



WINTER-SPRING 2022

JANUARY - APRIL



GET FIT
AT
CENTRAL SQUARE!
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*Serving Residents of the Inver Grove Heights,
West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts*
www.TriDistrictCE.org

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TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul school districts.

Curious about TriDistrict Community Education?

How are we related to the individual school districts?

What programs do we offer?

How can you get more information about TriDistrict Programs?

TriDistrict Community Education is a collaboration between Inver Grove Heights, South St. Paul, and West St. Paul-Mendota Heights-Eagan School Districts. Community Education has classes and activities for ages from birth to senior citizens. Some of our programs are district specific and everyone is welcome in any of the programs.

TriDistrict Community Education is able to offer more programs and services to all three communities, and is supported by an Advisory Council with members from all districts. This shared model allows each district to benefit from sharing staffing duties, sharing resources, and increasing the offerings for community members, in addition to meeting the needs of the individual school districts.

How to register

Online

tridistrict.ce.eleyo.com

This secure site is available 24/7 and accepts Visa, MasterCard, American Express and Discover.

By Phone

IGH: 651-306-7502

SSP: 651-306-3632

WSP-MH-Eagan: 651-403-8520

In Person

8 am-2:30 pm, Monday-Friday

3 Ways to Pay

✓ Credit Card

✓ Check

Make checks payable to
TriDistrict Community Education

✓ Cash

If using cash, please register in person.

✓ ACH available

How to find us



Inver Grove Heights

Community Education

2990 80th St E, Inver Grove Hgts, MN 55076



West St. Paul, Mendota Heights and Eagan Area

Community Education

1897 Delaware Ave, Mendota Heights, MN, 55118



South St. Paul

Community Education

Central Square

100 Seventh Ave N, South St Paul, MN 55075

FEATURED Courses

CULINARY ARTS



Himalayan Cooking

Flavorful and warm curry loaded with nutrition will be a perfect way to welcome the new season.

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DANCE



2 Left Feet Workshop

You'll be spinning, turning, and twirling together before you know it to feel comfortable in any setting.

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CREATIVE ARTS



Paint Like Bob Ross

Kristi Nelson, a certified Ross instructor, will demo the step-by-step painting techniques, and then she'll answer questions and help you with those techniques. You'll complete an entire painting to take home and hang.

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AQUATICS



Deep Water Aerobics

Designed to improve range of motion, flexibility, strength, and tone of muscles. The use of T.A.B.A.T.A. (high intensity physical training) sessions during class improves cardiovascular endurance.

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Contact Us

Adult Enrichment

IGH 651-306-7502
SSP 651-306-3632
ISD197 651-403-8302

Early Learning

IGH 651-306-7503
SSP 651-457-9418
ISD197 651-403-8390

Adults 55+

VMCC, IGH 651-450-2585
CSCC, SSP 651-306-3632
TPAC, WSP 651-403-8300

School Age Care

IGH 651-306-7502
SSP 651-306-3631
ISD197 651-403-8054

Adult Basic Education

Linda 651-306-3632

Access Project

TriDistrict 651-403-8302

Youth

IGH 651-306-7502
SSP 651-306-3632
ISD197 651-403-8522



If you see this computer graphic on a course, this course is online!

For more information on courses, events, programs, go to tridistrict.ce.eleyo.com

Free Monthly Family Programming



Tour de Rec

Based on success and customer demand our summer Tour de Rec is now offered each month. This school year we invite youth and families to join us at local spots in West St. Paul and Mendota Heights. Staff will set up activities and provide equipment for youth and families of all ages to enjoy. There will be games, sports, crafts, and more. Tour de Rec runs once a month and is free. No registration needed. Stop by for as long as you would like.

Instructor: Local Community Ed/Parks & Rec Staff

6-7 pm

1 session - Free

Thur, Jan 6

Southview Park, WSP

Thur, Feb 3

Marie Park, MH

Thur, Mar 3

Garlough Elementary, WSP

Thur, Apr 7

Mendakota Park, MH

Thur, May 5

Mendota Elementary, MH

ADULT ENRICHMENT

Creative Arts



Blow Your Own Pint Glass or Paperweight

This class is designed for beginners so everyone can experience the art of glassblowing, no matter their skill level. These projects are perfect for first-timers. Creating a glass paperweight or pint glass teaches the fundamentals of gathering, coloring, shaping and transferring the piece off of the blowpipe. Students will experience how glass is manipulated and formed into a simple shape.
Instructor: Vandalia Glassworks

Sat, Jan 15 10 am-1 pm
8505-W22 Paperweight 1 session - \$95
Vandalia Glassworks
103 Concord Exchange N, SSP

Sat, Mar 12 10 am-1 pm
8505-W22 Pint Glass 1 session - \$85
Vandalia Glassworks
103 Concord Exchange N, SSP

Unique Glass Mosaic Sign or Garden Stake

Create a beautiful garden stake or sign for your garden. Participants will learn about glass cutting, mosaic resources, and other types of mosaics. Using colorful precut glass, you will decorate a bird, butterfly, 4 leaf clover, star, fish, or circle. The first night is dedicated to working on your project, having fun, and discovering your creative side. The second night uses grout so please bring a few old towels. Supply fees of \$14+/sign, \$30/3 garden stakes or \$10/additional sign are payable to the instructor the first night of class.

Instructor: Lindsey Guetter

Tues, Mar 8-15 6-9 pm
5511-W22 2 sessions - \$35
IGH MS, IGH

Intro to Soap Design

Looking for a creative outlet, make something consumable, or create something useful? Join this relaxing, stress-free, and fun class to produce beautiful bars of soap for gift-giving or yourself. The course covers how to recast, reuse, and recycle soap so that nothing goes to waste. Over three sessions, participants will produce ten or more bars of soap, experiment with design, and learn how recycling and soap intersect.

Basic supplies for the class will be brought in by the instructor. Please note: this class uses melt-and-pour soap.

Instructor: Janet Ryther

Wed, Jan 5-19 6-8:30 pm
7501-W22 3 sessions - \$55
SSP HS, SSP



Soap Maker Workshop

Are you already a novice soap-maker or took Intro to Soap Making? If you answered yes, this class is for you. Each session will start with a short demo then move into creating the soap.

Basic supplies for the class will be brought in by the instructor. Participants are encouraged to bring their own additional supplies and creativity.

Instructor: Janet Ryther

Wed, Jan 26-Feb 9 6-8:30 pm
7500-W22 3 sessions - \$45
SSP HS, SSP



Knitting: Winter Studio

Winter is the perfect time of the year to settle in with a good knitting project. Grab those unfinished projects or new patterns and enjoy time with fellow knitters. This workshop is a time to relax and work on projects of your choosing. Ask the instructor for advice on stitches, yarn, sizing, techniques, etc. This class is open to knitters of all skill levels.

Instructor: Suzanne Ross

Tues, Feb 1-Mar 1 6:30-8:30 pm
5509-W22A 5 sessions - \$30
TPAC, WSP

Tues, Mar 15-Apr 19 6:30-8:30 pm
5509-W22B 5 sessions - \$30
Somerset Elementary, MH (No class Mar 29)

Knitting Techniques

Expand your knitting repertoire with these workshops. Charts De-Mystified covers learning to read and understand charts so that you can knit just about anything. Illusion Knitting covers basic knit and purl stitches to create knitted illusions where an image will appear when viewing the piece from a different angle. The Fishbone stitch, also called twice-knitting, is a fun and versatile technique. Participants will create a washcloth at each workshop to learn and practice each technique. A supplies list will be sent prior to each workshop.

Instructor: Suzanne Ross

Charts De-Mystified

Thur, Feb 24 6:30-9 pm
5510-W22 1 session - \$12
IGH MS, IGH

Illusion Knitting

Thur, Mar 10 6:30-9 pm
5510-W22 1 session - \$12
IGH MS, IGH

Fishbone Stitch

Thur, Apr 14 6:30-9 pm
5510-W22 1 session - \$12
IGH MS, IGH

Creative Arts



Paint Like Bob Ross

You may remember Bob Ross from his Joy of Painting series on PBS. Kristi Nelson, a certified Ross instructor, will demo step-by-step painting techniques, and answer questions on those techniques. You'll complete an entire painting to take home and hang. A supply fee of \$15 is payable to the instructor at class.

Instructor: Kristi Nelson

Mountain Lights

Tues, Feb 15 6-9 pm
5519-W22A 1 session - \$50
IGH MS, IGH

Tues, Feb 22 6-9 pm
5519-W22B 1 session - \$50
IGH MS, IGH

Rivers Dream

Tues, Mar 8 6-9 pm
5519-W22C 1 session - \$50
IGH MS, IGH

Tues, Mar 22 6-9 pm
5519-W22D 1 session - \$50
IGH MS, IGH

Sunset Paradise

Tues, Apr 5 6-9 pm
5519-W22E 1 session - \$50
IGH MS, IGH

Tues, Apr 19 6-9 pm
5519-W22F 1 session - \$50
IGH MS, IGH

Mountain Hideout

Tues, May 10 6-9 pm
5519-W22G 1 session - \$50
IGH MS, IGH

Tues, May 22 6-9 pm
5519-W22H 1 session - \$50
IGH MS, IGH



Himalayan Cooking: Samosas and Pakoras

Join Ishwari to make samosas, a fried or baked pastry with a savory filling of potatoes, onions, and peas. A popular snack, appetizer, or an entrée in many parts of the world, samosas can be a perfect way to spend an evening virtually travelling to other parts of the world. Class also covers how to make Nepali-style aloo pakoras. This is a cook-along class. A handout with a grocery list will be emailed prior to class.

Instructor: Ishwari Rajak

Tues, Jan 4 6:30-8 pm
6603-W22 1 session - \$30
At-Home/Virtual Course



Himalayan Cooking: Momos (Nepali dumplings)

Learn the art of making flavorful and addictive Nepali dumplings, called momos. Be prepared with all the tips and tricks to host a momo party. There will be meat and vegan options. This is a cook-along class. A handout with a grocery list will be emailed prior to class.

Instructor: Ishwari Rajak

Mon, Feb 7 6:30-8 pm
6604-W22 1 session - \$30
At-Home/Virtual Course



Himalayan Cooking: Everyday Vegan Curry

Flavorful and warm curry loaded with nutrition will be a perfect way to welcome the new season. Spoon this over hot steaming basmati rice and you may just feel like you're in the Himalayas. This is a cook-along class. A handout with a grocery list will be emailed prior to class.

Instructor: Ishwari Rajak

Tues, Mar 1 6:30-8 pm
6605-W22 1 session - \$30
At-Home/Virtual Course

Culinary Arts



Chocolate, Chocolate, and More Chocolate

Just in time for Valentine's Day. Create, taste in class, and then take home lots of rich chocolate treats. Make a memorable treat for the sweetheart in your life. The instructor will print the recipes so that you too can become an expert in chocolate dessert. There is a \$13 supply fee due at class.

Instructor: Laurel Severson

Fri, Jan 28 6-9 pm
7602-W22 1 session - \$30
SSP HS, SSP

Sushi with Laurel Severson

Learn how to make delicious sushi for yourself, family, and friends. Learn where to shop, what brands to select, preparation of the ingredients, assembly of the rolls, and presentation. Create both a traditional rolled sushi (Makizushi) and an American favorite: the California roll. Start with the easy-to-make seasoned sushi rice then select and roll wonderful ingredients such as chicken, shrimp, smoked salmon, crab, mushrooms, eggs, carrots, and more. There will be NO raw fish. There is a \$13 supply fee due at class.

Instructor: Laurel Severson

Tues, Apr 26 6-9 pm
7600-W22 1 session - \$17
SSP HS, SSP

Irish Dinner

Get the scoop on Irish food plus historical notes on St. Patrick's Day then swing into an extensive menu of terrific Irish fare. There will be smoked fish pate as an appetizer, beef braised in Guinness plus beer-braised pork tenderloin for main dishes. Additional recipes will be added as class size increases. There is a \$15 supply fee due at class.

Instructor: Laurel Severson

Mon, Mar 21 6-9 pm
7601-W22 1 session - \$30
SSP HS, SSP

ADULT ENRICHMENT

Culinary Arts



Winter Wellness Bowl Meal Prep

Create the building blocks for a variety of healthy meals using your Instant Pot or air fryer. In this live online class, Kirsten will demonstrate black bean and kale bowls, Korean chicken bowls, and taco tamale bowls while discussing ways to change up your daily meals with different sauces and toppings. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session and participants will receive a link to the recording afterwards so they can follow along at their convenience.

Instructor: Kirsten Olson Madaus

Thur, Jan 27 6:30-8 pm
8600-W22 1 session - \$25
At-Home/Virtual Course



Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick and the healthy results are delicious. This live class demonstrates a variety of recipes using in-season local and commonly available vegetables including lemon pepper broccoli, miso sesame kale chips, and roasted sweet potatoes. Time for questions is included. Participants will receive a login link and extensive handout prior to class, as well as a link post-class with the recording to follow along at your convenience.

Instructor: Kirsten Olson Madaus

Tues, Apr 19 6:30-8 pm
8603-W22 1 session - \$25
At-Home / Virtual Course



Instant Pot Basics Series

Learn how to make breakfast, appetizers, dinner, and dessert in this live 4-part online Zoom class. Each week will demonstrate a different aspect of pressure cooking: how a pressure cooker works, how to cook with frozen meats, all-in-one meals, and pot-in-pot cooking. Handouts accompanying each session that offer additional recipes beyond what is demonstrated during class. Each week includes Q&A and sharing how we've used our Instant Pots since the previous class. Class will be recorded.

Instructor: Kirsten Olson Madaus

Thur, Feb 3-24 6:30-8 pm
8601-W22 4 sessions - \$89
At-Home/Virtual Course



Chili Night With Your Instant Pot

The electric pressure cooker makes a faster and more flavorful pot of chili compared to stove top or slow cooker versions. Plus you can make your sides in the Instant Pot. This live online class will demonstrate easy weeknight chili, turkey verde chili, vegan quinoa chili, Instant Pot baked potatoes and loaded cornbread. It also covers how to adapt your favorite recipe for pressure cooker use, with time for questions. Participants will receive a login link and extensive handout prior to class, as well as a link post class with the recording to follow along at your convenience.

Instructor: Kirsten Olson Madaus

Tues, Mar 8 6:30-8 pm
8602-W22 1 session - \$25
At-Home/Virtual Course



Spectacular Cupcakes

Practice creating your own spectacular decorated cupcakes. Make a pair of high-heel cupcakes, buttercream hydrangeas, sunflowers and more. Learn some basic techniques that work on larger cakes too. Decorate 10 cupcakes in class to take home. There is a supply fee of \$12 due at class.

Tues, Apr 5 6:30-8:30 pm
6601-W22 1 session - \$30
Two Rivers HS, MH

Basic Cake Decorating

Become your own cake boss. Gain skills in shell borders, writing, and star-filling by decorating an 8" celebration cake to take home. A supply fee of \$10 is payable to the instructor at class. Additional take home starter kits are available for \$12 each.

Instructor: Diana Hirte

Wed, Feb 2 6:30-8:30 pm
6600-W22 1 session - \$30
Two Rivers HS, MH

More Buttercream Skills

Improve your cake decorating skills. Learn how to make buttercream roses, leaves, borders, and writing while decorating an 8" cake to take home. Students should have either taken Basic Cake Decorating or have some experience in cake decorating. There is a \$12 supply fee due at class.

Instructor: Diana Hirte

Tues, Mar 22 6:30-8:30 pm
6602-W22 1 session - \$30
Two Rivers HS, MH

Dance

Swing Dance Workshop

One day. One dance. A lifetime of fun. Now is a perfect time to try swing dancing. Monica Mohn uses her competitive dance experience to make the swing easy with patterns you can use for years to come. Couples only please.

Instructor: Monica Mohn

Thur, Jan 20 7-9 pm
6213-W22 1 session - \$38 per couple
Mendota Elementary, MH

2 Left Feet Dance Workshop

Convinced you have 2-left feet and that dancing is not meant for you, or someone you know? It would be helpful to know a few steps. This workshop takes your old swing and sway and spices it up with simple, easy, and fun moves. You'll be spinning, turning, and twirling together before you know it and feel comfortable in any dance setting. Couples only please.

Instructor: Monica Mohn

Mon, Mar 7 7-9 pm
6212-W22 1 session - \$38 per couple
Pilot Knob Elementary, Eagan



Wedding Dance Workshop

You thought about it. You wanted to. But where did the time go? Not to worry. In this 2-hour workshop, Monica Mohn (nominated by MN Bride for Best Wedding Dance Instruction) will guide you with fun moves and simple tips to feel comfortable and look great on that special day. Feel free to bring your special song. Couples only please.

Instructor: Monica Mohn

Wed, Apr 6 7-9 pm
6214-W22 1 session - \$38 per couple
Mendota Elementary, MH

Night Club 2-Step

This class offers dance patterns for small places and crowded dance floors at night clubs, parties, and weddings. Pairs only, please.

Instructor: Victor Albrecht

Tues, Apr 26 6-7 pm
6200-W22 1 session - \$25 per person
Mendota Elementary, MH

West Coast Swing

This is a great class if you want to just have fun or if you're preparing for a dance outing. Singles and pairs welcome.

Instructor: Victor Albrecht

Tues, Apr 19 6-7 pm
6201-W22 1 session - \$25 per person
Mendota Elementary, MH

Romantic Dance for 2-Dance Workshop

Add a touch of romance to your week and a bit of spice to winter with simple, easy romantic moves. By the end of the night, you won't want to let go. Couples only, please.

Instructor: Monica Mohn

Mon, Feb 7 7-9 pm
6211-W22 1 session - \$38 per couple
Mendota Elementary, MH

Beginner Plus Tap Dance

Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. If you took dance as a child, you might not have forgotten as much as you think. Stephanie Stockton will review the basics and teach a complete tap routine. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started. If you've always wanted to tap and you're new to the whole thing - welcome. This class is for beginners and those who have taken tap classes before, but would like a little review and a slower pace.

Instructor: Stephanie Stockton

Wed, Jan 19-Apr 20 6:45-7:45 pm
7205-W22 13 sessions - \$75
Central Square, SSP No class Mar 30

XaBeat

XaBeat is a dance-fitness program that provides high intensity cardio and toning in a party-like atmosphere. Sculpt your body and burn calories without even realizing it. XaBeat uses simple and easy to follow routines to help you concentrate on getting a better workout. All fitness levels are welcome.

Instructor: LaChel Hird

Tues, Jan 11-Mar 1 6:30-7:30 pm
7202-W22A 8 sessions - \$79
Central Square, SSP

Tues, Mar 8-May 3 6:30-7:30 pm
7202-W22B 8 sessions - \$79
Central Square, SSP No class Mar 22



Experienced Tap Dance

This class is for those who have mastered the basics and are ready for a faster pace with bigger challenges. Basics will be reviewed with continued work on time steps and combinations. Participants will learn a complete tap routine. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started.

Instructor: Stephanie Stockton

Wed, Jan 19-Apr 20 5:30-6:30 pm
7206-W22 13 sessions - \$75
Central Square, SSP No Class Mar 30

Yoga Flow for Busy Moms

Breathe, Mama, Breathe. Are you looking for a midweek recharge and connection? This mothers only yoga flow class is for you. Enjoy the benefits of yoga as you move and breathe with a strong community of women. All levels are welcome. Please bring water and a yoga mat.

Instructor: Mollie Schellinger

Wed, Jan 12-Feb 23 6:30-7:30 pm
7901-W22A 4 sessions - \$40
TPAC
No class Jan 19, Feb 2, Feb 16

Wed, Mar 9-Apr 20 6:30-7:30 pm
7901-W22B 4 sessions - \$40
TPAC
No class Mar 16, 30, Apr 13

ADULT ENRICHMENT

Hobbies

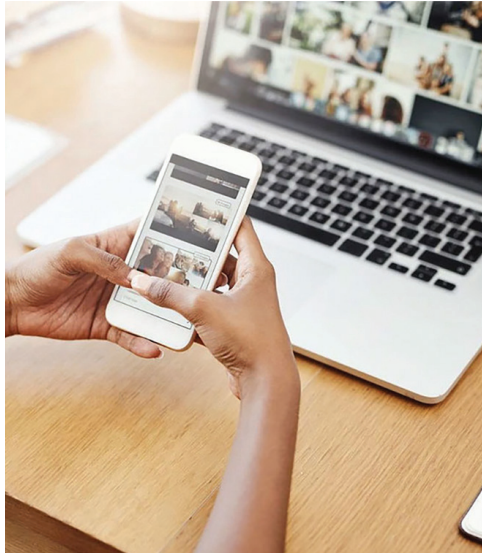


Photo Organization - Print & Digital

Imagine being able to find any photo you're looking for. Learn how to organize photos, scan old media like slides, photos, movies, etc. This class also explores cloud organization systems for your photos, editing, and repairing old movies or damaged photos. By the end of this class, you will have a plan and system in place to find any photo in literally seconds.

Instructor: Kathy Povolny

Wed, Jan 26 6:30-8:30 pm
8300-W22 1 session - \$24
At-Home/Virtual Course

Thur, Apr 28 6:30-8:30 pm
5300-W22 In-Person 1 session - \$24
IGH MS, IGH



If you see this computer graphic on a course, this course is **online**.

For more information on courses, events, programs, go to
tridistrict.ce.eleyo.com

Home & Garden



Introduction to Homeowner Associations

Do you live in a townhouse, condominium, or other homeowners association? Considering buying one? Current and prospective homeowners will be better informed to participate in homeowner association (HOA) community life. Learn the important characteristics of homeowners associations including how they are governed, financial operations, and homeowner rights and responsibilities. Content includes how HOA's are created, governing documents, board authority, rules, and more. Presented by members of the HOA Leadership Network, a nonprofit organization of HOA board leaders.

Instructor: Lynn Boergerhoff

Mon, Jan 31 6:15-8:15 pm
6800-W22 1 session - \$12
Mendota Elementary, MH



How to Successfully Buy Your First Home

Are you ready to take the big step to home ownership? Explore the various aspects of home buying, such as: pre-approved vs. pre-qualified, the value of being pre-approved, mortgage types, and reasons to use or not use a real estate agent. Additional content includes; how does the market affect your purchasing power, what happens with a home inspection, why to get a home inspection, the importance of a walk through before closing, what happens at closing, and more. A flash drive with the information covered in class will be provided to take home.

Instructor: Wendy Carson

Thur, Jan 13 6:30-8 pm
6811-W22 1 session - \$12
Mendota Elementary, MH

Selling Your Home Successfully

Learn about the selling cycle in the Twin Cities. Find out when you should sell your home to get top dollar and why. Review the top 10 things you should do to get your home ready to sell. Discuss points to consider when you are having to sell and buy a home at the same time. Find out if the Twin Cities is a seller's market and how that will affect you as a seller. Take home a flash drive loaded with all of the information covered in class (one per person/pair).

Instructor: Wendy Carson

Thur, Feb 10 6:30-8 pm
6812-W22 1 session - \$12
Two Rivers HS, MH

From Me to We

A workshop designed for couples to create a financial future together. Participants discover how to establish a solid financial foundation and partnership for marriage. Learn how to identify values and attitudes about money, set goals (individually and as a couple), and discover tools to help achieve their goals.

Instructor: Kevin Schwartz

Thur, Feb 24 6:30-7:30 pm
6707-W22 1 session - Free
IGH MS, IGH

Foundation for Retirement

This course will help you discover the necessary areas to build a safe and secure retirement plan. Learn how to manage investment risk in retirement, tax strategies, navigate corporate retirement plans and create a proper estate plan. A 225-page illustrated textbook (digital copy) is included and will be emailed to you. Participants are allowed to bring one complimentary guest.

Instructor: Matt Gulbransen

Thur, Jan 27-Feb 3 6:30-9 pm
6723-W22A 1 session - \$12
Moreland Elementary, WSP

Tues, Feb 1-Feb 8 6:30-9 pm
6723-W22B 1 session - \$12
TPAC, WSP

Health Care and Your Retirement: Making Your Money Last

This course focuses on how to build and achieve a financial strategy. Understand the possibilities, plan for both the unexpected and expected, and prepare for healthcare costs in retirement.

Instructor: Jack Reed

Tues, Jan 11 7-8:30 pm
5700-W22A 1 session - \$12
IGH MS, IGH

Tues, Apr 19 7-8:30 pm
5700-W22B 1 session - \$12
IGH MS, IGH

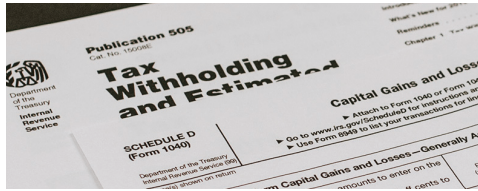


Keeping the Cabin, Farm, or Business in the Family

The division of Mom and Dad's estate can lead to bitter battles between the children and even grandchildren and impact their relationships forever. Who will pay the taxes? What if one family member uses it more or does all the work? Who pays for what? How can I ensure my children receive equal inheritance? What effect will estate taxes have? Get the answers to these and other questions and learn how to keep the cabin, business, farm, or other important family legacy property in the family without driving the family apart.

Instructor: Steve Ledin

Wed, Jan 26 6:30-8:30 pm
8723-W22 1 session - \$12
At-Home/Virtual Course



Until Death Do Us Part, Then What?

The challenge of being the survivor after a family loss can be daunting. This class covers common problems and solutions after a death. Topics include: how to protect the family home, surviving spouse social security and pension, spouse possessions and collectibles, and what happens to the family pet. Additional discussion surrounding personal protection for the survivor moving forward like guardianships, trusts, prenuptial and new relationship tools, and should they consider changing their will. This class will address these issues in a compassionate and comfortable environment so that the various points-of-view of everyone in attendance are addressed.

Instructor: Steve Ledin

Tues, Feb 22 6:30-8:30 pm
8724-W22 1 session - \$12
At-Home/Virtual Course



90 Minutes with Estate Attorney

We all have goals. Sometimes our goal is to gift assets to others. Do we gift assets while we are alive? After we have passed? What about Estate Tax & Gift Tax Planning? Should we gift my money away in a will or a trust? Would we qualify for Medicaid? What is the 60-month claw back? What if a spouse goes into the nursing home and exhausts our money? What about a current trust; does it avoid the nursing home? We believe our trust shields the assets from the nursing home and creditors. That is not always the case. We will walk through these questions and many more; including how to plan and place assets to meet your retirement goals as well as nursing home goals after you have passing.

Instructor: Steve Ledin

Tues, Apr 12 6:30-8:30 pm
8726-W22 1 session - \$12
At-Home/Virtual Course



Estate Planning for Grandparents, Parents, and Families with Special Needs Children

With proper planning, grandparents, parents, and families can take care of a child, grandchild, or family member with special needs in their estate plan, during and after they have passed. Such planning will not adversely affect the benefits and programs which the person with special needs has available to them. This class discusses how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of the asset (tangible, income producing, or other) there are options. Class covers how the special needs trust fits into estate planning, planning for the future of loved ones with special needs, and the pros and cons of a special needs trust.

Instructor: Steve Ledin

Thur, Mar 10 6:30-8:30 pm
8725-W22 1 session - \$12
At-Home/Virtual Course

Medicare Basics

Medicare can be complicated and confusing. This class is educational only. It will help you understand Medicare Parts A, B, C & D. Medicare does not cover all medical costs, so you will learn how a Medicare Supplement Plan or Part C (Advantage Plan and/or Medicare Savings Account) can help. There will be time at the end to answer individual questions.

Instructor: Jordan Gascoigne

Thur, Jan 6 6-7:15 pm
7700-W22A 1 session - Free
Central Square, SSP

Tues, Feb 1 6-7:15 pm
7700-W22B 1 session - Free
Central Square, SSP

Wed, Mar 23 6:30-7:45 pm
7700-W22C 1 session - Free
Central Square, SSP

Thur, Apr 28 6:30-7:45 pm
7700-W22D 1 session - Free
Central Square, SSP

ADULT ENRICHMENT

Finance



Savvy Social Security for Women-Married/Single/Divorced/Widowed

The Social Security decisions you and your spouse make when you are in your 60s will determine the amount of total income you will receive over your lifetime.

- How to take advantage of spousal benefits, survivor benefits, and other benefits
- How to coordinate your own retirement benefit with benefits you might receive as a spouse or divorced spouse
- Why you should consider your husband's life expectancy when deciding when to claim your own retirement benefit
- What to do if your marital status changes
- Why you and your husband can't both receive spousal benefits on each other's record at the same time
- What you need to do to get divorced-spouse benefits
- What you MUST consider before remarrying
- And much more!

Instructor: Rolf White

Wed, Jan 26 6:30-8:15 pm
6721-W22A 1 session - \$12
Mendota Elementary, MH

Wed, Apr 26 6:30-8:15 pm
6721-W22B 1 session - \$12
Mendota Elementary, MH

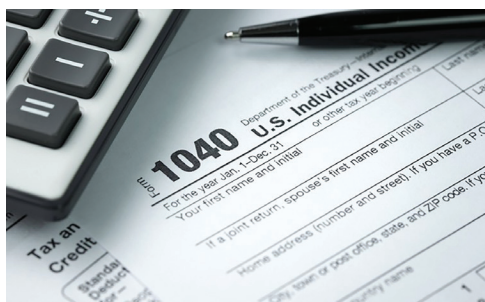
Savvy Social Security for Couples/Boomers

Couples and baby boomers are asking: When should I apply for Social Security? How can I maximize my benefits? In this class you will learn important rules and strategies for collecting your retirement benefits. Other things include: How your benefit will be affected by the age at which you apply. Cost of living adjustments (COLAs), affect benefits. How spousal benefits work. The decisions you make today can have a tremendous bearing on the total amount of benefits you stand to receive over your lifetime.

Instructor: Rolf White

Tues, Feb 15 6:30-8:15 pm
6720-W22A 1 session - \$12
Mendota Elementary, MH

Mon, May 9 6:30-8:15 pm
6720-W22B 1 session - \$12
Mendota Elementary, MH



Taxes in Retirement

Understand how different sources of retirement income are taxed so you can get more bang for your buck in retirement. Class topics include:

- How the current tax system, Social Security rules and other factors interact to either cost or save you money
- What an effective marginal tax rate is and why it matters more than your tax bracket
- How the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes

Instructor: Rolf White

Thur, Feb 3 6:30-8 pm
6722-W22A 1 session - \$12
Mendota Elementary, MH

Tues, Apr 19 6:30-8 pm
6722-W22B 1 session - \$12
Mendota Elementary, MH

Personal Growth

TriDistrict CE Adult Enrichment Instructor Information 101

TriDistrict Community Education Adult Enrichment is looking for instructors with talent, skill, and an ability to pass that information along in a way people can understand. TriDistrict wants to empower community members to teach others how to use their gifts and abilities. Come find out how it's done, and start sharing your knowledge through community ed! We will hold a Q&A at the end of the class.

Instructor: Jon Gerster

Wed, Feb 2 6-7 pm
7400-W22 1 session - Free
Central Square, SSP



Instant Guitar for Hopelessly Busy People

In just a few hours learn enough about playing the guitar without private lessons. This course covers basic chords to get you playing along with your favorite songs right away. The class comes with an online book, follow-up video lessons, and a recording of the class so you can continue to practice and study on your own. An optional periodic online Q&A session is also included. For ages 13+.

Instructor: Craig Coffman

Thur, Feb 17 6:30-9 pm
8412-W22 1 session - \$60
At-Home/Virtual Course



Instant Piano for Hopelessly Busy People

In just a few hours, learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals play-using chords. This course includes an online book, follow up video lessons, and a recording of the class so that you can continue practice on your own. An optional periodic online Q&A session is also included. The course is partly lecture/demonstration and partly hands-on instruction.

Instructor: Craig Coffman

Tues, Feb 15 6:30-9:30 pm
8413-W22 1 session - \$60
At-Home / Virtual Course

Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Stop cravings for sweets, chocolate, and greasy foods. Stop smoking/chewing without weight-gain or withdrawal. Get motivated to exercise. The class experience is relaxing and you are fully aware, conscious, and in control at all times. Dress comfortably and bring a pillow or blanket for added comfort. Fee includes the session, a reinforcement CD and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association.

- 5:45pm - Introduction for both weight loss and smoking cessation
- 7pm - Weight Loss
- 8pm - Stop Smoking/Chewing Tobacco

Instructor: Mary Fischer

Wed, Jan 19 5:45-8:45 pm
6100-W22A 1 session-\$60 One Topic
\$120 Two Topics

Moreland Elementary, WSP

Tues, Apr 13 5:45-8:45 pm
6100-W22B 1 session-\$60 One Topic
\$120 Two Topics

Moreland Elementary, WSP

February Heart Health Month Special Event! Hands Only CPR

Got a minute? That's all you need to learn how to save someone's life with hands-only CPR. This free, non-certification training class teaches people how to perform hands-only CPR on a cardiac arrest victim while waiting for first responders to arrive and how to use an Automated External Defibrillator (AED). Open to ages 15+ (an adult or guardian must be present with participants age 15-17). The training is not a certification course and will not qualify you for a CPR certificate.

Tue, Feb 22 7-8 pm
5115-W22 1 session - Free
Simley HS, IGH



Red Cross First Aid and Adult CPR/AED- Blended Learning

Keep your family safe. This Blended learning class includes online learning at your own pace, and an in-person session. This course will prepare you to recognize and care for breathing and cardiac emergencies, injuries and illnesses involving adults. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Allow approximately 1 hour 30 minutes to complete the online portion. Receive a Red Cross certificate valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

Mon, Mar 21 6:30-8:30 pm
5112-W22 1 session - \$75
Inver Grove Heights MS, IGH

Red Cross Pediatric CPR and First Aid - Blended Learning

Keep your family safe. This Blended learning class includes online learning at your own pace, and an in-person session. Learn to recognize and care for breathing and cardiac emergencies involving children and infants. The online portion must be completed prior to attending the in-class portion. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a Red Cross certificate for Pediatric CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

Mon, Jan 31 6:30-8:30 pm
5112-W22 1 session - \$70
Inver Grove Heights MS, IGH

ADULT ENRICHMENT



Virtual Fitness Classes

Visit the Central Square front desk or www.sspps.org/centralsquare for class schedules.

Strength Cardio

Increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress.

Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

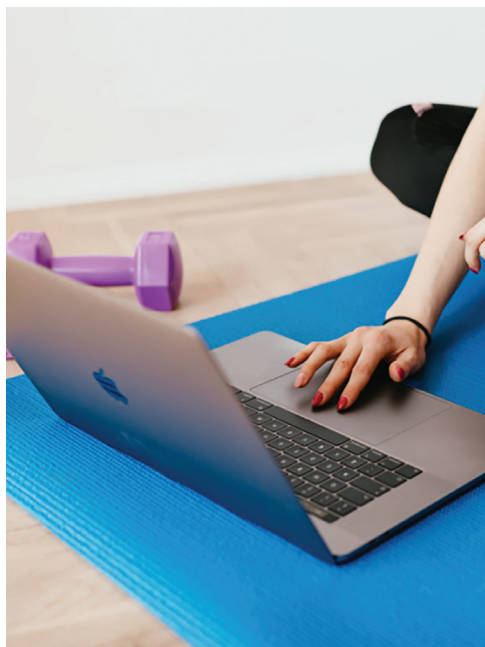
Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

Fees

7909-WS22A

1 time per week - \$20 per month
2 times per week - \$30 per month
3 times per week - \$40 per month
Unlimited - \$55 per month



Fitness



Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.

Instructor: Kim Befort

Tues, Jan 4-Feb 22 5:15-6:15 am
7901-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Wed, Jan 5-Feb 23 4:30-5:30 pm
7901-WS22B

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Thur, Jan 6-Feb 24 5:15-6:15 am
7901-WS22C

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Tues, Mar 1-Apr 26 5:15-6:15 am
7901-WS22D

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Wed, Mar 2-Apr 27 4:30-5:30 pm
7901-WS22E

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Thur, Mar 3-Apr 28 5:15-6:15 am
7901-WS22F

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Kettlebell-TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility and balance while combining cardio drills and kettlebells.

Instructor: Jina Digaetano

Wed, Jan 5-Feb 23 6:30-7:30 pm
7902-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Wed, Mar 2-Apr 27 6:30-7:30 pm
7902-WS22B

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance and Diet. It's a one stop body shock-just what you're looking for!

Instructor: Rita Wurm

Thur, Jan 6-Feb 24 5:30-6:30 pm
7903-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Thur, Mar 3-Apr 28 5:30-6:30 pm
7903-WS22B

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Yoga

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for an hour long yoga routine that will include basic yoga poses, music and always the best part - a Savasana/final relaxation.

Instructor: Rita Wurm

Thur, Jan 6-Feb 24 6:30-7:30 pm
7904-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Thur, Mar 3-Apr 28 6:30-7:30 pm
7904-WS22B

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Fitness

Mat Pilates

This class uses both body weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class.

Instructor: Jina Digaetano

Tues, Jan 4-Feb 22 5:30-6:30 pm
7905-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Tues, Mar 1-Apr 26 5:30-6:30 pm
7905-WS22B

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Absolute Abs

Health and strength start with the core. We will help you build a more stable, powerful abdomen and lower back with a wide variety of moves.

Instructor: Rita Wurm/Jina Digaetano

Mon, Jan 3-Mar 7 6:30-7:30 pm
7917-WS22A No class Jan 17 & Feb 21
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Mon, Mar 14-Apr 25 6:30-7:30 pm
7917-WS22B
7 sessions - \$43.75 adult, \$17.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Kettlebell Strength

Improve overall functional strength using traditional and unique kettlebell movements. Kettlebells up to 25lbs are available in class. Participants who would like to bring their own kettlebells are welcome to do so.

Instructor: Dana Schulte

Tues, Jan 4-Mar 1 6:30-7:30 pm
7918-WS22A No class Feb 1
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Tues, Mar 8-Apr 26 6:30-7:30 pm
7918-WS22B
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP



Friday Night Bootcamp

Utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun!

Instructor: Dana Schulte

Fri, Jan 7-Feb 25 6-7 pm
7915-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Fri, Mar 4-Apr 29 6-7 pm
7915-WS22B

9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP



Cardio Kickboxing

This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout. We will use Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level.

Instructor: Jina Digaetano

Tues, Jan 4-Feb 22 6:30-7:30 pm
7906-WS22A
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Tues, Mar 1-Apr 26 6:30-7:30 pm
7906-WS22B
9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP



TRX® Suspension Training

This small group fitness class focuses on building on Foundational Movements (Plank, Pull, Hinge, Rotate, Push, Squat, and Lunge) using TRX Suspension Training Straps. Dana is a Yellow Ranked TRX Coach who will guide you in using suspension trainers and your own bodyweight to achieve an amazing workout.

Instructor: Dana Schulte

Mon, Jan 3-Mar 7 6:30-7:30 pm
7910-WS22A No class Jan 17 & Feb 21
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Mon, Mar 14-Apr 25 6:30-7:30 pm
7910-WS22B
7 sessions - \$43.75 adult, \$17.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP



Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the #1 fitness programs in the world. We have been providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class. Classes are Mon & Tues (4:30-5:30 pm) and/or Sat (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month.

Instructor: Julia Jugovich

To register go to jazzercise.com and look for Central Square.

ADULTS WITH DISABILITIES - ACCESS PROJECT

Access Project Information

Participants who require one-on-one attention for physical and/or behavior issues or medication administration must be supervised by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

Classes will be held on the date and at the time and location listed unless you are otherwise notified.

Transportation to and from activities is the responsibility of the participant or caregiver, unless otherwise noted.

Participants must be accompanied to the classroom and should check in no earlier than 5 minutes prior to the listed start time and should be picked up promptly at the end time listed.

All Access Project activities are sponsored by District 197, so there is no tobacco or alcohol allowed.

Refunds will only be given for cancellations received seven days before an activity.

To view more classes for Access Project, visit www.tridistrict.ce.eleyo.com for more information

Branch Out and Access Project will be following the state, county, and district mandates as well as safety procedures related to Covid-19. Access Project will be requiring anyone taking a class to be wearing a mask while in the building. We will also be requiring social distancing of up to 3 ft. Access Project staff that lead a class will follow stringent cleaning procedures with everything that we use as well as common-touch areas and items. Access Project will not require but highly desire and encourage participants to have a caretaker with them during class to mitigate potential contact with other participants during the class. Branch Out will also have a host of cleaning and preventive Covid-19 measures in place to keep everyone who enters and exits the building as safe as possible.

Creative Arts



Branch Out/Hang Out

Join us at the Branch Out building for a fun night of hanging out. Get ready to spend the Friday evening hanging out, watching a movie, playing some games, and eating some good food. Feel free to bring a game to share with other Hang Out participants. Pre-registration is not required, but appreciated to manage food ordering. There is no cost for caregivers to attend.

Instructor: Access Project Staff

6-9 pm 1 session - \$6/person
Branch Out, WSP

Fri, Jan 14	1122-W22A
Fri, Feb 11	1122-W22B
Fri, Mar 11	1122-W22C
Fri, Apr 8	1122-W22D

Bingo Night with Access Project

Bingo is back and better than ever: in-person and at Branch Out. Come on over to play bingo, have fun, and meet new people. Prizes will be available for all participants, win or lose. Food and beverages will not be provided. There is no cost for caregivers to assist.

Instructor: Access Project Staff

5-6 pm 1 session - \$2/person
Branch Out, WSP

Wed, Jan 19	1123-W22A
Wed, Feb 16	1123-W22B
Tues, Mar 22	1123-W22C
Mon, Apr 25	1123-W22D

Painted Rock Cactus Garden

Looking for a little greenery to brighten the long winter months? Participants are welcome to come and paint some rocks to make their very own cactus garden. Rock gardens last all year long. No water necessary. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Tues, Jan 18 5-6 pm
1114-W22 1 session - \$6
Branch Out, WSP

Heart Thumbprint Magnets

Create a little keepsake for yourself, family, or friends. Participants will use their own thumbprints to make hearts, making this magnet extra special. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Mon, Feb 14 5-6 pm
1115-W22 1 session - \$6
Branch Out, WSP



Flower Shadow Box

Let the creativity flow pairing different colors and textures for this truly one of a kind art piece. The completed flower shadow box can be hung on a wall, or placed on a desktop. No matter where it goes, it is bound to add cheerfulness. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Wed, Mar 16 4:45-5:45 pm
1116-W22 1 session - \$8
Branch Out, WSP

ADULTS WITH DISABILITIES

Food



Chicken Nugget Cooking Hacks

Who doesn't like Chicken Nuggets? Attendees will transform the humble chicken nugget into delicious meals like Chicken Cordon Bleu and Chicken Caesar Salad. These dishes are so easy to make they will be a regular meal at the dinner table. There is no cost for caregivers to attend.

Instructor: Access Project Staff

Wed, Jan 5 6-7:30 pm
1117-W22 1 session - \$8
Branch Out, WSP

Super Bowl Snack Attack

The Super Bowl is just around the corner. Spend more time watching the game and less time in the kitchen. Students will make some quick, easy, and tasty snack recipes to get ready for the big game. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Wed, Feb 2 5-6 pm
1118-W22 1 session - \$6
Branch Out, WSP

Mini Fruit Bouquets

Whether you give as a gift or keep for yourself, these tasty bouquets are fun to make and even better to eat. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Tues, Apr 12 5-6 pm
1119-W22 1 session - \$6
Branch Out, WSP

Earth Day Cleanup at Thompson Park

Let's show some appreciation for our planet by helping to pick up garbage at one of our beautiful parks here in Dakota County. We'll get some fresh air and exercise while lending a helping hand. All participants will receive an Access Project water bottle. There is no cost for a caregiver to attend.

Instructor: Access Project Staff

Fri, Apr 22 5-6 pm
1120-W22 1 session - \$1
Thompson Park, WSP



First Class Fitness with Mark Krey

Are you interested in staying active this upcoming season? Look no further than this fun, heart-pumping fitness class hosted by Branch Out's own, Mark Krey. This fitness class consists of a 10 minute warm-up, an exciting half-hour varied aerobic-style workout, and a 10 minute cooldown to end the class. Strength training may be included in the class. Don't worry about performing each exercise perfectly. With every exercise, there's always a modified version so everyone can have success. Strength training equipment such as weights or dumbbells are not required. There is no cost for caregivers to assist. *This class is online for the Winter/Spring 2022 season*

Instructor: Mark Krey

5:30-6:30 pm 1 session - \$6/person
At-Home/Virtual Course

Thur, Jan 13 1121-W22A
Thur, Jan 27 1121-W22B
Thur, Feb 10 1121-W22C
Thur, Feb 24 1121-W22D
Thur, Mar 10 1121-W22E
Thur, Mar 24 1121-W22F
Thur, Apr 7 1121-W22G
Thur, Apr 21 1121-W22H

Fitness



City of Inver Grove Heights Parks & Recreation

Veterans Memorial Community Center
8055 Barbara Avenue
Inver Grove Heights, MN 55077

Program Registration

For programs that require registration: Call the Parks Recreation office at 651-450-2585 or visit www.invergroveheights.org/register.

Note: Some programs may require contacting a partnering organization, if noted, or may not be available for online registration.



Back to Balance (Zoom)

This class is designed for individuals who would like to improve their coordination, posture, gait, balance, and strength to improve ease of function for daily activity. Great for post rehab from injury or illness. Walkers and canes are welcome.

Tues & Thurs 11:30 am-12:30 pm
\$45 member, \$65 non-member
Jan 4-27 FP-W120
Feb 4-24 FP-W121
Mar 1-24 FP-W122
Apr 5-28 FP-W123
VMCC
Register one week before start date

Landmark Tours Travel Show

After a year at home, we are ready to dust off our suitcases and get back on the road. Landmark Tours will present and answer your questions about multiple travel opportunities for our seniors. New Landmark Tours catalogs are here, and cover tours through the summer of 2022. Don't miss out on finding out about these wonderful travel opportunities!

Thursday, Jan 27 10 am
Community Room 3

Holiday Cookies and Canvas

Fun holiday art project with the family! Come for this fun class taught by Cheers Pablo. No painting experience necessary. Everything is provided, just come and paint! We will be painting a festive holiday scene. Cookies and beverages provided.

Sat, Dec 4 Ages 6+ with adult
9-10:30am FA-F107
10:45am-12:15pm FA-F108
12:30-2pm FA-F109
215-315 pm FA-F110
\$15 per person (no walk ins will be accepted)
VMCC Register by Nov 30



Identity Theft & Senior Scams

It has been said that scammers are evil but not stupid. They know how to prey on elderly and easy targets. Whether they are trying to deceive others using the "Grandparents Scam", the "County Clerk Trick" or some sort of charity scam, there is a never-ending number of people trying to separate you from your money. Don't let them! Information is power and you are unlikely to fall for a scam that you have been forewarned about. In this workshop, we will discuss the top Senior scams and how to avoid them. This one-hour workshop will be followed by a Q&A session. Register by Tuesday, March 2.

Instructor: Jeff Litfin, Certified Estate Planner, Generations Legal Services

Tues, Mar 9 10:30-11:30 am
AS-W309 FREE
VMCC, Community Room 2

Program Registration

For programs that require registration: Call the Parks & Recreation office at 651-450-2585 or visit www.invergroveheights.org/activeadults55



Sleeping Mats for the Homeless Project

Put those plastic grocery bags to good use and keep them out of the landfill by joining us in making sleeping mats for the homeless. Mats are crocheted out of plastic bag yarn (PLARN). Jobs include; cutting (bring your own scissors), sorting and crocheting. Crocheters please bring your own 16mm or size (Q) crochet hook. Directions for all tasks will be provided. Current health guidelines will be followed. Mats will be donated to the Friday Night Street Gang, an organization that supports the homeless in the area with donations of food and supplies and now mats. If you have any questions, email quinneschle@gmail.com

First Tues of the month 1-2:30pm
Jan 4, Feb 1, Mar 1, Apr 5

Fiction Book Club **NEW!**

This group will meet the second Tuesday of every month at 10 am at Veterans Memorial Community Center.

Jan 11: *Home Front* by Kristin Hannah

Feb 8: *Little Fires Everywhere* by Celeste Ng

Mar 8: *This Tender Land* by William Kent Krueger

Apr 12: *Where the Crawdads Sing* by Delia Owens



Weekly Card Games:

500, Mondays - 1 pm (skip third Monday of the month)

Penny Bingo, 1 pm - Third Tuesday of the month

Hand & Foot, Wednesdays - 9 am (skip second Wednesday of the month)

Bridge, Wednesdays - 12:30 pm

Euchre, Thursdays - 1 pm

Cribbage - Fridays - 1 pm

IGH Senior Club



Join the IGH Senior Club!

Members enjoy weekly social activities and great camaraderie, as well as a monthly luncheon.

Membership renewal for 2022 will begin end of November Call 651-450-2585 to sign up or in-person at Veterans Memorial Community Center. Annual membership rate is \$15.

NEW!

All Senior Club Luncheons starting in 2022 are members only. Senior Club members enjoy the benefit of a monthly luncheon (3rd Monday of the month) from 12-2 p.m. These monthly luncheons include monthly meeting, social gathering, entertainment and prize drawings. Registration is required the Thursday prior to the luncheon. Register online at www.ighmn.gov/register, in-person or call 651-450-2585.

Jan 17: Pot Luck, Bingo and Fire Department. No Charge

Feb 21: Swedish Meatballs, mashed potatoes, veggies, salad and cherry pie. Bingo. \$20

Mar 21: Corned Beef & cabbage, baby red potatoes and salad. Entertainment TBD. \$20

Apr 18: Chicken kiev, au gratin potatoes, tossed salad, veggie roll and brownies. Bingo. \$20



Central Square

100 Seventh Ave. N., SSP
651-306-3632

Mon-Fri, 7:30 am-4 pm

Linda Jacobs-Buse,
Community Education Facilitator
ljacobs-buse@sspps.org

Services

Free Wi-Fi: wireless internet access is available anywhere in the building. No password necessary.

Notary Service: Mon-Fri from 7:30 am-4 pm

Room Rental: Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

Senior Center Hours:
Mon-Fri, 7:30 am-3 pm

About the Senior Center

The South St. Paul Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632.

Metro Dining Cards

Each box includes over 120 discount cards to restaurants in the St. Paul area, many of which offer an opportunity to enjoy 2 for 1 dining. You and a guest could go out for breakfast, lunch or dinner or order from the regular menu and receive the second entrée "on the house." The cards make great gifts. Stop by Central Square to purchase a set today! \$25/box.

Opportunities to Volunteer

Adult Education Tutors - call Linda at 651-306-3632 for more information.

Become a Member for Only \$10/Year

Receive an annual membership card, monthly Active Times newsletter by signing up online or at the front desk at Central Square Community Center. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). Annual memberships are resuming Jan 1, 2022.

Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness related activity once per day that will be covered by insurance. For example: one free fitness class or one free lap swim per day. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance.

Fare for All

The Fare for All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Due to the COVID-19 emergency response environment distribution has been restructured. Fare for All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit fareforall.org

Upcoming Dates:

4-6 pm	
Tues, Jan 25	Tues, Mar 22
Tues, Feb 22	Tues, Apr 26



Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Central Kitchen, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

What: FREE meals either single serve or family style (serves 4)

Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 2 pm and available through Saturday at 12:30 pm while supplies last.



Walk the Square

Come walk the Square - we might not be big, but we are temperature controlled.

Monday-Friday 7:30 am-3:30 pm

SSP Buzz

Join your neighbors for a cup or two of joe and get your local buzz of what's happening around the community.

Monday-Friday 8:30-11 am

(Senior Center membership is required) Senior Center - Ongoing Activities**Silver Sneakers® - Cardio & Strength**

This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.

Instructor: Kim Befort

1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square

Fri, Jan 7-Feb 25 9:30-10:30 am
7913-WS22A

8 sessions - \$50 adult, \$20 senior (65+)
free for Silver Sneakers® members

Fri, Mar 4-Apr 29 9:30-10:30 am
7913-WS22B

9 sessions - \$56.26 adult, \$22.50 senior (65+)
free for Silver Sneakers® members

Silver & Fit® Explore

Silver & Fit Explore is designed for older adults who are just getting started or are returning to an exercise routine.

Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join!

Instructor: Kim Befort

1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square

Tues, Jan 4-Feb 22 9:30-10:30 am
7912-WS22A

8 sessions - \$50 adult, \$20 senior (65+),
free for Silver & Fit® members

Thur, Jan 4-Feb 22 9:30-10:30 am
7912-WS22B

8 sessions - \$50 adult, \$20 senior (65+),
free for Silver & Fit® members

Tues, Mar 1-Apr 26 9:30-10:30 am
7912-WS22C

9 sessions - \$56.25 adult, \$22.50 senior (65+), free for Silver & Fit® members

Thur, Mar 3-Apr 28 9:30-10:30 am
7912-WS22D

9 sessions - \$56.25 adult, \$22.50 senior (65+), free for Silver & Fit® members

**Woodcarvers**

Come check out the Woodcarvers Group at Central Square! This is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies.

Tuesdays 9-11 am

Penny Bingo

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It's a fast paced, easy card game that everyone will enjoy! Its very casual play leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays from 1-2:30 pm

Cornhole

A fun game that can be played by people of all skill levels. Cornhole can be played as singles or doubles and the only equipment required is two boards, eight bags, some open space and a few people ready to have fun!

Tuesdays 1-2:30 pm

**500 Cards**

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wed & Fri 11:30 am-2 pm

Cribbage

A card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Mondays 12-2:30 pm

Upcoming Events**Spring Fashion Show**

Hosted by the Senior Center, the annual Spring Fashion show features apparel, jewelry and handbags by TaylorMarie's Apparel. See our very own members modeling the season's current fashions. The clothing is fun, beautiful, fashionable and affordable! After the show, enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, May 18 11 am-1 pm
\$20

Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up.

Thursdays 1-2:30 pm

Senior Out and About Lunches

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered.

Wed, Jan 12 - Angelo's Pizza

Wed, Feb 9 - Stockyards

Wed, Mar 9 - Blvd Tavern

Wed, Apr 13 - Fireside

Wed, May 11 - Boca Chica

**Senior Socials at Central Square**

Join us at Central Square for a social get together! Come for food, conversations, music and friends.

11:30 am - 1 pm

*Monetary donations accepted

Thur, Jan 6 National Spaghetti Month

Thur, Feb 3 Tater Tot Hotdish

Thur, Mar 3 Oreo Cookie Sandwich

Thur, Apr 7 Pretzel & Cheese

Thur, May 5 Tea Party

Senior Center - Ongoing Activities (Senior Center membership is required)



Medicare Educational Presentation

Medicare is a government medical program offered to people 65 and over. However, it does cover individuals under 65 with certain medical issues. Medicare doesn't cover "everything"! Discuss the differences amongst plans, how Medicare works, an overview of part D, and how to choose a Medicare plan. *Instructor: Greg De Keuster*

Thur, Jan 20 10-11:30 am
7146-W22A 1 session - Free

Thur, Feb 24 10-11:30 am
7146-W22B 1 session - Free

Thur, Mar 24 10-11:30 am
7146-W22C 1 session - Free

Thur, Apr 21 10-11:30 am
7146-W22D 1 session - Free



Computer Center

To assist our senior friends with questions and answers regarding their technology both hand-held and home-base. We are always looking for additional computer facilitators to share expertise and helpful reassurance to your technology questions. Please check-in at the front desk when you arrive at Central Square.

Facilitator: John Lally

Wednesdays 9-11 am
No registration is required

Senior Board Meetings at Central Square

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

Wed, Jan 12
Wed, Feb 9
Wed, Mar 9
Wed, Apr 13



Dementia Friends

This session is a discussion led by Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community.

Presenter: Colleen Fitch

Tues, Jan 18 10-11 am
7145-WS22 Free

Happy Feet

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage.

Jan 4, 18 Mar 1, 15
Feb 1, 16 Apr 5, 19
9 am-4 pm \$45
Call to make your appointment
763-560-5136



Fix-It Clinic

Get household items fixed for free and learn valuable repair skills at an upcoming Fix-It Clinic. At Fix-It Clinics, residents bring in small household appliances, clothing, electronics and receive free guided assistance from volunteers with repair skills to disassemble, troubleshoot and fix their items. Fix-It Clinics teach valuable troubleshooting and basic repair skills, build community connections and reduce the number of repairable objects that are thrown in the trash.

Sat, Mar 19 10 am-4 pm
Central Square Centennial Rooms

Craft Time

Bring your knitting, crocheting, 3D painting, scrapbooking, card making, anything you are doing. Come and enjoy others company and maybe pick up some tips on your craft. Tuesdays from 1-3 pm



Senior Gift Shop

The Senior Gift Shop offers a wide selection of handcrafted items made by seniors. Open Mon-Fri from 5 am-8 pm and Sat from 7:30 am-1 pm.



Thompson Park Activity Center

1200 Stassen Lane, WSP
651-403-8300

Office Hours:

Mon-Thur, 9 am-4 pm
Fri 9 am -12 pm

TPAC will be closed Jan 17, Feb 21 and
Mar 28-Apr 1, 2022

For information or registration call 651-403-8300 or find us online: www.tridistrictce.org and click on Adults 55+. Please note that registrations are taken on a first-come, first-serve basis. Mail registrations will not be guaranteed.

Opportunities to Volunteer

Technology Mentors
Umbrella Project
TPAC Garden Club

Call TPAC for more information at
651-403-8300.

Free Memory Screening provided by DARTS

Call 651-403-8300 for an appointment.

Free Legal Services

Call 651-222-4731.

Free Health Insurance Counseling

Call the Senior Linkage Line at
1-800-333-2433 for an appointment or
schedule online at
trelisconnects.org/get-help/medicare

E-News

Sign up for email updates from Thompson
Park Activity Center at tridistrictce.org or call
TPAC at 651-403-8300.

Scholarships

Partial scholarships/fee assistance for
some classes may be available. For more
information, please call 651-403-8302.

Fare For All

Fare For All is community-supported and open to everyone. The more people who participate, the more savings passed on to customers. Fare For All buys fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. We select the best food from our shipments, pre-packaging it to give you the greatest deals. Dates can be found at www.fareforall.thefoodgroupmn.org or call 763-450-3880. Credit Cards preferred. Cash accepted, no checks.

Refunds

Requests for cancellation and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity.

Inclement Weather and TPAC Closures

If ISD 197 is closed due to inclement weather or cold temperatures, TPAC will also be closed. TPAC's voicemail will be updated by 7 am. Call 651-403-8300.

Keeping in Touch

If you are wondering how a missing friend from TPAC is doing or know someone who would appreciate hearing from us, please contact the front desk at TPAC and complete a request to have a card sent to them. Keeping in Touch is sponsored by the Umbrella Projects.

Difficulty Hearing our Presenters?

If you have difficulty hearing during a presentation or class at Thompson Park, please let us know immediately so that we can rearrange seating or have the presenter use a microphone. Our office staff at the front desk will be happy to assist you.

Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, our services, operations, or the facility. A suggestion box is in the hall near the bulletin boards. Please use the forms that are available to let us know your thoughts. If you include your contact information (optional), we can follow up with you.

Metro Dining Cards

Purchase Metro Dining Cards (MDC) at the TPAC front desk. Each set is \$25 and consists of over 120 discount cards to restaurants in the St. Paul area, many of which offer an opportunity to enjoy 2 for 1 dining. You and a guest could go out for breakfast, lunch or dinner or order from the regular menu and receive the second entrée "on the house." The cards make great gifts. Stop by Thompson Park to pick up your set.



TPAC Advisory Council has an Opening

TPAC is looking for an Advisory Council Member to serve on our council that meets six times a year on Thursday mornings from 10-11:30 am. Our focus is to provide feedback on programming and leadership for the center. If you are interested, stop by the office to pick up an application or contact Jon Gerster at 651-403-8302/ jonathan.gerster@isd197.org. You can also contact a current Advisory Council Member for more information.

TPAC Changes for Groups and Clubs

All monthly and weekly groups, clubs, and activities will now require pre-registration with a fee attached (with the exception of service groups). Due to COVID, it is important to ensure we are not over-filling the building and that we have contact information for all participants. Our on-going crisis and safety planning elevates the importance of TPAC staff knowing who is in the building at all times.

Monthly Group membership

Annual fee for monthly groups:
\$10/member
Sept 2021-Aug 2022

Trimester fee for weekly groups:

\$15/member
Jan-Apr, May-Aug, Sept-Dec

Special Events



Doug Ohman: Minnesota from the Road

From the comfort of the Dakota Lodge, travel with photographer and story teller Doug Ohman as he takes you on a memorable road trip into the byways of Minnesota. Doug will share history, stories, and humor surrounding the many historical sites found along the highways and byways of the state. It will feel as if we were all together on a fun seasonal vacation. Dessert provided.

Wed, Jan 19 1-2 pm
1645-W22 1 session - \$10

St Croix Lutheran Academy Musical Presentation

We see the campus from across Thompson Lake but now you're invited to hear them perform at TPAC. Various music groups including the Concert Choir and the Croixaliers from St. Croix Lutheran Academy will share their talents in small and large groups for us to enjoy. Dessert provided.

Wed, Feb 23 1-2 pm
1646-W22 1 session - \$8



The Squires Band

The Squires Band is a 4-piece dance band from St. Paul that has been playing for weddings, community events and parties for over 40 years and still going strong. Their instrumentation includes: accordion, guitar, bass, saxophone, drums and full harmonic vocals. Enjoy cover music from classic rock to polkas, waltzes and much more. Dancing encouraged. Table snacks provided.

Wed, Mar 23 1-2 pm
1647-W22 1 session - \$12

The Fabulous Fairlanes

The Fabulous Fairlanes are a four-part a cappella group that has been delighting audiences in and around the Twin Cities for over 20 years. Abbie Betinis, (alto), John Barrett (tenor), Bob Peskin (bass), and Dave Jacobson (baritone) make the Fairlanes a fun and engaging group. Shows include well-known doo-wop, popular, and R&B songs from the 50's and 60's as well as some older and newer tunes. The Fairlanes are always tuned to perfection. Dessert provided.

Wed, Apr 13 1-2 pm
1648-W22 1 session - \$12

Cards & Games

Bean Bag Toss **NEW!**

Bean Bag Toss or Corn Hole as it's called in different parts of the country. It's played just how it sounds. You try to toss a bean bag into a hole in a wooden board. We supply the boards and bags. This will be played indoors for the winter.

Facilitator: TPAC Staff

Tuesdays 10:30-11:30 am
1643-W22 \$15 per trimester

Hand and Foot Cards

A North American game related to Canasta, where each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Facilitator: Dorothy Scott

Fridays 9:30-11:30 am
1636-W22 \$15 per trimester

Mah Jongg

Similar to the Western card game Rummy, Mah Jongg is a game of skill, strategy, and luck. We play through the National Mah Jongg League. You'll need a NMJL card, which you can get at www.nationalmahjonggleague.org.

Facilitator: Mary Lou Sabin

Thursdays 1-3:45 pm
1613-W22 \$15 per trimester



Penny Bingo

A fun and easy game for anyone to play. Everyone starts with five cards. When your card matches what the dealer has laid down, that card goes to the center. When your five cards are gone, yell "Bingo!". Don't forget your pennies.

Facilitator: Marion Christner

4th Tuesdays 1-3 pm
1644-F21 \$10 annually

If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover Jan-Apr programming. Annual fees cover Sept '21-August '22.

It's Your Story: Writing a Memoir

Everyone has stories. We all have legacies to share and preserve. Begin or continue the process of preserving your memories and recollections by joining our 4 week memoir class taught by Susan Cook, retired English teacher, National Writing Project participant with 35 years of experience. Enjoy remembering, writing, and sharing your stories in a friendly setting. No writing experience is needed. Class size is limited to 10 people.

Instructor: Susan Cook

Mon/Wed, Jan 3-24 11-12:30 am
1675-W22 6 sessions - \$12
No class Jan 17

I've Been Swindled...I think?

What do you do if you feel you have been taken advantage of either through cyber actions or confronted in person? Join us to hear the steps to take, before, during and after the encounter.

Presenter: Laura Vaughan, Crime Prevention Specialist WSP Police Department

Thur, Jan 13 10-11 am
1650-W22 1 session - \$3

Finding the Silver Lining through Resiliency

As we quietly maneuver through the ups and downs of life, we rely on our inner strengths and resiliency to power us forward. Join Tara Burns MA as she helps rekindle and reminds us of the resilience we possess, sometimes hidden deep inside but nonetheless within reach. It's no coincidence this presentation comes to us in the depth of winter, but together we will look for the silver lining.

Presenter: Tara Burns

Tues, Jan 18 10-11 am
1676-W22 1 session - \$3

**Now I live in Dakota County: History of Dakota County and the Dakota County Historical Society**

Special invitation for all new residents to the area or those of you who haven't visited the DCHS for some time, we encourage you to join us as we hear the history and the formation of this local treasure.

On October 27, 1849, Minnesota became an official territory of the United States and established nine original counties. Dakotah County, as it was originally spelled, was one of those nine counties. The history of this area starts much earlier with the Native Americans that inhabited the area we are familiar with today. Over time, Euro-American settlers came through the Westward Expansion to settle in what became Dakota County and had a lasting impact on what we see today. This presentation will explore this history and the organization that continues to preserve it today.

Presenter: Matthew Carter

Mon, Jan 24 9:30-10:30 am
1651-W22 1 session - \$3

It's a Sled Dog's Life

Sled dogs have been providing work, companionship and entertainment for hundreds of years. Learn more about these hard working and unique canines as you play through a program by Melonie Shipman, a former naturalist in Alaska, Iditarod volunteer and recreational musher. March of 2022 marks the 50th anniversary of the Iditarod, Alaska's 1049 mile race. You'll have an insider's perspective on what it means for these master athletes and their mushers to race to the finish dodging blizzards, moose, and exhaustion along the way. NOTE: Humans only at the program. Dogs stay out on the trails.

Presenter: Melonie Shipman

Thur, Jan 27 1:30-3 pm
1652-W22 1 session - \$8

TPAC Learning & Discussion**Nature Sense with Eloise Dietz**

Programs designed for seniors to promote connections with nature. Register one week or more in advance.

Animal Signs - A Walk on the Wild Side

Following a discussion about wintering animals, we'll head outside to see who has left evidence of who is out and about. Bundle up warm for a winter walk.

Tues, Feb 8 2:30-3:30 pm
1544-W22 Feb 1 session - \$8

It's Maple Syrup Time

This seasonal program covers the natural and cultural history of tapping maple trees. Interesting artifacts will be viewed and discussed and you'll have an opportunity to taste the sweet rewards of a lot of work.

Tues, Mar 8 2:30-3:30 pm
1544-W22 Mar 1 session - \$8

April Showers Bring Many Signs of Spring

What animal and plant signs trigger "It's springtime!" for you? After sharing, we'll head outside and see what signs of spring we can find.

Tues, Apr 5 2:30-3:30 pm
1544-W22 Apr 1 session - \$8

Spring Birding Hike

Gather up your favorite birding field guides and binoculars and let's head out on a search for spring birds.

Tues, May 3 2:30-3:30 pm
1544-W22 May 1 session - \$8

TPAC Learning & Discussion



Tour of the Fleming Field Museum

The Commemorative Air Force Minnesota Wing is home to six aircraft, a large motor pool fleet, and a unique collection of World War II artifacts on display. Tour begins at 10 am. Please arrive at the Fleming Field Museum at 9:45 am.

Wed, Feb 9 10-11 am
1657-W22 1 session - \$5
310 Airport Rd, Hangar 3, SSP



Landmark Tours:

Plan a Trip of a Lifetime

Ready to explore the world again? Join us at TPAC to learn more about the exciting world of escorted travel. TPAC collaborates with Landmark Tours; a local, family-owned tour operator. Stop by and pick up a 2021-22 catalog.

Presenter: John Lyons

Thur, Feb 3 10-11 am
1658-W22 1 session - Free

Pastries and Podcasts

Who likes a good hearty pastry, oozing with butter and frosting? Who likes a good hearty story, oozing with mystery, history, motivation or frosting? If you listen to podcasts please come and share with the group titles you've heard and enjoyed. If you want to listen to a selected podcast come and listen together over pastry and coffee. If you just like pastries, broaden your horizons and listen to a podcast for a change.

Hosted by TPAC Staff

2nd Wed 10-11 am
1682-W22 4 sessions - \$10
(pastries and coffee)



Understand your iPad with Ray the ComputerGuy

This introductory workshop covers some of the most common & basic usage of iPad use. Become familiar with smart device interface, buttons, ports, status bar, accessories, important iPad concept, its use in our society, and more. There will be a Q&A session. We also look at outside resources to help you learn more about smartphone use.

Instructor: Ray The Computer Guy

Thur, Feb 10 1-3 pm
1653-W22 1 session - \$40

Apps & Shop Online with Ray the Computer Guy

Software applications make it easy for people to communicate and socialize while they stay online. Learn what "Apps" really are and how beneficial they can be to use. We will discuss account safety, security, and authentication challenges when installing apps.

Instructor: Ray The Computer Guy

Thur, Mar 10 1-3 pm
1654-W22 1 session - \$40



Smartphone - Beyond Basics 1 & 2 (Advance courses)

Become familiar with advanced functionalities of your smartphone. Topics include: security settings, calendar events, sounds, voice management and more. Participants will explore common apps, online shopping options, social media, online movies and music streaming technology. Q&A time included. Prerequisite: students must be familiar and comfortable using smartphones.

Instructor: Ray The Computer Guy

Thur, Apr 7-14 1-3 pm
1655-W22 2 sessions - \$80

Coffee and Conversation

If you are like us we delight in sharing your company. We miss the smell of coffee, smiles, laughter and you! Join us for a casual social hour, bring a friend, a story, a listening ear, or just yourself. Donations accepted. Registration is not required.

Hosted by TPAC Staff

Wed, Jan 5-Apr 27 9:15-10 am
No class Mar 30 16 sessions - Free
1683-W22

TPAC Learning & Discussion**Getting Gardening Jitters?**

Join us as a Master Gardener from Dakota County outlines what we can and can't do right now to satisfy those diggin' in the dirt jitters.

Presenter: Dakota Master Gardener

Thur, Feb 24 10-11 am
1660-W22 1 session - \$3

**Decluttering 101 – The How, Why and Where of it all**

Decluttering is hard work. Decluttering coach and master recycler Shari Hansen provides ideas to declutter your life. Shari will outline the importance of decluttering, give tips on how to start a project, and explain the benefits of decluttering. Shari will also share the best places to get rid of things and help you feel good about letting go.

Presenter: Shari Hansen, Decluttering Coach and Master Recycler

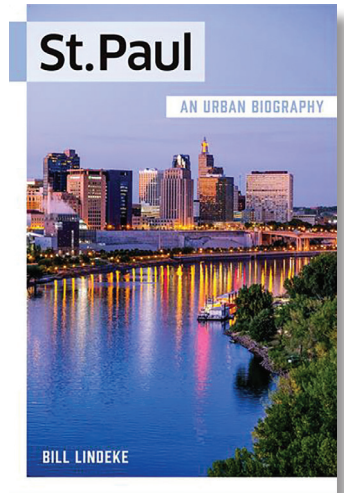
Wed, Mar, 2 10-11:30 am
1661-W22 1 session - \$3

**Dakota County Historical Society Presents: World War II Prisoner Encampment**

The United States entered World War II after the bombing of Pearl Harbor. Shortly after, the U.S. agreed to house enemy prisoners in camps across the country. By the end of WWII, more than 400,000 prisoners of war were held in the U.S. This presentation will explore why the U.S. accepted prisoners, the impact of prisoners on the local economy, as well the impact life in the U.S. had on them. It will also discuss the daily life of a POW and the local Minnesota camps.

Presenter: Matthew Carter

Tues, Mar 15 11 am-12 pm
1662-W22 1 session - \$5

**Author Bill Lindeke: St Paul: An Urban Biography**

How did the city of St. Paul come to be where and what it is, and what does that show us about the city today? Bill Lindeke provides intriguing insights and helpful answers. He tells the stories of the Dakota village forced to move across the Mississippi by a treaty—and why whiskey sellers took over the site, the new community's close ties to Fort Snelling and Winnipeg, and so much more.

Presenter: Bill Lindeke

Mon, Apr 25 10-11:30 am
1663-W22 1 session - \$5

TPAC Learning & Discussion



Healthy, Tasty Meals for Two

Who would know how to combine healthy ingredients to make dishes that are full of flavor better than a Food Scientist and MN State Fair Blue Ribbon Baker? Kaitlyn Johnson will demonstrate three entrees: breakfast burritos/egg cups, lunchtime grain bowls, and vegetable lasagna; each showcasing roasted veggies that you can make a big batch of and use for multiple recipes. She will talk about how to get more nutritious foods incorporated in your meals, how to enhance the taste of healthy ingredients and more. Join her in the TPAC kitchen as she demonstrates and prepares all three entrees, including complete recipes. Samples will be served.

Presenter: Kaitlyn Johnson

Mon, Mar 7 12-2 pm
1664-W22 1 session - \$23

Will Your Taxes Affect Your Retirement?

It is critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than your fair share. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

Instructor: Kevin Schwartz

Thur, Mar 24 11:30am-12:30 pm
1642-W22A 1 Session - \$6
Thur, Apr 7 10:30-11:30 am
1642-W22B 1 Session - \$6



Lacrosse 101

Come learn how this fastest growing team sport is played, scored, and what you need to know as a spectator. Lacrosse uses a small rubber ball, passed and controlled from player to player, using a stick with a mesh head (or pocket) at one end. It's fast paced like hockey, but played on grass like soccer, but unlike those sports, lacrosse has a lot of scoring during a game.

Presenter: Luke Johnson

Mon, Apr 4 9:30-11 am
1665-W22 1 session - \$3

"911" What Is Your Emergency?

You don't usually plan when it's going to happen but at some point, for some reason you may have to access the 911 call service. Do you know what happens next, or what role you will be asked to play? Learn what goes into this type of call, including both medical and mental health calls, what it activates, and what you can do when you're calm vs. when you're in distress.

Presenters: South Metro Fire & WSP Mental Health Team

Tue, Apr 26 10-11 am
1666-W22 1 session - \$3

Great Decisions 2022

Join Great Decisions starting in January 2022 for fantastic discussions about complex US foreign policy and global issues. Books may be purchased on your own at www.fpa.org or through TPAC. If you are ordering your book through TPAC, register early as we place our bulk order in early December.

Facilitator: Charles Hapbach

2nd Mondays 12-1 pm
1296-W22 Class \$10 annually
1264-W22 Book \$32 for book

Out & About

"Out & About" is a social group made up of both men and women who enjoy getting together to share fun activities. In the recent past we visited a private garden, shared a potluck high tea, played mini-golf on an amazing course, and attended music concerts. Upcoming plans include two private tours, museum visits, music concerts, and much more. Lunch is usually a part of these activities. Each member is expected to support the group in the following ways:

- Pay the \$15 annual dues to TPAC
- Pay the cost of any activity in which you participate
- Organize an Out & About activity (we can help with ideas!) and communicate those plans in advance to the Communications Coordinator who will then notify all members of the event details.
- If ride sharing with others in the group, to donate \$1/\$2 to the driver, depending on distance

Full details regarding Out & About activities will be provided to members via email. Please consider joining this fun group!
Facilitator: Adina Overbee (aoverbee@comcast.net)

Mystery Book Club

Read and discuss book selections along with other mystery book enthusiasts. Share your favorite mysteries with the group.

Facilitator: Joyce Wahlquist

Second Tuesday 1-2 pm
1565-F21 \$10 annually



Nonfiction Book Club

Read a classic nonfiction book or the latest best-seller. The group decides on future books to read - a great way to find your next favorite book.

Facilitator: Joan Miller

First Thursday 10:30 am-12:30 pm
1564-F21 \$10 annually



Umbrella Projects

Umbrella project volunteers participate in the community to enhance services: Making A Difference Through Service. If this resonates with you, please join. Some past activities include visiting healthcare centers, assisting new Americans to learn English, helping at local food shelves, and continuing to provide services where needed throughout the community.

Second Mondays 10-11:30 am
1599-F21 Free

Computer Center

The Computer Center is here to assist our senior friends with questions and answers regarding their technology, both hand-held and home-based. We are always looking for additional computer facilitators to share expertise and helpful reassurance to your technology questions. Please check-in at the front desk when you arrive at TPAC. Registration not required.

Facilitator: John Lally

Mondays 9 am-12 pm
Free

British History

Terry Kubista is a British historian, educator, and presenter. Terry's course will stimulate your thinking and inspire questions. The classes are fun, relaxed, using a combination of participant questions, oral presentations, and videos.

Presenter: Terry Kubista

Second Tuesdays 1:30-3:30 pm
1116-W22 \$8 per session

TPAC Learning & Discussion

TED TALKS Discussion

(Technology, Entertainment and Design)

Together we'll watch a popular pre-selected 20-minute TED TALK Video. Next, our facilitator will lead a discussion by posing a few questions to get the conversation started and the group will do the rest. Enjoy diverse and interesting topics.

Facilitators: Ann Wederspahn and Patricia Ruble

Third Tuesdays 1-2:30 pm
1607-F21 \$10 annually



The Discover Group

(Zoom Option Available)

Gather at TPAC (or join via Zoom) each month to engage in discussion on articles from the latest issue of Discover magazine. So much is happening so fast - climate change, medical breakthroughs, space exploration, and more. Our facilitator, Ph.D. Biochemist Gary Gray, will join the group via Zoom. Zoom invitation will be given following registration.

Facilitator: Gary Gray

Third Fridays 10-11:30 am
1574-S21 \$10 annually



Scientific American

(Zoom Option Available)

Gather at TPAC (or join via Zoom) each month to engage in discussion on articles from the latest issue of Scientific American magazine. Our facilitator, Ph.D. Biochemist Gary Gray, will join the group via Zoom. Zoom invitation will be given following registration. Register in advance.

Facilitator: Gary Gray

Third Wednesdays 10-11:30 am
1575-S21 \$10 annually

Art Classes



Open Watercolor Painting

Join other artists and enjoy music and camaraderie. Bring your own supplies. There is no instructor for this group, so paint what inspires you.

Facilitator: Art Thell

Tuesdays 9:30-11:30 am
1602-W22 \$15 per trimester
No class Mar 29

Introduction to Watercolor Painting

Start learning how to paint with watercolors. Explore materials and basic watercolor techniques as well as color theory and color mixing. Create a painting or two you'll be proud of. Supplies may be purchased from the instructor. This introductory class is for those who are new to watercolor painting and is a prerequisite for Watercolor I and Watercolor II. Classes will be in-person at the Thompson Park Activity Center. A supply fee of \$45 is due at class.

Instructor: Linda Stout

Mondays 1-3 pm
1491-W22 Jan
1491-W22 Apr

Jan 10-31 (no class Jan 17) 3 sessions - \$44
Apr 4-25 4 sessions - \$58

Colored Pencils Bathing

Bring your favorite pencils, art supplies, and projects to work on; or use the supplies provided. An activity, from a line drawing for painting, to trying other mediums such as painting with acrylics, will be provided along with soothing music and friendly welcoming members.

First and Third Wednesdays 1-3 pm
1595-W22 Jan-Apr 8 sessions - \$15

Art Classes



Watercolor I

Continue learning and improving your watercolor skills by creating beautiful paintings. Learn new skills, experiment with different styles of painting, and have fun being creative. Please bring your own supplies. Prerequisite: Introduction to Watercolor Painting or previous consent of Instructor. *Instructor: Linda Stout*

Tuesdays 1-3 pm
TPAC 4 sessions - \$58

Jan 4-25 1302-W22 Jan
Feb 1-22 1302-W22 Feb
Mar 1-22 1302-W22 Mar
Apr 5-26 1302-W22 Apr

Watercolor II

Discover even more about the exciting facets of watercolor painting. Apply what you already know and learn more about techniques, color theory and more. Emphasis will be on The Elements and Principles of Art and Design as you create beautiful paintings. Participants will be using their own supplies. Prerequisite: Introduction to Watercolor Painting or previous consent of Instructor. *Instructor: Linda Stout*

Wednesdays 1-3 pm
TPAC 4 sessions - \$58

Jan 5-26 1191-W22 Jan
Feb 2-23 1191-W22 Feb
Mar 2-23 1191-W22 Mar
Apr 6-27 1191-W22 Apr

Paint Like the Masters

Get to know Henri Matisse through his paintings while you create your own version of his *Still Life with Goldfish* using acrylic paint. A supply fee of \$30 is due at class. A list of additional basic supplies will be provided. *Instructor: Linda Stout*

Mon, Feb 7-28 1-3 pm
No class Feb 21 3 sessions - \$44
1673-W22 Feb



Vandalia Glassworks Class and Make & Take Project

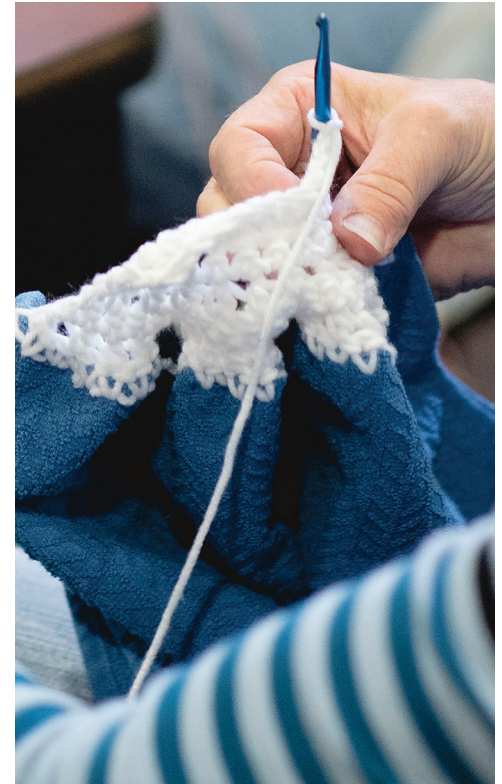
Join us for an introduction to the process and art form of glassblowing with the owner, Bryce Borkhuis. Bryce will talk at TPAC about the workshop area and beautiful gallery as well as some of the pieces on display in the gallery. Class will meet at Vandalia Glassworks where Bryce will assist you in creating two of your own glass blown ornaments. *Presenter: Bryce Borkhuis*

Presentation and Overview

Thur, Mar 3 10-11 am
1667-W22 1 session - \$3
TPAC, WSP

Vandalia Make and Take Glass Ornaments

Thur, Mar 10 10 am-1 pm
1668-W22 1 session - \$70
Vandalia Glassworks
103 Concord Exchange N, SSP



Knitting Group

Bring your knitting, crocheting or other hobbies while socializing and learning from each other.

Mondays 1-3 pm
1600-W22 \$15 per trimester

Crafting for a Cause

Help Meals on Wheels by joining us to decorate and write well-wishes notes. These notes will be inserted into meal bags for our neighbors to brighten their day. *Facilitator: Pat Marshall*

Second Tuesdays 12-1 pm
1598-F21 Free

Perspective Drawing

Learn how to create the linear illusion of depth and dimension by using perspective drawing. One-point and two-point perspectives will be covered. A basic supply list will be provided. *Instructor: Linda Stout*

Mon, Mar 7-21 1-3 pm
1674-W22 Mar 3 sessions - \$44

Fitness & Healthy Living**Vision Loss Understanding and Resources**

If you or a loved one is dealing with vision loss, come to this non-medical presentation to hear about the most common causes of vision loss and also some helpful tips and resources available for coping with vision loss. Presented by a local non-profit called Vision Loss Resources.

Presenter: Mark Dahlberg

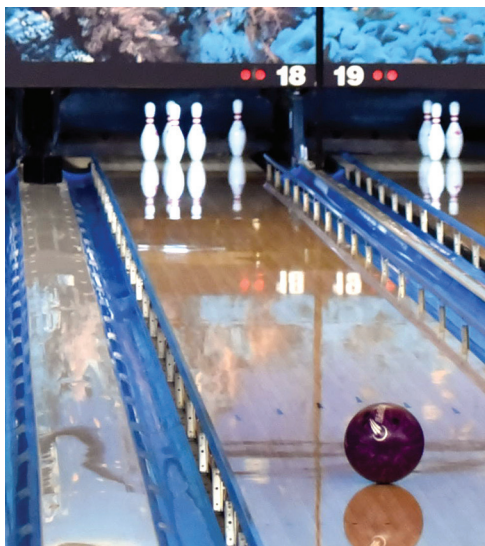
Wed, Jan 5 10-11am
1669-W22 1 session - \$3

**Boxing for your Health with MN Top Team Boxing**

Can't open a jar? Need to carry a box from one room to another? Climbing the stairs still hurts your back? Worry not! Boxing has your back... literally. With a balance of upper-body, lower-body and abdominal strength training – in addition to stretching – boxing preps your body for all its daily demands. It has been proven that keeping an elevated heart rate for twenty minutes a day significantly reduces chances of depression, anxiety, and other mental conditions.

Presenter: John Schimon, MN Top Team Boxing

Fri, Jan 7-Feb 25 9:30-10:30 am
1670-W22 8 sessions - \$64

**TPAC Bowling for Fun!**

We have reserved 2 lanes, but we'd love to secure more, at the Concord Lanes Bowling Center for an 8 week trial period. You don't remember how to score? No problem; the computer keeps track of that for you. Register at TPAC for all 8 weeks. Pay \$3 per game plus \$3 for classic bowling shoes at Concord Lanes. Bowl as many games as you'd like. Why not sign up? It's like riding a bike. All you have to lose is your back muscles.

Wed, Jan 5-Feb 23 11 am-12 pm
1671-W22 8 sessions - \$3 per game
Concord Lanes, 365 Concord Exchange N, SSP

3X3 Fitness

Exercise while sitting. Low-impact, but as much of a workout as you want it to be. Follow along with the 3x3 Workout DVD, using resistance bands or rings. These exercises are chair based. If you love it, you may decide to purchase your own set of rings.

Facilitator: Barb Erickson

Tues/Thur 9:15-10 am
1635-W22 \$15 per trimester

Line Dancing

If you like to dance to music, you'll love this line dance class. We'll dance to a variety of music genres and you can learn these dances. It's fun, good for the soul, and no partner is needed.

Instructor: Margaret Christians

Thursdays 9-10 am
1615-W22 \$15 per trimester

**Caregiver Support Group
(Sponsored by Darts)**

Family caregivers come together to discuss concerns with trained facilitators and to learn from others caring for an aging loved one. Meetings will have an information session for caregivers with discussion. Registration deadline is one week prior to class.

Second Wednesdays 1:30-3 pm
1597-F21 Free

**Fitness and Balance for Life**

This fun, in-person fitness class contains low-impact/intensity-focused exercises focusing on range of motion, strength, balance, and coordination. The equipment that will be used and provided: a chair, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred. Classes are performed to music and you can participate at your own intensity level.

Instructor: Naomi Marzinske

Thur, Jan 6-Feb 24 10:15-11:15 am
1317-W22A Jan/Feb 8 sessions - \$56

Thur, Jan 6-Feb 24 11:30 am-12:30 pm
1317-W22B Jan/Feb 8 sessions - \$56

Thur, Mar 3-Apr 28 10:15-11:15 am
1317-W22C Mar/Apr 8 sessions - \$56
No class Mar 31

Thur, Mar 3-Apr 28 11:30 am-12:30 pm
1317-W22D Mar/Apr 8 sessions - \$56
No class Mar 31

Tax Preparation

2022 Tax Information

Planning is underway for the next tax season that will begin in February 2022. Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to prepare uncomplicated tax returns including Minnesota Property Tax Refund returns. Tax Assistance will be provided to taxpayers with a special emphasis on taxpayers 55 years and older.

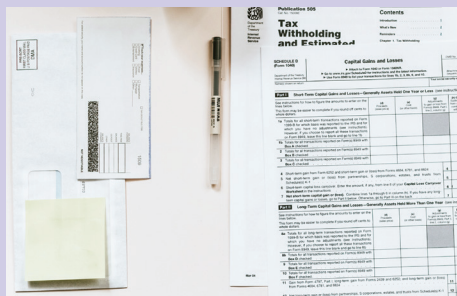
As may be expected, the COVID-19 epidemic is causing some operational changes to the program. It is anticipated that fewer tax sites will be open and those sites that are open will be operating in a different manner as in the past. Due to COVID, the time of contact between people needs to be reduced as much as possible. In order to accomplish this, the preparation of tax returns will be done in a "low-contact" manner. Though tax return meetings will be "low-contact" (masked and socially distanced by 3 feet), meetings will be held in-person and face-to-face.

You must bring the following items to your appointment:

- Your 2020 tax return due to new computer software.
- Social security card for yourself, your spouse and all dependents listed on the return.
- Copies of your 2021 W-2's, 1099 Forms, and proof of other income received by you/your spouse.
- If you are a RENTER, bring your signed Certificate of Rent Paid (CRP) prepared and signed by your landlord.
- If you are a HOMEOWNER, bring a copy of your 2020 property tax statement

Appointment registration opens January 12. Space is limited. Call TPAC 651-403-8300 to set up an appointment. Please only leave one message. Repeated phone calls slow down the appointment process. Your call will be returned in the order it is received.

Thompson Park Activity Center
1200 Stassen Lane, WSP
Tues/Thur, 9:30 am-2 pm
February 1 - April 14, 2022



Driver Safety Courses

55+ Driver Discount Program

MN Statute requires the completion of an 8-hour initial course. To maintain your discount, a 4-hour refresher course needs to be completed every 3 years. Upon completion, submit your certificate to your insurance company. Our 55+ Driver Discount Program (DDP) courses are approved by the Minnesota Department of Public Safety.

Thompson Park Activity Center

Initial Eight Hour Course - \$28

(made up of two 4-hour classes)

Wed, Feb 23, Part 1	12-4 pm
Thur, Feb 24, Part 2	12-4 pm
Wed, Apr 27, Part 1	12-4 pm
Thur, Apr 28, Part 2	12-4 pm

Four Hour Refresher Course - \$24

Thur, Jan 6	12-4 pm
Thur, Jan 20	12-4 pm
Thur, Feb 3	12-4 pm
Thur, Feb 17	12-4 pm
Thur, Mar 3	12-4 pm
Thur, Mar 17	12-4 pm
Thur, Apr 7	12-4 pm
Thur, Apr 21	12-4 pm

Call 1-888-234-1294 or visit

www.driverdiscountprogram.com to register

Central Square

Initial Eight Hour Course

(made up of two 4-hour classes)

Wed, Feb 16 & Thur, Feb 17	9 am - 1 pm
Wed, Jun 15 & Thur, Jun 16	9 am - 1 pm

Four Hour Refresher Course

Thur, Jan 20	9 am - 1 pm
Thur, Mar 17	9 am - 1 pm
Thur, Apr 21	9 am - 1 pm
Thur, May 19	9 am - 1 pm

To register: call 1-888-234-1294 or visit www.driverdiscountprogram.com

Trying to find
more information on a
course or program?

Go to
tridistrict.ce.eleyo.com



TIS Trips & Tours Registration

NOTE: WHERE YOU REGISTER IS
WHERE YOU BOARD THE BUS.

South St. Paul

Central Square
100 Seventh Ave. N.
South St. Paul, MN 55075
651-306-3632

Inver Grove Heights

IGH Veterans Memorial
Community Center
8055 Barbara Ave.
Inver Grove Hts, MN 55077
651-450-2585

West St. Paul

Thompson Park Activity Center
(TPAC)
1200 Stassen Lane
West St. Paul, MN 55118
651-403-8300

Please arrive and check in 15
minutes before scheduled trip
departure.

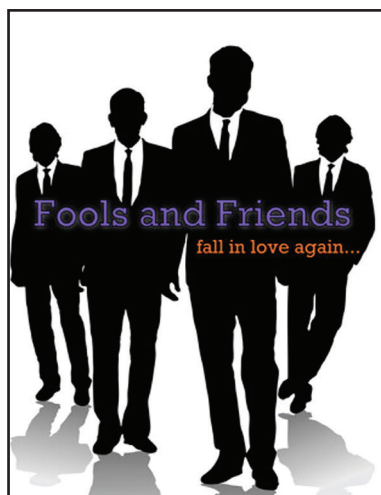
No refunds will be issued after the
trip registration deadline.

A \$10 service charge will be
charged if you cancel a trip.

Trips will fill when maximum
numbers are reached or at
registration deadline.

All trips are subject to change until
the itinerary is posted.

Please note that mailed registrations
may not be guaranteed. Please call
your Center to check availability
on a trip before mailing in your
registration.



Fools Fall In Love

IVES AUDITORIUM

Arrive at the elegant jewel-box Gideon S. Ives Auditorium located on the 80-acre Heritage Center campus along the Minnesota River in Bloomington. Lunch will be in the dining space, served buffet style. Menu: Entrée, Potatoes or Rice, Vegetable, Dinner Rolls, Dessert, Beverage. After lunch, move into the carefully crafted 443-seat theater space. Performance presented by Sidekick Theatre. It is a professional theatre company based at the Ives Auditorium in Bloomington, Minnesota. Under the artistic leadership of Brian Pekol and Tim Stolz, they strive to entertain, engage, and enrich the audience through the development and production of new and compelling musicals, plays, and concerts for adults and children. Matinee performance: "Fools Fall In Love" Experience the signature love songs of 1950s and 1960s with Sidekick Theatre's acclaimed concert. Featuring four of the Twin Cities best male vocalists, FOOLS FALL IN LOVE celebrates the swingin' quartet-driven harmonies of the era to tunes such as "My Girl", "To Love Somebody", "Stand By Me", "Pretty Woman"

Tues, Feb 15 Register by Mon, Jan 17
\$81 includes transportation/tour/lunch/store

TPAC 1677-WSP-W22
Depart at 10:30 am/Return at 4:15 pm

SSP 1677-SSP-W22
Depart at 10:45 am/Return at 4 pm

IGH Call 651-450-2585
Depart at 11 am/Return at 3:45 pm



Stag and Doe at Daytrippers Theatre

Two brides-to-be and only one Community Hall. What could possibly go wrong in this hilarious look at small town weddings gone wrong? The two brides cut a deal to share the same Community Hall and marital mayhem erupts in a clash of wedding parties. One of the bridesmaids still isn't over getting dumped at the altar by one of the grooms and the caterer's staff ends up in jail! Stag and Doe is by Mark Crawford, who has been hailed as one of the funniest playwrights of our time.

Menu includes an entree, salads, potato/pasta/rice, vegetables, bread, beverage, and dessert.

Wed, Mar 9
\$78 includes transportation/lunch/show

TPAC 1672-WSP-W22
Depart at 10:30 am/Return at 4:15 pm

SSP 1672-SSP-W22
Depart at 10:45 am/Return at 4 pm

IGH Call 651-450-2585
Depart at 11 am/Return at 3:45 pm

Trips

Viking Museum & Abdallah's Chocolate w/Lunch at Casper's Cherokee Restaurant

Take a guided tour of the Vikings Museum. It is a place for Vikings fans and legends alike to experience the comprehensive history of the Minnesota Vikings and football in Minnesota. With a 360-degree video theater, multiple interactive exhibits, and hundreds of historical artifacts, fans can learn the fascinating stories and insider details of the franchise throughout its over 50-year history in fun and unique ways. Note: this is a guided tour of the Vikings Museum only. It does not include admission into the TCO Performance Center. After the tour, take time to revisit exhibits of special interest to you, and spend time at the official Minnesota Vikings Locker Room Store. At 12:30, we will have lunch at Casper's Cherokee Restaurant. After lunch, we'll drive to Abdallah's Chocolates store in Apple Valley to purchase candy and other gift items. This is not a guided tour of the factory - the Health Department will not allow the public inside the plant. There are no rest room facilities in the Abdallah store.

Thur, Apr 21 Register by Mon, Mar 21
\$81 includes transportation/tour/lunch/store

TPAC 1679-WSP-W22
Depart at 9:30 am/Return at 4:15 pm

SSP 1679-SSP-W22
Depart at 9:45 am/Return at 4 pm

IGH Call 651-450-2585
Depart at 10 am/Return at 3:45 pm



Lake Minnetonka Boat Cruise

Board the Lady of the Lake, a historic sternwheeler. Hear a special Lady of the Lake live narration about Lake Minnetonka from the Captain and crew. They will talk about the Big Island and you will see the waterfront mansions, restaurants, marinas and gardens. In the mid-1800's Lake Minnetonka enjoyed worldwide fame for its elegance and scenery. Large steamships on the lake accommodated thousands of passengers. Following the cruise lunch will be served at Maynards which includes: Half Sandwich, Cup of Soup, Chips, Beverage, Cookie.

After lunch, transfer to downtown Excelsior to shop. Enjoy the quaint shops along Water Street in downtown Excelsior. Excelsior Mill is a renovated lumberyard that was built at the turn of the century. It recreates the flavor of the past with a bench lined central "garden" court and half a dozen shops filled with distinctive gifts and accessories.

Lake Minnetonka Boat Cruise
Thur, May 26 Register by Fri, Apr 22
\$82 includes transportation/tour/lunch

TPAC 1680-WSP-S22
Depart at 8 am/Return at 2:30 pm

SSP 1680-SSP-S22
Depart at 7:45 am/Return at 2:45 pm

IGH Call 651-450-2585
Depart at 7:30 am/Return at 3 pm



Rochester Trolley Tour

The vintage red Rochester Trolleys will be waiting at the Apache Mall and, after a short washroom break, we'll climb aboard and enjoy the open-air vehicles, allowing for an up-close view of public parks, gardens, and private homes. No worries, there are plastic window covers in case of rain. Hear the inside story of Rochester's amazing growth and transformation from a humble Midwestern farm town to a world-famous mecca for the medical arts. Highlights may include: downtown Rochester, Rochester Art Center, Assisi Heights, Mayowood Stone Barn & Mansion, Soldiers Field Park, and much more. We'll stop for lunch at Victoria's Ristorante in downtown Rochester, featuring made-from-scratch dishes in a lovely atmosphere. Please specify your lunch choice when registering (all meals include beverage & ice cream):

- 1) Baked Mostaccioli – pasta baked with ricotta cheese, meat sauce, topped with mozzarella.
- 2) Walleye Sandwich – fresh Canadian walleye, breaded & deep-fried, served on special bread with thousand-island dressing, onions, lettuce & tomatoes.
- 3) Chicken Honey Mustard Salad – grilled chicken, red & green leaf lettuce, feta cheese, roasted sun-dried tomatoes, red onions, red peppers & scallions with honey mustard dressing.

Wed, June 8 Register by Fri, May 6
\$86 includes transportation/trolley tour/lunch

TPAC 1678-WSP-S22
Depart at 7:45 am/Return at 4 pm

SSP 1678-SSP-W22
Depart at 8 am/Return at 3:45 pm

IGH Call 651-450-2585
Depart at 8:15 am/Return at 3:30 pm

SAVE THE DATE

3 DAY TRIP!

U.S Mail Boat Tour in Lake Geneva, Wisconsin

Day 1: Stop for breakfast (included) enroute to Lake Geneva, WI. The area was a popular summer retreat for the barons of wealth in lumber, cattle, oil, steel, cement, manufacturing, and durable goods. They built mansions and large homes on the lake from the 1850s, through the heyday of the Roaring 20s. Check into Harbor Shores, featuring park view rooms for a two-night stay. The hotel is located downtown near shopping and dining. Enjoy dinner at the Dancing Horses Dinner Theater in the nearby community of Delavan. It is an enchanting show. The dazzling spectacle features an array of horse breeds that perform alongside their trainers in equestrian artistry. Visually stunning, and performed in a 300-seat theatre, this live show is truly a must-see for any horse lover.



Wed, Thur & Fri, July 20-22
 \$625/person (2 per room)
 \$780/person (1 per room)
 Includes deluxe motor coach, lodging, listed meals/attractions & gratuities on meals/attractions. Register by Mon, May 30

TPAC 1681-WSP-S22
 Depart at 7 am/Return at 7:30pm

SSP 1681-SSP-S22
 Depart at 7:30 am/Return at 7:30 pm

IGH Call 651-450-2585
 Depart at 7:15 am/Return at 7:30 pm



Day 2: Board the Lake Geneva U.S. Mail Boat Tour. This narrated cruise features the beautiful mansions on the Lake. There are only a handful of places left in the country where mail is still delivered by boat and none with a more exciting and scenic tour. Mail is still delivered to about 60 homes around Lake Geneva daily, from mid-June to mid-September. The Walworth departs with a load of passengers, and a unique mail person. They must jump off the bow of the boat while it is still moving and on to the pier. Deliver the mail, grab any out-going parcels and leap back on to the stern of the boat before it passes by. After the cruise, walk across the street for lunch (included) at one of Lake Geneva's most popular restaurants. Meet a docent who will escort the group to the Black Point Estate and Gardens, overlooking Geneva Lake. It was the summer home for Chicago beer baron, Conrad Seipp, and four generations of his descendants. While taking in stunning views from the grand veranda you'll get a taste of what it was like to summer in this historic place. Step into the original American dream and learn how this German immigrant built one of the finest examples of Queen Anne architecture. See one of the most intact collections of Victorian furnishings in the Midwest. It is a historic site owned and operated by the Wisconsin Historical Society. This evening dining is on your own in downtown Lake Geneva.



Day 3: Travel to North Freedom, WI to visit the Mid-Continental Railway Museum. Spend time in the Coach Sheds that are filled with restored wooden passenger cars, freight cars and displays from the turn of the century. See examples of nationally renowned wood car restorations such as the Badger # 2 "Fish Car" the exquisite Art Nouveau-motif of the Milwaukee Lake Shore & Western # 63, the 1903-built Copper Range coach # 60. In the outdoor display yard, you can inspect steam locomotives up-close. There are nearly 40 train cars and locomotives on prominent. Board the passenger train for a memorable ride in restored coaches built in 1915. An authentically attired conductor will call "all aboard!" before the train leaves from the historic depot, built in 1894.



Looking ahead



Thurs, May 26
 Lake Minnetonka Cruise, \$82

Wed, Sept 14 - Footloose
 Chanhassen Dinner Theater, \$100

AQUATICS



Deep Water Aerobics

This water aerobics class combines music and movement to facilitate movement in the deep and shallow areas of the pool. It is designed to improve your range of motion, flexibility, strength and tone of muscles. The use of T.A.B.A.T.A. (high intensity physical training) sessions during class improves cardiovascular endurance. Exercises that are performed in the deep water utilize a waist flotation belt to suspend the participant, allowing for optimal joint movement and preventing joint impact. You will need a TYR Waist Flotation Belt to participate in class. TYR Waist Flotation Belts are available for purchase online.

Instructor: Mary Ellen DeCuffa

Thur, Apr 7-28 12-1 pm
6915-W22A 4 sessions - \$40
Two Rivers HS Aquatic Center, MH

Thur, May 5-26 12-1 pm
6915-W22B 4 sessions - \$40
Two Rivers HS Aquatic Center, MH

District 197 Adult Lap Swim

The new Two Rivers Aquatic Center is hosting adult lap swim. Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Neighbors, friends and co-workers are all welcome, but registration is required and space is limited.

Wed, Jan 5-Feb 23 6-7:15 am
7197-W22 7 sessions - \$56
Two Rivers HS Aquatic Center, MH

Wed, Mar 2-Apr 27 6-7:15 am
7197-SP22 8 sessions - \$56
Two Rivers HS Aquatic Center, MH

Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors 55+, but all are welcome to join!

Instructor: Kim Befort

10:30-11:30 am
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Tues, Jan 4-Feb 22 7911-WS22A
8 sessions - \$50 adult, \$20 senior (65+)
Free for Silver Sneakers® members

Thur, Jan 6-Feb 24 7911-WS22B
8 sessions - \$50 adult, \$20 senior (65+)

Fri, Jan 7-Feb 25 7911-WS22C
8 sessions - \$50 adult, \$20 senior (65+)

Tues, Mar 1-Apr 26 7911-WS22D
9 sessions - \$56.25 adult, \$22.50 senior (65+)
Free for Silver Sneakers® members

Thur, Mar 3-Apr 28 7911-WS22E
9 sessions - \$56.25 adult, \$22.50 senior (65+)

Fri, Mar 4-Apr 29 7911-WS22F
9 sessions - \$56.25 adult, \$22.50 senior (65+)



Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water. Participants must be 19 years of age or older.

Instructor: Kim Befort

Wed, Jan 5-Feb 23 6-7 pm
7900-WS22A
8 sessions - \$50 adult, \$20 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Wed, Mar 2-Apr 27 6-7 pm
7900-WS22B
9 sessions - \$56.25 adult, \$22.50 senior (65+)
1 day drop-in - \$8 adult, \$4 senior (65+)
Central Square, SSP

Lap Swim at Central Square, SSP

Calendar with dates and times will be provided. Schedule and fees are subject to change. 7916-WS22A

Punch Card	Punch Card Rate
Punch card valid for 10 daily admissions (valid for use at CSCC pool only)	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch card valid for 30 daily admissions (valid for use at CSCC pool only)	\$70 adult (19-64 yrs) \$30 senior (65+)

Daily Rate
\$4 adult (19-64 yrs)
\$2 senior (65+)

*Free lap swim is available for Senior Center members (65+) during the following times:
Mon-Fri from 7:30 am-3 pm
Sat from 7:30-10:30 am
Schedule is subject to change.

Water Safety Instructor Certification

This course trains American Red Cross Water Safety Instructor (TM) candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants progress. The course covers Parent and Child, Preschool, and Learn-to-Swim Levels 1 - 6. Candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the precourse session which includes demonstration of swimming skill at Learn-to-Swim Level 4.

7924-W22 4 sessions - \$280

Mon, Dec 20 5:30-9:30 pm
Tues, Dec 21 5:30-9:30 pm
Tues, Dec 28 9:30 am-5:30 pm
Wed, Dec 29 9:30 am-5:30 pm
Central Square, SSP

ADULT BASIC EDUCATION

IT'S NEVER TOO LATE TO LEARN

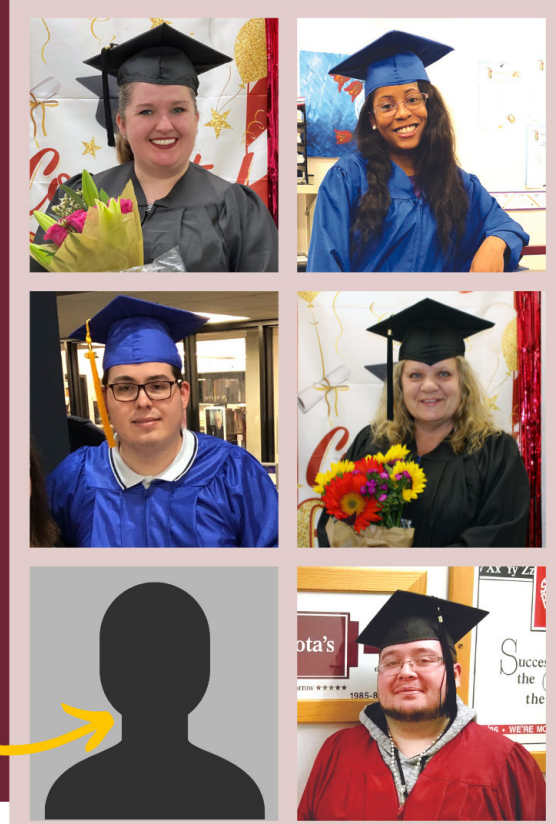
Adult Education provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. All classes are FREE.

CLASSES IN:

- English Language Learning
- GED Test Prep
- Reading
- Math
- Writing
- Job Skills
- TEAS Prep

All classes take place at
Central Square Community Center
100 7th Ave N
South St. Paul, MN 55075

You could
be here!



SOUTH SUBURBAN
ADULT BASIC EDUCATION

Call Linda at 651-306-3632
www.sspps.org/abe



Call Linda at 651-306-3632
for more information and registration

<https://www.sspps.org/abe>



**Central Square
Community Center**

**100 7th Ave N
South St. Paul, MN 55075**

Brain Builders

Code Championship Tournament Series | Virtual Computer Coding Competition (Grades 3-9)

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. These tournaments will be hosted online using Google Meet and the Code Championship website.

Instructor: Code Championship

Sat, Apr 2-May 7 9-11 am
4166-WS20 6 sessions - \$109
Virtual Google Meet

Health & Safety



Non-School Day Classes

One-Day Class: Babysitter's Training (Grades: 4-8)

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more. Participants will receive their Babysitter's Training Certification and Babysitter's Handbook. Please bring a nut free bag lunch and water bottle.

Tues, Jan 25 9am-3pm
7002-Jan25
1 session - \$89/\$66-Free & Reduced Lunch
Friendly Hills MS, MH

Fri, Mar 25 9am-3pm
7002-Mar25
1 session - \$89/\$66-Free & Reduced Lunch
Heritage MS, WSP

Fri, Apr 29 9am-3pm
7002-Apr29
1 session - \$89/\$66-Free & Reduced Lunch
Friendly Hills MS, MH

Easy CPR for Babysitters and Teens (ages 11 & up)

Learn how to care for an unresponsive person and will be certified for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. Learn how to help a choking victim, how to recognize if there is a problem and gain confidence in your skills. This class does NOT have a written test.

Instructor: Deb Gutzman

Fri, Jan 28 2-4:30 pm
4204-W22A 1 session - \$40
Central Square, SSP

Fri, Mar 11 2-4:30 pm
4204-W22B 1 session - \$40
Central Square, SSP

Fri, Apr 2-4:30 pm
4204-WS2C 1 session - \$40
Central Square, SSP

One Day Class! Certified Babysitter's Training (Ages 11 & up)

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter's Training Certification and Babysitter's Handbook. Please bring a nut free bag lunch.

Instructor: Deb Gutzman

Fri, Jan 28 9 am-1 pm
4202-W22A 1 session - \$70
Central Square, SSP

Fri, Mar 11 9 am-1 pm
4202-W22B 1 session - \$70
Central Square, SSP

Fri, Apr 1 9 am-1 pm
4202-W22C 1 session - \$70
Central Square, SSP



Trying to find
more information on a
course or program?

Go to
tridistrict.ce.eleyo.com

After-School Classes for District 197 Families

To learn more or register for District 197 after-school classes for elementary and middle school students, please visit tridistrict.ce.eleyo.com, click on Youth Enrichment and then District 197.

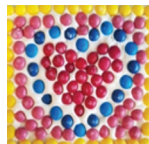
Imagine & Design

L-E-G-O Space Fun (4-9 years)

Use our LEGO® brick building skills to create awesome space themed art. Please pack a nut free snack and drink for your child each day.

Instructor: Kidcreate Studio

Sat, Jan 15 9 am-12 pm
4447-W22 1 session - \$39
Central Square, SSP



Valentine's Candy

Mosaic (4-9 years)

Create a heart-themed mosaic made out of frosting and Skittles®. Art doesn't get any sweeter than that!

Instructor: Kidcreate Studio

Sat, Feb 12 11 am-12 pm
4448-W22 1 session - \$29
Central Square, SSP

Paint Like Picasso (5-12 years)

This is your child's chance to paint on a real canvas board, just like Picasso! Learn all about the Cubist style as we draw and paint our own self-portrait.

Instructor: Kidcreate Studio

Sat, Mar 12 11 am-12 pm
4449-W22 1 session - \$29
Central Square, SSP

Among Us (5-12 years)

Among Us fans, we're getting all our crewmates together to create some out-of-this-world art. We'll sculpt, paint, draw, and more as we create Among Us projects. Please pack a nut free snack and drink for your child.

Instructor: Kidcreate Studio



Sat, Apr 16 1-4 pm
4450-W22 1 session - \$39
Central Square, SSP

Glow-in-the-Dark Aurora Borealis (5-12 years)

Come explore blending as we create a mixed-media landscape featuring nature's most magnificent light show: Aurora Borealis. Just like the real Northern Lights, this project will actually glow-in-the-dark!!!

Instructor: Kidcreate Studio

Sat, Mar 19 11 am-12 pm
4451-W22 1 session - \$29
Central Square, SSP

Mega Mess Making Art Camp (4-9 years old)

We'll paint with plaster, tie-dye, make papier mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home- leave the mess with us. After all, art can be a mega messy good time! Please pack a nut free snack and drink for your child.

Instructor: Kidcreate Studio

Mon & Tues, Mar 28, 29 9 am-12 pm
4444-W22 2 sessions - \$79
Central Square, SSP

Glow-in-the-Dark Art Camp (4-9 years)

All the projects we create in this camp will glow-in-the-dark! Work with a variety of different art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark! Please pack a nut free snack and drink for your child.

Instructor: Kidcreate Studio

Mon & Tues, Mar 28, 29 1-4 pm
4445-W22 2 sessions - \$79
Central Square, SSP

Claylicious (5-12 years)

Roll up your sleeves, because this camp is all clay, all the time! Sculpt silly puppies, fuzzy hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more! Please pack a nut free snack and drink for your child. *Instructor: Kidcreate Studio*

Wed & Thur, Mar 30, 31 1-4 pm
4446-W22 2 sessions - \$79
Central Square, SSP

Fairy Garden (4-9 years)

Use clay, paint, glitter, and more as we sculpt our very own enchanted fairy gardens. These adorable little fairy retreats will have sparkling streams, colorful flowers, a fairy swing, and more! Please pack a nut free snack and drink for your child.

Instructor: Kidcreate Studio

Sat, Apr 9 9 am-12 pm
4446-W22 1 session - \$39
Central Square, SSP

Performance Arts

Private Guitar Lessons (8 yrs and older)

One-on-one weekly half hour guitar lessons. (electric or acoustic accepted) Suitable for students of any level. Content of the class is geared to each student's goals and interests. Students must bring their own instruments. Make-up lessons for missed lessons are to be arranged with the instructor. Thirty minute individual lesson times begin at 4 pm and the last one at 6:30.

Instructor: Drew Druckrey

Thur, Dec 2-Feb 10 (No Class Dec 23, 30)
30 minute private lesson 8 lessons - \$130

4709-W22A 4 pm
4709-W22B 4:30 pm
4709-W22C 5 pm
4709-W22D 5:30 pm
4709-W22E 6 pm
4709-W22F 6:30 pm
Kaposia Education Center

Thur, Feb 17-Apr 14 (No Class Mar 31)
30 minute private lesson 8 lessons - \$130

4708-W22A 4 pm
4708-W22B 4:30 pm
4708-W22C 5 pm
4708-W22D 5:30 pm
4708-W22E 6 pm
4708-W22F 6:30 pm
Kaposia Education Center



Piano Level 1 and 2 (Grades 2-5)

Group piano lessons are at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instruction and music book.

Instructor: Lori Lencowski

Mon, Jan 6-Mar 16 7:50-8:50 am
(No Class Jan 20, Feb 17, Mar 9)
4700-WS20A 8 sessions - \$72
Kaposia Education Center

Tues, Jan 7-Mar 3 7:10-8:10 am
4700-WS20B 8 sessions - \$72
Lincoln Center Elementary

Driver's Education



Our Driver's Education program is taught by certified licensed instructors. The course is approved by the State of Minnesota and meets all requirements for training anyone under the age of 18. The course includes 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The course fee includes classroom instruction, all materials and behind the wheel instruction. These classes will meet in person, the State of Minnesota has discontinued the online option for driver education.

Simley High School

Mon-Fri, Jan 31-Feb 15 3:45-6:45 pm
3300-W22A 10 sessions - \$375
No class Feb 4 & 11

Mon-Fri, Mar 21-Apr 8 3:45-6:45 pm
3300-W22B 10 sessions - \$375

Mon-Fri, May 23-Jun 7 3:45-6:45 pm
3300-W22C 10 sessions - \$375
No class May 27 & 30

South St. Paul High School

Mon-Fri, Feb 22-Mar 7 2:45-5:45 pm
4300-W22A 10 sessions - \$375
No class Apr 15

Mon-Fri, Apr 18-May 2 2:45-5:45 pm
4300-W22B 10 sessions - \$375
No class Apr 29

Two Rivers High School

Mon-Fri, Jan 3-Jan 14 3:15-6:15 pm
7302-W22A 10 sessions - \$375

Mon-Fri, Mar 7-Mar 18 3:15-6:15 pm
7302-W22A 10 sessions - \$375

(evening class)

Mon-Fri, Apr 18-May 2 6:15-9:15 pm
7302-W22A 10 sessions - \$375
No class Apr 29

Mon-Fri, May 9-May 20 3:15-6:15 pm
7302-W22A 10 sessions - \$375

Sports & Rec



Beginners Gymnastics (Ages 4-14)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnast must be potty trained and comfortable without parent in the gym.

Thur, Jan 13-Mar 3 7-8 pm
7921-WS22A 6 sessions - \$70
Central Square, SSP No class Jan 20, 27

Sat, Jan 15-Mar 5 11 am-12 pm
7921-WS22B 8 sessions - \$70
Central Square, SSP

Sat, Jan 15-Mar 5 12-1 pm
7921-WS22C 8 sessions - \$70
Central Square, SSP

Advanced Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

Sat, Jan 15-Mar 5 1-2 pm
7922-WS22A 8 sessions - \$70
Central Square, SSP

Spring Session

Spring session information is coming soon! For the latest updates, please check our website: www.sspps.org/centralsquare

Tumble Together (Ages 18mo-4yr)

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

Sat, Jan 15-Mar 5 8:15-8:45 am
7919-WS22A 8 sessions - \$55
Central Square, SSP

Sat, Jan 15-Mar 5 8:45-9:15 am
7919-WS22B 8 sessions - \$55
Central Square, SSP

Tumble Bees (Ages 3-4)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnast must be potty trained and comfortable without parent in the gym.

Thur, Jan 13-Mar 3 6-6:45 pm
(No Class Jan 20, 27) 6 sessions - \$49
7920-WS22A
Central Square, SSP

Sat, Jan 15-Mar 5 9:30-10:15 am
7920-WS22B 8 sessions - \$65
Central Square, SSP

Sat, Jan 15-Mar 5 10:15-11 am
7920-WS22C 8 sessions - \$65
Central Square, SSP

CheerAmerica (Ages 5-14)

Learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques and other skills involved in performances, competitions and school cheerleading team tryouts. The program also promotes improved coordination and physical fitness, personal esteem and working as cooperative team members with other children on the cheerleading squad. Please call Jeff Wood at CheerAmerica for pricing on pom poms and uniforms (optional) 952-997-7732.

Instructor: CheerAmerica

Tues, Feb 18-Apr 28 (Ages 5-8)
No Class March 10 6-6:45 pm
4800-WS20A 10 sessions - \$71
Kaposia Education Center

Tues, Feb 18-Apr 28 (Ages 9-14)
No Class March 10 7-7:45 pm
4800-WS20B 10 sessions - \$71
Kaposia Education Center

YOUTH

Act Prep

Online ACT Preparatory Course

Prepare for the ACT at your own pace and schedule. This is an excellent alternative for any student unable to attend in-school classes or for a student preferring to prepare for the ACT exam on their own, and study at their desired pace. You may repeat the course at no charge until you graduate from high school.

The online course will allow students to log-in for the course and proceed at their own pace. The course will be using Google Classroom to present the online course and it will be equivalent to the 12 hour classroom time. The course will use instructors' videos, voice-overs, illustrations, and slides that guide you through all of the testing areas of the ACT. You will also be able to communicate with the instructor when you have questions or concerns.

7300-W/SP22 12 hours - \$60
At-Home/Virtual Course At your own pace

4301-W22#777 12 hours - \$60
At-Home/Virtual Course At your own pace

3300-W22OL 12 hours - \$60
At-Home/Virtual Course At your own pace

In-School ACT Preparatory Course

Prepare for the ACT after school from an experienced instructor. This course consists of four, three-hour classes at your school. The course includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, English strategies and review, essay writing, reading comprehension, and math strategies and review. You will also have free access to the online course. Students who complete a course may repeat the course as often as they wish, free of charge using the online version. The fee for this course includes all class materials.

Tue, Feb 8-Mar 1 5:45-8:45 pm
3300-W22 4 sessions - \$150
Simley HS, IGH

Mon, Feb 28-Mar 21 5:45-8:45 pm
7301-Feb22 4 Sessions - \$150
Two Rivers HS, MH

Sat, Mar 5-Apr 16 8:30-11:30 am
4301-Wss#456 4 sessions - \$150
Central Square, SSP



Virtual ACT Prep Class

Prepare for the ACT online with a live instructor. This is an excellent alternative if you are unable to attend an in-school class, but still prefer the interaction with one of the Advantage Educational Programs' instructors. The Virtual ACT Prep Course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. You need to have an internet connection and a computer/tablet/smart phone. Instructions will be sent via email a few days before the course begins.

Sat, Jan 8-29 9 am-12 pm
4301-W22#908 4 sessions - \$150
At-Home/Virtual Course

Sat, Feb 5-26 9 am-12 pm
7301-FebVirtual 4 sessions - \$150
At-Home/Virtual Course

Sat, Mar 12-Apr 2 9 am-12 pm
3300-W22V3 4 sessions - \$150
At-Home/Virtual Course

Sat, May 1-22 9 am-12 pm
4301-W22#911 4 sessions - \$150
At-Home/Virtual Course

See more options online, search for ACT

SCHOOLAGE CARE

DISTRICT 197 SCHOOL-AGE CARE
West St Paul-Mendota Heights-Eagan



ISD 197

School Age Care Office: 651-403-8054
<https://www.isd197.org/resources/school-age-care>

Located in:

Garlough Environmental Magnet
Mendota Elementary
Moreland Arts & Health Sciences Magnet
Pilot Knob STEM Magnet
Somerset Elementary
Heritage Middle School
Friendly Hills Middle School

HOURS:

Monday - Friday
Mornings: 6:30 am until the start of the school day
Afternoons: After school until 6 pm
Non-School Days: 6:30 am-6 pm
Summer hours: 6:30 am-6 pm

SPARTAN KIDS' CARE
Inver Grove Heights Schools



Inver Grove Heights

School Age Care Office: 651-306-7502
www.spartankidscare.org

Located in:

Hilltop, Pine Bend and Salem Hills

HOURS:

Before pre-school: 6 am - Start of the school day
After pre-school: End of the school day-6 pm

KIDS' CHOICE SCHOOL AGE CARE
South St. Paul



South St. Paul

School Age Care Office: 651-306-3631
<https://www.sspps.org/schoolagecare>

Located in:

Kaposia Education Center
Lincoln Center

HOURS:

Monday-Friday
Mornings: 6:30 am until start of school day
Afternoons: After school until 6 pm
Non-School Days: 6:30 am-5:30 pm
Summer Hours: 6:30 am-5:30 pm

EARLY LEARNING

ECFE offers a variety of classes and activities designed especially for you and your child!

New baby? Join our free Baby Drop-in classes or request a home visit!

Registration for classes offered at Inver Grove Heights, South St. Paul and West St. Paul.



Inver Grove Heights ECCE

IGH Early Learning Center

3203 68th St E., Inver Grove Heights

651-306-7503

www.ighEarlyLearning.org

ECFE@isd199.org



South St. Paul ECCE

SSP Family Education Center

104 Fifth Avenue South

South St. Paul, MN 55075

651-457-9418

www.joinECFE.org



West St. Paul ECCE

Early Learning and Family Resource Center

1970 Christensen Ave

West St Paul, MN 55118

Main Office: 651-403-8390

Pilot Knob STEM Magnet School

1436 Lone Oak Rd

Eagan, MN 55121

www.isd197.org/schools

For Families with Children Birth through Pre-Kindergarten

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

ECFE Family Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits, currently held at our centers or virtually.

Get information and tips on YOUR daily needs, as well as those of your child. We will provide information you may need on baby care, child development, and community resources. We will bring a welcome package, check your baby's weight.



**Call us for more information or to schedule a visit.
We look forward to seeing you!**

Preschool Opportunities for Your Child

Preschool provides an environment that encourages each child to reach optimal social, intellectual, emotional, and physical growth. Children explore and discover as they build social and academic skills in a structured and playful environment. Caring, licensed teachers guide learning to foster readiness skills and prepare students for kindergarten.

A variety of options are available, including half day and all day. Call your district's preschool office or visit their website to find out about class openings still available for this school year.

Preschool Registration for 2022-2023

For children who were three or four-years-old on September 1, 2022

Registration for 2022-2023 classes will begin in mid-February. Visit www.tridistrictce.org or your school district website for more information available online at www.tridistrictce.org.



Join Our Mailing List

We serve families with children from birth to kindergarten enrollment. If you have a child in that age range and are not receiving our Early Learning brochures in the mail, please call to ensure that your child is included on the school district census. Once you sign up, we will send you our catalog filled with wonderful activities for you and your child.

Preschool Registration & Information

Inver Grove Heights 651-306-7503

South St. Paul 651-457-9418

West St. Paul 651-403-8353

Register for classes online at www.tridistrictce.org

Tuition

Fees for Preschool are listed in our Early Learning brochures or online at www.tridistrictce.org. Limited scholarships are available. Some classes are free.

Preschool Locations

Inver Grove Heights

651-306-7503
www.ighEarlyLearning.org

Salem Hills Elementary

5899 Babcock Trail E, IGH

Hilltop Elementary

3201 68th St E, IGH

IGH Early Learning Center

3203 68th St E, IGH

Pine Bend Elementary

9875 Inver Grove Trail, IGH

South St. Paul

651-457-9418
www.SSPpreschool.tridistrictce.org

Lincoln Center

357 Ninth Ave N, SSP

Kaposia Education Center

1225 First Ave S, SSP

4 year old Preschool Care available

Call 651-306-3631

West St. Paul, Mendota Hts, Eagan

651-403-8390
www.isd197.org/schools

Early Learning and Family Resource Center

1970 Christensen Ave., West St. Paul

Pilot Knob STEM Magnet School

1436 Lone Oak Rd., Eagan

Moreland Arts & Health Sciences Magnet School

217 Moreland Ave W, West St. Paul



What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

Calling all 3 year olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. And gives families resources to prepare for school success.

Make an appointment today!

Screening at 3 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by law. Earlier is better.

Call for information or to make an appointment:

Inver Grove Heights, District 199	651-306-7520
South St Paul, District 6	651-288-6897
West St Paul, Mendota Hts, Eagan, District 197	651-403-8363



FREE ACTIVE FUN FOR ALL AGES!

Our Summer Tour de Rec traveling program is expanding! This school year we invite youth and families to join us at local spots in the cities of West St. Paul & Mendota Heights. Staff will setup activities and provide equipment for youth and families to enjoy. There will be games, sports, crafts, and more!

First Thursday Every Month*

6-7pm | FREE | Drop-in - No Registration Needed

9/2 Garlough Park Picnic Shelter & Multi-Purpose Field | Corner of Charlton & Marie Ave, West St. Paul

10/7 West St. Paul Dome | 1655 Livingston Avenue, West St, Paul

11/4 Thompson County Park – Dakota Lodge | 1200 Stassen Lane, West St. Paul

12/9 (*2nd Thursday) Harmon Park Neighborhood Center | 230 Bernard Street W., West St. Paul

1/6 Southview Park | 275 Westview Drive, West St. Paul

2/3 Marie Park | 1780 Lilac Lane, Mendota Heights

3/3 Garlough Elementary School Gymnasium | 1740 Charlton Street, West St. Paul

4/7 Mendakota Park | 2171 Dodd Road, Mendota Heights

5/5 Mendota Elementary Gymnasium | 1979 Summit Lane, Mendota Heights



WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

WIC is a nutrition program that helps families eat well and stay healthy.

WIC offers:

- Nutrition information specific to your family's needs
- Healthy foods
- Breastfeeding education and support
- Referrals to other health and community programs

If you are pregnant, recently had a baby, or care for a child under age 5, you may qualify for WIC.

To apply or for more information call 952-891-7525 or text "dakotawic" to 85511.



Scan to apply online

Spring 2022 TEAS Test Preparation Classes

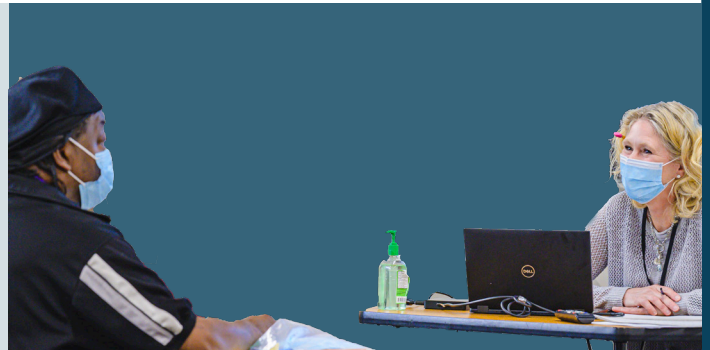
South Suburban Adult Basic Education (SSABE) and Inver Hills Community College are excited to offer a free course to assist you in your preparation for a career in nursing. This is a rigorous course that will prepare students for the TEAS test – and beyond.

Students will gain knowledge of the test content and structure, as well as build critical thinking skills and develop test-taking strategies.

The course is free! However, students will need to purchase the course study guide:
Official Study Manual for the ATI TEAS, 7th Edition

For information or to register, email
abe@sspps.org

Registration deadline is Wed, Jan 12.



Tues, Feb 1-Apr 19
11 sessions – Free
Central Square, SSP
*Required initial assessment on Tues, Jan 18 from 2-5 pm
2-4:30 pm
No class Mar 29

Thur, Feb 3-Apr 21
11 sessions – Free
Central Square, SSP
*Required initial assessment on Thur, Jan 20 from 2-5 pm
2-4:30 pm
No class Mar 31

SOUTH ST. PAUL PUBLIC SCHOOLS



- Personalized Whole-Child Focus
(academic, behavioral, social-emotional)
- IB World Schools District
(internationally-focused programming)
- Free Preschool for all 4-year-olds
- Career and College Readiness
Pathways and Programming
- Enroll anytime!



Passionate learners, positively changing our world

Learn more and enroll at www.sspps.org



@sspps6



@sspps6



@sspps6

West St. Paul-Mendota Heights-Eagan Area Schools

DISCOVER 197

★ Inspire ★ Nurture

★ Prepare

Together. We Thrive.

For enrollment information and forms, visit www.isd197.org/district/enrollment.
To reach the enrollment coordinator, email enrollment@isd197.org or call 651-403-7030.



Inspire, Innovate, & Excel with
Inver Grove Heights Schools

ENROLL TODAY

*Inver Grove Heights Early Learning Center
Hilltop Elementary School
Pine Bend Elementary School
Salem Hills Elementary School
Inver Grove Heights Middle School
Simley High School*

Enroll students in ISD 199 at any time! Enroll online at www.isd199.org/enroll now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights.

Visit www.isd199.org/enroll or call 651-306-7825 with questions and for more information.

South St Paul

Central Square

- 100 Seventh Ave N, SSP
- Adult Basic Education
 - Community Education Office
 - Senior Center

District Office

104 Fifth Ave S

Family Education Center

104 Fifth Ave S

South St. Paul High School

700 Second St N

Lincoln Center

357 Ninth Ave N

Kaposia Education Center

1225 First Ave S

Inver Grove Heights

Early Learning Center

3203 68th St E

District Office - Community Ed Office

2990 80th St E

Hilltop Elementary School

3201 68th St E

Simley High School

2920 80th St E

IGH Middle School

8167 Cahill Ave

Salem Hills Elementary School

5899 Babcock Trail E

Pine Bend Elementary School

9875 Inver Grove Trail

Veteran Memorial Community Center

8055 Barbara Avenue

WSP-MH-Eagan

Community Education Office (Aquatic Center)

1897 Delaware Ave, Mendota Heights

Friendly Hills Middle School

701 Mendota Heights Road, Mendota Heights

Heritage Middle School

121 West Butler Ave, West St Paul

Garlough Environmental Magnet School

1740 Charlton Street, West St Paul

Mendota Elementary School

1979 Summit Lane, Mendota Heights

Moreland Elementary School

217 W Moreland Ave, West St Paul

Pilot Knob Elementary School

1436 Lone Oak Road, Eagan

Somerset Elementary School

1355 Dodd Road, Mendota Heights

Thompson Park Activity Center

1200 Stassen Lane, West St Paul

Early Learning & Family Resource Center

1970 Christensen Ave, West St Paul

Two Rivers High School

1897 Delaware Ave, Mendota Heights

Facility Use

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

IGH: Go to <https://www.tridistrictce.org/facility-use>. You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address above.

SSP: Go to <https://www.tridistrictce.org/facility-use>. You may also call 651-306-3632 or stop by the facility scheduler's office at 100 Seventh Ave N in South St Paul. Permits must be completed online or printed, completed and submitted to the scheduler at the address above.

WSP-MH-Eagan: Go to <https://www.isd197.org/community/facilities-rental>. You may also call 651-403-8520 or stop by the facility scheduler's office at 1897 Delaware Ave in Mendota Heights.

REGISTRATION

Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes. Please contact your district for information.

Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

Need more information?

See page 3 for program contact information. **Give us a call. We're happy to assist you!**



Adult Programs are open to everyone age 15 and older
unless otherwise noted.

Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be deducted if you must cancel a class. No refunds are issued after the first class session.

Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number.

Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.



UCare members may be eligible for a \$15 discount on most classes in this catalog. If a class is less than \$15, the member may take the class free of charge. UCare for Seniors and EssentiaCare members may take one \$15 discount per class per calendar year. Members must be a UCare member at the time of the registration, and throughout the duration of the class. Members need to include their UCare ID numbers when registering. Some restrictions may apply. For more information, call 612-676-3351.

*UCare Choices and Fairview Choices members are not eligible for the \$15 class discount.



Register

Online

tridistrict.ce.eleyo.com

This secure site is available
24/7 and accepts Visa,
MasterCard and Discover.

By Phone

IGH: 651-306-7502

SSP: 651-306-3632

WSP-MH-Eagan:

651-403-8520

In Person

8 am-2:30 pm, Mon-Fri

Visit us at the addresses
below

By Mail

IGH

Community Education
2990 80th St E,
Inver Grove Hgts, MN 55076

WSP, MH, and Eagan

Community Education
1897 Delaware Ave,
Mendota Heights, MN 55118

SSP

Community Education
Central Square
100 7th Ave N
South St. Paul, MN 55075

3 Ways to Pay

✓ Credit Card



✓ Check

Make checks payable to TriDistrict
Community Education

✓ Cash

If using cash, please
register in person.

Community Education Registration

Formulario de Registro de Educación Comunitaria

Full Name: _____ Grade (If applicable): _____
Nombre Completo Grado (si aplica)

Address: _____
Dirección

City: _____ Zip: _____
Ciudad Código postal

Phone: _____ Cell Phone: _____
Teléfono de casa Teléfono móvil

Email: _____ ucare Member ID: _____
Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: _____
Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.
Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.
Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth ____/____/____
Fecha de Nacimiento

Gender: ☐ Male ☐ Female
Género Masculino Femenino

Race: ☐ Asian ☐ Black/African American ☐ American Indian/Alaska native ☐ Latino/Hispanic
Raza
☐ Native Hawaiian/other Pacific Islander ☐ White ☐ Two or more races ☐ Other

Complete if Paying by Credit Card: ☐ Visa ☐ MasterCard ☐ Discover
Complete si va a pagar con tarjeta de crédito:

Card Number: _____ - _____ - _____ - _____ Expiration Date: ____/____/____
Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: _____ Amount \$: _____
Titular de la tarjeta de crédito Cantidad

Signature: _____ Date: _____
Firma Fecha

Mail-in registrations are not guaranteed. Registrations are taken on a first come, first served basis.

Independent School District 197
TriDistrict Community Education
1897 Delaware Ave.
Mendota Heights, MN 55118

ECRWSS
Postal Patron

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2015



WILL YOU BE MY LIFESAVER?



FREE HANDS ONLY CPR CLASS

Got a minute? That's all you need to learn how to save someone's life with hands-only CPR. This free, non-certification training class teaches people how to perform hands-only CPR on a cardiac arrest victim while waiting for first responders to arrive and how to use an Automated External Defibrillator (AED).

Open to ages 15+ (an adult or guardian must be present with participants age 15-17). The training is not a certification course and will not qualify you for a CPR certificate.



Tuesday, February 22

5115-W22A

6:30-7:15 PM

5115-W22B

7:30-8:15 PM

Simley High School, IGH

