



# TriDistrict

COMMUNITY EDUCATION

# WINTER-SPRING 2023

JANUARY - APRIL

IT'S NEVER TOO LATE TO LEARN SOUTH SUBURBAN  
ADULT EDUCATION (ABE) IS FOR YOU. PAGE 37

TAKE A TRIP WITH US! PAGES 34-35

PARA OBTENER INFORMACIÓN EN  
ESPAÑOL, IR A LAS PÁGINAS 54 Y 55

Serving Residents of the Inver Grove Heights,  
West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts

# TRIDISTRICT COMMUNITY EDUCATION

## ADULT ENRICHMENT

Culinary Arts .....	4
Creative Arts.....	5
Money .....	6-7
Technology.....	7
Special Events.....	8
Dance & Fitness.....	9
Get Fit at Central Square .....	10-12
Wellness, Health & Safety .....	13-15

## ADULTS WITH DISABILITIES

Access Project .....	16-17
----------------------	-------

## ADULTS 55+

Central Square Community Center .....	18-21
IGH Veterans Memorial Center.....	22-23
Thompson Park Activity Center .....	24-33
Trips and Tours.....	34-35
Drivers Safety.....	36

## ADULT EDUCATION (ABE) 37

## FAMILY PROGRAMS 38-39

## YOUTH PROGRAMS

Drivers Education & ACT Prep.....	40
SSP Gymnastics .....	41
Activities.....	42-45
Aquatics.....	46-47

## SCHOOL AGE CARE 48

## EARLY LEARNING PROGRAMS

IGH, District 197, SSP .....	50-53
------------------------------	-------

## ADULT EDUCATION (ABE) - ESPAÑOL 54

## SCHOOL AGE CARE - ESPAÑOL 55

## GENERAL INFORMATION

Locations, Facilities .....	57
Registration.....	58-59

### For Spanish Translation Call

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH: Patricia Nix	651-306-7862
SSP: Tere Castellanos	651-306-3644
WSP: Mary Pirela	651-403-7735



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

## WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.

### Follow us on:



@TRICOMMUNITYED



@TRICOMMUNITYED



@TRIDISTRICT\_COMMUNITYED

### Email updates for new classes

Sign up for our E-news online at [www.tridistrictce.org](http://www.tridistrictce.org) to get information on upcoming classes and events.

## Contact Us

### Adult Enrichment

IGH .....	651-306-7502
SSP .....	651-306-3632
ISD197 .....	651-306-3645

### Adults 55+

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

### Adult Education (ABE)

Linda .....	651-306-3632
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### Access Project

TriDistrict.....	651-306-3645
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### Early Learning

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

### School Age Care

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

### Youth

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



IDENTIFIES AN ONLINE CLASS





## FITNESS

### CURIOUS ABOUT PICKLEBALL?

It is a hybrid of badminton, tennis, and table-tennis, a 3-in-1 game.

Page 9 & 22



## ADULTS 55+

### LOOKING FOR DAYTIME ACTIVITIES?

Central Square Community Center, Inver Grove Heights Veterans Memorial Center, and Thompson Park Activity Center have a variety of classes and activities.

Pages 18-33



## ADULT ENRICHMENT

### JOIN US FOR A NEW WELLNESS EXPERIENCE!

Experience an immersive, meditative, and awe-inspiring Japanese forest bathing walk (Shinrin Yoku).

Page 14



## FINANCES

### TIME FOR A FINANCIAL CHECK UP

Taxes in Retirement, Stretch Your Dollar, Charitable Planning, Selling Your Home  
See all our classes on pages 6 & 7





## Beginning Sewing

This class is for individuals who have little or no experience using a sewing machine. Hands-on instruction will be given on threading a sewing machine, fabrics, and notions. If your goal is to sew a quilt, make crafts, or follow a pattern, this class is for you. All necessary equipment and supplies are provided. You are welcome to bring your own sewing machine with its manual, or use the sewing machine that is provided for each participant.

**Instructor:** Eileen Gaede

Tues, Jan 17 6-9 pm  
6004-W23 1 session - \$10  
Two Rivers HS, MH

## Knitting: Winter Studio

Now that the weather is getting colder, it's time to get out the knitting projects you stashed away. Winter is the perfect time to curl up with a good ball of yarn. This workshop is a time to relax and work on a new project. This class is open to knitters of all skill levels.

**Instructor:** Suzanne Ross

Tues, Jan 24-Feb 28 6:30-8:30 pm  
7012-W23A 5 sessions - \$30  
Central Square, SSP  
No class Feb 14

Tues, Mar 14-Apr 18 6:30-8:30 pm  
7012-W23B 5 sessions - \$30  
Central Square, SSP  
No class Mar 28



## Knitting: Stylish Short Rows

Knit a fashionable hat without using circular or double-point needles. This hat uses short-rows to create the design and shaping. In addition to learning German Short Rows, you will also add provisional cast-on and garter stitch grafting to your repertoire of knitting skills. The pattern is included in the class fee. Information about yarn and needle requirements will be sent prior to the first class.

**Instructor:** Suzanne Ross

Thur, Jan 26-Feb 16 6:30-8:30 pm  
5011-W23 3 sessions - \$30  
Inver Grove Heights MS, IGH  
No class Feb 9

## Bob Ross Landscape Oil Painting with Mike T

Learn the Bob Ross Oil Painting technique to create your own landscape painting. You will be painting mountains, rivers, lakes, trees, bushes, and sunsets on a 20"x16" canvas to take home for yourself or give as a gift to family or friends. All supplies are included. Bring your own smock/apron.

**Instructor:** Mike Tischendorf

Wed, Mar 8 5:30-8:30 pm  
6003-W23 Golden Mountain 1 session - \$65  
Two Rivers HS, MH

Thur, May 3 5:30-8:30 pm  
6003-W23 Fire Lake 1 session - \$65  
Two Rivers HS, MH

## Colorful Glass Mosaic Suncatcher or Candle Holder

Learn to design a colorful suncatcher mosaic or table lamp with beautiful precut glass, and stencils (if needed) in two fun evenings with some homework. Supply fees range from \$18 to \$40 depending on the project, and are due at class.

**Instructor:** Lindsey Guetter

Thur, Mar 9-16 6-9 pm  
5001-W23 2 sessions - \$40  
Inver Grove Heights MS, IGH

## Custom Glass Mosaic Sign or Table

Glass mosaic sounds like a fancy, difficult art form. However in this class, you will learn how fun and easy it can be while creating a table top or sign. Look through the idea book, browse patterns and stencils, and choose from dozens of colors of precut glass. Sign ideas include welcome, house number, last name, or state of MN. Signs vary in size and are \$16-40 each. Tables are 16"x16"x16" for \$65 each. These additional supply fees are due at class.

**Instructor:** Lindsey Guetter

Mon, Apr 3-10 6-9 pm  
5000-W23 2 sessions - \$40  
Inver Grove Heights MS, IGH

## Caponi Art Presents: Birch Tree Resist Paintings

Picture your favorite season. What do you see? Colorful leaves cascading from the trees or buckets of snow falling from the sky? Participants will be guided through the painting process and produce a beautiful piece that is sure to be the talk of your next gathering. Prior to beginning the art project, participants will be introduced to some art terms and techniques related to the project.

**Instructor:** Erin Stahl

Fri, Apr 21 6-7:30 pm  
6015-W23 1 session - \$29  
Two Rivers HS, MH

## Writing Your Own Will

Learn about estates and wills, then prepare a legal will in class. Class will have a professionally prepared form, with access to witnesses, and a notary public. The will form is designed for individual use; couples cannot share this form. This class is appropriate for those who have an estate of less than \$2,000,000 including life insurance, and do not own a business. All participants must register individually. Please bring a valid ID for the notarization. You will receive an email prior to class to review information.

**Instructor: Kristin Davis**

Tues, Jan 10 6-8:30 pm  
6010-W23 1 session - \$50  
Two Rivers HS, MH

## Boss of Your Life

Move from autopilot to full engagement in your journey towards financial well-being. This course teaches how to apply business principles to your household finances. Learn how to create goals, set action steps, and monitor progress to reach your ambitions. Real life strategies and tactics are available for how to turn financial dreams into reality. The class is sponsored by Neighbors, Inc. Financial Empowerment.

**Instructor: Jenny Sanford**

Thur, Jan 26 7-8 pm  
7010-W23 1 session - Free  
Central Square, SSP



## Selling Your Home Successfully

Explore steps to take to sell your home successfully during the Twin Cities selling cycle. Learn the best months of the year to list/sell your home to get top dollar and why. Review the top ten things you should do to get your home ready to sell. Discuss points to consider when selling and buying a home at the same time. Find out if the Twin Cities is a seller's market and how that affects you. Take home a flash drive loaded with all of the information covered in class.

**Instructor: Wendy Carson**

Tues, Feb 7 6:30-8 pm  
5006-W23 1 session - \$12 per person  
Inver Grove Heights MS, IGH

## Charitable Planning Tools for Your Legacy

In 2018 the Individual and Married Standard Deduction amounts essentially doubled to \$12,000 and \$24,000. For many families this eliminated the tax-incentive for charitable giving. In this class, participants will become familiar with charitable legacy tools such as Charitable Lead Trusts, Charitable Remainder Trusts, Private Foundations, Donor Advised Funds, and Life Insurance gifting. Questions are welcome in this open-forum seminar.

**Instructor: Steve Ledin**

Wed, Feb 8 6:30-8:30 pm  
8000-W23 1 session - \$12



## 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 realtor. Additional class content includes how the market affects your purchasing power, what happens with a home inspection, why to perform a home inspection, the importance of a walk through before closing, and what happens at closing. A flash drive with the information covered in class will be provided to take home.

**Instructor: Wendy Carson**

Mon, Feb 13 6:30-8 pm  
5007-W23 1 session - \$12  
Inver Grove Heights MS, IGH

## Money Fit-Stretch Your Dollar

Be a part of a great conversation about saving money and stretching your dollar. Learn skills and strategies to make room for the most important things for your family. This interactive class is sponsored by Neighbors, Inc. Financial Empowerment.

**Instructor: Jenny Sanford**

Thur, Feb 16 7-8 pm  
7009-W23 1 session - Free  
Central Square, SSP

## Medicare Basics

This class will help you understand Medicare Parts A, B, C, & D, and covers how a Medicare Supplement Plan or Part C (Advantage Plan and/or Medicare Savings Account) can help. This class will help take the confusion out of Medicare, outlining which medical costs are covered and which are not. There will be time at the end to answer individual questions. This class is educational only.

**Instructor: Jordan Draper**

Tues, Feb 21 6-7:15 pm  
7011-W23A 1 session - Free  
Central Square, SSP  
Thur, Apr 13 6-7:15 pm  
7011-W23B 1 session - Free  
Central Square, SSP





### Write Your Own Power of Attorney & Healthcare Directive

Everyone should have a health care directive and a power of attorney whether you are 18 or 80. Without these important documents, it can be difficult for your loved ones to get health care information, make health care decisions on your behalf, or handle your financial affairs if you should become incapacitated. Receive instructions and professionally prepared forms, and have access to witnesses and a notary public. You must bring your driver's license or state ID for identification. This class is a great supplement to the Writing your Own Will class.

**Instructor:** Kristin Davis

Tues, Mar 14 6-8:30 pm  
6011-W23 1 session - \$50  
Two Rivers HS, MH

### You're the Executor, Trustee, Attorney-in-Fact or Healthcare Agent...What Now?

Learn and discuss the roles, responsibilities, and liabilities for the appointed Executor, Trustee, Power of Attorney, Healthcare Agent, or guardian in Minnesota. This class is invaluable for those trying to decide whom to appoint, as well as for those asked to take one of these legal roles. Discussion includes common experiences and pitfalls, covering questions like: What is involved in opening an estate? How much court time is required? What is involved in closing the probate and preparing the final accounting? If you have questions, Steve has answers.

**Instructor:** Steve Ledin

Tues, Mar 14 6:30-8:30 pm  
8001-W23 1 session - \$12



### Basic Estate Planning

Learn from an experienced attorney why people have an estate plan in place. Learn about Wills, Trusts, Powers of Attorney, and Health Care Directives as well as the reasoning and language behind each document.

**Instructor:** Christopher Kradle

Wed, Apr 5-19 6:30-7:30 pm  
5005-W23 3 sessions - Free  
Inver Grove Heights MS, IGH

### What Happens After the Paychecks Stop?

In this retirement income primer course, learn how to budget for retirement expenses, discuss potential sources of retirement income, and explore potential risks such as Long Term Care and health care costs.

**Instructor:** Jack Reed

Tues, Apr 11 7-8:30 pm  
5004-W23 1 session - \$12  
Inver Grove Heights MS, IGH

### Taxes in Retirement

Understand how different sources of retirement income are taxed so you can get more bang for your buck in retirement. Class content includes 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, and how the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes.

**Instructor:** Rolf White

Thur, May 4 6:30-8 pm  
5010-W23 1 session - \$12  
Inver Grove Heights MS, IGH



### Create Your Own YouTube Channel

Learn the basics to create your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts, and more with the world and your audience. This class will walk you through a step-by-step process so that you can get started today.

**Instructor:** Social Club Simple

Tues, Feb 7 12-1 pm  
8007-W23 1 session - \$25



### Photo Organization: Print & Digital

Organized photos give you peace of mind. Develop a system to get every printed photo, digital photo, and all of your memorabilia organized once and for all. Learn about scanning for slides, movies, prints, backing up, cloud storage and scanners. You will leave with a plan for a system that allows you to access all of your photos.

**Instructor:** Kathy Povolny

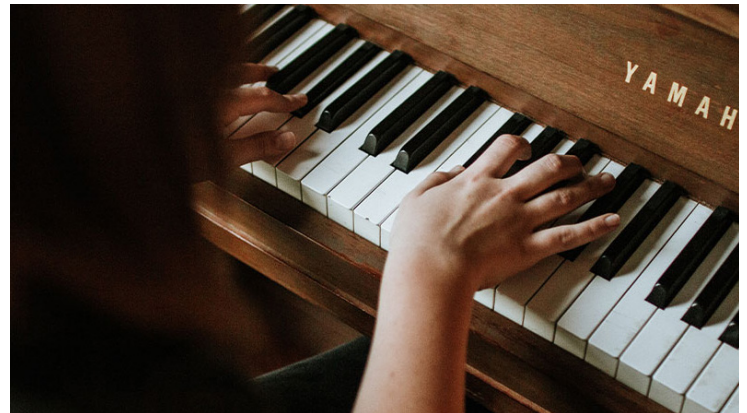
Thur, Feb 23 6:30-8:30 pm  
5012-W22 1 session - \$24  
Inver Grove Heights MS, IGH

## Conversational Spanish: Beginner Part II

Keep up the momentum in your language journey with Beginner Spanish Part Two. You will continue with practical conversational components and builder phrases. Learn small conversations such as asking and giving directions, and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates, months, days of the week, and family vocabulary along with the verbs ser and tener conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Applicable to new students and previous Beginner Part 1 Spanish participants.

**Instructor: Futura Language Professionals**

Mon, Feb 20-Mar 27	6-7 pm
8004-W23A	6 sessions - \$118
Tues, Feb 21-Mar 28	6-7 pm
8004-W23B	6 sessions - \$118



## Instant Piano for Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals play-using chords. Topics include how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid counting, and how to simplify complex 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**

Mon, Mar 13	6:30-9:30 pm
8003-W23	1 session - \$59



## Conversational Spanish: Intermediate Part II

¿Quieres hablar más Español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities in the language. Real life scenarios will be introduced and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with ER & IR verbs, hobbies, sports, and workplace vocabulary in Spanish. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish Part 2 conversation participants.

**Instructor: Futura Language Professionals**

Wed, Feb 22-Mar 29	6-7 pm
8004-W23	6 sessions - \$118



## Conversational Spanish: Advanced Part II

¿Quieres ampliar tu Español? Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions. Applicable to students who completed Advanced Spanish Part I or have had more than two years of the Spanish language.

**Instructor: Futura Language Professionals**

Thur, Feb 23-Mar 30	6-7 pm
8006-W23	6 sessions - \$118



## Instant Guitar for Busy People

In just a few hours you can learn to play the guitar, without needing private lessons. This crash course covers some basic chords to get you playing along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to sit at home with your guitar without the pressure of playing in front of others. 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. Appropriate for ages 13 to adult.

**Instructor: Craig Coffman**

Tues, Mar 14	6:30-9:30 pm
8002-W23	1 session - \$59





## Let's Tap Dance 1

If you took dance as a child, took a few dance classes along the way but need a refresher, or if you've always wanted to tap dance, you are welcome to join this beginner class.

**Instructor: Stephanie Stockton**

Wed, Jan 11-Apr 26 6:45-7:45 pm  
7007-W23 16 sessions - \$93  
Central Square, SSP

## Let's Tap Dance 2

If you have mastered the basics of tap dance, have been working on time steps and are ready for a faster pace, or are looking for more challenging choreography, this class is for you.

**Instructor: Stephanie Stockton**

Wed, Jan 11-Apr 26 5:30-6:30 pm  
7008-W23 16 sessions - \$93  
Central Square, SSP



## Pickleball

Have you been wanting to try the increasingly popular sport of pickleball, or want to continue your game in the winter? Here's your chance. Four courts will be taped off with pickleball dimensions. This is open house style, so you may arrive at any time. Players are encouraged to rotate through, or pair up with others so everyone has a chance to play in a timely fashion. Nets are provided, but limited paddles and balls are available. Please bring your own equipment if you have it.

Wed, Jan 11-Mar 1 6:30-8:30 pm  
6006-W23 8 sessions - \$45  
Somerset Elementary, MH

## 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 19 6:30-8:30 pm  
5002-W23 1 session - \$38 per couple  
Simley HS, IGH

## Romantic Dance for Two Workshop

Add a touch of romance to your week and a bit of spice to winter. Class covers simple, romantic moves you can feel comfortable with in any setting. You'll be spinning, turning, and twirling together before you know it. By the end of the night, you won't want to leave. Couples only please.

**Instructor: Monica Mohn**

Mon, Feb 6 6:30-8:30 pm  
5003-W23 1 session - \$38 per couple  
Simley HS, IGH



## Two Left Feet Dance Workshop

Convinced that you have two left feet and that dancing is not meant for you? It would be helpful to know a few steps. This class is just one night and geared for beginners. You will learn fun moves with simple tips to have you out on the dance floor in no time. Perfect for weddings, special events, or just plain fun. Couples only please.

**Instructor: Monica Mohn**

Mon, Mar 6 6:30-8:30 pm  
5009-W23 1 session - \$38 per couple  
Simley HS, IGH

## Yin Yoga for Deep Relaxation

Rejuvenate your body with Yin Yoga postures that target your body's deep connective tissues while promoting a quiet and relaxed mind. Yin Yoga postures are held longer than traditional yoga poses allowing a healthy flow of energy throughout the body. Please wear comfortable clothing, a yoga mat, a blanket, and a bolster or large pillow.

**Instructor: Amanda Keck-Bodger**

Mon, Mar 6-Apr 17 6:30-7:45 pm  
6005-W23 6 sessions - \$78  
Two Rivers HS, MH  
No class Mar 27

## Adult Water Fitness

See Central Square and District 197 Aquatics on pages 46-47 for lap swim and water fitness classes.

## Virtual Fitness Classes - 9013-W23

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

CENTRAL SQUARE				
Virtual Fitness Class Schedule				
MON	TUE	WED	THU	FRI
Strength Cardio 8:30 am Senior Yoga 9:30 am		Strength Cardio 8:30 am Senior Yoga 9:30 am Yoga 5 pm Strength Cardio 6 pm	Yoga 8:30 am Senior Strength Cardio 9:30 am	Strength Cardio 5:30 pm
	SAT		SUN	
	Strength Cardio 8 am Yoga 9 am		Strength Cardio 9 am	

### Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

*Instructors: Dana Schulte, Terie Hanson, and Rita Wurm*

### 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.

*Instructor: Terie Hanson*

### 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.

*Instructor: Terie Hanson*

### 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.

*Instructor: Terie Hanson*

### Fees

- 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

## Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to [JAZZERCISE.COM](http://JAZZERCISE.COM) and look for Central Square.



## HIIT Boot Camp

Are you ready for some HIIT Boot Camp?! Come join us for a fun filled class with a combination of High Intensity Interval Training and Boot Camp moves and drills! This class will utilize a variety of equipment and will accommodate all fitness levels!

*Instructor: Michelle Richter*

Mon, Jan 2-Feb 27  
9018-W23A  
Central Square, SSP  
No class Jan 16 & Feb 20

5:30-6:30 pm  
7 sessions - \$43.75 adult,  
\$17.50 senior (65+)

Mon, Mar 6-Apr 24  
9018-W23B  
Central Square, SSP

5:30-6:30 pm  
8 sessions - \$50 adult,  
\$20 senior (65+)

## 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 2-Feb 27  
9010-W23A  
Central Square, SSP  
No Class Jan 16 & Feb 20

6:30-7:30 pm  
7 sessions - \$43.75 adult,  
\$17.50 senior (65+)

Mon, Mar 6-Apr 24  
9010-W23B  
Central Square, SSP

6:30-7:30 pm  
8 sessions - \$50 adult,  
\$20 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**



## Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results.

**Instructors:** Rita Wurm/Jina Digaetano

Mon, Jan 2-Feb 27 6:30-7:30 pm  
 9000-W23A 7 sessions - \$43.75 adult,  
 Central Square, SSP \$17.50 senior (65+)  
 No class Jan 16 & Feb 20

Mon, Mar 6-Apr 24 6:30-7:30 pm  
 9000-W23B 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)

## 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 3-Feb 28 5:30-6:30 pm  
 9015-W23A 9 sessions - \$56.25 adult,  
 Central Square, SSP \$22.50 senior (65+)

Tues, Mar 7-Apr 25 5:30-6:30 pm  
 9015-W23B 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)



## 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 10-Feb 28 6:30-7:30 pm  
 9016-W23A 7 sessions - \$43.75 adult,  
 Central Square, SSP \$17.50 senior (65+)  
 No class Feb 7

Tues, Mar 14-Apr 25 6:30-7:30 pm  
 9016-W23B 6 sessions - \$37.50 adult,  
 Central Square, SSP \$15 senior (65+)  
 No class Apr 4

**Drop-in - \$8 adult, \$4 senior (65+)**



## 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 3-Feb 28 5:15-6:15 am  
 9009-W23A 9 sessions - \$56.25 adult,  
 Central Square, SSP \$22.50 senior (65+)

Wed, Jan 4-Feb 22 4:30-5:30 pm  
 9009-W23B 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)

Thur, Jan 5-Feb 23 5:15-6:15 am  
 9009-W23C 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)

Wed, Mar 1-Apr 26 4:30-5:30 pm  
 9009-W23D 9 sessions - \$56.25 adult,  
 Central Square, SSP \$22.50 senior (65+)

Thur, Mar 2-Apr 27 5:15-6:15 am  
 9009-W23E 9 sessions - \$56.25 adult,  
 Central Square, SSP \$22.50 senior (65+)

Tues, Mar 7-Apr 25 5:15-6:15 am  
 9009-W23F 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)

## Tuesday 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

Tues, Jan 3-Feb 28 6:30-7:30 pm  
 9014-W23A 9 sessions - \$56.25 adult,  
 Central Square, SSP \$22.50 senior (65+)

Tues, Mar 7-Apr 25 6:30-7:30 pm  
 9014-W23B 8 sessions - \$50 adult,  
 Central Square, SSP \$20 senior (65+)

## 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: Michelle Richter**

Wed, Jan 4-Feb 22	6:30-7:30 pm
9006-W23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Mar 1-Apr 26	6:30-7:30 pm
9006-W23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

## 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 5-Feb 23	5:30-6:30 pm
9008-W23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thur, Mar 2-Apr 27	5:30-6:30 pm
9008-W23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)



## 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 a yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation.

**Instructor: Rita Wurm**

Thur, Jan 5-Feb 23	6:30-7:30 pm
9011-W23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thur, Mar 2-Apr 27	6:30-7:30 pm
9011-W23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)



## Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes 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 6-Feb 24	6-7 pm
9003-W23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Fri, Mar 3-Apr 28	6-7 pm
9003-W23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

## SSP POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. POUND® is for ANYBODY in ANY body!

**Instructor: Amelia Berry**

Sat, Jan 7-Feb 25	11:15 am-12 pm
9799-W23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Sat, Mar 4-Apr 29	11:15 am-12 pm
9799-W23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

SSP COMMUNITY EDUCATION AT CENTRAL SQUARE

## TRY ONE FREE FITNESS CLASS

EXPIRES 1-31-23

\*EXCLUDES JAZZERCISE



CENTRAL SQUARE  
COMMUNITY CENTER

100 7TH AVE N. SOUTH ST. PAUL  
COMMUNITYED.SSPS.ORG  
651-306-3632



### Hypnosis: Weight Loss-Stop Smoking/ Chewing Tobacco

Join for one or both sessions! The weight loss session will eliminate food cravings, snacking and overeating. Attend the smoking/chewing cessation to quit without weight gain or withdrawal. Dress comfortably and bring a pillow and blanket. The fee includes the class 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. After the introduction, smokers will have a 40 minute break off the school grounds to smoke their last cigarettes. 6 pm: Introduction for both classes, 7 pm: Weight Loss Hypnosis, and 8 pm: Stop Smoking/Chewing Tobacco Hypnosis  
*Instructor: Dr. Mary Fischer*

Tues, Jan 24 6 pm, 7 pm and 8 pm (see above)  
6013-W23 1 topic \$60, 2 topics \$120  
Two Rivers HS, MH



### Circle of Security Parenting

All parents want to develop positive, secure relationships with their children. Learn strategies to understand your needs while strengthening the parent/child relationship. Circle of Security Parenting is a relationship-based program that explores the connections between parental experiences and how this transfers into the relationship with your child. Through this program, you will learn ways to understand your children’s needs, support their emotional development, and boost their self-esteem using the most important resource; you. This course is for parents and caregivers of young children ages birth-six years of age. Appropriate for parents/caregivers ages 15 to adult.

*Instructor: Krystle Holliday*

Sat, Jan 7-Feb 25 10-11:30 am  
7012-W23 8 sessions - \$300  
Central Square, SSP

### Know Your Muslim Neighbor

This class is focused on providing information about community members who practice Islam. Class covers the basic Islamic belief system and educates about commonalities and differences. It is geared toward honest discussion with ample time for Q & A. There is often curiosity about the lifestyle of Muslims but no platform to ask and learn. This class strives to fill that gap.

*Instructor: Mashood Yunus*

Wed, Feb 8 6-8:30 pm  
7013-W23 1 session - Free  
Central Square, SSP

### What is Facism?

In this time of divided national and global politics, few terms are as easily thrown about as “fascist.” But what is fascism? Historians, political scientists, politicians, journalists, activists, and the general public have been struggling with this question for a hundred years and have come to a few broadly accepted definitions. This academic course will focus on historical fascist movements and governments in Italy, Germany, Spain and Japan from the end of World War I to the end of World War II.

*Instructor: Matthew Wright*

Wed, Feb 22-Mar 22 7:30-9 pm  
5008-W23 5 sessions - \$75  
Inver Grove Heights MS, IGH



### Acupressure to Relieve Stress, Anxiety & Insomnia

Acupressure is an ancient healing art and self-help tool. It can offer great relief without side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the nine Master Pressure Points which are the most helpful and commonly prescribed to assist every system in your body.

*Instructor: Janice Novak*

Thur, Mar 9 6-7:30 pm  
8008-W23 1 session - \$30



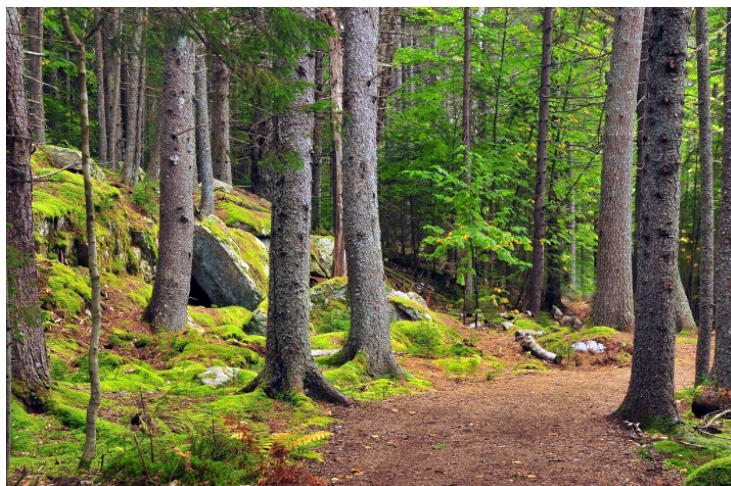
## How to Publish Your Book Without Going Broke

So, you've written a book. Now what? Learn how to prepare your manuscript for publishing, the business of selling your books, and some tips on marketing and promotion. Experience hands-on learning as you prepare your manuscript and cover in Microsoft Word, set up a Kindle Direct Publishing account, upload your files, and publish your book on Amazon. Guide book included.

**Instructor: June Anderson**

Thur, Mar 30 6:30-8 pm  
8009-W23A 1 session - \$45

Tues, Apr 4 6:30-8 pm  
8009-W23B 1 session - \$45



## Shinrin Yoku-Forest Bathing

Experience an ancient wellness practice being rediscovered anew in the 21st century. Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience; Shinrin Yoku. Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety as well as enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of our metro area's green forested spaces.

**Instructor: David Motzenbecker**

Sat, Apr 23 9-11 am  
8010-W23 1 session - \$45

Cottage Grove Ravine Regional Park  
9653 Keats Ave S, Cottage Grove

## Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention. Bring a notebook and pen for taking notes.

**Instructor: Lily McNamara**

Tues, Feb 7 6:30-8:30 pm  
7447-W23 1 session - \$45

Central Square, SSP

## Basics of Mindfulness and Meditation

Do you think you're bad at meditation, that you just can't do it? Not true, you just haven't learned the right combination of technique and style. In class you'll learn what mindfulness is and how to achieve it. Also a solid foundation of what your personal style of meditation is for you through a series of exercises and experiences to compare and contrast.

**Instructor: Lily McNamara**

Tues, Apr 4 6:30-8:30 pm  
7444-W23 1 session - \$45

Central Square, SSP

## Meet Your Spiritual Guide Meditation

Have you ever wondered who has your back? Who can you turn to when there is no one? We all have Spiritual Guides who are there to help support us and protect us. Come and learn more about them. Through guided meditation meet one of your own spirit guides. There will be an opportunity to journal your experience, followed by a Q&A after the meditation.

**Instructor: Lily McNamara**

Tues, Mar 7 6:30-8:30 pm  
7446-W23 1 session - \$45

Central Square, SSP

## Past Life Workshop

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Bring a notebook and pen for taking notes.

**Instructor: Lily McNamara**

Tues, Jan 3 6:30-8:30 pm  
7445-W23 1 session - \$45

Central Square, SSP



### Instant Piano for Hopelessly Busy People (13+)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction. Topics included: How Cords in songs work, How to get more out of sheet music, how to form the three main types of cords, How to handle different keys and time signatures, how to avoid counting, and how to simplify over 12,000 complex chords.

**Instructor: Craig Coffmen**

Mon, Mar 27 6:30-9:30 pm  
4755-W23 \$59



### Instant Guitar for Hopelessly Busy People (13+)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+. Topics included are: How chords work in a song, how to form the three main types of cords, how to tune your guitar, Basic strumming patterns, how to buy a good guitar, and how to play a simple tune.

**Instructor: Craig Coffmen**

Tues, Mar 28 6:30-9 pm  
4757-W23 \$59



### Red Cross Pediatric CPR and First Aid -Blended Learning

Keep your family safe! Learn about CPR online at your own pace, and spend less time in class for hands-on practice. 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, Feb 6 6:30-8:30 pm  
5110-W23 1 session \$75  
Inver Grove Heights MS, IGH

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

Keep your family safe! Learn about CPR online at your own pace, and spend less time in class for hands on practice. 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.

Wed, Mar 22 6:30-8:30 pm  
5112-W23 1 session \$75  
Inver Grove Heights MS, IGH

The Access Project program promotes growth and life enrichment for adults with disabilities through education, recreation and socialization. Our programs are designed and adapted to individual needs, interests and abilities. You are invited to participate in any class included in the catalog regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

For more information or to register, call 651-306-3645 or go online at [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com).

Access Project flyers can be picked up at any of the following locations:

WSP Community Education: 1897 Delaware Ave, MH  
 SSP Community Education: 100 7th Ave N, SSP  
 IGH Community Education: 2990 80th St E, IGH

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver.
- Transportation is not included unless noted.
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before the listed start time. Prompt pick up is expected at the end time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class.
- All Access Project activities are alcohol and tobacco-free.

## Valentine Wafer Cookies

Don't be fooled. Wafer cookies can be easy to make. They are delicious and perfect for sharing with loved ones. There is no cost for caregivers to assist. Space is limited. Pre-registration is required.

**Instructor: Access Project Staff**

Wed, Feb 1 5-6 pm  
 1119-W23 1 session - \$6  
 Branch Out, WSP

## Ice Skating at The Grove

Come join friends in a fun afternoon of ice skating. Ice skate rentals are \$2. Wear warm clothing as the ice arena is cool. Caregivers will need to register if they want to participate in ice skating, otherwise it is free to assist.

**Instructor: Access Project Staff**

Wed, Feb 15 1:30-2:30 p.m.  
 1126-W23 1 session - \$6  
 Veterans Memorial Community Center, IGH

## Karaoke Night

Let's sing the night away. Gather with friends for a fun night of singing, laughing, music, and taking turns singing your favorite tunes. Pre-registration is not required but appreciated. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Tues, Jan 10 6-7 pm  
 1125-W23 1 session - \$5  
 Branch Out, WSP



## Sheet Pan Italian Dinner

Join Access staff in preparing a simple but tasty Italian meal. You'll bake an individual vegetarian gnocchetti dish then enjoy the meal with good company and conversation. There is no cost for caregivers to attend. Space is limited. Pre-registration is required.

**Instructor: Access Project Staff**

Thur, Jan 19 6-7:30 pm  
 1118-W23 1 session - \$8  
 Branch Out, WSP

## Button Monograms on Canvas

Come create a unique piece of artwork using buttons. These canvases are customizable with the participants' initials so every piece of art is one of a kind. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Wed, Jan 25 5-6 pm  
 1114-W23 1 session - \$6  
 Branch Out, WSP

## Hand Painted Wooden Spoon

These stylish wooden spoons are great to cook with, but they are so cute you'll want to decorate with them first. The finished product will make a perfect gift for a friend or loved one who enjoys cooking. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Thur, Feb 23 6-7 pm  
 1115-W23 1 session - \$6  
 Branch Out, WSP



## Charcuterie Cups

Impress your friends with a fancy and elegant appetizer. This fun take on the French charcuterie board will transport you to France. Bon Appetit! There is no cost for caregivers to attend. Space is limited. Pre-registration is required.

**Instructor:** Access Project Staff

Tues, Mar 7 5-6 pm  
1120-W23 1 session - \$8  
Branch Out, WSP

## Make Your Own Fidgets

Don't be lured by the expensive fidgets sold at stores. Learn how to make your own fidgets from everyday items so you can always have one on the ready. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Thur, Mar 16 5-6 pm  
1116-W23 1 session - \$8  
Branch Out, WSP

## Gentle Stretching

Life can get so busy it is hard to find time to relax and take care of ourselves. This gentle stretching class will calm and relax the body. Wear comfortable clothes and shoes. If you'd like, bring your own mat to class. There is no cost for a caregiver to attend.

**Instructor:** Access Project Staff

Wed, Mar 22 6-7 pm  
1122-W23 1 session - \$2  
Branch Out, WSP

## Springtime Card Making

Everyone enjoys receiving a card. Join us to make a variety of colorful springtime cards to give to friends and family. Materials are provided. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Wed, Apr 5 6-7 pm  
1117-W23 1 session - \$8  
Branch Out, WSP

## Easy Buttermilk Pancake Muffins

What's better than homemade pancakes? Pancakes that are muffins! Every participant will make a tin of pancake muffins to eat at Branch Out or take home. There is no cost for caregivers to attend. Space is limited. Pre-registration is required.

**Instructor:** Access Project Staff

Tues, Apr 18 6-7:30 pm  
1121-W23 1 session - \$6  
Branch Out, WSP



## Wabasha Caves Historical Cave Tour

Join Access Project staff for a historic tour of the famous Wabasha Caves of St. Paul. We will learn how the caves were formed and what they have been used for throughout the ages. The caves are chilly. Make sure to bring a jacket. This tour is wheelchair accessible. Please meet at the Wabasha Caves at 4:45 pm. The tour starts promptly at 5 pm. Caregivers will have to purchase a ticket to attend. Pre-registration is required.

**Instructor:** Access Project Staff

Fri, Apr 21 4:45-6 pm  
1127-W23 1 session - \$10  
Wabasha Caves, 215 Wabasha St S, St. Paul

## Branch Out/Hang Out

Join us at the Branch Out building for a fun night of hanging out, watching a movie, playing games, and eating some snacks. 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

Fridays 6-9 pm  
Branch Out, WSP \$6 per session  
Jan 13 1123-W23A  
Feb 10 1123-W23B  
Mar 10 1123-W23C  
Apr 14 1123-W23D

## Bingo Night with Access Project

Bingo is back and better than ever at Branch Out. Come on over to meet new people, play bingo, and have fun. 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

Mondays 5-6 pm  
Branch Out, WSP \$2 per session  
Jan 23 1124-W23A  
Feb 27 1124-W23B  
Mar 20 1124-W23C  
Apr 24 1124-W23D

Scan to see our  
current programs.



**Central Square**

100 Seventh Ave. N., SSP  
651-306-3632  
Mon-Fri, 5 am-8 pm  
Sat, 7:30 am-2 pm

**Linda Jacobs-Buse,**

Community Education Facilitator  
[ljacobs-buse@sspps.org](mailto:ljacobs-buse@sspps.org)

**Services**

**Refunds**

Requests for cancellations 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 Central Square cancels a class or activity.

**Inclement Weather**

If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

**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**

Monday-Friday: 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.

**Become a Member for Only \$10/Year**

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

**Opportunities to Volunteer**

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

**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 class or activity per day that will be covered by insurance. For example: Aqua Fitness, Total Body, Yoga, etc. Or one free lap swim per day. Silver & Fit® members may take two fitness classes free per week that will be covered by insurance. For example: Yoga Fusion, Aqua Interval, Silver & Fit Explore®, etc. Or one free lap swim per day.

**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. Everyone is welcome to use Fare for All. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org)

Tuesdays, Jan 24, Feb 21, Mar 21, Apr 25, May 23 from 4-6 pm.

**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)

Where: Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3 pm and are available through Saturday at 1:30 pm while supplies last.

**Metro Dining Club Cards**

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$30 per set.



**Virtual Fitness Classes - 9013-W23**

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

**Strength Cardio**

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

*Instructors: Dana Schulte, Terie Hanson, and Rita Wurm*

**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.

*Instructor: Terie Hanson*

**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.

*Instructor: Terie Hanson*

**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.

*Instructor: Terie Hanson*

**Fees**

- 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

**NEW!**

**Senior Circuit**

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults.

*Instructor: Terie Hanson*

Mon, Jan 2-Feb 27 9802-W23A Central Square, SSP No class Jan 16 & Feb 20	6:15-7:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)
Wed, Jan 4-Feb 22 9802-W23B Central Square, SSP	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Mon, Mar 6-Apr 24 9802-W23C Central Square, SSP	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Wed, Mar 1-Apr 26 9802-W23D Central Square, SSP	6:15-7:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)

**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*

*Free for Silver & Fit® members*

Tues, Jan 3-Feb 28 9801-W23A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thur, Jan 5-Feb 23 9801-W23B Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Thur, Mar 2-Apr 27 9801-W23C Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Tues, Mar 7-Apr 25 9801-W23D Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult, \$20 senior (65+)



**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. Focused towards seniors 55+, but all are welcome to join!

*Instructor: Kim Befort*

*Free for Silver & Sneakers® members*

Fri, Jan 6-Feb 24 9803-W23A Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Fri, Mar 3-Apr 28 9803-W23B Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

**Senior Center**

Ongoing Activities (pre-registration is not required)

**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

**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

**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! It's very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays 1-2:30 pm

**Cribbage**

Is 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

**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

**Line Dancing**

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed.

Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

**Craft Day**

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters and maybe pick up a pointer or two, maybe even start a new craft.

Tuesdays 1-3 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.

Wednesdays & Fridays 11:30 am-2 pm

**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. There are numerous variations of this game and no standard rules.

Thursdays 1-3 pm

**Lap Swim**

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

Punch Card 10 admissions \$35 adult (19-64 yrs)  
7916-W23A \$15 senior (65+)

Punch Card 30 admissions \$70 adult (19-64 yrs)  
7916-W23A \$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 am-1:30 pm

Schedule is subject to change.

Scan here for the lap swim schedule at Central Square!



**Pre-Planning Cremation Seminar**

We invite you to join us for a special informational seminar to learn how pre-planning for cremation services can help you protect your family in the future. Providing peace of mind ensures your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Protect loved ones from the burden of having to make uncomfortable financial decisions during a stressful and confusing time. Preplanning is a thoughtful and practical gift. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes. All sessions are free.

**Presenter: Danielle Gore with National Cremation Society**

Wed, Jan 18 11 am  
Central Square, SSP

Wed, May 17 11 am  
Central Square, SSP

**New to the community?  
TriDistrict classes and activities are a great way to meet new friends. Sign up today!**

## 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 clothes are fun, beautiful, fashionable and affordable! After the show enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, May 17 11:00 am Show 11:30 Lunch  
7444-S23 \$20

## 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.

**Third Tuesday of the Month - 9 am-4 pm**

Jan 17 \$45 per session  
Feb 21  
Mar 21  
Apr 18

Call to make an appointment 763-560-5136.

## Senior Board Meetings

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!

**Second Wednesday of the month - 9:30 am**

Wed, Jan 11  
Wed, Feb 8  
Wed, Mar 8  
Wed, Apr 12

## 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. Sign-up in the Central Square lobby!

**Second Wednesday of the Month - 11 am**

Wed, Jan 11 Houlihan's  
Wed, Feb 8 Granite City  
Wed, Mar 8 Axel's  
Wed, Apr 12 Outback

## Dementia Friends

Dementia Friends is led by a 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. The action can be as big or as small as you choose-every action counts!

**Presenter: Colleen Fitsch**

Tues, Jan 17 10-11 am  
7146-W23 1 session - Free

## 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 conditions. Medicare doesn't cover "everything"! Discuss the differences between plans, how Medicare works, an overview of part D, and how to choose a Medicare plan. Instructor: Greg De Keuster

Thur, Feb 16 6:30-8 pm  
7146-W23A 1 session - Free

Thur, Mar 16 6:30-8 pm  
7146-W23B 1 session - Free

Thur, Apr 27 6:30-8 pm  
7146-W23C 1 session - Free

## Senior Socials at Central Square

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

**11:30 am-1 pm**

Thur, Jan 19 Mac & Cheese  
Thur, Feb 16 Baked Potato Bar  
Thru, Mar 16 Cornbeef & Cabbage  
Thru, Apr 20 Brunch

## Estate Planning Basics

Learn about Wills, Trusts, Powers of Attorney, and Health Care Directives. Learn how these documents take care of you during your life and after you pass away.

**Instructor: Chris Kradle**

Wed, Mar 8 6:30-7:30 pm  
7147-W23 1 session - Free

## Explore Dakota County's History Through Artifacts

The Dakota County Historical Society will use a variety of artifacts from their collection to explore the history of Dakota County. A variety of artifacts will be selected and brought in to include a short presentation on each artifact, followed by time for attendees to share their own experiences with each artifact.

**Presenter: Matt Carter**

Mon, Mar 27 9:30-10:30 am  
7158-W23 1 session - Free will Offering

## Tour the Sibley Site

Visit the oldest Euro-American settlement in Minnesota where three distinctive limestone buildings grace the Minnesota River bluff across from Fort Snelling. These buildings mark the American Fur Company's control over the region's Dakota trade between 1825 and 1853, when Mendota was a major center of the region's fur trade. The tour will briefly explore a variety of topics that range from Native American history, to the fur trade and Minnesota's pioneering life through the houses and people that lived on the site.

Wed, Apr 12 9:45-11 am  
7159-W22 \$6 Donation at door  
Dupuis House  
(on the corner of Sibley Memorial Highway and D Street)



**City of Inver Grove Heights Parks & Recreation**

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

**Program Registration**

For programs that require registration: call the Parks and Recreation office at 651-450-2585 or visit [www.ighmn.gov/activeadults55](http://www.ighmn.gov/activeadults55)

To view the current Scoop/IGH Parks and Recreation brochure visit [www.ighmn.gov/currentbrochure](http://www.ighmn.gov/currentbrochure)

**SPEAKERS**

**NEW** **Hidden Recipes —  
A Holocaust Memoir**  
Thursday, February 16 • Free

Join us for a zoom presentation from Eva Moremi, who has written the book, Hidden Recipes, a Holocaust Memoir. This wonderfully written book is not only a cookbook, but also a tribute to the many men and women who tragically died in, or managed to survive, the Holocaust. After the presentation there will be information on how to purchase a signed copy of her book.

**Time:** 10 am **Code:** AS-W0216  
**Location:** VMCC, Community Room 2  
**Register by:** Thursday, February 9

**NEW** **GRATEFUL Planning Series**  
Tuesday & Wednesday, March 21 & 22 • \$40

Join us for this in-depth financial planning classes that will cover the following topics:

- G — gifting strategies
- R — retirement planning
- A — annuity awareness
- T — taxes!
- E — estate planning options
- F — financial strategies
- U — unconventional assets
- L — legacy planning

This workshop will take place in two three-hour sessions, snacks and water will be provided.

**Time:** 6–9 pm **Code:** AS-W0321  
**Location:** VMCC **Register by:** Tuesday, March 14

**Pre-registration for speakers is required for planning purposes.**

**NEW** **Flower Gardening**

Master Gardner and local garden plot renter Marsha McCain is back again this spring with two great classes!

**Winter Gardening • Thursday, March 16 • Free**

Have you ever wanted to garden in the Winter? It is possible in Minnesota. This class will teach you about the vegetables that grow hearty in the fall/winter. Seeds will be provided.

**Time:** 10 am **Code:** AS-W0316  
**Location:** VMCC **Register by:** Thursday, March 9

**Spring Flowers • Thursday, April 13 • Free**

This class will teach you about spring/summer flowers that are native to Minnesota. We will discuss the different varieties and how and where they need to be planted. We will discuss perennials as well as annuals. We will have seeds available for planting.

**Time:** 10 am **Code:** AS-P0413  
**Location:** VMCC **Register by:** Thursday, April 6

**Line Dancing**

Line Dancing is coming to the Community Center this spring! Dates and times will be posted online and at VMCC Senior Center. Detailed information will also be in the upcoming summer brochure!

**Interested in teaching an art class?**

The VMCC is looking for a volunteer to help lead art classes. If you are interested in teaching a class, contact Al at [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)

**Metro Dining Cards**

Metro dining cards are available for sale at Veterans Memorial Community Center. Cost is \$30 for a box that offers \$1,000's in discounts. Currently selling the St. Paul and Western Wisconsin area box set.

**Happy Feet Foot Services**

On the **fourth Tuesday of the month**, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call 763-560-5136 to set up an appointment.

**Pickleball**

Pickleball is a fun, fast activity that combines tennis, ping pong, racquetball and badminton. It is a great way to get a good workout and have fun while doing it. It is the fastest growing sport in North America. Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband.

View the schedule online: [www.ighmn.gov/pickleball](http://www.ighmn.gov/pickleball)

# IGH Senior Club

Join for the camaraderie and enjoy a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment, while participating in interactive and fun activities, including monthly luncheons, weekly card games, holiday party and more!

**2023 Membership: \$15 per person** Membership renewal is now open. The Club is managed by a board and in partnership with IGH Parks & Recreation.

**PLEASE NOTE:** All Senior Club payments for new membership to the Senior Club, and registration for the monthly luncheons, will be paid directly to the Senior Club.

Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes will be provided at the drop box location.

## All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month at 12–2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

### JANUARY 16

For planning purposes registration is required.

- Potluck
- No charge

### FEBRUARY 20

- Swedish meatballs on egg noodles
- Buttered carrots, salad and buns
- BINGO
- \$18

### MARCH 20

- Corned beef & cabbage
- Cauliflower, broccoli, carrot medley
- Baby red potatoes
- Salad, rolls & cookies
- Entertainment: Jim Burner
- \$18

### APRIL 17

- Roast turkey
- Cole slaw, green beans, salad, roll and brownies
- Bingo
- \$20

## Social Card Games

No need to register. Simply show up!

**500:** Mondays • 1 pm

**Hand & Foot:** Wednesdays • 9 am

**Bridge:** Wednesdays • 12:30 pm

**Cribbage:** Tuesdays • 1 pm

**Euchre:** Thursdays • 1 pm

## History Book Club

Mondays • 10 am • VMCC

Meets every fourth Monday of the month at the VMCC from 10–11 am. Discuss selected books with this free, drop-in group, **no registration is required**. For more information or to provide book suggestions, contact Barbara Eschle at 651-450-6879 or by email at [quinneschle@gmail.com](mailto:quinneschle@gmail.com). Note: Room location will be posted in the VMCC on day of club.

**January 23** *The Professor and the Madman: A tale of murder, insanity in the making of the Oxford English dictionary* by Simon Winchester

**February 27** *The Remarkable Life of Julia Child* by Bob Spitz

**March 27** *The Lost City of the Monkey God: A True Story* by Douglass Preston

**April 24** *The Wordy Shipmates* by Sarah Vowell

**May 22** *The Witches: Salem 1692* by Stacy Schiff

## Fiction Book Club

Tuesdays • 1 pm • VMCC

Room location will be posted in the VMCC on day of club.

**January 10** *Next Year in Havana* by Chanel Cleeton

**February 14** *Manhattan Beach* by Jennifer Egan

**March 14** *Swede Hollow* by Ola Larsmo

**April 11** *Walking Across Egypt* by Clyde Edgerton

## Sleeping Mats for the Homeless Project

First Tuesday of the month • 1 pm

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 (please bring your own 16mm or size Q crochet hook). Directions will be provided. Mats will be donated to Friday Night Street Gang, an organization that supports the homeless. If you have any questions, email: [joann@usfamily.net](mailto:joann@usfamily.net)

For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)



IGH Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.



### Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

### Office Hours: Mon - Thur, 9 am-4 pm

TPAC will be closed Jan 2, 16, Feb 20, Mar 27-31, 2023.

### Contact and Registration Information:

Ph: 651-403-8300

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Adults 55+.

Registrations are taken on a "first-come, first-serve" basis.

Mail registrations will not be guaranteed. There is a one week registration deadline for all TPAC classes.

### TPAC Groups and Clubs

Registration required. Monthly groups \$10 annually per member, renewed each September. Weekly groups \$15 per trimester/member Jan-April / May-Aug / Sept-Dec.

### Scholarships & Fee Assistance

Call 651-403-8303 for details.

### Refunds

Requests for cancellation and refunds must be received by our office seven 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 District 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.

### E-News

Sign up for email updates from Thompson Park Activity Center at [tridistrictce.org](http://tridistrictce.org) or call TPAC at 651-403-8300.

### Opportunities to Volunteer - Call TPAC for more information

Technology Mentors  
Umbrella Project  
Garden Club  
Advisory Council

*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 2022 to Aug 2023.*

### Free Services

Memory Screening provided by DARTS, call 651-403-8300 for an appointment.

Legal Services, call 651-222-4731.

Health Insurance Counseling, call the Senior LinkAge Line at 1-800-333-2433 or go to [trellisconnects.org/get-help/medicare](http://trellisconnects.org/get-help/medicare) for an appointment.

### Foot Care

Call 651-3403-8300 for an appointment.

### Fare For All

Affordable groceries for all. Dates are subject to change last-minute. Details at [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org) or call 763-450-3880. Credit Cards preferred. No checks.

### 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 Project.

### 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.



## SPECIAL EVENTS

**Music of the World with Robert Everest**

Robert Everest is a multilingual vocalist, composer, and instrumentalist who has been joyfully exploring music from around the world for over thirty years. His guitar and percussion studies have taken him abroad many times. In a single performance, you will be transported to 1880's Napoli with timeless Italian "Tarantelle," 1930's Buenos Aires with an authentic tango, and 1960's Brazil with sublime "Bossa Nova" to name a few.

**Presenter: Robert Everest**

Wed, Jan 18  
1737-W23

1-2 pm  
\$10 - Includes dessert

**What Happened in the 2022 Elections**

The 2022 U.S. midterm elections generated a lot of interest and media attention and analysis, but what really happened? This talk looks at the forces that shaped the 2022 elections, what the results mean, and how that will impact America in 2023 and the 2024 presidential election.

**Presenter: David Schultz, Hamline University Professor of Political Science**



Wed, Feb 15  
1755-W23

12-1 pm  
1 session - \$8 Includes dessert

**The Dollys**

The Dollys features three of Minneapolis' most sought after vocalists: Kari Shaw-Akers, Megan Shaw and Doug Otto. Harmonizing to the music of Emmylou Harris, Dolly Parton and Linda Ronstadt, these vocalists bring their collective talents to the stage and the results are harmonies so tight you'll swear you're live at the Grand 'Ole Opry!

Wed, Mar 22  
1739-W23

1-2 pm  
\$10 - Includes dessert

**The Minnesota Mandolin Orchestra**

Formed in 1991 to preserve and foster the enjoyment of mandolin music, the MN Mandolin Orchestra is a community orchestra of about 25 musicians playing mandolin, mandola, mandocello, guitar, and bass. Their repertoire includes old and new compositions for mandolin ensembles, transcriptions of classical music, and arrangements of popular tunes.

**Conductor: Lon Hendricks**

Wed, Apr 19  
1740-W23  
Register by Apr 13

1-2 pm  
\$8 - Includes dessert

**Crooner Tim Patrick**

Tim Patrick is a dynamic Sinatra-style singer who performs regularly in the Twin Cities. Along with popular music from many different eras, expect to hear the songs of Frank Sinatra, Dean Martin, Tony Bennett and all the greats. Tim won the Gigmasters Rising Star Award in 2008 for Best Jazz Singer in North America, beating out over 5,500 other singers. "This show is a winner!"

Wed, May 17  
1765-S23  
Register by May 11

1-2 pm  
\$8 - Includes dessert

**Register Early**

Please note: Instructors need to know how many students will be attending to help them plan materials. Some classes fill quickly and have size limits. Late registration may cause a class to be canceled due to low enrollments, so please sign up as soon as possible.

**LEARNING & DISCUSSION**

**Nature Sense with Eloise Dietz**

Programs are designed to promote connections with nature. Classes take place on the first Tuesday of the month. Register at least one week in advance.

*Instructor: Eloise Dietz*

1544-W23      2:15-3:30 pm      Each session - \$12



**Tues, Feb 7: Wintering Birds**

How do wintering birds manage to survive the harsh conditions of Minnesota winters? Get to know the plucky birds trying valiantly to survive. Soak up the entertainment, joy, color, and a sense of awe birds can provide us while looking out our wintery windows from the comfort of our warm homes.

**Tues, Mar 7: The Color Green**

Does the color green trigger associations with shamrocks, salads, signs of spring or sustainable living practices to you? Let's explore this amazing and important color in nature, fact and lore!

**Tues, Apr 4: Signs of Spring Nature Hike**

Put on your boots and explore Thompson Park for evidence of spring. If you've been waiting all winter to get out, now is the time to get out there and see what's happening!

**Aging with Gusto is Back!**

Research shows people with more positive views live an average of 7.5 years longer than those with less positive views. Aging with Gusto is a three-part, highly interactive series striving to encourage a more positive view of aging, increase awareness of ageism and its impact, explore how to maintain well-being and manage challenges as we age, and develop ideas for how to Age with Gusto.

*Presented in partnership with Shalom.*

Wed, Jan 11-25      10:30 am-12 pm  
1751-W23      3 session - \$24

**Hazelden Betty Ford Addiction Counseling**

Have a conversation on addiction and its effect on our lives from infancy to adulthood and beyond. Learn what to consider when approaching the subject of addiction with friends and loved ones. Information will include signs to watch for, how to help prevent and address this illness in your family and community, and resources at your disposal.

*Presenter: Elias Acero, MA, LADC, Addiction Counselor*

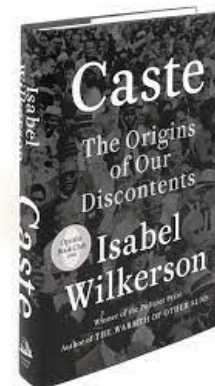
Tues, Jan 10      10-11 am  
1749-W23      1 session - \$3

**Hazelden Betty Ford Adicción Terapia**

Venga y tenga una conversación sobre adicción, y sus efectos en nuestras vidas desde la infancia hasta la adultez y más allá. Haga preguntas sobre cómo abordar el tema de la adicción con amigos y seres queridos. Aprenda cómo darse cuenta de las señales para poder prevenir y abordar esta enfermedad en nuestras familias y la comunidad, y aprenda cuáles son los recursos que tiene a su disposición que pueden ayudar.

*Presentado por: Elias Acero, MA, LADC, Terapeuta de Adicciones/ Addiction Counselor, Spanish B*

Martes 10 de Enero      de 10-11am  
1750-W23      1 sesión - \$3



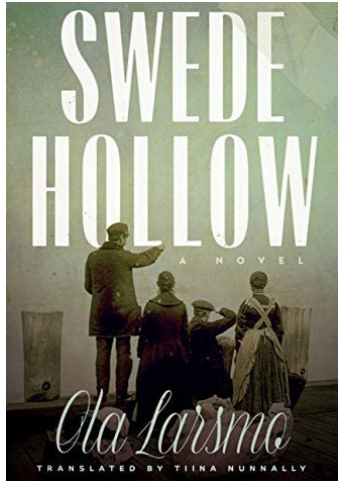
**Book Discussion: Caste: The Origins of Our Discontents**

Beyond race or class, there is a powerful caste system that influences peoples' lives and behavior and the nation's fate. Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores eight pillars underlying caste systems across civilizations, including divine will, bloodlines and stigma. Using riveting stories about people, she shows how the insidious undertow of caste is experienced every day. She documents how the Nazis studied racial systems in America to plan their outcasting of Jews; the cruel logic of caste; the surprising health costs; and the effects on our culture and politics. Finally, she points toward ways America can move beyond, toward hope in our common humanity.

*Instructor: Mary Ann Novotny*

Thur, Jan 12-26, Feb 2      9:30-10:30 am  
1741-W23      4 sessions - \$5

*Books not provided. Please supply your own.*



### Book Discussion: Swede Hollow

This historical fiction will lead us into an understanding of how immigration today mirrors that of the early immigrant settlers. Peter Rachleff, Co-Executive Director of the East Side Freedom Library and retired professor of history at Macalester College specializing in United States labor, immigration and African American history, will be our book discussion leader.

Thur, Mar 2-23 9:30-10:30 am  
1742-W23 4 sessions - \$5  
Books not provided. Please supply your own.

If you have books you think are worthy of discussion, call TPAC.

### World War II on Alaskan Soil

Young soldiers boarded planes in California bound for the Pacific Aleutian Islands battlefields, where the Japanese came to wage war on the steep, volcanic, foggy "Birthplace of the Winds." Attend a role-play briefing of U.S. troop arrival, set in August 1943, and learn of the weather, logistical challenges and terrain that would be their biggest enemy. Skip ahead 50 years to learn how these footprints impacted the soldiers, ancient villages, wildlife, and the wild land from first-hand accounts. Presented by Melonie Shipman, former Education Coordinator for the Wildlife Refuge that manages these WWII battlefields.

Tues, Jan 24 10-11 am  
1743-W23 1 session - \$8

### Make & Take Gourmet Puff Pastry

Puff pastry is unbelievably easy to use, and in this interactive class, you will make delicious and easy appetizers, entrees, and desserts. Make, eat, and take home a selection of recipes. Menu includes two appetizers (cheese & fruit appetizers and spinach & feta turnovers), two entrees (tart of red onions, greens & grapes and salmon herb en croute), and two desserts (blackberry stars and strawberry puffs) NOTE: In this class, we will be using puff pastry, not making puff pastry.

Wed, Jan 25 11:30 am-2:30 pm  
1758-W23 1 session - \$40

### Men's Topics & Toast

Come for toast and coffee on the last Monday of the month to visit, learn, and hear a brief discussion pertinent to the lives of our 55+ community. Buttered toast and toppings provided.

Last Monday 9-10 am  
Jan 30  
Feb 27  
Mar 20  
Apr 24  
1746-W23 Free

### Landmark Tours: It's Time to See The World

Ready to explore the world again? TPAC collaborates with Landmark Tours; a local, family-owned tour operator. Upcoming trips will be showcased at this presentation. To learn more about the exciting world of escorted travel, stop by and pick up a Landmark Tours catalog. Presenter: John Lyons

Wed, Feb 1 10-11 am  
1592-W23 1 session - Free

### Financial Planning for Seniors

Financial planning choices require considerations of timing and circumstances, including questions about drawing social security, starting an annuity, dipping into investments, or starting new investments. If you wish you had some of these questions answered, join Cole as he addresses some common financial issues that seniors face.

*Instructor: Coleman Kelly, Discovery Financial*

Tues, Feb 7 10-11 am  
1753-W23 1 session - \$3



### Recycling 101

Interested in learning more about recycling, landfills and where your items go once they leave your home? Learn what is and is not accepted in our recycling carts, how recycling sorting facilities operate, and businesses in Minnesota that rely on your recyclables to make new products. Come prepared with questions.

*Presenter: Cassandra Johnson*

Wed, Feb 8 1-2:30 pm  
1745-W23 1 session - \$5





**Wastewater tells the story of COVID**

Wastewater surveillance is emerging as a public health tool, expanding the wastewater system’s role in protecting human health. The Metropolitan Council monitors for the SARS-Co-V-2 virus from four of its nine wastewater treatment plants serving the Twin Cities region. Virus detection in wastewater provides an early warning sign that COVID-19 is spreading within a community. This data provides public health officials, health care professionals, and researchers a more comprehensive and objective picture of COVID-19 and contributes to a national surveillance system that supports public health strategies.

**Presenter:** *George Sprouse, Manager of Process Engineering, Metropolitan Council Environmental Services*

Wed, Feb 8 9-10 am  
1754-W23 1 session - \$5

**Recycling Facilities Tour**

Take a behind-the-scenes tour of Republic’s material recovery facility, where machinery and people sort our recyclables, then get items baled and ready for sale and shipment. Improve the process by doing your part: learn what products are upcycled and what common contaminants to avoid in the recycling stream. Transportation is not provided.

**Presenter:** *Scott Moening, Operations Manager*

Wed, Feb 15 1-2:30 pm  
1744-W23 1 session - Free  
IGH Recycling Center, 2795 E 117th St, IGH

**Pickleball 101**

Are you wanting to know more about the increasingly popular sport of pickleball? This class covers the rules, strategy, limitations and benefits of playing Pickleball. Even if you decide it’s not for you, at least you can keep up with the lingo. If you are already inspired by its momentum and want to take your curiosity to the court, register early for the Legacy Pickleball Club Tour.

**Instructor:** *Chris Anderson*

Tue, Feb 21 11 am-12 pm  
1748-W23 1 session - \$3

**NEW! Legacy Pickleball Club Tour & Trial**

Hit a few balls, review the rules and scoring, and maybe even play a game. You're sure to get some laughs in. Transportation is not provided. Please arrive at 10:45 am.

**Instructor:** *Chris Anderson*

Thu, Feb 23 11 am-12 pm  
1747-W23 1 session - \$20  
Legacy Pickleball Club, 2122 Wooddale Drive, Woodbury  
Register by Thur, Feb 16



**Where Should I Get My Hearing Aids From?**

Until recently, your options for being treated for hearing loss or getting hearing aids were limited by seeing an audiologist or other licensed hearing care professional. Today, your options are expanding, but so is confusion as online retailers, big-box stores, and over-the-counter (OTC) hearing aids are available at places like CVS or Walgreens. One option may be cheaper, but hearing is priceless. The good people of Axe Audiology / Associated Hearing Care will share their professional thoughts and leave the choice of where and how you access hearing aids to you.

Wed, Mar 1 10-11 am  
1760-W23 1 session - \$3

**You Have A Story - Yes You Do!**

Telling stories helps us connect with one another and develop a sense of personal and communal identity. In this class, you will learn how to pinpoint your own personal stories and craft them so that they are clear, concise, and compelling. Practice adapting your stories for a unique audience, such as an individual or a large group, and hone your sense of beginning, middle, and end. This class will also explore different storytelling structures and tropes. Leave with 1-2 polished stories, feeling confident in your ability to share them.

**Instructor:** *Julie Censullo, Managing Editor of KFAI’s MinneCulture, Producer of Moth StorySLAM, former Producer/Production Manager for Twin Cities PBS.*

Wed, Mar 1-22 10:30 am-12 pm  
1762-W23 4 sessions - \$60



## Help! I need sleep!

Snoring, obstructive sleep apnea, fatigue, headaches, weight gain - all can have their roots in the airway. Anders Olmanson, creator of the REMplenish, earned his Master of Science in the Medical Device Innovation program at the University of Minnesota. His team has correlated that oropharyngeal exercises strengthen the muscles of the mouth and throat, thus addressing the main root causes of the problem, the tongue falling back in the throat causing apnea, hypopnea or snoring. Hear the REMastered Sleep of Eagan research and see their product that could improve your sleep quality.

**Instructor:** Anders Olmanson, CEO REMastered Sleep of Eagan

Mon, Mar 6 9:30-11 am  
1752-W23 1 session - \$3

## Women Around the Globe: Ishwari Rajak

Author and activist, Ishwari Rajak discusses cultural taboos, customs and beliefs surrounding menstruation around the world, including her reflections on the situations and policies in America. Ishwari shares her personal story and the underlying issue of menstruation – untouchability. Her documentary and her newest book, *Screams of a Goddess*, will be shared alongside the work being done in her home country of Nepal.

**Instructor:** Ishwari Rajak, MA Gender & Women's Studies, Graduate in Nonprofit Leadership

Tues, Mar 21 9:30-10:30 am  
1761-W23 1 session - \$5

## CPR Refresher Class

The class is a bystander CPR class, teaching a layperson how to do compression-only CPR, no breaths. Learn how to apply and use an AED. If you want to feel confident with the correct CPR process, please attend.

**Instructor:** South Metro Responders Unit

Tues, Apr 4 11:30 am-12:30 pm  
1764-W23 1 session - \$3

## 4th Annual Days for Girls Project

We are working to keep girls in school worldwide.

Help make colorful cotton bags to hold washable feminine hygiene items for schoolgirls in developing countries, allowing them to attend school during their periods.

Sewing skills are not required. Socialize while you cut, measure, iron, sew or insert drawstrings. Register your granddaughter to accompany you if you'd like (age 14 and older). A light lunch will be provided. Days for Girls provides kits and health education to girls in 110 countries. See [www.daysforgirls.org](http://www.daysforgirls.org) for more information.

Sat, Apr 15 10 am-3 pm  
1419-W23 Free  
Registration is required. Space is limited.



## 988/911 What's Your Emergency?

No one plans for it, but at some point, you may have to access the 988 or 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 how you can do more when you're calm vs in distress.

**Presenters:** South Metro Fire & WSP Mental Health Team

Tues, Apr 4 10-11 am  
1763-W23 1 session - \$3

Join us for the CPR Refresher Class following.

**TriDistrict Community Education Buildings are your buildings, a community resource. Facilities are available for community use. See page 57 for information about our facilities and how to request a space.**

**GROUPS**

**Out & About Group**

A social group for men and women who enjoy getting together for 1-2 outings a month. Lunch is usually a part of these activities. After registering, information will be emailed to you by the group's Communications Coordinator. Each member supports the group in the following ways:

- Pay the \$10 annual fee to TPAC.
- Pay costs of activities in which you participate.
- Organize an activity (we can help with ideas).

If ride-sharing, optional cash donation to the driver for gas.  
1609-F22 \$10 annually

A facilitator/co-facilitators are needed for this group. Please call 651-403-8300 to learn more.



**Computer Center**

TPAC volunteer mentors assist with technology questions, both hand-held and home-based. Come with your device and receive patient assistance. Check in at the computer lab when you arrive at TPAC. TPAC is currently seeking additional technology mentors on a regular basis or substitute basis. Please call 651-403-8300 if you are interested. Help others, the reward is yours!

Mondays 9 am-12 pm  
No registration needed Free

**Umbrella Projects Group**

Umbrella project volunteers make a difference through service. Some past activities include visiting healthcare centers, assisting new Americans learn English, helping at local food shelves, and providing services where needed throughout the community. If this resonates with you, please join.

Second Mondays 10-11:30 am  
1599-F22 Free

**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 Tuesdays 10:30 am-12:00 pm  
1565-F22 \$10 annually

**Great Decisions Group 2023**

Join Great Decisions starting in January 2023 for fantastic discussions about complex U.S. foreign policy and global issues. Books may be purchased on your own at [www.fpa.org](http://www.fpa.org).

**Facilitator: Charles Happach**

Second Mondays 1-3 pm  
1296-W23 Class \$10 annually, Jan-Dec

**British History**

This course will stimulate your thinking and inspire questions. The classes are fun and relaxed, using a combination of participant questions, oral presentations, and videos.

**Presenter: Terry Kubista, British historian and educator**

Second Tuesdays 1:30-3:30 pm  
1116-W23 \$8 per session

Please register at least 5 days in advance.



**Caregiver Support Group**

Caregivers come together with trained facilitators to learn about topics relevant to caregivers. Registration deadline is one week prior to class. Sponsored by Darts

Second Wednesdays 1-2:30 pm  
1597-W23 Free

**TED TALKS Discussion**

(Technology, Entertainment and Design) Come watch a popular 20-minute TED TALK video. Our facilitator will pose a few questions to get the conversation started and the group does the rest. Help the group choose topics for future meetings.

**Facilitator: Patricia Ruble**

Third Tuesdays 1-2:30 pm  
1607-F22 \$10 annually



## CREATIVE ARTS

**Watercolor Painting Introduction**

This is an introductory class for those who are new to watercolor painting and is a prerequisite for Watercolor I and Watercolor II. Explore materials and basic watercolor techniques, as well as color theory and color mixing. Supplies may be purchased from the instructor at class for \$40. Registration closes the Friday before each class begins.

**Instructor: Linda Stout**

Mon, Jan 9-Feb 27 1-3 pm  
1491-W23 Jan/Feb 6 sessions - \$99  
No class Jan 16, Feb 20

Mon, Mar 6-20 1-3 pm  
1491-W23 Mar 3 sessions - \$50

**Watercolor I**

Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Introduction to Watercolor, or instructor consent. Registration closes the Friday before each class begins.

**Instructor: Linda Stout**

Tuesdays 1-3 pm 1302-W23  
Jan 3-31 5 sessions - \$83  
Feb 7-28 4 sessions - \$66  
Mar 7-21 3 sessions - \$50  
Apr 4-25 4 sessions - \$66

**Watercolor II**

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. Prerequisite: Introduction to Watercolor, or instructor consent. Registration closes the Friday before each class begins.

**Instructor: Linda Stout**

Wednesdays 1-3 pm 1191-W23  
Jan 4-25 4 sessions - \$66  
Feb 1-22 4 sessions - \$66  
Mar 1-22 4 sessions - \$66  
Apr 5-26 4 sessions - \$66

**Knitting Group**

Bring your knitting, crocheting or other hobbies while socializing and learning from each other. This is a non-instruction peer group.

Mondays 1-3 pm  
1600-W23 \$15 Jan-Apr

**Open Watercolor Painting**

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

**Facilitator: Art Thell**

Tuesdays 9:30-11:30 am  
1602-W23 \$15 Jan-Apr

**Crafting for a Cause**

Create simple notes of cheer and kindness in a social setting with other volunteers. These notes will be included within Meals on Wheels™ bags delivered to neighbors to brighten their day. Supplies are provided.

**Facilitator: Pat Marshall**

Second Tuesdays 12-1 pm  
1598-W23 Free

**Colored Pencils Bathing**

In this technology-isolating world, you need a place to let out your inner artist by indulging the senses and connecting with others with common interests. 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.

**Facilitator: JoAnn Ellingboe**

First and Third Wednesdays 1-3 pm  
1595-W23 \$15 Jan-Apr

**Paint Like the Masters**

In the style of Post-Impressionism, learn about Vincent Van Gogh's painting techniques while painting a modern day landscape using acrylic paints. A list of supplies to bring from home will be provided. An additional supply fee of \$30 is due at class.

**Instructor: Linda Stout**

Mon, Apr 3-24 1-3 pm  
1491-W23 Apr 4 sessions - \$66  
Register by Fri, Mar 31

**FITNESS & HEALTHY LIVING**



**Fitness and Balance for Life**

This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. The following equipment that will be used: a chair, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred.

**Instructor: Naomi Marzinske**

Thur, Jan 5-Feb 23	10:30-11:30 am
1317-W23 Jan/Feb	8 sessions - \$56
Thur, Mar 2-Apr 27	10:30-11:30 am
1317-W23 Mar/Apr	8 sessions - \$56
No class Mar 30	

**Self-Defense Series for Seniors**

Did you know that Tai Chi has self-defense applications? Improve posture and strengthen your core for better health, while learning essential steps to prevent being a victim. Instructors will demonstrate what you can do to minimize your chances of being attacked in the first place and how to defend yourself against some of the most common attacks. Both technique and practice time will make up the majority of each class. Limited to 12 people.

**Instructor: Master Jena Bushey, certified Tai-Chi instructor, Legacy American Martial Arts**

Tue, Jan 31-Feb 21	1-2 pm
1759-W23	4 sessions - \$40

**Line Dancing**

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed!

**Instructor: Margaret Christians**

Thur, Jan 26-Apr 13	9-10 am
1615-W23	\$15 Feb-Apr
No class Mar 30	

**3X3 Fitness**

These exercises are chair-based and low-impact. Modifications are available if you want more intensity. Follow along with the 3x3 workout DVD, using resistance bands or rings. If you love it, you may decide to purchase your own set of rings.

**Facilitator: Barb Erickson**

Tues/Thur	9:15-10 am
1635-W23	\$15 Jan-Apr

**Mindfulness & Meditation for Better Health**

Join Tara Burns as she introduces you to the benefits of mindful and meditation practices to help with stress, depression, anxiety, pain, boosting emotional well-being, and finding peace in everyday life. The class will practice using mindfulness and meditation techniques to help focus the mind on a particular thought, object, activity, or the breath. Our practice will be utilizing a chair or walking, not sitting on the floor. This is a beginner's class, but all skill levels are welcome.

**Instructor: Tara Burns, MA**

Tues, Apr 11-May 2	9-10 am
1692-W23	4 sessions - \$25



**Water Aerobics**  
**See page 47 for more information.**

## CARDS &amp; GAMES

## Hand &amp; Foot

Hand & Foot is a variation of canasta and can be played with teams of 2 to 6 players. The objective is to get rid of all the cards from your 'Hand' and then 'Foot' by melding them. A Meld is a set of 3 - 7 cards of the same rank that are placed face-up. A Meld belongs to the team, and not any individual player. After a Meld of three or more cards starts, more cards can be added to it until there are seven cards in the pile. It then becomes a 'Closed Pile' or 'Book'. The team making the required number of books and has played all of the cards, wins the round. Four hands complete the game. The winner has the highest score. It's easier to play than the description may indicate, so join and learn as you go.

Wed, Jan 4-Apr 26 9:15-11 am  
1735-W23 \$15 Jan-Apr  
No class Mar 29



## Game On Gamers!

Three weeks of easy, fun games geared for word nerds, like Password, Just One, or Lists. No strategy needed. Bring a friend, neighbor and some luck to join in the fun. No prizes awarded, just bragging rights.

Facilitator: Barbara Eschle

Wed, Jan 11-25 10:30 am-12 pm  
1757-W23 3 sessions - \$6

## Penny Bingo

This is a fun, easy five-card game. When your card matches the dealers, place it in the center. When your cards are gone, yell "Bingo!" Don't forget your pennies.

Facilitator: Marion Christner

4th Tuesdays 1-3 pm  
1644-F22 \$10 annually  
No class Mar 28

## Mah Jongg

Similar to the card game rummy, this game employs skill, strategy, and luck. It is played with a set of 144 tiles based on Chinese characters and symbols. Call if you want to learn to play.

Facilitator: Carol Beaves

Thursdays 1-3:45 pm  
1613-W23 \$15 Jan-Apr  
No class Mar 30

## TAXES

## 2023 Tax Information

Planning is underway for the next tax season beginning February 2023. Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to prepare uncomplicated tax returns. Tax assistance will be provided to taxpayers with a special emphasis on taxpayers 55 years and older.

You must bring the following items to your appointment:

- Your 2021 tax return
- Social Security card for yourself, your spouse and all dependents listed on the return
- Copies of your 2022 W-2's, 1099 forms, and proof of other income received by you/your spouse
- RENTERS: bring your 2022 Certificate of Rent Paid (CRP) prepared and signed by your landlord
- HOMEOWNERS: bring a copy of your 2023 Property Tax Statement (mailed to you in March)

Appointments are for income tax returns. If you would also like your property tax returns/rent credit processed, schedule your tax appointment at a time when you will have the needed documents. TPAC will not be hosting a day specific to property tax returns/rent credit in 2023.

Appointment registration opens January 10. Space is limited. Call 651-403-8300 to schedule an appointment. Please do not leave multiple messages. Repeated phone calls slow down the appointment process. Your call will be returned in the order it is received.

Feb 7-Apr 13, 2023 Tues/Thur, 9:30 am-1:30 pm  
TPAC: 1200 Stassen Lane, WSP





## **Trips & Tours Registration**

*NOTE: Where you register is where you board the bus.*

### **South St. Paul**

**Central Square Community Center**  
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 Heights, 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 the scheduled trip departure.
- A \$10 service fee will be charged if you cancel your trip registration.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots are not held for participants without paying the trip fee.

*Please note: mailed registrations may not be guaranteed. Please call to check availability before mailing in your registration.*

## **Around Town Sightseeing Tour**

Enjoy a professionally narrated sightseeing tour of Minneapolis and St. Paul. See the birthplace of Minneapolis at St. Anthony Falls and the historic riverfront area. Hear about the milling industry and the "Mississippi Mile." View the downtown Minneapolis buildings that create its ever-changing skyline including Target Center, Target Field, The Vikings Stadium and more. Drive past the Minneapolis Sculpture Garden, through the U of MN Campus, then Lowertown, learning the history of the city's beginnings. See the St. Paul Saints Stadium, the magnificent St. Paul Cathedral, and the State Capitol. Continue the tour along St. Paul's Summit Avenue, passing the Victorian mansions such as the James J. Hill House and the Governor's mansion. After lunch, walk on your own to The Grand Ole Creamery and the Bread & Chocolate Bakery to purchase goodies or enjoy conversation over a second cup of coffee.

Lunch at Tavern on Grand: walleye basket (battered and deep-fried walleye filet) or the chicken basket (white meat, hand dipped in homemade batter). Both entrees are served with seasoned fries, coleslaw and a beverage.

Thur, Jan 26 \$87 - Includes transportation/lunch/show  
Register by Fri, Jan 6

Location	Departure	Return	Registration
IGH	9:15 am	3:45 pm	Call 651-450-2585
SSP	9:30 am	3:30 pm	1630-SSP-W23
WSP	9:45 am	3:15 pm	1768-WSP-W23



## **History Theater's Root Beer Lady**

Join us for St. Paul's Minnesota History Theater performance, The Root Beer Lady, written and performed by Kim Schultz, directed by Laurie Flanigan Hegge. It is the story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters. Schultz's solo performance reflects on the beauty and hardships of Molter's solitary yet satisfying life, and pushes back against the premise that her time in the North Woods made her the "Loneliest Woman in America," as the Saturday Evening Post claimed in 1952. Funny. Smart. Passionate. Dorothy Molter's story will delight all, young and old. Kéy's Café for lunch (included) Menu: luncheon portion turkey dinner, mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, beverage and dessert.

Thur, Feb 9 \$95 - Includes transportation/lunch/show  
Register by Fri, Dec 30

Location	Departure	Return	Registration
IGH	8:30 am	3:30 pm	Call 651-450-2585
SSP	8:45 am	3:15 pm	1623-SSP-W23
WSP	9:00 am	3:00 pm	1623-WSP-W23

**Memphis and the Meantimes**

Travel to the elegant jewel-box Gideon S. Ives Auditorium in the Heritage Center along the Minnesota River for lunch. Afterwards, enjoy the music of Memphis and the Meantimes band. This is not “new” country - this is the stuff “new” country can only dream of being. Featuring songs from Cash, Haggard, Lewis, Orbison, Elvis and many others, Memphis and the Meantimes has been thrilling audiences for years by providing them with an 8-piece musical performance. Menu: BBQ ribs & chicken, beer cheese mac, southern style green beans, coleslaw, biscuits with honey butter, beverage, dessert

Thur, Mar 23 \$93 - Includes transportation/lunch/show  
Register by Fri, Feb 17

Location	Departure	Return	Registration
WSP	10:30 am	4:15 pm	1766-WSP-W23
SSP	10:45 am	4:00 pm	1766-SSP-W23
IGH	11:00 am	3:45 pm	Call 651-450-2585



**Historic Fort Snelling and Sibley House**

Arrive at Fort Snelling for a one hour & 45 minute self-guided walking tour at your own pace. Explore the results of two years of improvements at the new Plank Museum & Visitor Center and expanded outdoor learning opportunities, paved walking trails, river views and native plantings. Residing on the Dakota homeland Bdote, with history spanning 10,000 years, hear stories of the area and the wide histories of the peoples who lived here. Enjoy lunch at Axels River Grill. Next, tour the Sibley Historic Site, home to the oldest structures still standing in Minnesota. As the center of the fur trade and government during the tumultuous early days of statehood, hear stories of the time, first governor Henry Sibley, and the evolution of the MN Territory. Note: Be prepared for a considerable amount of walking from building to building. Wheelchairs do not fit through narrow doorways.

Choose when registering: 1) Steakhouse French dip sandwich & fries; 2) Walleye sandwich & fresh fruit; or 3) Wild rice soup & wedge salad.

Wed, June 14 \$93 - Includes transportation/tour/lunch  
Register by Fri, May 12

Location	Departure	Return	Registration
IGH	9:15 am	3:45 pm	Call 651-450-2585
SSP	9:30 am	3:30 pm	1767-SSP-S23
WSP	9:45 am	3:15 pm	1767-WSP-S23



**The Music of Bobby Darin at St. Cloud Paramount Theater**

Splish Splash - The Music of Bobby Darin, starring Vegas entertainer Ron Gartner. Bobby Darin was a singer, songwriter, multi-instrumentalist, and actor in both film and television. He performed in a range of music genres, including jazz, pop, rock’n’roll, folk, swing and country. In this special show, Vegas entertainer Ron Gartner honors the Darin legacy; singing the songs of the swingin’est guy who ever put on a tux. This show covers everything from Darin’s rock ‘n’ roll days to the evening at the Copa. Finger-snappin’ songs like “Mack The Knife,” “Dream Lover,” “Beyond the Sea,” “Artificial Flowers,” “If I Were a Carpenter,” “Clementine,” “That’s All,” and many more! Lunch at Coyote Moon Grille Restaurant Menu: Entrée, popover, salad, side dish, beverage, and dessert

Tues, Apr 25 \$96 - Includes transportation/lunch/show  
Register by Fri, Mar 17

Location	Departure	Return	Registration
IGH	8:45 am	6:00 pm	Call 651-450-2585
SSP	9:00 am	5:45 pm	1656-SSP-W23
WSP	9:15 am	5:30 pm	1656-WSP-W23

**Getting crafty? Have some great family time in your TriDistrict Community Education class? tag #tridistrictce in your instagram or facebook post**



## Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance discount course that is open to the public. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone!

Persons aged 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training, and the four hour refresher class every three years to maintain the 10% discount.

To register, call toll free 1-(888)-234-1294 or visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com).  
PRE-REGISTRATION IS REQUIRED.

### Central Square Community Center

Initial Eight Hour Course - \$28  
Wed/Thur, Feb 15 & 16 9 am-1 pm

Four Hour Refresher Course - \$24  
Thur, Jan 19 9 am-1 pm  
Thur, Mar 16 9 am-1 pm  
Thur, Apr 20 9 am-1 pm

### Veterans Memorial Community Center

Eight Hour Initial Course at VMCC - \$28  
Wed/Thu, Apr 12-13 5:30-9:30 pm

Four Hour Refresher Course at IGH-VMCC - \$24  
Tues, Jan 10 1-5 pm  
Wed, Jan 18 5:30-9:30 pm  
Tues, Feb 7 1-5 pm  
Wed, Feb 15 5:30-9:30 pm  
Tues, Mar 7 1-5 pm  
Wed, Mar 15 5:30-9:30 pm  
Tues, Apr 4 1-5 pm

### Thompson Park Activity Center

Initial Eight Hour Course - \$28  
Wed/Thur, Feb 22 & 23 12-4 pm

Four Hour Refresher Course - \$24  
Thur, Jan 5 12-4 pm  
Thur, Jan 19 12-4 pm  
Thur, Feb 2 12-4 pm  
Thur, Feb 16 12-4 pm  
Thur, Mar 2 12-4 pm  
Thur, Mar 16 12-4 pm  
Thur, Apr 6 12-4 pm  
Thur, Apr 20 12-4 pm

Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10% discount.



## IT'S NEVER TOO LATE TO LEARN!

Adult Education (ABE) 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!**

### AREAS OF STUDY

- English Language Learners (ELL)
- Online Conversation Course (ELL)
- Online Citizenship Prep
- GED Brush Up
- GED Fast Trac
- Work Readiness Skills
- Healthcare Career Prep
- TEAS Test Prep
- College Entrance Placement Test Prep
- Practice Digital Literacy



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

**YOU COULD BE HERE!**

**Call Linda at 651-306-3632**

[communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)

# FAMILY PROGRAMS

## Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sun, Jan 8-Feb 26	9-10 am
7949-W23A	8 sessions - \$225
Conquer Ninja Gym, 707 Commerce St, Woodbury	
Sun, Jan 8-Feb 26	10-11 am
7949-W23B	8 sessions - \$225
Conquer Ninja Gym, 707 Commerce St, Woodbury	
Sun, Apr 16-May 21	9-10 am
7949-W23C	6 sessions - \$175
Conquer Ninja Gym, 707 Commerce St, Woodbury	
Sun, Apr 16-May 21	10-11 am
7949-W23D	6 sessions - \$175
Conquer Ninja Gym, 707 Commerce St, Woodbury	



## U of MN Expanded Food and Nutrition Education Program

The U of MN Extension's Expanded Food and Nutrition Education Program (EFNEP) offers a series of hands-on, interactive lessons to low-income families. Lessons are evidence-based and tailored to the needs of the audience. This education program helps families develop skills and behaviors necessary to maintain a healthy lifestyle. This is a parent-and-child program. Appropriate for ages 8+.

**Instructor: Gold Lor**

Tues, Jan 10-Feb 28	6-7 pm
6903-W23	8 Sessions - Free
Two Rivers HS, MH	



## 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!



## Tour de Rec

Join us during the 2022-23 school year for the traveling Tour de Rec program bringing recreation to local neighborhoods and facilities. Staff will set up activities and equipment for youth and families to enjoy. There will be games, sports, arts, crafts, and more. This program is free and registration is not required. Tour de Rec is run in partnership with the West St. Paul Parks & Rec and the Mendota Heights Parks & Rec departments.

**Instructor: Local Community Ed/Parks & Rec Staff**

8902-F22	5 Sessions - Free
Jan 5	6-7 pm
Garlough Elementary, 1740 Charlton St, WSP	
Feb 2	6-7 pm
Southview Park, 275 Westview Drive, WSP	
Mar 2	6-7 pm
Harmon Park Neighborhood Center, 230 Bernard Street, WSP	
Apr 6	6-7 pm
Marie Park, 1780 Lilac Lane, MH	
May 4	6-7 pm
Mendota Elementary, 1979 Summit Lane, MH	

If weather is questionable, please call 651-259-2671 for program status by 4 pm.

### Creating Lifelong Learning Opportunities

Whatever your age, interests or needs... Keep learning and creating connections with Community Ed!



## Valentine Strawberry Rolls & Chocolate Dreams

Valentine's Day is synonymous with strawberries and chocolate gifted as an expression of love. Learn to make two dreamy mouth-watering sweets to give to your sweetheart, or share with your family and friends this Valentine's Day. You will learn to make strawberry cream cheese rolls with billowy soft dough and homemade strawberry sauce, drizzled with glaze and chocolate, and a luscious dreamy Kit-Kat no-bake cheesecake topped with a velvety chocolate ganache. If children are participating, adult supervision is required. A shopping list will be emailed out one week prior to class.

**Instructor:** Tess Georgakopoulos

Sat, Feb 4  
8900-W23

4-6:30 pm  
1 Session - \$40 per family



## Caponi Art Presents: Mandala Rock Art

Keep calm and relax while learning the art of painting mandala rocks. In this workshop, families will learn the history and meaning behind mandala art, and apply that knowledge to their own mandala rock art. Enjoy this serene workshop and share your newly-discovered art form with others. Appropriate for ages 8+.

**Instructor:** Erin Stahl

Wed, Mar 15  
6902-W23  
Two Rivers HS, MH

6-7:30 pm  
1 Session - \$29 per parent and  
1 child, \$9 each additional child



## Caponi Art Presents: Seed Mosaics

Every year the Minnesota State Fair showcases seed mosaics created by artists from all over the state. Continue this great tradition in this seed mosaic workshop, by learning the history and techniques of mosaic art, then create your own design. Once completed, families will share their designs with others in the group. Appropriate for ages 5 to adult.

**Instructor:** Erin Stahl

Mon, Feb 6  
6900-W23  
Two Rivers HS, MH

6-7:30 pm  
1 Session - \$29 per parent and  
1 child, \$9 each additional child

## Copycat Big Mac Attack, & No-Churn Ice Cream

Have you taken a bite of one of America's favorite double stacked burgers with that special sauce, served under the golden arches and wondered how it was made or if you could ever make one of your own? This class has the answers. Join Tess and have some fun participating in this virtual cook-along class as she shares her secrets to creating this mouthwatering goodness in your own kitchen. A shopping list will be emailed out one week prior to class.

**Instructor:** Tess Georgakopoulos

Sat, Feb 21  
8901-W23

4-6 pm  
1 Session - \$35 per family



## New in the area?

Community Education classes are a great way to meet new people!

If you have children be sure to get on the school district census so you receive all the information needed for kids from birth to high school graduates. See page 50 for contacts with each district.



## In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Driver Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction. Cost is \$399.

### South St. Paul Secondary - \$399

4300-W23A	Mon-Fri, Jan 18-31	2:45-5:45 pm
4300-W23B	Mon-Fri, Apr 3-14	2:45-5:45 pm

### Two Rivers High School - \$399

2302-Jan23	Mon-Fri, Jan 3-17 No class Jan 2 & 16	3:15-6:15 pm
2302-Feb23	Mon-Fri, Feb 27-Mar 10	3:15-6:15 pm
2302-Apr23	Mon-Fri, Apr 17-May 1 No class Apr 28	3:15-6:15 pm
2302-May23	Mon-Fri, May 8-19	3:15-6:15 pm

### Simley High School - \$399

3300-W23A	Mon-Fri, Feb 6-17	3:45-6:45 pm
3300-W23B	Mon-Fri, Apr 17-May 1	3:45-6:45 pm



## Virtual Driver's Education Classes

All virtual classes will be offered on the following dates. There will be class sessions from 3:30-6:30 pm and from 6-9 pm each date. Please view our online catalog for more details.

Jan23A&B	Jan 3-17 - \$399 No class Jan 16
Jan23C&D	Jan 18-Feb 1 - \$399 No class Jan 27
Feb23A&B	Feb 2-16 - \$399 No class Feb 8
Feb23C&D	Feb 17-Mar 3 - \$399 No class Feb 20
Mar23A&B	Mar 6-20 - \$399 No class Mar 25
Apr23A&B	Apr 10-21 - \$399
Apr23C&D	Apr 24-May 5 - \$399
May23A&B	May 8-19 - \$399

## ACT Prep In-Person

This 12 hour course includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, math strategies and review, English strategies and review, essay writing and reading comprehension. Students benefit from personal instruction taught by experienced instructors. Students who complete an in-person course may repeat the course as often as they wish, free of charge using the online version.

### Instructor: Advantage Prep

Mon, Feb 6-Mar 6 2304-Feb23 Two Rivers HS, MH	5:45-8:45 pm 4 sessions - \$180
Tues, Feb 6-Mar 6 4301-W23#433 Central Square, SSP	5:45-8:45 pm 4 sessions - \$180
Wed, Feb 8-Mar 1 3301-W23@444 Simley HS, IGH	5:45-8:45 pm 4 sessions - \$180
Tues, May 1-22 4301-W23#523 Central Square, SSP	5:45-8:45 pm 4 sessions - \$180



## ACT Prep Virtual with Instruction

The virtual course is the same as the in-person course, but is attended from the comfort of home. It is an alternative for students unable to attend an in-person class, but who still prefer live interaction with an instructor. The instructors teach via virtual classroom and are available to answer questions. An Internet connection and a computer, tablet, or smartphone are required to participate. Instructions to log in are sent via email a few days before the first session date.

### Instructor: Advantage Prep

Sat	9am-12 pm 4 sessions - \$180
2301-Jan23	Jan 14-Feb 4
2301-Feb23	Feb 11-Mar 4
2301-March23	Mar 11-Apr 8
2301-May23	May 6-June 3



## Gymnastics - Tumble Together

-- 18 months-4 years old + adult --

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.

Winter Session 1 - Registration opens Dec 20				
4000-W23A	Tues, Jan 3-Feb 14	5:30-6 pm	7 sessions	\$48
4000-W23B	Sat, Jan 7-Feb 18	8:30-9 am	7 sessions	\$48

## Gymnastics - Tumble Bees

-- 3-4 years old --

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

Winter Session 1 - Registration opens Dec 20				
4001-W23A	Thur, Jan 5-Feb 16	5:30-6:10 pm	7 sessions	\$61
4001-W23B	Sat, Jan 7-Feb 18	9:15-10 am	7 sessions	\$61
4001-W23C	Sat, Jan 7-Feb 18	10-10:45 am	7 sessions	\$61

## Gymnastics - Beginners

-- 4-14 years old --

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

Winter Session 1 - Registration opens Dec 20				
4002-W23A	Tues, Jan 3-Feb 14	6:05-7 pm	7 sessions	\$61
4002-W23B	Thur, Jan 5-Feb 16	6:15-7:15 pm	7 sessions	\$61
4002-W23C	Thur, Jan 5-Feb 16	7:15-8:15 pm	7 sessions	\$61
4002-W23D	Sat, Jan 7-Feb 18	11-11:55 am	7 sessions	\$61
4002-W23E	Sat, Jan 7-Feb 18	12-12:55 pm	7 sessions	\$61



## Gymnastics - 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.

Winter Session 1 - Registration opens Dec 20				
4003-W23A	Thur, Jan 5-Feb 16	7:15-8:15 pm	7 sessions	\$61
4003-W23B	Sat, Jan 7-Feb 18	1-2 pm	7 sessions	\$61



## Gymnastics - Flips

-- Coach Approval --

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnasts must possess basic strength and flexibility.

Winter Session 1 - Registration opens Dec 20				
4004-W23A	Tues, Jan 3-Feb 14	7-8:15 pm	7 sessions	\$63
4004-W23B	Sat, Jan 7-Feb 18	1-2:15 pm	7 sessions	\$63

Check the website or scan the QR code for upcoming Spring class information.





## Intro to Ninja (5-8 years)

Ninjas develop strength and agility during this 8 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

Wed, Jan 4-Feb 22 6:30-7:30 pm  
4994-W23A 8 sessions - \$160  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Wed, Apr 5-May 31 6:30-7:30 pm  
4994-W23B 8 sessions - \$160  
Conquer Ninja Gym, 707 Commerce St, Woodbury

## Conquer Ninja Rec Team (6-9 years)(8-13 Years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve.

Our Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! This 8 weeklong Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

Fri, Jan 6-Feb 24 4-5 pm  
4995-W23A (6-9yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Jan 6-Feb 24 5-6 pm  
4995-W23B (6-9yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Jan 6-Feb 24 6:15-7:15 pm  
4995-W23C (8-13yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Apr 7-May 26 4-5 pm  
4995-W23D (6-9yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Apr 7-May 26 5-6 pm  
4995-W23E (6-9yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Apr 7-May 26 6:15-7:15 pm  
4995-W23F (8-13yo) 8 sessions - \$185  
Conquer Ninja Gym, 707 Commerce St, Woodbury



## Flag Football Tykes

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes/cleats are optional). Footballs and flag belts are provided. Parent participation is encouraged when needed.

### Age 2-3

Mon, May 1-22 5-5:30 pm  
4903-W23A 4 sessions - \$59  
Kaposia, Gym 1

### Age 4-5

Mon, May 1-22 5:40-6:10 pm  
4903-W23B 4 sessions - \$59  
Kaposia, Gym 1

## Basketball Tykes:

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when necessary.

### Age 2-3

Tues, Feb 7-28 5-5:30 pm  
4901-W23A 4 sessions - \$59  
Kaposia, Gym 1

### Age 4-5

Tues, Feb 7-28 5:40-6:10 pm  
4901-W23B 4 sessions - \$59  
Kaposia, Gym 1



### Scratch Board Puppy Portrait w/ Kidcreate Studio (Ages 4-9)

In this class, artists will learn to draw a silly cartoon puppy in a truly unique way using the sgraffito technique. (That's fancy for scratchboard!) These adorable pups, created on real canvas boards, are sure to be a hit!

**Instructor: Kidcreate Studio**

Sat, Jan 21 9 am-12 pm  
4467-W23 1 session - \$44  
Central Square, SSP

### Rainbow Candy Scene with Kidcreate Studio (4-9 years)

Red, orange, yellow, green, blue, indigo, and violet! We'll explore the colors of the rainbow as we use sprinkles, Fruit Loops, marshmallows, frosting, and more to create a colorful candy scene complete with a 3D rainbow. Sweet! Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Feb 25 9 am-12 pm  
4468-W23 1 session - \$44  
Central Square, SSP



### XOXO Snow Globe with Kidcreate Studio (4-9 years)

Be Mine, Valentine! One of our most popular projects is BACK, Valentine's Day-style! In this class, artists will create their very own Valentine's Day-themed snow globes using glitter, Model Magic, and so much more. This project is great to keep, or it makes the perfect Valentine's Day gift for a very special someone. Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Feb 11 9 am-12 pm  
4469-W23 1 session - \$44  
Central Square, SSP

### Easter Craft Party with Kidcreate Studio (4-9 years)

"Here comes Peter Cottontail, hoppin' down the bunny trail." Hop on over to the studio to create Easter-themed art! We'll create an Easter Bunny bobblehead made out of model magic clay. Please pack a nut free snack and drink for your child each day.

**Instructor: Kidcreate Studio**

Sat, Feb 11 9 am-12 pm  
4490-W23 1 session - \$44  
Central Square, SSP



### Mother's Day Framed Memories with Kidcreate Studio (4-9 years)

Kids, come make a special Mother's Day present for Mom, Grandma, or another special caregiver that will be cherished for years to come! Using oil pastels, sequins, paint, and more, artists will design a special picture frame. Add in one of your favorite photos, and you've got the best gift a mom could ask for! Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, May 6 9 am-12 pm  
4491-W23 1 session - \$44  
Central Square, SSP

### Smart Art with Kidcreate Studio (5-12 years)

Art is smart, and this class proves it! During this class we'll explore S.T.E.A.M. (Science-Technology-Engineering-Art-Math) concepts in creative ways, resulting in fridge-worthy masterpieces, tons of experiential learning, and loads of messy fun. We'll design our own mini playgrounds, learn about M.C. Escher and Picasso, make our own lava lamps, and more. This is no ordinary S.T.E.M. class!

**Instructor: Kidcreate Studio**

Sat, Mar 4-25 10-11 am  
4492-W23 4 sessions - \$67  
Central Square, SSP



## How to Draw a Bunnicorn with Kidcreate Studio (5-12 years)

What do you get when you combine a unicorn horn with a cute and cuddly bunny? An adorable and magical BUNNICORN!!! In this class, artists will learn a simple step-by-step drawing process as they create a cute bunny rabbit complete with a magical unicorn horn. So cute! Please pack a nut free snack and drink for your child.

**Instructor:** Kidcreate Studio

Sat, Apr 1 9 am-12 pm  
4493-W23 1 session - \$44  
Central Square, SSP

## Video Production for YouTube (Grades 3-7)

Learn how to produce a YouTube Video! YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: Cell Phone video camera or external webcam, movie (Mac) or Filmdora (Windows trial version) software.

**Instructor:** Tech Academy.

Sat, Jan 7 & 14 10:30 am-12:30 pm  
4350-W23 2 sessions - \$70



## Video Production for YouTube: Podcasting (Grades 3-7)

Learn how to produce a YouTube- Learn the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: Cell Phone video camera or external webcam, Imovie (Mac) or Filmdora (Windows trial version) software, Audacity free software download.

**Instructor:** Tech Academy.

Sat, Mar 4 & 11 8-10 am  
4360-W23 2 sessions - \$70



## Game Coding: Star Wars (Grades 2-5)

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). Additional Technical Requirement PC needed, will not work on Chromebook, tablets, or phones.

**Instructor:** Tech Academy.

Sat, Feb 4 & 11 8-10 am  
SSP 4358-W23 2 sessions - \$70  
WSP 2795-Virtual23 2 sessions - \$70



## Escape the Ender Dragon: Escape Room (Grades: 1st-6th)

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission to race through the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home. Basic computer skills needed (basic keyboarding and using a mouse). Additional Technical Requirement: Minecraft Java Edition PC needed, will not work on Chromebook, tablets, or phones.

**Instructor:** Tech Academy

Tues, Feb 14 & 21 6-7:30 pm  
SSP: 4359-W23 2 sessions - \$55  
WSP: 2199-Virtual23 2 sessions - \$55



## Evening Wizards of Chess

Join this National Award Winning Program. Learning the game of chess promotes imagination, creativity, develops memory, teaches independence, inspires self-motivation, and develops a logical way of thinking. Students of all levels are welcome, including beginners. Individual, personal instruction is done with encouragement. All equipment is provided.

**Instructor:** Wizards of Chess Staff

Tuesdays 6-7 pm  
Jan 10-Feb 14  
2302-W23 6 sessions - \$60  
Mendota Elementary, MH  
Mar 7-Apr 18  
2302-SP23 6 sessions - \$60  
Mendota Elementary, MH

## Evening Floor Hockey

Gather your friends for Wednesday night floor hockey with former Somerset Elementary physical education teacher, Mr. Nilsen. Register early: class size is capped at 14 kids. Separate times for grade levels.

**Instructor:** Seth Nilsen

Wed, Jan 25-March 1 Sessions - \$59  
Mendota Elementary, MH  
2014-KNDG Kindergarten 5:45-6:25 pm  
2014-1&2W23 Grades 1-2 6:30-7:10 pm  
2014-3/4W23 Grades 3-4 7:15-8:00 pm

### 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. The Fall 2023 Code Championship Series consists of six tournaments in six weeks (it's ok to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Participants must know how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

**Instructor: Code Championship**

Sat, Apr 1-22 9-11 am  
4166-W23 4 sessions - \$75



### Kung-Fu (Ages: 5+)

Learn the martial art of Jackie Chan, Jet Li and Kung Fu Panda with Hong Kong Champion, Al Lam. Sifu Al Lam and family have taught youth and adults for over 40 years. Lam was the instructor of the U of MN Chinese Kung Fu Club for 13 years and was awarded Instructor of the Year by the U of MN Recreational Sports Department.

Kung-Fu teaches kicking, punching, self-defense skills while building muscle, power, flexibility and agility. Improve your awareness, self-esteem and confidence. Join a fun, progressive, full-participation class with skill building exercises to strengthen the mind and body. Parents: Instead of waiting outside, sign up and participate with your child in class.

**Instructor: National Treasure Kung Fu, Inc., Al Lam – Director**

Fri, Feb 3-March 17 7 sessions - \$95  
Heritage MS, WSP  
2784-W23 Beginner Class 6:15-6:45pm  
2785-W23 White-Purple Belt 6:50-7:20pm  
2786-W23 Red-Black Belt 7:25-7:55pm

### 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 9-Apr 3 7:50-8:50 am  
4500-W23A 8 sessions - \$75  
Kaposia Education Center, SSP  
No Class Jan 16, Feb 6 & 20, Mar 13 & 27  
Tues, Jan 10-Apr 4 7:10-8:10 am  
4500-W23B 8 sessions - \$75  
Lincoln Center, SSP  
No Class Jan 17, Feb 7 & 21, Mar 14 & 28

### Allegro Choir Offerings (Grades 2-6)

We encourage families to commit to the entire year, but Listed below is the First trimester. We provide performance attire, music, water bottle, cinch sack and a T-shirt the kids can keep. First and third concerts are more typical "choir concerts," while the middle concert is themed, features a bit more pop/musical theatre music, and features solos and small groups in addition to the full choirs. There will be a concert Thur, Nov 17th at 7 pm.

**Instructor: Allegro Choir**

#### Grades 1 & 2

Thur, Dec 1-Feb 9 6:20-7:20 pm  
4502-W22B 2nd trimester- \$140  
Thur, Feb 16-May 8 6:20-7:20 pm  
4502-W22C 3rd trimester- \$140  
Eastview HS, Apple Valley

#### Grades 3 & 4

Thur, Dec 1-Feb 9 6:20-7:45 pm  
4503-F22B 1st trimester- \$160  
Thur, Feb 16-May 8 6:20-7:45 pm  
4503-F22C 1st trimester- \$160  
Eastview HS, Apple Valley

#### Grades 5 & 6

Thur, Dec 1-Feb 9 6:20-8 pm  
4504-F22B 1st trimester- \$173  
Thur, Feb 16-May 8 6:20-8 pm  
4504-F22C 1st trimester- \$173  
Eastview HS, Apple Valley



### School District 197 Youth Enrichment Classes!

A variety of Youth Enrichment classes are offered after-school, in the evenings and on weekends in District 197 schools.

**Please visit [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Youth Enrichment and then District 197 for classes or scan the QR code above.**



## 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, but all are welcome to join!

**Instructor: Kim Befort**

Tues, Jan 3-Feb 28 9800-W23A Central Square, SSP	10:30-11:30 am 9 sessions - \$56.26 adult, \$22.50 senior (65+)
Thur, Jan 5-Feb 23 9800-W23B Central Square, SSP	10:30-11:30 am 8 sessions - \$50 adult, \$20 senior (65+)
Fri, Jan 6-Feb 24 9800-W23C Central Square, SSP	10:30-11:30 am 8 sessions - \$50 adult, \$20 senior (65+)
Tues, Mar 7-Apr 25 9800-W23D Central Square, SSP	10:30-11:30 am 8 sessions - \$50 adult, \$20 senior (65+)
Thur, Mar 2-Apr 27 9800-W23E Central Square, SSP	10:30-11:30 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Fri, Mar 3-Apr 28 9800-W23F Central Square, SSP	10:30-11:30 am 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.

**Instructor: Kim Befort**

Wed, Jan 4-Feb 22 9001-W23A Central Square, SSP	6-7 pm 8 sessions - \$50 adult, \$20 senior (65+)
Wed, Mar 1-Apr 26 9001-W23B Central Square, SSP	6-7 pm 9 sessions - \$56.25 adult, \$22.50 senior (65+)



## CENTRAL SQUARE POOL IS HIRING!



SCAN HERE TO APPLY

**Aquatics Instructors**  
**Lifeguards**  
**Water Safety Instructors**



## Lap Swim

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

Punch Card 7916-W23A	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 7916-W23A	30 admissions	\$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 am-1:30 pm

Schedule is subject to change.



Scan here for the lap swim schedule at Central Square!



## District 197 Evening Private Swim Lessons

These are four private 30-minute sessions to work on water safety, stroke enhancement or specific skills that need work. This is a great option for children or adults that need the extra one-on-one time with an instructor, prefer a quieter environment, or those needing to go at their own pace. Space is limited. One registration per student only. Registration will open April 14.

Wed, May 17-June 7  
2911  
District 197 Aquatic Center, MH

Times will vary  
4 sessions - \$139

## District 197 Adult Lap Swim

Lap swim at the District 197 Aquatic Center 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 4-Feb 15  
7197-W23  
District 197 Aquatic Center, MH

6:30-8:30 pm  
7 sessions - \$49

Thurs, Jan 19-Feb 23  
7197-DAY  
District 197 Aquatic Center, MH

11 am-1 pm  
6 sessions - \$42

Wed, Mar 1-Apr 26  
7197-SP23  
District 197 Aquatic Center, MH  
No class Mar 29

6:30-8:30 pm  
8 sessions - \$56

Thurs, Mar 2-Apr 13  
7197-Day23  
No class March 30

11 am-1 pm  
6 sessions - \$42



## Water Aerobics

This water aerobics class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strength of muscles. T.A.B.A.T.A. (high intensity physical training) sessions during class improves cardiovascular endurance. Exercises performed in the deep water utilize a waist flotation belt to suspend the participant, allowing optimal joint movement and preventing joint impact. \*You will need an aqua fitness flotation belt. These are available online and at sporting goods stores.

**Instructor: Mary Ellen DeCuffa**

Thur, Jan 19-Feb 9  
6016-W23  
District 197 Aquatic Center, MH

11 am-12 pm  
4 sessions - \$40

Save the Date!

April 14: District 197 Summer Youth Swim Lessons registration opens.

- ✓ Experienced & fun swim instructors
- ✓ Low student : instructor ratios
- ✓ Beautiful facility with great spectator viewing area

99% of surveyed participants state that Community Education classes are a good value for the price, and they would recommend to a friend.

# SCHOOL AGE CARE

## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN

### EXTRA INNINGS **Extra Innings School Age Care - Grades K-4**

Where the FUN & LEARNING Never Ends!

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



### Encore SAC - Grades 5-8

Encore is an program that meets the unique needs of middle school students seeking independence while in a safe and caring environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center.

### District 197 School Age Care

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



#### Hours:

Monday-Friday: 6:30 am - start of school day  
Monday-Friday: After school -6 pm  
Non-School Days: 6:30am - 6pm  
Summer Camp: 6:30 am - 6 p

#### Located in:

Garlough Environmental Magnet - Mendota Elementary  
Moreland Arts & Health Sciences Magnet - Somerset Elementary  
Pilot Knob STEM Magnet - Noreen Activity Center

## KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



### Kids' Choice 2022-23 Program

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



### South St. Paul Kids' Choice

For more information, please call 651-306-3631.  
Visit us online at [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

#### 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

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### 2022-2023 School Year Care Offers

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, computers, outdoor time, science, service learning, homework assistance, physical activities, and more!

### Spartan Kids' Care

For more information, please call 651-306-7502.  
Visit our website at [www.spartankidscare.org](http://www.spartankidscare.org)

#### Located in:

Hilltop  
Pine Bend  
Salem Hills

#### Hours:

AM Care: 6 am until start of the school day  
PM Care: End of the school day until 6 pm  
Non-School Days 6 am-6 pm



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](http://www.isd197.org/district/enrollment).  
To reach the enrollment coordinator, email [enrollment@isd197.org](mailto:enrollment@isd197.org) or call 651-403-7030.



## 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](http://www.sspps.org)





**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](http://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](http://www.isd199.org/enroll) or call **651-306-7825** with questions and for more information.



# EARLY LEARNING

For families with children ages birth to PreK 5.

## Early Childhood Family Education (ECFE)

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!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about Kindergarten
- You can help

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan, changed your phone number, or had a new baby, you will need to update your census information:

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan	651-403-8390

## ECFE Home 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.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, check your baby's weight, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues. Call your district to schedule a visit

Inver Grove Heights	651-306-7503
ISD 197	651-403-8390
South St. Paul	651-457-9418

## Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered mornings and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



## Early Childhood Screening

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.

### 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

Call for information or to make a screening 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







**ISD 197 Early Learning Program Locations**

**Early Learning & Family Resource Center**  
 1970 Christensen Ave, WSP  
 651-403-8390

**Moreland Arts & Health Sciences School**  
 217 W Moreland Ave, WSP

**Pilot Knob STEM Magnet School**  
 1436 Lone Oak Road, Eagan

Visit [www.isd197.org/schools/early-childhood-education-2](http://www.isd197.org/schools/early-childhood-education-2) for more information.

**ISD 197 Early Childhood Family Education (ECFE)**

Parent and child classes for ages birth to pre-kindergarten. ECFE offers a variety of age-specific classes in the mornings, afternoons and evenings to grow and learn together in a supportive and stimulating environment. ECFE has a sliding fee scale so that all families have the opportunity to participate. Registration remains open until classes are filled. Register at the email listed above.

**ISD 197 ThreeSchool**

ThreeSchool is for children who were age three by Sept 1, 2022. The focus is on social skills, exposure to a variety of learning materials, and increasing language skills. Children must be toilet trained to attend preschool. Registration for the 2022-23 school year is ongoing and continues until classes are filled.

Mon, Wed, Fri 9:15-11:45 am  
 Sept 12-June 2  
 Pilot Knob STEM Magnet, Eagan

Tues, Thur 9:15-11:45 am  
 Sept 13-June 1  
 Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

**ISD 197 Pre-Kindergarten**

Pre-kindergarten is for children who are age 4 or older by September 1, 2022 and toilet trained. School District 197's preschool programs provide a bridge to school. Rich learning experiences in well-equipped classrooms highlight each day, with children thriving in a real school environment and follow a schedule typical to kindergarten that includes individual, small and large group activities. Registration for the 2022-23 school year is ongoing and continues until classes are filled.

Mon-Fri 9:15am-3:30 pm  
 Sept 12-June 2 (includes breakfast and lunch)  
 Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

Mon-Fri 9:15-11:45 am  
 Sept 12-June 2  
 Early Learning Center, WSP

Mon, Wed, Fri 9:15-11:45 am  
 Sept 12-June 2  
 Early Learning Center, WSP

Mon, Wed, Fri 1-3 pm  
 Sept 12-June 2  
 Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

For tuition and scholarship information, visit [isd197.org/Schools/Early Learning](http://isd197.org/Schools/Early Learning) or call 651-403-8390.

To register: visit [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Extended Day**

Available to children attending a preschool class at the Early Learning & Family Resource Center in West St Paul on days a child is registered for class. Care is not available on non-school days. Additional fees apply to each section.

Extended Day 7-9:15 am (light breakfast provided)  
 Sept 12-June 2 Mon-Fri  
 Early Learning Center, WSP

Extended Day 3:30-5:30 pm (snack provided)  
 Sept 12-June 2 Mon-Fri  
 Early Learning Center, WSP

**School Readiness Plus Preschool**

Offered by application only to children age four by Sept 1, 2022. Must meet School Readiness income and eligibility requirements. For information on Early Learning scholarships through the state of MN, visit [www.familiesfirstmn.org](http://www.familiesfirstmn.org). For a School Readiness application, go to [isd197.org/schools/preschool](http://isd197.org/schools/preschool) or call 651-403-8390.

Mon-Fri 7:35-11:05 am  
 (breakfast and lunch provided)  
 Moreland Arts & Health Sciences Magnet, WSP







## South St. Paul Public Schools Community Preschool

651-457-9418

[www.sspps.org](http://www.sspps.org)

**South St. Paul Family Education Center**

104 5th Ave S, South St. Paul

**Kaposia Education Center**

1225 1st Ave S, South St. Paul

**Lincoln Center**

357 9th Ave N, South St. Paul



## Community Preschool

**Kaposia Education Center**

All Day

9:10 am-3:25 pm

Morning

9:10-11:55 am

Afternoon

12:40-3:25 pm

Lil' Packers AM (Tues/Thurs)

9:10-11:10 am

Lil' Packers PM (Tues/Thurs)

12:40-2:40 pm

3 Year Old Preschool - \$155 / month

Lil' Packers Preschool - \$75 / month

Scholarships available for all ages. Call 651-457-9418 for more information.

**Lincoln Center**

Morning

8:25-11:10 am

Afternoon

12:05-2:50 pm

Lil' Packers AM (Tues/Thurs)

8:25-10:25 am

Lil' Packers PM (Tues/Thurs)

12:05-2:05 pm

## Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.



SOUTH ST. PAUL PUBLIC SCHOOLS

# E.C.F.E.

Early Childhood Family Education

Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tots 9-10 am	Mixed Ages 9-11 am	Las Familias Latinas 12-2 pm	Terrific Twos and Threes 9-11 am	Drop in Play 9-11 am
Baby and Me 10:15-11:15 am	Drop in Play 6-7:30 pm	Young Toddlers 9-11 am	Mixed Ages 12-2 pm	
Las Familias Latinas 12-2 pm	Las Familias Latinas 12-2 pm	After Nap Drop in Play 2:30-4 pm	Little Ones Drop & Play 5-6:30 pm	
Play and Learn 6-7:30 pm				



## Why Inver Grove Heights Preschool?

- Four-star Parent Aware rating, the highest possible rating by Minnesota’s quality rating system for early education.
- Highly trained staff. We hire licensed teachers who use proven best practices.
- Frogstreet 2020 PreK Curriculum

*Committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond.*

- Classes for 3 and 4-year-olds.
- Scholarships available for eligible children.

*Preschool registration for 2023-2024 opens Thurs, Feb 9*



## IGH Early Learning

**Early Learning Office**  
3203 68th St E, Inver Grove Heights  
(connected to Hilltop Elementary,  
door 2)

[www.ighEarlyLearning.org](http://www.ighEarlyLearning.org)

Phone: (651) 306-7503

Email: [EarlyLearning@isd199.org](mailto:EarlyLearning@isd199.org)

**To check for current openings, call 651-306-7503**



## IGH Early Childhood Family Education

IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child’s first teacher. Together we support your child as they learn and grow.

### New baby?

Free baby classes & home visits.

*Registration for Winter and Spring classes opens Wed, Jan 4.*

### IGH Early Childhood Family Education (ECFE)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Toodle Twos</li> <li>• Enlaces</li> <li>• Parenting Your Elementary Child</li> </ul>	<ul style="list-style-type: none"> <li>• Baby &amp; Me</li> <li>• Toodle Twos</li> <li>• Mixed Age Adventures</li> <li>• Books &amp; Blankies</li> <li>• Pop In &amp; Play Times</li> <li>• Play Together, Grow Together</li> </ul>	<ul style="list-style-type: none"> <li>• Conscious Discipline</li> <li>• Raising a Color Brave Generation</li> <li>• Explore Nature &amp; the Great Outdoors</li> </ul>	<ul style="list-style-type: none"> <li>• Wonderful Ones</li> <li>• Preschool Friends</li> <li>• Little Explorers (18-30 mos)</li> <li>• Parenting Across Cultures</li> <li>• Baby Pop In &amp; Play</li> </ul>	<ul style="list-style-type: none"> <li>• Pop In &amp; Play</li> <li>• Baby Storytime at Inver Hills Library</li> </ul>

*\*Sliding fee scale and financial aid available so all IGH families can participate.*





## NUNCA ES TARDE PARA ESTUDIAR

Educación para adultos (ABE) proporciona a los adultos en el condado de Dakota del Norte oportunidades educativas para adquirir y mejorar la alfabetización a fin de convertirse en empleados, miembros de familia y ciudadanos autosuficientes y orgullosos. **Todas las clases son GRATIS.**

### AREAS DE ESTUDIO

- Aprendices del idioma Inglés(ELL)
- Clases de Conversación en línea(ELL)
- Preparación para ciudadanía en línea
- GED (diferentes niveles)
- Habilidades de preparación para trabajar
- Preparación para Carrera en Cuidado de la salud
- Preparación para el examen TEAS
- Preparación para el examen de ingreso a la universidad
- Práctica de alfabetización digital



### Las clases son en

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

**¡TU PUEDES ESTAR AQUÍ!**

**Llame a Linda al  
651-306-3632**

[communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)



**DISTRICT 197 SCHOOL AGE CARE** WEST ST PAUL - MENDOTA HEIGHTS - EAGAN

**Extra Innings y Encore**



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de Cuidado de Niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se juntan con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

Para obtener información adicional llame al: 651-403-8054. Para inscribirse: Visite [www.isd197.org/resources/school-age-care](http://www.isd197.org/resources/school-age-care)



**Ubicado en:**

Primaria Garlough especializada en ambiente - Primaria Mendota Moreland especializada en Artes y Ciencias de la Salud Pilot Knob especializada STEM - Primaria Somerset Centro de Actividad Noreen

**Horas:**

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar  
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.  
Días que no hay clases: De 6:30 a.m. a 6 p.m.

**KIDS' CHOICE SCHOOL AGE CARE** SOUTH ST. PAUL

**Año Escolar de 2022-2023**



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarteb y hasta sexto grado.



**South St. Paul Kids' Choice**

Para más información, llame al 651-306-3631. Visitenos en línea en [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

**Ubicado en:**

Kaposia Education Center  
Lincoln Center

**Horas:**

Lunes Viernes  
Mañanas: 6:30 am hasta inicio de jornada escolar  
Tardes: Después de la escuela hasta las 6 pm  
Días sin clases: 6:30 a.m. a 5:30 p.m.  
Horario de verano: 6:30 a.m. a 5:30 p.m.

**SPARTAN KIDS' CARE** INVER GROVE HEIGHTS SCHOOLS



**Spartan Kids' Care**

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Ubicado en:**

Hilltop  
Pine Bend  
Salem Hills

**Horas:**

Antes de la Escuela:  
De 6 a.m. hasta el comienzo del día escolar  
Después de la Escuela:  
Desde que termina la escuela hasta las 6 p.m

**Ofertas de cuidado del año escolar 22-23**

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, computadoras, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

# BEST JOB EVER!



## ISD 197 SCHOOL AGE CARE (SAC)

### Support Paraprofessional, Flexible Days & Hours

Various ISD 197 locations

Monday-Friday

Up to 17 hrs/week between 2-6 pm

Up to 6.25 hrs/week between 6:30-7:45 am

\$15.92/hr + potential for additional \$2/hr stipend

Must be 16 to apply

[www.isd197.org/district/employment](http://www.isd197.org/district/employment) and search "paraprofessional" or contact [lisa.grathen@isd197.org](mailto:lisa.grathen@isd197.org)

## WORK FOR

# SOUTH ST. PAUL PUBLIC SCHOOLS!



SCAN FOR  
CURRENT JOB  
OPENINGS AND  
TO APPLY

[www.sspps.org](http://www.sspps.org)

## WE'RE LOOKING FOR:

### Teachers

Special Education  
Language Arts  
Family & Consumer Science  
Medical Careers  
Chemistry  
Elementary Art  
Elementary Music

### Administration

Elementary Assistant Principal

### District Support

Finance Specialist

### Maintenance/Custodial

Night Supervisor/Engineer  
Part-time cleaner

### Paraprofessionals

Special Education Paraprofessionals

### Student Supervisors

Lincoln Center Elementary

South St. Paul  
Public Schools



# ISD 199 *is hiring!*

SEE OUR OPEN POSITIONS HERE:



Looking for a job for the 2022-23 School Year? We are looking for Bus Drivers, Paraprofessionals, School Age Care workers, Early Learning Paraprofessionals, and casual workers for our lunchrooms, playgrounds, and events.

## South St Paul

### *District Office*

104 Fifth Ave S

### *Central Square Community Center*

100 Seventh Ave N, SSP

### *South St. Paul High School*

700 Second St N

### *Family Education Center*

104 Fifth Ave S

### *Lincoln Center*

357 Ninth Ave N

### *Kaposia Education Center*

1225 First Ave S

## Inver Grove Heights

### *District Office*

2990 80th St E

### *Simley High School*

2920 80th St E

### *IGH Middle School*

8167 Cahill Ave

### *Hilltop Elementary School*

3201 68th St E

### *Pine Bend Elementary School*

9875 Inver Grove Trail

### *Salem Hills Elementary School*

5899 Babcock Trail E

### *Early Learning Center*

3203 68th St E

## West St. Paul-Eagan-Mendota Heights

### *Two Rivers High School*

1897 Delaware Ave, MH

### *Friendly Hills Middle School*

701 Mendota Heights Rd, MH

### *Heritage E-STEM Magnet Middle School*

121 West Butler Ave, WSP

### *Garlough Environmental Magnet School*

1740 Charlton Street, WSP

### *Mendota Elementary School*

1979 Summit Lane, MH

### *Moreland Arts & Health Sciences Magnet Elementary School*

217 W Moreland Ave, WSP

### *Pilot Knob STEM Magnet Elementary School*

1436 Lone Oak Rd, Eagan

### *Somerset Elementary School*

1355 Dodd Rd, MH

### *Early Learning & Family Resource Center*

1970 Christensen Ave, WSP

### *Thompson Park Activity Center*

1200 Stassen Lane, WSP

## Partner Locations

### *Veterans Memorial Community Center*

8055 Barbara Ave, IGH

### *South St. Paul Rod & Gun Club*

600 Gun Club Rd, SSP

### *Thompson County Park*

360 Butler Ave E, WSP

### *Harmon Park,*

230 Bernard St W, WSP

### *Eastview HS,*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym,*

707 Commerce St, Woodbury

## 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 [www.isd199.org/community/rent](http://www.isd199.org/community/rent) You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address listed on the website.

**SSP:** Go to [communityed.sspps.org/about/facility-use](http://communityed.sspps.org/about/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 office address.

**WSP-MH-Eagan:** Go to [www.isd197.org/community/facilities-rental](http://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 52 and 53 for building locations and 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 added 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

Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare member ID number when registering for class. Limits and restrictions may apply.

## 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 o Femenino

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

Complete if Paying by Credit Card:  Visa  MasterCard  Discover  American Express  
 Complete si vá 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

## Register

### Online

[tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

This secure site is available 24/7

### By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

### In Person

Mon-Fri

7:30 am-4 pm IGH

7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan

Visit us at the addresses below.

### By Mail

IGH

Community Education

2990 80th St E

Inver Grove Hgts, MN 55076

WSP, MH and Eagan

District 197 Aquatic Center

1897 Delaware Ave

Mendota Heights, MN 55118

SSP

Community Education

100 7th Ave N

South St. Paul, MN 55075

## 3 Ways to Pay

### Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

### Check

Make checks payable to Community Education.

### Cash

If using cash, please register in person.

INDEPENDENT SCHOOL DISTRICT 197  
TRIDISTRICT COMMUNITY EDUCATION  
1897 DELAWARE AVE.  
MENDOTA HEIGHTS, MN 55118

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

## ECRWSS Postal Patron



6-7 pm on the 1st Thursday of the month  
**FREE | DROP-IN | NO REGISTRATION NEEDED**

Our Tour de Rec traveling program is back for the '22-'23 school year! We invite youth and families to join us at local spots in the cities of West St. Paul and Mendota Heights. Staff will set up activities and provide equipment for youth and families to enjoy. There will be games, sports, crafts, and more!

**12/1 Thompson County Park Activity Center | 360 Butler Ave E, WSP**

**1/5 Garlough Elementary | 1740 Charlton St, WSP**

**2/2 Southview Park | 275 Westview Drive, WSP**

**3/2 Harmon Park Neighborhood Center | 230 Bernard St, WSP**

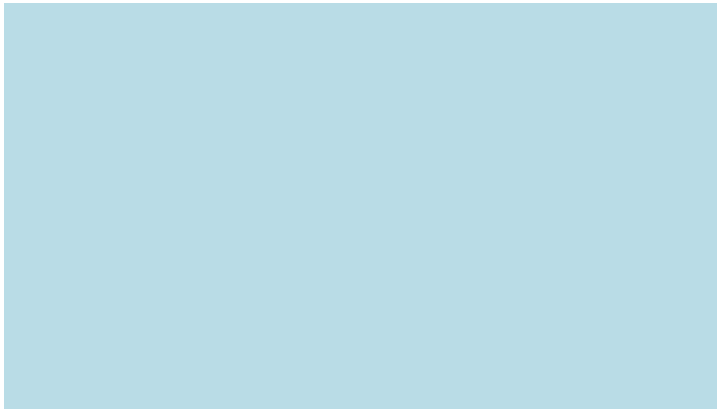
**4/6 Marie Park | 1780 Lilac Lane, MH**

**5/4 Mendota Elementary | 1979 Summit Lane, MH**

*\*If weather is questionable, call 651-259-2671 for program status by 4 pm\**

### **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 set up activities and provide equipment for youth and families to enjoy. There will be games, sports, crafts, and more!



## **Come Back to School!**

Your days as a student may be over, but we'd love to have you back in our schools. Educating students and keeping them healthy and safe requires many people working together. School districts have a variety of casual, part-time and full-time employment opportunities that support the work of our educators. These school positions work well with family schedules, as there are no nights or weekend hours, and no hours on non-school days. Come and find out about the many opportunities for employment in our school.

Wed, Feb 1  
5501-W23

6:30-7:30 pm  
1 session - Free

Inver Grove Heights MS, IGH