October 2021 – January 2022 Volume 31, Number 2

Community Bridge CONSORTIUM

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

Mixed Media Canvas - 'Bee Kind'

Create a bee and flower painting on a 10 x 10" canvas. Choose your background color and then use torn papers, napkins, stencils, glue, paint, pastels, lace, glitter and other fun materials. By layering paint, papers, fabrics and stenciling, you'll create an amazing dimensional piece of art! No experience necessary. *Julie Schroeder*

CBWA3 Sat, Oct 16
$15 10:00 am–12:00 pm
White Bear Lake South Campus, 202

Pumpkin Painting

Paint a pumpkin using glow in the dark paint and you'll get a spooky surprise when the lights go out. *Renee Turner*

CBRA1 Mon, Oct 18
$15 6:00–8:00 pm
Aŋpétu Téča Education Center, C121

Bacon Fried Rice & Soy Sauce Painting

Fragrant, crispy bacon + chewy rice + yellow tender eggs + colorful vegetables = delicious fried rice. After sampling the fried rice, use your imagination to paint and create our own unique art piece ... using soy sauce! The dark soy sauce allows for a strong sense of artistic expressiveness, similar to ancient ink painting. Come and have fun eating and playing with your food! *Li Sun*

CBSA1 Thu, Nov 4
$10 6:00–8:00 pm
East Ridge High School, 1028 Green

Alcohol Ink Art

Create amazing art tiles that can be displayed or used as a coaster! You will be using sharpie markers and rubbing alcohol to make unique one of a kind pieces. *Michelle Hubbard*

CBWA1 Mon, Nov 15
$12 6:00–7:30 pm
White Bear Lake Senior Center

Hot Mosaic Trinket Plates

Two forms of glass art in one evening! Make two fused mosaic trinket plates – one to keep and one to give as a gift. Your project will need to be fired to complete the fusing process so plan to return to Gladstone to pick up your plates after November 29. Gladstone is open between 8 am–4:00 pm for pick-up. *Staff/family requested to stay and assist participants. Ellen Aeling*

CBNA1 Mon, Nov 22
$15 6:30–8:30 pm
Gladstone, 107A /107B

Holiday Decorations

Make festive holiday decorations. You will decorate a wreath, make an ornament, and create a recycled art snowman. *Renee Turner*

CBRA2 Wed, Dec 1
$15 6:00–8:00 pm
Aŋpétu Téča Education Center, C121

Stained Glass Trees

Create your own abstract winter wonderland with watercolor and decoupaging colored tissue paper. *Michelle Hubbard*

CBWA2 Thu, Dec 9
$10 6:00–7:30 pm
White Bear Lake Senior Center

Wool Felt Painting

Create a beautiful "painting" using wool roving and the wet felting process. You will be using soap and water, so dress to get wet. *Staff/family requested to stay and assist participants. Cheryl Gysbers*

CBNA2 Wed, Jan 19
$10 6:30–8:00 pm
Gladstone 107A

Music and Dance

Name that Tune

With just a couple notes, see if you can guess the title of theses popular songs. Be the first and collect a prize. *Karen Hillmann*

CBNM1A Tue, Oct 13
$8 7:00–8:15 pm
Gladstone, Gym

CBNM1B Wed, Jan 12
$8 7:00–8:15 pm
Gladstone, Gym

Halloween Costume Dance

Costumed dancers, music and more will abound at the Gladstone gym on this haunted October eve. Costumes are encouraged, fun is guaranteed! *Tricia Wood*

CBNSE2 Thu, Oct 21
$10 6:30–8:00 pm
Gladstone, Gym

December Snow Ball

When it snows, it is thrilling, though your nose gets a chilling. To frolic and prance, now is your chance to dance in a winter wonderland. *Tricia Wood*

CBNSE3 Fri, Dec 3
$10 6:30–8:00 pm
Gladstone, Gym

Cooking

Holiday Sweets

When visions of 'sugar plums" dance in your head, it is time for holiday sweets! Come trim and decorate festive cookies and candies. *Cheryl Gysbers*

CBNF1 Wed, Dec 8
$10 6:30–8:00 pm
Gladstone, 107A

The Great Outdoors

Hayride and Tour at Afton Apple Orchard

Take a fun hayride through the apple orchard and pumpkin patch! You'll pick 2 apples, choose your own small pumpkin (about the size of a cantaloupe), and taste a 3 oz sample of apple cider. Learn how to pick apples, why bees are important, and how the orchard staff protect their trees. Dress for the weather. This tour is not wheelchair accessible. Please come early as the tour will leave promptly at 6:00 pm. Look for the sign "Community Bridge Meets Here." *Gretchen Carlson*

CBSSE1 Mon, Oct 4
$12 6:00–7:00 pm
$12 (Staff) Afton Apple Orchard, Entrance

Fall Color Nature Hikes

It's time to breathe in the great outdoors! Fall is the perfect time for a hike to enjoy the beautiful autumn colors as you stroll around Oakdale Nature Center in Oakdale and Colby Lake in Woodbury. Stop to watch and listen for wildlife or pick up a red leaf, piece of birch bark or other treasure you find along the way. Take this opportunity to stretch your legs or get your wheelchair ready for these hikes which are approximately 2 miles, along paved trails.

CBSR3 Colby Lake with Gretchen Carlson
$5 Thu, Oct 14
5:30–6:30 pm
Colby Lake, Shelter

CBNR1 Oakdale Nature Center with Ron Sushak
$5 Sat, Oct 23
10–11:30 am
Oakdale Nature Center, Picnic Shelter

Class Locations

Afton Apple Orchard
14421 S 90th St, Hastings, 55033

Aŋpétu Téča Education Center (former Fairview Community Ctr)
1910 County Road B West, Roseville, 55113

Colby Lake
3100 Edgewater Dr, Woodbury, 55125

Cottage Grove Middle School
9775 Indian Blvd S, Cottage Grove, 55016

District 833 Program Center
8400 East Point Douglas Rd S, Cottage Grove, 55016

East Ridge High School
4200 Pioneer Dr, Woodbury, 55125

Gladstone
1945 Manton St, Maplewood, 55109

North High School
2416 E 11th Ave, north St Paul, 55109

Oakdale Nature Center
4444Hsdley Ave N, Oakdale, 55128

Tartan High School
828 Greenway Ave, Oakdale, 55128

White Bear Lake Senior Center
2484 E county Road F, White Bear Lake, 55110

White Bear Lake Area High School, South Campus
3551 McKnight Rd, White Bear Lake

Recreation

Corn Hole (Bean Bag Toss)

This fun game is easy for anyone to try! Simply grab a bean bag and give it your best toss onto the board. Better yet, aim to throw it right into the hole! You'll play in teams and enjoy a friendly game or two as time allows. *Gretchen Carlson*

CBSR1 Thu, Nov 11
$5 6:30–7:30 pm
Cottage Grove Middle School, Cafetorium

Winter Carnival

Celebrate all things WINTER by playing games and making crafts. *Renee Turner*

CBRR5 Wed, Jan 5
$15 6:00–8:00 pm
Aŋpétu Téča Education Center, C121

Costume Contest Bingo

Will you come a butterfly or a werewolf? Join in the fun filled night of costumes and bingo. *Renee Turner*

CBRR1 Thu, Oct 28
$9 6:00–8:00 pm
Aŋpétu Téča Education Center, C123

Turkey Bingo

Waddle like a turkey as you collect your prize after calling B I N G O. *Renee Turner*

CBRR2 Tue, Nov 9
$9 6:00–8:00 pm
Aŋpétu Téča Education Center, C123

Friday Night Bingo

Come play B-I-N-G-O! Track the numbers up and down or across your card, and you'll be a winner! Fun prizes for everyone. *Gretchen Carlson*

CBSR2 Fri, Nov 19
$9 6:30–7:30 pm
District 833 Program Center, Entrance

Holiday Bingo

Take a break and enjoy a night of bingo with friends. *Renee Turner*

CBRR3 Mon, Dec 13
$9 6:00–8:00 pm
Aŋpétu Téča Education Center, C123

Happy New Year Bingo

Start the New Year off with a night of bingo and friends. *Renee Turner*

CBRR4 Thu, Jan 6
$9 6:00–8:00 pm
Aŋpétu Téča Education Center, C123

Performances

Mamma Mia

You'll certainly enjoy this romantic comedy about a young woman's search for her birth father. Set on a romantic Greek island, this tale is full of love, laughter and friendship. Meet Cheryl Gysbers in the lobby at North High School between 1:30–1:45 pm to get your tickets. The show starts promptly at 2:00 pm. A limited number of wheelchair seats are available, so please indicate if you use a wheelchair when registering. *Cheryl Gysbers*

CBNSE1 Sat, Nov 6
$10 1:30–4:00 pm
$8 (Staff) North High School, Lobby

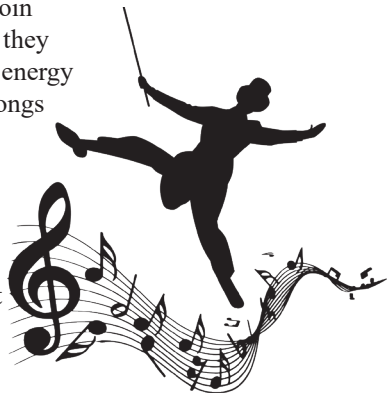
SpongeBob SquarePants: The Broadway Musical

As SpongeBob and all of Bikini Bottom face the total annihilation of their undersea world, a most unexpected hero rises up and takes center stage. Meet the theater host inside the Activity Center entrance of East Ridge H.S. near a sign that says "Community Bridge Meets Here." Arrive by 6:45 pm to get your ticket and find a seat. Show begins at 7:00 pm. A limited number of wheelchair seats are available so please indicate if you use a wheelchair when registering. *Gretchen Carlson*

CBSSE3 Thu, Nov 4
$6 6:45–9:30 pm
$6 (Staff) East Ridge High School, Activity Ctr Entrance

Christmas at Tartan

Tartan Theatre presents a musical celebration to get you in the spirit of the season! Come join Tartan High School students as they usher in the holidays with high energy performances of new holiday songs and heartwarming renditions of timeless classics. Meet Karen Hillmann at the Tartan High School Atrium between 6:30–6:45 pm to get your tickets. Show starts promptly at 7:00 pm. A limited number of wheelchair seats are available, so please indicate if you use a wheelchair when registering. Register by November 18.



CBNSE4 Sat, Dec 4
$12 7:00–8:30 pm
$10 (Staff) Tartan High School, Lobby

ucare

- If your insurance is through UCare, you may be eligible for a discount of up to $15 per class. Check your plan to see how many discounts you may use per year.
- If a class is less than $15, you may take the class free
- You must be a UCare member at the time of registration and throughout the duration of the class.
- You must register by phone 651-748-7250 or by mail to take advantage of the UCare discount. You will need your UCare ID number when registering.

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

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

COMMUNITY BRIDGE REGISTRATION - PARTICIPANT FORM

Name_____ Home/Group Home Phone _____

Address_____ City_____ Zip_____

Group Home Name_____Emergency Contact _____ Phone_____

Group Home Email _____ ☐ Uses a wheelchair ☐ Requires one-to-one assistance

Medical, seizure, behavioral or other conditions instructor should be aware of: _____

_____

Class #	Class Name	Participant Fee	Staff Attending # attending	Staff Attending Total Staff Fee
_____	_____	$_____	_____	$_____
_____	_____	$_____	_____	$_____
_____	_____	$_____	_____	$_____
_____	_____	$_____	_____	$_____

UCare Number_____ **Total Participant Fee $** _____ **Total Staff Fee $**_____

Staff fee must accompany registration

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

or Visa, MasterCard or Discover _____ _____ _____ _____ Exp_____**Total Charge $**_____

Signature _____ Print Name on Card_____

We are using a "Register Now Pay Later" procedure for all classes. 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.