildings: picnic shelter, water well, grills and tables Free Camping Permits:
Sibley County Public Works (507) 237-4092

Access to the park is from the west. It is most easily reached by traveling south from Gibbon on CSAH 2 for 3.5 miles, then turning east on CSAH 8 for about a mile when the park entrance signs will be evident.

High Island Creek County Park

Size: 220 acres Existing uses: picnicking, nature trails and camping

Buildings: picnic shelter, water well, grills and tables Free Camping permits:
Sibley County Public Works (507) 237-4092

Access to the park is from the north. It may be reached by traveling east on CSAH 12 from it's junction with State Highway 5 (1/2 mile north of Arlington) for approximately 6 miles. (watch for park signs) or by traveling north from Henderson on CSAH 6 to CSAH 12 (approximately 2.5 miles north of Henderson) and then west on CSAH 12 for approximately 3 miles. (Watch for park signs)

Rush River County Park

Size: 285 acres Existing uses: horseback riding and walking trails, swimming, birding, camping, picnicking and a children's playground

Buildings: picnic shelter, 2 water well, grills, tables, outhouses and a designated horse area

Located 2.7 miles from Henderson (6th Street, 3 blocks to 9th Street becomes 300th Streets, left on Rush River Park Road to Park entrance).

Camping reservations are not required at Rush River Park.

For more information about Rush River Park contact Tom Bender at 507-248-3230

Depot Park - Fairfax

Starting point for FairRidge Recreational Trail which is a 10 mile trail to Ft. Ridgely State Park.

Fort Ridgely Historic Site

Nancy Zempel
72404 County Road 30
Fairfax, MN 55332
507-426-7888

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Winthrop Main Park:

Our main park is 10 acres with two shelters, and playground equipment for children of all ages. There is also a tennis court, basketball courts, 2 sand volleyball courts, baseball field, South Shelter softball field, walking paths, plenty of benches and shade trees and new this year a skate park.

The north shelter has attached bathrooms, grills, electricity, and plenty of picnic tables. The south North Shelter shelter has grills, electricity, picnic tables and garage doors to help keep out the weather.

If you are interested in using either of the shelters we recommend you reserve them. There is a \$20 Equipment for smaller kids charge and we will make sure the shelters are clean and put up signs to notify others it will be used. Please contact city hall at 507-647-5306 to see what dates are available. We can also be reached via Slides and Climbers e-mail Barb barbahlbrecht@mchsi.com or Jenny winthrop@mchsi.com.

New Auburn

Swimming beach, picnic area, play area, wildlife observation, benches, horseshoe pits, softball field complex, volleyball, shelter, restrooms

Parks - Countinued

Henderson

City Park

600 Main Street

Park Hours: 7 a.m. - 10 p.m.

Allanson's Park

500 South St.

Camping Rates: Tent site, daily \$10 RV sites with electricity and water, daily \$20

Reservations Accepted - Contact the City Office

Bender Park

200 North 3rd Street

Gibbon

City Parks located at Ash Ave and 9th St. and another located at Adams Avenue.

Baylor Regional Park

*Carver County park pass required.

Lake Waconia Regional Park

10775 County Road 33, Norwood YoungAmerica, MN 55397

Baylor Regional Park is located on County Road 33, 2-1/2 miles north of the TH 5 and TH 212 intersection in Norwood Young America. For additional information, contact the Park Office at (952) 466-5250.

www.co.carver.mn.us/departments/PW/parks/docs/Baylor_Brochure.pdf

*Carver County park pass required

8170 Paradise Lane, Waconia, MN 55387

Waconia Park is located just east of the city of Waconia, next to the Lakeside Ballroom. Access to the park is off of TH 5. For additional information, contact the Park Office at (952) 466-5250.

www.co.carver.mn.us/departments/PW/parks/docs/lake_Waconia_Brochure.pdf

Playgrounds

The following sites have playground areas.

Arlington

Four Seasons Park Adams St. E. & 1st Ave.

Fairview Park 7th Ave NW

Frenzel Park West Baker & Polar Circle

Sibley East School Playground 2nd Ave NW

Gaylord

City Park Lincoln Ave

Jaycee Park 2 blocks North of Sibley East Jr. High School

GPL Park Contact person: Les Meyer 507-237-2797

Directions: 1/2 mile E. of Gaylord on Sibley County Rd 21

Sibley East School Playground 500 Court Ave

Immanuel Lutheran School Playground 417 High Ave

Gibbon

City Park Ash Avenue and 9th St.

City Park Adams Avenue

GFW School Playground

Green Isle

Lion's Park McGrann St

Baseball Park Parnell Street

Henderson

Hilltop Elementary 700 South Street

New Auburn

High Island Conservation Park 5th St

Softball Park and playground 5th St & 6th Ave.

Winthrop

City Park Renville Street N.

Local State Parks

State parks permits required

Flandrau*

www.co.brown.mn.us/parks/flandrau.htm

Fort Ridgely*

http://www.dnr.state.mn.us/state_parks/fort_ridgely/index.html

Minneopa*

http://www.dnr.state.mn.us/state_parks/minneopa/index.html

Minnesota Valley Recreation Area*

http://www.dnr.state.mn.us/state_parks/minnesota_valley/index.html

Trails

Local State Trails

*** State Park permits required***

Fair Ridge Bike Trail Fairfax

Depot Park

Biking/walking/in-line skating

Flandrau State Park New Ulm

Hiking trail

Fort Ridgely State Park Fairfax

72158 County Rd 30

Hiking/Biking trails

Linnaeus Arboretum at Gustavus Adolphus College St. Peter

800 W. College Ave

Minneopa State Park Mankato

54497 Gadwall Rd

Hiking/biking

Minnesota Valley State Trail Jordan

19825 Park Blvd.

Hiking/biking trail

Swimming Pools

Sibley East Pool

Located in the Sibley East Arlington School 202 3rd Ave NW. Arlington, MN
Hours listed in the Community Education Booklet - www.sibleyeast.org
Arlington (507) 964-8232

Gaylord Aquatic Center

(507) 237-2266

Fairfax Memorial Park Municipal Swimming Pool

Located one block off T.H.19 200 1st Ave NW Fairfax
(507)426-7503

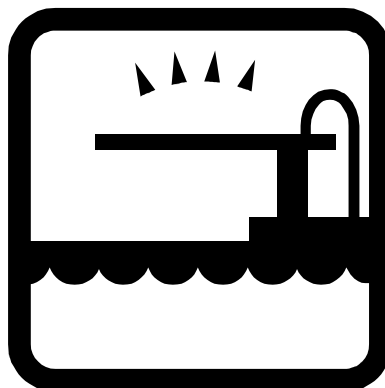
Swimming

Lake Waconia—Waconia MN

www.co.carver.mn.us/departments/pw/parks/lake_waconia.asp
Carver County Park pass required.

Flandrau –New Ulm, MN

www.co.brown.mn.us/parks/flandrau,html
Minnesota State Park permit required.



Tobacco Cessation

Quit Plan

If you're a Minnesotan who wants to quit smoking, QUITPLAN® Services can help. We offer multiple free quitting services, including online, phone, in-person and workplace programs.

1-888-354-PLAN

You can also contact your insurance company and see what they offer for tobacco cessation.



Weight Loss Groups

Weight Watchers

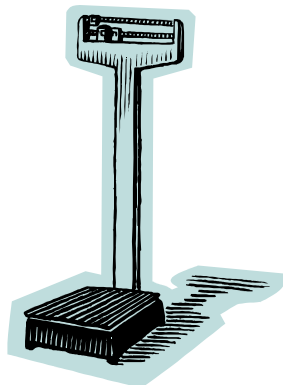
www.weightwatchers.com or 1-800-651-6000

T.O.P.S. (Take off pounds sensibly)

Meets every Tuesday: weigh in 6-6:30, meeting 6:30-7:00 pm
at Zion Lutheran Church, 814 West Brooks Street, Arlington.

Come and see what TOPS can do for you and your health!

For questions or information, please call Jane Scharpe at 507-326-7211.



Winter Outdoor Fun

Gaylord

Ice skating rink located NW of Gaylord City Park, on Veterans Drive

LeSueur Community Center - LeSueur

Ice rink—free open skate, free open hockey for members, non-members will be charged a daily admission fee.

www.cityoflesueur.com/comm_center/

Waconia— Lake Waconia Regional Park
Sledding Hill 8170 Paradise Lane Waconia MN