



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts

We are using a "Register Now Pay Later" procedure for all classes except craft kits and family kits. Payment information is required at the time of registration, but your credit/debit card or checking account will not be charged until 3 days prior to the class start date. Mailed checks will be handled as a one-time electronic fund transfer or draft. You will be notified if classes are cancelled.

More Dr. Seuss Read Aloud Rhymes and other Whimsical Works

Join Gretchen as she reads aloud through some of her favorite Dr. Seuss books. Why read a children's picture book? Because children's books are loved by adults too! She may also choose other (non-Dr. Seuss) contemporary rhyming stories that engage and delight. If you have a request to hear a particular book, please call the office. *Gretchen Carlson*

CBSWSE4 Wed, Feb 3 Online
6:30–7:30 pm \$5

Virtual Valentine's Dance

Let's DANCE! Join others from across Minnesota for a fabulous online Valentine's Dance experience! Dress in red, white or pink for a special evening. Find a hat or a crown and have it ready for the Valentine King and Queen dance. This dance will take place over Zoom. You will be able to log on 15 minutes before the dance begins.

Gretchen Carlson

CBSWSE1 Fri, Feb 12 Online
7:00–8:00 pm \$8

A Zany Zoom "Beat the Winter Blues" Party

Join Mark and Lori Hurley (aka "Mixed Nuts") with A Touch of Magic Entertainment in a live virtual event just for you! With their special blend of interactive comedy, general silliness (and just a touch of magic), "Beat the Winter Blues" is an event you won't want to miss! After the show, play a few games virtually. *Gretchen Carlson*

CBSWSE3 Wed, Mar 10 Online
6:30–7:30 pm \$10

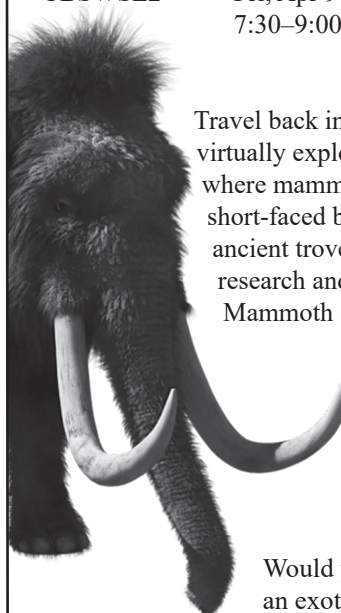
See the Timberdoodle Dance

Timberdoodle is the nickname given to a ground nesting, long-beaked little bird called the American Woodcock. The mating flight and dance of this little bird is pretty amazing. To see woodcock, you will need to walk on the trail in the light and wait for darkness. Dress for outdoor temperatures and plan to meet at Afton State Park's Visitor Center. Note: Afton State Park has an entrance fee per vehicle (not included with registration for the class). *Gretchen Carlson*

CBSWSE2 Fri, Apr 9 Afton State Park Visitor Ctr
7:30–9:00 pm \$5

Mammoth Site

Travel back in time to the late Ice Age and virtually explore the sinkhole in South Dakota where mammoths, camels, wolves, and giant short-faced bears became trapped, leaving this ancient trove of fossil remains. Excavation, research and education continues at the Mammoth Site daily. *Mammoth Site educator*



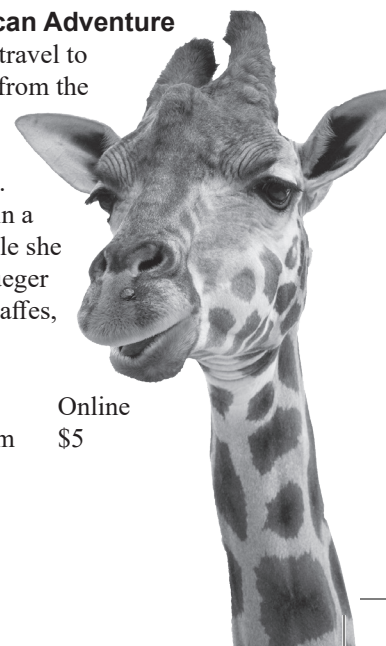
CBNP1 Tue, Apr 27
\$8 6:00–7:30 pm
Online

An African Adventure

Would you like to travel to an exotic land, all from the comfort of home?

Join Gretchen as she shares stories and photos from a trip to Swaziland, Africa. Step inside the home (hut) of a family in a remote village, meet the beautiful people she encountered, and travel with her to Krueger National Park. You'll see elephants, giraffes, tigers and more. *Gretchen Carlson*

CBSWSE5 Wed, Apr 21 Online
6:30–7:30 pm \$5



ART

Heart Art



Prepare for Valentine's Day by creating art. Paint a heart picture and decorate a rock. **Register by January 30** so we have enough time to mail you your supplies. Join your friends online on Feb 9 to create your heart art together. *Kris Rossow*

CBRA1 Tue, Feb 9 Online
6:30–7:30 pm \$15

Frosty the Snowman



Yes, the weather outside is chillin', but you'll be comfy and cozy inside while creating your snowman. **Register by February 3.** Your snowman kit will be available for pick up between 9:00 am and 3:30 pm Feb 5 or Feb 8–11 at Gladstone (1945 Manton St, Maplewood 55109). Join

online on Feb 11 to see your friends, drink hot cocoa and make your snowman. *Cheryl Gysbers*

CBNA1 Thu, Feb 11 Online
6:30–8:00 pm \$10

Treasure Box Painting



Are you looking for a fun place to keep all of your small treasures? Paint your own unique treasure box. **Register by March 6** so we have time to mail you your supplies. Join your friends online on Mar 16 to decorate your treasure boxes together. *Kris Rossow*

CBRA2 Tue, Mar 16 Online
6:30–7:30 pm \$15

Chicks in a Basket



"Putting all your eggs in one basket" may not be the best idea, but put all these chicks in a basket and you have a centerpiece! **Register by March 16.** Your Chicks in a Basket kit will be ready for pick up between 9:00 am and 4:00 pm Mar 22–25 or Mar 29–30 at Gladstone (1945 Manton

St, Maplewood, 55109). Join online on Mar 30 to see your friends, have an Easter treat, and create your chicks in a basket. *Cheryl Gysbers*

CBNA2 Tue, Mar 30 Online
6:30–7:30 pm \$10

Garden Pot Decorating



Apply pictures of flowers to a garden pot with mod podge. Once dry you will add dirt and seeds so you can enjoy watching your garden all summer. **Register by April 10** so we have time to mail you your supplies. Then join your friends online to decorate your garden pots together. *Kris Rossow*

CBRA3 Tue, Apr 20 Online
6:30–7:30 pm \$15

FAMILY KITS

One kit includes hours of fun and education for the entire household! Kits ordered between the 1st and the 14th of the month are delivered on the first of the following month. Kits ordered between the 15th and the last day of the month are delivered on the 15th of the following month. Your kit will be delivered to the address you provide on the paper registration form or online registration website.

Winter Fun Kit

Snow doesn't mean you are stuck inside—learn to embrace our longest season with DIY ice lanterns, homemade warm drinks, and tie-dye snow paint.



CBNFK1 \$35 Available Jan–Feb

Nailed It! Kit

This is your chance to show off your professional level baking and decorating skills! Bake and decorate cookies to match the pictures and see how great (or not so great) they turn out. This is guaranteed fun and laughs in one handy kit.



CBNFK2 \$35 Available Jan–Apr

Movie Night Kit

You choose the movie, we supply the fun! The kit includes a Redbox gift code, popcorn, Jelly Belly's Beanboozles wheel of chance, glow sticks and glasses.



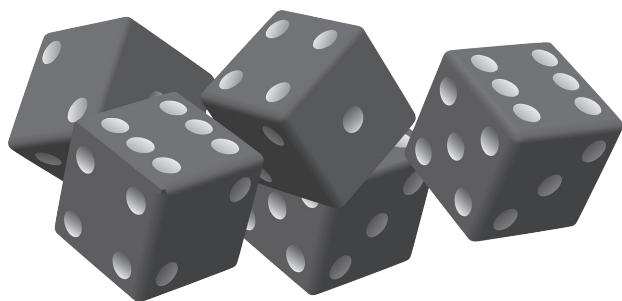
CBNFK3 \$35 Available Jan–Apr

Game Show Kit

You'll enjoy these Minute to Win It challenges so ridiculously fun that you will have to film them. The kit includes everything you need, even the prizes!



CBNFK4 \$35 Available Jan–Apr



RECREATION

Game Night Challenge

Each game night challenge includes several activities involving skill, logic and chance: Yahtzee, Farkle, Po-Ke-No, Word Search, Puzzle, Sudoku and more. Whether you are racing the clock or trying for the highest score, you are sure to have fun. Your game night challenge kit includes everything you need to participate in all three game night challenge dates.

Register by Feb 10. Your game night challenge kit for all three nights will be available for pick up between 9:00 am and 4:00 pm, Feb 11, 12, 16, 17 at Gladstone (1945 Manton St, Maplewood, 55109). A new game night challenge link will be sent each month. *Cheryl Gysbers*

CBNR2	Wed, Feb 17, Mar 24, Apr 14 (3 sessions)
\$15	6:30–7:30 pm Online

Virtual Bingo Community Bridge Style

B-7, I-28, N-43, G-54, O-69 – BINGO! Virtual bingo via Zoom that is! You will be emailed your bingo card(s) and you will be playing for the love of the game. The virtual prizes (a joke, a song, etc) will be the “icing on the cake.” Pre-registration and an email address is required as you will be sent bingo cards and the activity link via email.

Cheryl Gysbers

CBNR1A	Wed, Feb 24	Online
	6:30–7:30 pm	FREE
CBNR1B	Wed, Mar 31	Online
	6:30–7:30 pm	FREE
CBNR1C	Wed, Apr 28	Online
	6:30–7:30 pm	FREE



Wheel of Fortune

Try guessing the hidden phrases, titles, lyrics, etc. as you play “America’s favorite game show” against your Community Bridge friends. This will be Community Bridge’s first attempt at this virtual version and after tonight, we hope it will become a Community Bridge favorite! You will be playing in teams—all who live at your address will be on the same team. Register only once per address. Registration is limited to 6 addresses.

Cheryl Gysbers

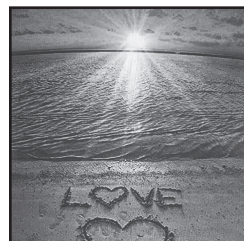
CBNR3	Thu, Feb 25	Online
	6:30–7:30 pm	FREE

DIY AT HOME CRAFT KITS

These kits are a great way to keep busy, keep your mind active and be creative! Each kit contains easy-to-follow instructions and all the art materials needed to create the project.

****CRAFT KITS ARE AVAILABLE FOR PICK-UP ONLY****

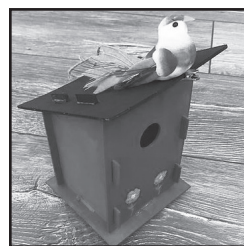
Order by Wednesday at noon and pick up the next Thursday. Pick up at White Bear Lake District Center, 4855 Bloom Ave, Door E, White Bear Lake, MN 55110.



Love Beach Diamond Art

Diamond art has become very popular and you are sure to enjoy creating this beautiful scene on a 16 x 12” canvas.

CBWA2	\$24
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Paint a Bird House

This kit includes a complete birdhouse, bird, paint, paintbrush, decorative stickers and full instructions. All that is missing is the birds!

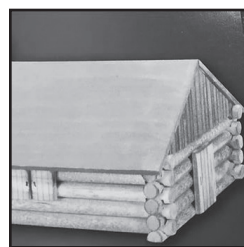
CBWA5	\$12
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Poured Paint Pot

Decorate a small clay pot using the paint pouring technique, then fill your pot with soil and plant seeds (included).

CBWA3	\$8
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Wooden Log Cabin

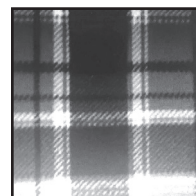
This kit contains a log cabin structure, all ready for painting.

CBWA4	\$10
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Fleece Blanket

Tie up a little warmth this winter. Finished blankets are 50 x 60”. Everything is pre-cut and just needs to be knotted and tied.

Love Theme	CBWA1A	\$24
Plaid	CBWA1B	\$24
Elk & Bear	CBWA1C	\$24



Independent School District 622
2520 E 12th Ave
North St. Paul, MN 55109



Gladstone Community Education Center
Community Bridge Consortium office
1945 Manton St.
Maplewood, MN 55109
651.748.7250

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COMMUNITY BRIDGE REGISTRATION FORM

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Name _____ Day Phone _____ Evening Phone _____

Address _____ City _____ Zip _____

Group Home Name _____ Contact Person _____ Phone _____

Email (required) _____

Class #	Class Name	Class Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Total Fee \$ _____

Checks payable to Community Bridge.

Mail to: Community Bridge, 1945 Manton St, Maplewood, MN 55109

(Print)

or Visa, MasterCard or Discover _____ Exp ____/____ Total Charge \$ _____

Signature _____ Name on Card _____