



FAMILY *Fall* FUN

The colors and the crisp air make fall a fabulous season for active family fun!
This issue is full of ideas on how to enjoy the season while being active together!

1. LEAP INTO LEAVES

Rake up mounds of leaves from your yard, and jump in the colorful piles. Can you tell which trees the leaves fell from?

2. HUNT FOR TREASURES

Acorns, leaves, something orange, something red? Make a list and hunt them down at a park or in the backyard. Check out the Adventure BINGO scavenger hunt found inside the PowerUp Parks Passport inside. Use the map inside to find a park to explore near you!

3. SWEEP YOUR SWEET POTATO

Sweet potatoes are in season and taste great sliced, diced, roasted, mashed and more! Have some fun by grabbing two sweet potatoes, two brooms and a friend. See who can sweep their sweet potato across the room faster!

4. FALL FOR APPLES

Apple picking time is here! Visit a local orchard, farmers' market or supermarket, and pick from — red ones, green ones, sweet ones, tart ones, crisp ones, juicy ones. Which are your favorites? Go to powerup4kids.org/appletizer to find everything you need to throw an awesome "Apple-tizer (Taste-Testing) Party"!

5. JUMP INTO OPEN GYMS

Don't forget to check out the open gyms and swims in your community! See details on back.

Help Chomp make his way
through the corn maze!



HealthPartners®

Lakeview Hospital
Stillwater Medical Group
Amery Hospital & Clinic
Hudson Hospital & Clinic
Westfields Hospital & Clinic

We
powerUP
in the

St. Croix Valley

MINNESOTA

WISCONSIN

Minnesota Interstate Park

Wisconsin Interstate Park

Ki-Chi Saga

Lotus Lake

William O'Brien

Big Marine

Square Lake

Pine Point

Willow River

Lake Elmo

Troy Beach

Afton

Kinnickinnic

Gandy Dancer Tr.

St. Croix River
Visitor Center

St. Croix Falls

to Amery →

Seven Lakes Trail

Forest Lake

Hardwood
Creek Tr.

New Richmond

Mahtomedi

Stillwater

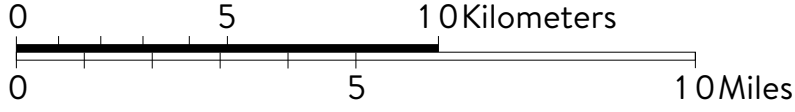
Bayport

Hudson

River Falls

Afton

North



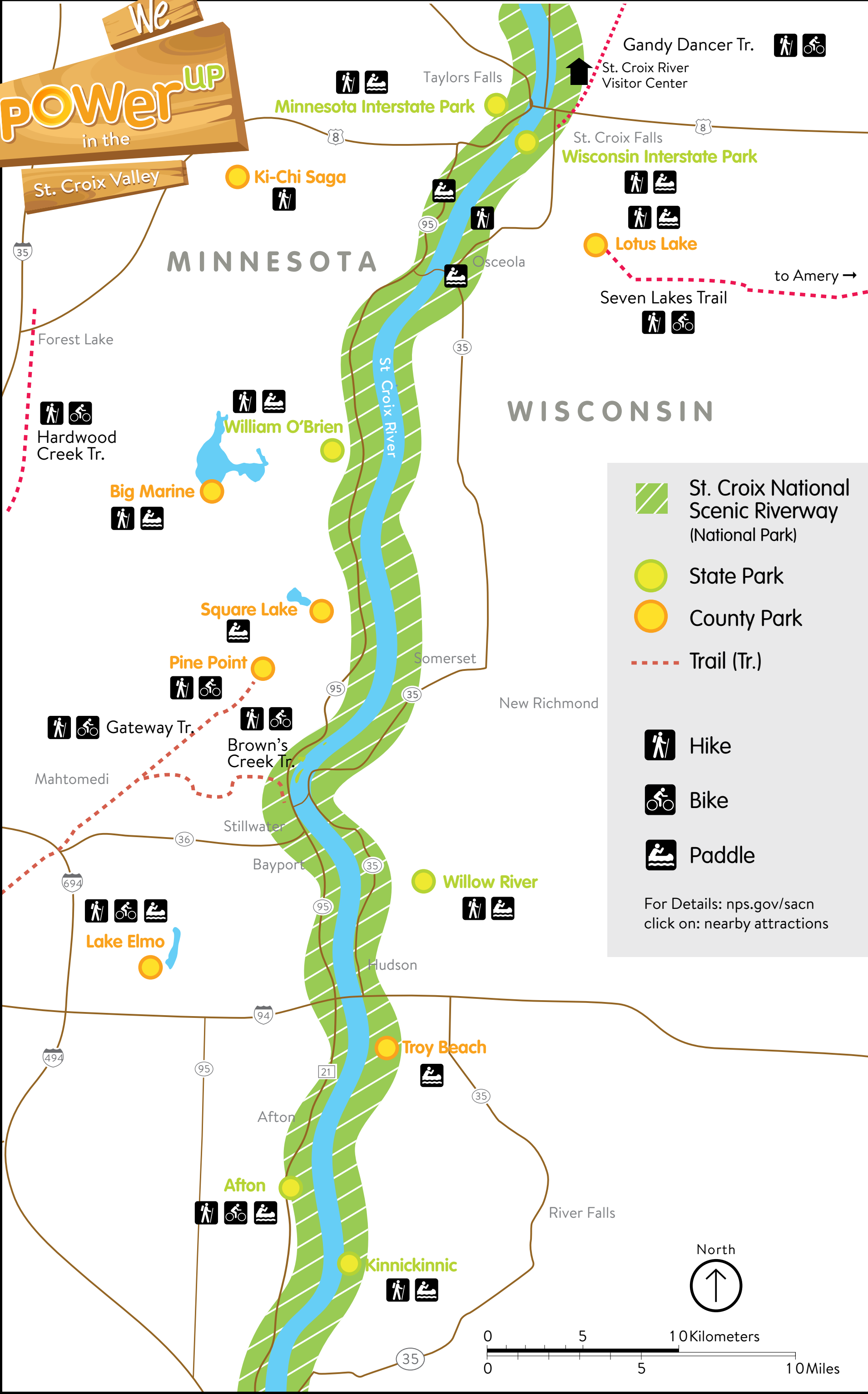
- St. Croix National Scenic Riverway (National Park)
- State Park
- County Park
- Trail (Tr.)

Hike

Bike

Paddle

For Details: nps.gov/sacn
click on: nearby attractions



PowerUp at OPEN GYMS

LOOKING FOR AN INDOOR SPACE TO RUN,
JUMP AND PLAY WITH YOUR WHOLE FAMILY?

Join us for a fun and affordable way to PowerUp regardless of the weather at “Open Gyms”. Open gyms are a chance to bounce a ball, shoot some hoops, play catch or just run around and be active together. Each open gym site has different activities and equipment available, but you can bring your own active games too. Schools and PowerUp partner to make open gyms available. Just look for **PowerUp** next to the Open Gym dates to see when the PowerUp Street Team will be there ready to play games and hang out!

Plus, don't miss our rockin' open gyms in November with special guest – KIDS DANCE!*

STILLWATER: OPEN GYMS EARLY CHILDHOOD FAMILY CENTER

Kids 0-7 and Families

10/3/15	9:30-11:30am	
11/7/15	9:30-11:30am	PowerUp
12/5/15	9:30-11:30am	PowerUp

STILLWATER: JUNIOR HIGH SCHOOL

ALL Kids and Families

10/9/15	6:00 - 8:30pm	PowerUp
10/16/15	6:00 - 8:30pm	
10/23/15	6:00 - 8:30pm	
11/6/15	6:00 - 8:30pm	PowerUp With Kids Dance!*
11/20/15	6:00 - 8:30pm	PowerUp*
12/4/15	6:00 - 8:30pm	
12/11/15	6:00 - 8:30pm	PowerUp*
12/18/15	6:00 - 8:30pm	

Some dates also include open swims!
See website for details.

SOMERSET: OPEN GYMS SOMERSET MIDDLE SCHOOL

ALL Kids and Families

10/10/15	9:00 - 11:30am	PowerUp
10/14/15	5:00 - 7:00pm	
11/14/15	9:00 - 11:30am	PowerUp With Kids Dance!*
11/18/15	5:00 - 7:00pm	
12/12/15	9:00 - 11:30am	PowerUp
12/16/15	5:00 - 7:00pm	

NEW RICHMOND: OPEN GYMS COMMUNITY COMMONS

Kids 0-5 and Families

Every Tuesday	9:00 - 10:30am
Every Wednesday	8:30 - 10:00am

NEW RICHMOND: COMMUNITY COMMONS

ALL Kids and Families

11/21/15	10:00am-12:00pm	PowerUp With Kids Dance!*
12/19/15	10:00am-12:00pm	PowerUp

HUDSON: OPEN GYMS EP ROCK ELEMENTARY

ALL Kids and Families

11/13/15	6:15 - 8:15pm	PowerUp With Kids Dance!*
11/20/15	6:15 - 8:15pm	
12/4/15	6:15 - 8:15pm	
12/11/15	6:15 - 8:15pm	
12/18/15	6:15 - 8:15pm	

HUDSON MIDDLE SCHOOL

ALL Kids and Families

12/29/15	12:00 - 4:00pm	PowerUp
12/30/15	12:00 - 4:00pm	

***Don't miss...
Open Gyms
with special
guest - KIDS
DANCE!**

REGISTRATION AND DETAILS AT POWERUP4KIDS.ORG/GYMS

Come learn some new moves when KIDS DANCE brings a DJ, music, dancin' and fun right to these special open gyms:

11/6/15	6:00-8:30pm	Stillwater Junior High School, Stillwater, MN
11/13/15	6:15-8:15pm	EP Rock Elementary, Hudson, WI
11/14/15	9:00-11:30am	Somerset Middle School, Somerset, WI
11/21/15	10:00am-12:00pm	Community Commons, New Richmond, WI

Get all the details at PowerUp4Kids.org

