



SUMMER 2023

MAY - AUGUST

LOOKING FOR SUMMER ACTIVITIES FOR KIDS? SEE PAGES 36-43

PARA OBTENER INFORMACIÓN EN ESPAÑOL, IR A LAS PÁGINAS 50 Y 51



TAKE SOME TIME FOR YOURSELF THIS SUMMER, EXPLORE FITNESS, FINANCES, MINDFULNESS AND CREATIVE ARTS

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

TRIDISTRICT COMMUNITY EDUCATION

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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



IDENTIFIES AN ONLINE CLASS



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 to get information on upcoming classes and events.

Contact Us

Adult Enrichment

IGH.....	651-306-7502
SSP.....	651-306-3632
ISD197.....	651-403-8331

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.....	651-403-8331
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Early Learning

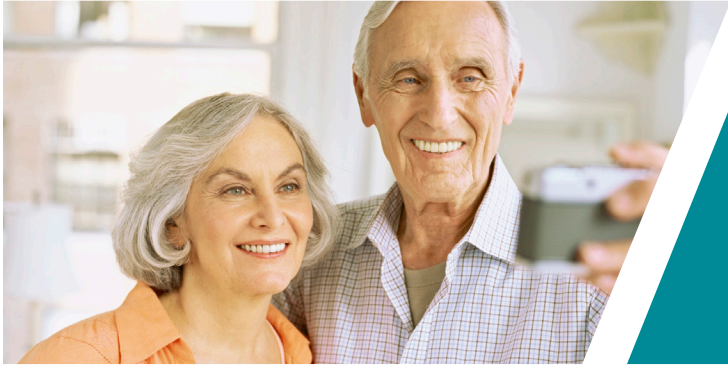
IGH.....	651-306-7503
SSP.....	651-457-9418
ISD197.....	651-403-8390

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



ADULTS 55+

GETTING RESTLESS?

Check out our trips and tours!
Pages 32 & 33.



FINANCES

ARE YOU READY FOR RETIREMENT?

Learn about medicare, social security, wills and more.
See our classes on pages 6



HEALTH & WELLNESS

JOIN US FOR A NEW WELLNESS EXPERIENCE!

Join Janice Novak, an internationally acclaimed wellness consultant, as she guides you through weight loss, fitness, and accupressure benefits from the comfort of your own home.
Page 14 & 15

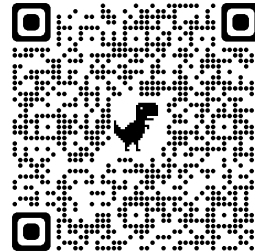


FREE COMMUNITY EVENT



**JUNE
20**
12:00-2:00

**HILLTOP
ELEMENTARY**
3201 68th ST E
Inver Grove Heights



WWW.NINJAANYWHERE.COM/HOME

An exciting ninja event right
in our community! Great for
kids and adults of any
ability!

WAIVER REQUIRED

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

Fun With Falafel! Falafel, Pita Pockets & Dips!

If there were a food combination where nutrition meets deliciousness and simplicity, it would be called Falafel! Experience the fun of falafel, while participating in this virtual cook-along class! Learn how to create fantastic full-flavored falafel, delicious homemade pita-pocket bread, yogurt tahini sauce, and marvelous hummus. A few days prior to the start of class, an ingredient list along with a video conference link will be sent. After the class, a packet with the instructor's personal recipes will be sent. One registration can include participants living in the same home only. If children are attending, adult supervision is required.

Instructor: Tess Georgakopoulos

Sat, May 6 4-6 pm
7600-S23 1 session - \$35



California Sushi Roll Extravaganza

California sushi roll combinations are limited only by your imagination: vegetarian, with or without seaweed, spicy or not, you decide! Learn the skill of creating sushi, including how to stuff, wrap, and shape the rolls from the comfort of your own kitchen. Make it a date night or family night as you create lasting memories in your kitchen. Adult supervision is required if children are participating. A list of ingredients will be provided, along with tips on where to find more unique ingredients. A bamboo sushi rolling mat can be helpful, but not required. Also included in the class is a recipe packet after class for future reference. An ingredient list and Zoom login information will be emailed out a few days before class.

Instructor: Tess Georgakopoulos

Sat, May 13 4-6 pm
8200-S23 1 session - \$35



Landscape Oil Painting

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, but bring your own smock/apron.

Instructor: Mike Tischendorf

Wed, May 3 5:30-8:30 pm
6003-S23 Fire Lake 1 session - \$65
Two Rivers HS, MH

Tue, June 27 5-8 pm
6000-S23 Countryside 1 session - \$65
Two Rivers HS, MH

Wed, July 18 5-8 pm
6100-S23B Aurora Borealis 1 session - \$65
Two Rivers HS, MH



Photo Organization - Print & Digital

Imagine all your photos in one place with a system that allows you to access any photo or movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, cloud storage services, and owning vs renting. Discover everything you need to know to complete this project and quickly. Never worry about losing another photo again!

Instructor: Kathleen Povolny

Wed, June 7 6:30-8:30 pm
7403-S23 1 session - \$24
Central Square, SSP

Adult Water Fitness

See Central Square and District 197 Aquatics on pages 42-43 for lap swim and water fitness classes.

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. 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 include: 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 complex chords.

Instructor: Craig Coffman

Mon, May 15 6:30-9:30 pm
4755-S23 1 session - \$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. 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. Topics include: how chords work in a song, how to form the three main types of cords, tuning, basic strumming patterns, how to buy a good guitar, and how to play a simple tune.

Instructor: Craig Coffman

Tue, May 16 6:30-9 pm
4757-S23 1 session - \$59



Paint Like Bob Ross

You may remember Bob Ross from his *Joy of Painting* series on PBS. His wet-on-wet technique of painting is for all skill levels; even those who have never painted before. Kristi Nelson, a certified Ross instructor, will demo the step-by-step painting techniques and help you with those techniques. You will complete an entire painting to take home and hang. Bring one roll of paper towels to class. A supply fee of \$15 is payable to the instructor at class.

Instructor: Kristi Nelson

Mon, May 22 6-9 pm
5000-S23 - Sunset Paradise 1 Session - \$50
Inver Grove Heights MS, IGH

Mon, June 19 6-9 pm
5000-W23 - Days End 1 Session - \$50
Inver Grove Heights MS, IGH

Mon, July 17 6-9 pm
5000-W23 - Eagles View 1 Session - \$50
Inver Grove Heights MS, IGH

Mon, Aug 14 6-9 pm
5000-W23 - Walk in the Woods 1 Session - \$50
Inver Grove Heights MS, IGH

Healthy Living Fair
WEDNESDAY APRIL 19
FREE!

Growing Fit Together · 9 am–noon
Fitness Classes · Presentations · Vendor Booths

- 9:15 a.m. Gardening: Replant, Repair and Reuse
- 9:30 a.m. Community Volunteer Opportunities
- 10:15 a.m. Spring Forward with Healthy Habits
- 10:30 a.m. Declutter Your Home Sustainably
- 11:15 a.m. Estate Planning
- 11:30 a.m. Ways to Save on Home Energy
- 11:30–noon Beginner Contemporary Line Dancing Class

For details visit: www.ighmn.gov/events



VETERANS MEMORIAL COMMUNITY CENTER
8055 Barbara Avenue, Inver Grove Heights

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.

Grow Your Business with Instagram

What can you do on Instagram that can result in huge growth for your customer base and sales? Find the answers in this fun beginner level class and start to grow your business with Instagram. Discover key steps needed to gain more followers and improve your company bottom line. Learn to make your content irresistible and have fun in the process. This is an online class using Zoom. Join on your preferred tech device.

Instructor: Nickie Welsh

Tue, May 16 12-1 pm
8400-S23 1 session - \$25



Four Successful Strategies to Protect the House, Farm, Cabin & More - Before & After Your Death

The concern: Your family has a cabin, homestead, hunting land, farm or second home: How do you protect this family legacy and move its use and enjoyment into the future? The problem: various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, unequal resources of owners, the in-laws, and use and enjoyment equality. The answer: we will provide real-life solutions and explore four paths to resolution that will solve your problems without driving the family apart or sacrificing the family legacy asset.

Instructor: Steve Ledin

Wed, May 17 6:30-8 pm
7400-S23 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

Tue, May 16 6-7:15 pm
5002-S23 1 Session - Free
Inver Grove Heights MS, IGH

Wed, Aug 2 6-7:15 pm
6719-S23 1 session - Free
Two Rivers HS, MH

Social Security for Couples

The Social Security decisions spouses make when they are in their 50's and 60's will determine the amount of total income they receive over their lifetime-including the lifetime of the spouse who lives the longest. This class will cover some little known rules that can help married couples get more out of the Social Security system.

Learn how much Social Security you and your spouse stand to receive over your joint lifetime, rules and guidelines for when spouses should apply for benefits, how the decision you make in your 50's and 60's can determine the amount of income you and your surviving spouse will have in your 80's and 90's, and more.

Instructor: Rolf White

Tue, May 23 6:30-8 pm
7401-S23 1 session - Free
Central Square, SSP



Will Taxes Affect Your Retirement?

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

Instructor: Kevin Schwartz

Thu, May 25 6:30-7:30 pm
7402-S23 1 session - Free
Central Square, SSP

How to Retire From the Attorney's Perspective

You work your whole career with the goal of someday retiring. This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include: estate planning while working, during retirement and at the end of life, when to take your Social Security, key financial products and services available in the market (Medicaid compliant annuities, long term care insurance, life insurance long term care riders), what to look for in a professional (financial advisor, CFP, RIA, fiduciary), and the final plans before the end – what can be too little too late? Please bring your questions, this class is an interactive forum.

Instructor: Steve Ledin

Tue, July 18 6:30-8 pm
7405-S23 1 session - Free
Central Square, SSP

Free Questions and Answers with a MN Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered!

Instructor: Steve Ledin

Thu, June 15
7404-S23

6:30-8 pm
1 session - Free



Writing Your Own Will

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. You can avoid that. Prior to class, information will be sent to you for review. During class, learn the background on estates and wills, then finish by preparing a legal will with instructions during class on a professionally prepared form. The will is then notarized with a witness at class. This class is appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Each participant must register separately, couples cannot legally share the form. Bring an appropriate ID for notary and a pen to class.

Instructor: Kristin Davis, Kristin Davis Law LLC

Tue, May 9
5500-S23
Inver Grove Heights MS, IGH

6-8:30 pm
1 Session - \$50

Tue, June 20
6401-S23
Two Rivers HS, MH

6:30-8:30 pm
1 session - \$50

Tue, Aug 22
7001-S23
Central Square, SSP

6:30-8:30 pm
1 session - \$50



Downsizing in the Current Housing Market

Have you been considering downsizing your home, but aren't sure where to start, how to do it, or what your options are? You'll gain access to preferred service providers, discount coupons, recommendations and suggestions on how to make your home more attractive to buyers, and receive a no-cost home evaluation if you'd like to know the current value of your home. Included in the fee is a Downsizing Made Easy guide (\$24.95 value).

Instructor: John Mazzarra

Thu, June 15
6400-S23
Two Rivers HS, MH

6:30-9 pm
1 session - \$20

Buying or Selling a Home or Investment Property

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for getting multiple offers, and different ways to cover closing costs and mortgage insurance. Explore the Twin Cities housing market data, loan programs, appraisal issues, and small pitfalls that get in the way of selling your property. An opportunity for a no obligation price evaluation of your home by the instructor is included with class tuition.

Instructor: John Mazzara

Wed, June 28
6402-S23
Two Rivers HS, MH

6:30-9 pm
1 session - \$20

Let's Probate an Actual MN Estate

This class will walk-through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. The instructor will also discuss the roles, responsibilities, and liabilities of the person appointed as the Executor/Personal Representative. Class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. There will be time for Q&A.

Instructor: Steve Ledin, Ledin Law PLLC

Mon, Aug 21
6404-S23
Two Rivers HS, MH

6:30-8 pm
1 session - \$15



Ease Into Social Media

Do you want to gain a better understanding on exactly what social media is all about? This class will go over step by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever! No prior experience required.

Instructor: Nickie Welsh

Tue, May 2 12-1 pm
7300-S23 1 session - \$25



Cell Phones & Parenting - Oh My!

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. Learn recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry.

Instructor: Nickie Welsh

Thu, June 1 12-1 pm
5305-S23 1 Session - \$25



Introduction to Fly Fishing

In a mere two hours, instructor Mike Alwin will teach you everything you need to know about this exciting sport. You'll learn about the equipment (rods, reel, line, leaders, flies), the fish species available to the fly angler, where to fish (secret spots) and how to get started. A casting demonstration is included in this class. Mike is an enthusiastic instructor, who is the former owner of Bob Mitchell's Fly Shop with over 50 years of fly fishing experience. You do not need to bring any equipment along unless you would like Mike to do an assessment. Bring a pen or pencil for note taking.

Instructor, Mike Alwin

Thu, May 4 6-8pm
6005-S23 1 session - \$25
Two Rivers HS, MH

Introduction to Clay Target Shooting

Learn the basics trap and skeet shooting, including the basic skills of shooting flying clay target shooting, safe firearm handling, range safety and etiquette. This is not a firearms safety class. Eye and ear protection is required and is available for purchase. You may use your own firearm subject to inspection from the instructor or rent one from the Gun Club. Participants must be ages 18+. An additional ammunition and target fee of \$40 may apply.

Instructor: Andy Petersen

Sat, May 20 10 am-12 pm
7105-S23 1 session - \$60
600 Gun Club Rd, SSP



Spanish for the Kitchen: Online

Learn useful Spanish vocabulary and conversation components around food and cooking that can be applied to real life settings. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding the market experience, setting the table, cooking from a recipe, and food vocabulary and conversation elements. Some Spanish experience is preferred, but new participants are welcome. This class will be online using Zoom. Open to ages 18+.

Instructor: Futura Language Professionals

Mon, June 5-26 6-7 pm
8006-S23 4 sessions - \$85



Spanish for Travel: Online

Hoping to travel to a Spanish speaking country and want to learn some basic Spanish? If so, this is the class for you! Pick up basic conversation skills including helpful dialogue, greetings, how to ask for directions, how to barter at a market and order in a restaurant. Each class will include a travel related theme to practice real world Spanish. Futura classes use a dynamic and interactive approach to keep the class fun and exciting. Appropriate for new students and previous Spanish language students wanting to brush up on their skills. This class will be online using Zoom. Open to ages 18+.

Instructor: Futura Language Professionals

Tue, June 6-27 6-7 pm
8005-S23 4 sessions - \$85



Warrior Track Walking Pass

Two Rivers HS Warrior Track is available for community members. If you prefer to walk, jog or run on a track versus residential streets or sidewalks, this is a great opportunity to get your exercise in. Note: track availability varies. Those registering for the track pass will need some flexibility, accessing the track only when it is not in use by ISD 197 programming and activities. Please review the track use policy when registering. This pass is only good for the track portion of Warrior Field. Using the turf for exercise is not allowed.

Mon-Sun; spring-fall
6300-S23
Two Rivers HS, MH

Times vary
\$15 annually, \$10 renewal

District 197 Adult Lap Swim

If you haven't dipped your toes in the new District 197 Aquatic Center, summer is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim and let the kids take over the outdoor pools for the summer! Adult lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity. All are all welcome, but registration is required and space is limited.

Wed, May 3-Aug 2
7197-S23
District 197 Aquatic Center, MH
No class week of 4th of July

6:30-8:30 pm
1-13 sessions - \$7 per session



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 and bring a yoga mat, blanket, and bolster or large pillow.

Instructor: Amanda Keck-Bodger

Mon, May 8-June 26
7900-S23
Central Square, SSP
No Class May 29, June 19

5:45-7 pm
6 sessions - \$88

Beginner Plus Tap Dance

Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. If you took dance as a child, you might not have forgotten as much as you think. Stephanie Stockton will review the basics and teach a complete tap routine. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started. If you've always wanted to tap and you're new to the whole thing - welcome. This class is for beginners and those who have taken tap classes before, but would like a little review and a slower pace. However, if you need a faster pace and more challenge, try the Experienced Tap Dance Class. No new students for this summer group.

Instructor: Stephanie Stockton

Performance May 27

Wed, May 10-24
7207-S23
Central Square, SSP

6:45-7:30 pm
3 sessions - \$27

Experienced Tap Dance

This class is for those who have mastered the basics and are ready for time steps, combinations and have the need for a faster pace with more challenge. Basics will be reviewed with continued work on time steps, combinations and a complete tap routine will be taught. Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started.

Instructor: Stephanie Stockton

Performance May 27

Wed, May 10-24
7208-S23
Central Square, SSP

5:30-6:15 pm
3 sessions - \$27

Nordic Pole Walking

Nordic walking takes a simple walk and turns it into a full-body workout. This class will increase participant's heart rates, burn calories, strengthen the upper body, and create resistance to build better bone density. Nordic walking poles are adjustable poles with special hand straps and an angled rubber bottomed tip designed to handle repetitive action on a hard surface. Specially designed Nordic poles are provided for use.

Instructor: Kay Okey, American Nordic Walking Association Certified

Thu, June 15 3-4:30 pm
6013-S23
TPAC, WSP

1 session - \$34

Virtual Fitness Classes - 9013-S23

Visit the Central Square front desk or communityed.sspps.org for class schedules.

Central Square Virtual Fitness Class Schedule	
Sun	Strength Cardio at 9 am
Mon	Strength Cardio at 8:30 am Senior Yoga at 9:30 am
Wed	Strength Cardio at 8:30 am & 6 pm Senior Yoga at 9 am Yoga at 5 pm
Thur	Yoga at 8:30 am Senior Strength Cardio at 9:30 am
Fri	Strength Cardio at 5:30 pm
Sat	Strength Cardio at 8 am Yoga at 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 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, May 1-June 26	5:30-6:30 pm
9018-S23A	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
No Class May 29	
Mon, July 3-Aug 28	5:30-6:30 pm
9018-S23B	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
No Class July 10	



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, May 1-June 26	6:30-7:30 pm
9010-S23A	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
No Class May 29	
Mon, July 3-Aug 28	6:30-7:30 pm
9010-S23B	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
No Class July 10	

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, May 1-June 26 6:30-7:30 pm
 9002-S23A 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class May 29

Mon, July 3-Aug 28 6:30-7:30 pm
 9002-S23B 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 10



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

Tue, May 2-June 27 5:15-6:15 am
 9009-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Wed, May 3-June 28 4:30-5:30 pm
 9009-S23B 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Thu, May 4-June 29 5:15-6:15 am
 9009-S23C 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Wed, July 5-Aug 30 4:30-5:30 pm
 9009-S23D 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 12

Thu, July 6-Aug 31 5:15-6:15 am
 9009-S23E 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 13

Tue, July 18-Aug 29 5:15-6:15 am
 9009-S23F 7 sessions - \$43.75 adult
 Central Square, SSP \$17.50 senior (65+)

Drop-in - \$8 adult, \$4 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

Tue, May 2-June 27 5:30-6:30 pm
 9015-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Tue, July 18-Aug 29 5:30-6:30 pm
 9015-S23B 7 sessions - \$43.75 adult
 Central Square, SSP \$17.50 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

Tue, May 2-June 27 6:30-7:30 pm
 9016-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Tue, July 18-Aug 29 6:30-7:30 pm
 9016-S23B 7 sessions - \$43.75 adult
 Central Square, SSP \$17.50 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

Tue, May 2-June 27 6:30-7:30 pm
 9014-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Tue, July 18-Aug 29 6:30-7:30 pm
 9014-S23B 7 sessions - \$43.75 adult
 Central Square, SSP \$17.50 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, May 3-June 28 6:30-7:30 pm
 9006-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Wed, July 5-Aug 30 6:30-7:30 pm
 9006-S23B 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 12

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! 10 years and up.

Instructor: Ann Rognerudand/Micah Klotz

Thu, June 15-July 27 4:30-5:15 pm
 9799-S23 6 sessions - \$40 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 13



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

Thu, May 4-June 29 5:30-6:30 pm
 9008-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Thu, July 6-Aug 31 5:30-6:30 pm
 9008-S23B 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 13



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

Thu, May 4-June 29 6:30-7:30 pm
 9011-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Thu, July 6-Aug 31 6:30-7:30 pm
 9011-S23B 8 sessions - \$50 adult
 Central Square, SSP \$20 senior (65+)
 No Class July 13

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, May 5-June 30 6-7 pm
 9003-S23A 9 sessions - \$56.25 adult
 Central Square, SSP \$22.50 senior (65+)

Fri, July 7-Aug 25 6-7 pm
 9003-S23B 7 sessions - \$43.75 adult
 Central Square, SSP \$17.50 senior (65+)
 No Class July 14

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

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

Tue, Aug 8
7444-S23

6:30-8:30 pm
1 session - \$45

Central Square, SSP



Women, Weight & Hormones

Are you finding no matter how well you watch what you eat or how much you exercise that weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until any imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to begin to lose weight again.

Instructor: Janice Novak

Thu, May 4
7100-S23

6-7:30 pm
1 session - \$30



Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

All lasting behavioral changes must occur at an unconscious level. With hypnosis, you can make that change! The experience is relaxing and you are fully aware, conscious and in control at all times. Dress comfortably and bring a pillow or blanket for added comfort. You may sit or lay down for part of the hypnosis session. Stop cravings for sweets, chocolate, bread, pastries, salty and greasy foods. Stop snacking and overeating. Stop smoking/chewing without weight gain or withdrawal. Get motivated to exercise!

6pm - Introduction for both weight loss and smoking cessation

7pm - Weight Loss Hypnosis

8pm - Stop Smoking/Chewing Tobacco Hypnosis

Fee includes session, 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.

Instructor: Mary Fischer

Tue, June 20
5304-S23

5:45-9 pm

Inver Grove Heights MS, IGH

1 Session - \$60-one topic

\$120-both topics



Acupressure Face Lift and Skin Savvy

Here's a facelift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase firming; even decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

Instructor: Janice Novak

Tue, May 9
7101-S23

6-7:30 pm

1 session - \$30



Abdominal Strengtheners that Won't Stress Back or Neck Joints and Won't Make You Get on the Floor

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, without stressing back or neck joints and without getting on the floor.

Instructor: Janice Novak

Thu, May 11
7102-S23

6-7:30 pm
1 session - \$30



Accupressure to Assist in Weight Loss

Accupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Instructor: Janice Novak

Thu, May 18
5010-S23

6-7:30 pm
1 session - \$30



Hips, Thighs & Otherwise

If you've noticed hip/thigh/butt spread, you are not alone, and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; accupressure points for lymph circulation and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for the '10 Minute Miracle Exercise'.

Instructor: Janice Novak

Thu, June 1
7106-S23

6-7:30 pm
1 session - \$30



Basic CPR/AED for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing.

Instructor: Deb Gutzman

Mon, May 15
7103-S23

5:30-9 pm
1 session - \$60

Central Square, SSP

Pediatric CPR/AED/First Aid Including CPR for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class with First Aid focused on children. This class meets Pediatric CPR/AED & First Aid requirements for the MN Child Care Licensing Agency. It includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED & First Aid course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. No written test is required. Please wear comfortable clothing and bring a lunch and beverage.

Instructor: Deb Gutzman

Fri, May 19
7104-S23

8:30 am-1:30 pm
1 session - \$85

Central Square, SSP

BLS (Basic Life Support) for Health Care Providers

American Heart Association BLS is a more advanced CPR course required by some employers particularly those in healthcare. This course includes classroom instruction and hands-on skills testing along with digital e-card certification. E-card is the only way AHA certifies this class.

Instructor: Deb Gutzman

Sat, June 10
7107-S23

8:30 am-1:30 pm
1 session - \$105

Central Square, SSP

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, to register or to be added to our quarterly Access Newsletter, call 651-403-8331 or go online at tridistrict.ce.eleyo.com.

- 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.

Japanese Inspired Cherry Blossom Painting

Spring has sprung! Nothing quite represents spring than the sight of bright pink cherry blossoms. Create a Japanese inspired painting using upcycled soda bottles and acrylic paints. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Tue, May 16 5-6 pm
1100-S23 1 session - \$6
Branch Out, WSP

Flower Pot Fairy Gardens

Fairies are said to be secretive and difficult to spot. After this project, you'll be seeing fairies in the garden year round. Design and create your very own magical garden using miniatures, moss and other fairy luring items. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Thu, Jun 1 6-7 pm
1101-S23 1 session - \$8
Branch Out, WSP

Funky Tie Dye T-shirts

Create your own unique tie dye T-shirt. Using a variety of colors and designs, you'll walk away with a stylish, funky, one-of-a-kind T-shirt. One shirt will be provided for each participant. You may bring your own if you'd like to do more. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Wed, Jul 26 6-7:30 pm
1102-S23 1 session - \$8
Branch Out, WSP

Crafting Donations For Our Furry Friends

Spread some joy to our animal friends with handmade blankets and toys. Your creations will be donated to a local Humane Society. Got a pet at home? You can make and take items home as well. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Tue, Aug 15 5-6 pm
1103-S23 1 session - Free
Branch Out, WSP



Cupcake Decorating

Have an upcoming celebration you want to make extra special? Learn some decorating techniques to add flair to your cupcakes and make any occasion memorable. Take your goodies home to share your new talent. There is no cost for caregivers to attend.

Instructor: Access Project Staff

Wed, May 24 6-7 pm
1200-S23 1 session - \$8
Branch Out, WSP

Summer Crescent Roll™ Pizza

This Midwest pizza style hits the spot on a hot summer night. Using fresh veggies and a light cream cheese spread, an easy go-to meal is created. You may just find this pizza getting added to your favorite summer recipe collection. Enjoy your healthy dinner and chat with friends at the end of class. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Tue, Jun 20 5:30-7 pm
1201-S23 1 session - \$8
Branch Out, WSP



Fresh Homemade Salsa

Fresh, vine ripened tomatoes are the stars in this homemade salsa. Learn how to prepare a salsa that epitomizes the bounty of the summer garden. Keep it Minnesota nice or add some spice! Chips will be provided for taste testing your creation. There is no cost for caregivers to attend.

Instructor: Access Project Staff

Thu, Jul 20 5-6 pm
 1202-S23 1 session - \$6
 Branch Out, WSP

Rainbow Fruit Skewers

Let's eat the rainbow! Master the art of culinary design using fruit and wooden skewers. While fruit is always delicious, it's even more fun to eat in this beautiful presentation. There is no cost for caregivers to attend.

Instructor: Access Project Staff

Wed, Aug 2 5-6 pm
 1203-S23 1 session - \$6
 Branch Out, WSP

Walk and Talk Club at Thompson Park

Nothing beats getting outside to stretch the legs and engage in good conversation. Meet up with friends and enjoy a scenic stroll around Thompson Park Lake. The group will meet outside of Thompson Park Lodge, twice a month from June-August. There is no cost for a caregiver to attend. Walks are subject to cooperative weather.

Instructor: Access Project Staff

Mondays 5-6 pm
 Jun 12, 26, July 10, 24, Aug 7, 21
 1300-S23 6 sessions - \$10
 Thompson Park Lodge, WSP

Branch Out Hangout

Get ready to spend a Friday evening hanging out, watching a movie, playing games and enjoying some food at the Branch Out building. Feel free to bring a game to share with others. Pre-registration is not required, but appreciated to manage food ordering. There is no cost for caregivers to attend.

Instructor: Access Project Staff

Branch out, WSP 6-8 pm \$6 per session
 1800-S23A Fri, May 12
 1800-S23B Fri, June 16
 1800-S23C Fri, July 14
 1800-S23D Fri, Aug 11

Karaoke Night

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

Instructor: Access Project Staff

Thu, May 4 6-7 pm
 1801-S23 1 session - \$5
 Branch Out, WSP

CHS Field Tour St. Paul

Home of the St. Paul Saints baseball team! This CHS Field tour will take you through the stadium, on to the immaculately tended field and into the dugout, weather permitting. After the tour you may visit the on-site City of Baseball Museum to learn about the history of MN baseball. The tour has an outdoor component so dress for the weather. Transportation is not provided. Caregivers require a paid registration.

Instructor: Access Project Staff

Thu, Jul 13 3:45-5:00 pm
 1500-S23 1 session - \$5
 CHS Field, St. Paul



2nd Annual Picnic Party

Celebrate the end of summer with great food, yard games, music, and most importantly, friends! Come rain or shine. A covered space will be available. There is no cost for caregivers to assist.

Instructor: Access Project Staff

Fri, Aug 18 5-7 pm
 1501-S23 1 session - \$8 pre-registration
 Thompson Park Pavilion, WSP \$10 day at the door

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

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 \$12/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

Tuesdays: June 20, July 25, Aug 22, Sept 26 from 4-6 pm

Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Kitchen Coalition, 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-S23

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

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

Fri, May 5-June 30 9803-S23A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Fri, July 7-Aug 25 9803-S23B Central Square, SSP No Class July 14	9:30-10:15 am 7 sessions - \$43.75 adult \$17.50 senior (65+)

Senior Circuit

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

Instructor: Terie Hanson

Mon, May 1-June 26 9802-S23A Central Square, SSP No Class May 29	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Wed, May 3-June 28 9802-S23B Central Square, SSP	6:15-7:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Thu, May 4-June 29 9802-S23C Central Square, SSP	6:15-7:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Mon, July 3-Aug 28 9802-S23D Central Square, SSP No Class July 10	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Wed, July 5-Aug 30 9802-S23E Central Square, SSP No Class July 12	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Thu, July 6-Aug 31 9802-S23F Central Square, SSP No Class July 13	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)

Silver Sneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Instructor: Kim Befort

Tue, May 2-June 27 9801-S23A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Thu, May 4-June 29 9801-S23B Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Thu, July 6-Aug 31 9801-S23C Central Square, SSP No Class July 13	9:30-10:15 am 8 sessions - \$50 adult \$20 senior (65+)
Tue, July 18-Aug 29 9801-S23D Central Square, SSP	9:30-10:15 am 7 sessions - \$43.75 adult \$17.50 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)
9012-S23A \$15 senior (65+)

Punch Card 30 admissions \$70 adult (19-64 yrs)
9012-S23A \$30 senior (65+)



Scan here for the lap swim schedule at Central Square!

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.

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 am 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

May 16 \$45 per session
June 20
July 18
Aug 15

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, May 10
- Wed, June 14
- Wed, July 12
- Wed, Aug 9
- Wed, Sept 13

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, May 10 | Doolittles Woodfire Grill |
| Wed, June 14 | Jersey's Bar & Grill |
| Wed, July 12 | Golden Corral, Maplewood |
| Wed, Aug 9 | Mason Jar |
| Wed, Sept 13 | House of Coats |

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

- | | |
|--------------|-------------------|
| Thu, May 18 | Tea Party |
| Thu, June 15 | Eggroll in a Bowl |
| Thu, July 20 | Cookout |
| Thu, Aug 24 | Charcuterie Board |

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

- | | |
|--------------------------|-------------------------------|
| Thu, Feb 16
7146-W23A | 6:30-8 pm
1 session - Free |
| Thu, Mar 16
7146-W23B | 6:30-8 pm
1 session - Free |
| Thu, Apr 27
7146-W23C | 6:30-8 pm
1 session - Free |



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 Fitch

- | | |
|--------------------------|------------------------------|
| Tue, May 16
7146-S23A | 10-11 am
1 session - Free |
| Tue, Aug 15
7146-S23B | 10-11 am
1 session - Free |
| Tue, Nov 17
7146-F23 | 10-11 am
1 session - Free |

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, May 17
7150-S23
Central Square, SSP | 11 am
1 session - Free |
|--|---------------------------|

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

To view the current Scoop/IGH Parks and Recreation brochure visit www.ighmn.gov/currentbrochure

Registration for speakers is required for planning purposes.



US Presidential History

Presented by Phil Kibort
Wednesday, July 19 • Free

The course discusses US Presidential History through these themes:

- | | |
|---|---|
| 1. Great wives and mothers of US presidents | 5. The great scandals |
| 2. Fathers of US presidents | 6. The least known presidents |
| 3. Presidential assassinations and attempts | 7. The most impactful presidents |
| 4. Secret health stories of US presidents | 8. Unexpected presidents |
| | 9. Great presidential campaigns |
| | 10. Discussing the greats and the not-so-greats |

Time: 10 am **Location:** VMCC, Community Room 2
Code: AP-S0719 **Register by:** Wednesday, July 12



Remember the Good Old Days of WCCO Radio

Wednesday, August 2 • \$10

Retired WCCO Radio News Director Curtis Beckmann will entertain you with station history, glory days stories, school closings and just darn fun commentary. Don't miss this entertaining trip down memory lane!

Time: 10 am **Location:** VMCC, Community Room 2
Code: AP-P0802 **Register by:** Wednesday, July 26



Create A Canvas

Come and create your own masterpiece in acrylic on canvas with Gail from Joyful H'Arts Studio! This class is FUN art not fine art. Your instructor will guide you step-by-step through a two-hour painting...no experience necessary! Each session will have a different painting which will be posted online.

Time: 6–8 pm **Location:** VMCC, Community Room 2
Cost: \$35 per session **Register by:** one week in advance
Session 1: June 8 **Code:** AP-S0608
Session 2: July 13 **Code:** AP-S0713
Session 3: August 3 **Code:** AP-S0803

Dance Lessons, Speakers, Art Classes



Beginner Contemporary Line Dancing

Tuesdays, April 25–May 30 • Free

Learn the basic line dance steps to a variety of music genres that will have you dancing right away. New steps and new and older "classic" dances taught weekly, along with reviews of steps and dances taught previously. Line dance is becoming increasingly popular and has been shown to be an excellent way to increase coordination, balance and enrich memory. And it's fun! No partner needed. Regular attendance is very helpful. Bring an old pair of cotton or nylon socks to cut up to put on the front part of any shoes that might be "sticky" on the floor.

Time: 2 pm **Location:** VMCC, Fitness Studio
Code: AP-P0425 **Register by:** Friday, April 21



Fox Rehabilitation — Balance

Monday, June 5 • Free

How to keep yourself safe in preventing falls in your home and surrounding areas, gaining a better understanding of fall risk factors, overcoming the fear of falling, environmental safety and learning effective interventions that can help with fall prevention. Balance assessments and refreshments will be offered following the fall prevention presentation.

Time: 10:30 am **Location:** VMCC, Community Room 2
Code: AP-S0605 **Register by:** Monday, May 29

Landmark Tours Travel Talks

Wednesday, June 21 • Free

Come check out the exciting travel opportunities offered by Landmark Tours! Their all-inclusive packages feature round-trip airfare, quality accommodations in great locations, deluxe motor coach transportation and the services of a professional tour manager. If you can't attend the presentation call 612-230-2040 or stop by the VMCC Senior Center for a catalog. You can also visit www.gowithlandmark.com.

Time: 10 am **Location:** VMCC, Community Room 2
Code: AP-S0621 **Register by:** Wednesday, June 14

Happy Feet Foot Services

On the **second Friday and 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. 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

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. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

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

All Senior Club payments for membership and registration for the monthly luncheons are due 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.**

MAY 15

- Baked Ziti, salad, bread and ice cream
- BINGO
- \$10

JUNE 19

- Chicken, au gratin potatoes and cole slaw
- Entertainment by Gary LaRae
- \$10

JULY 17

- Pulled pork sandwich from Dickey's Barbecue Pit, chips, cole slaw and a cookie
- BINGO
- \$14

AUGUST 21

- Lasagna from Turitto's and salad
- BINGO
- \$18

Monthly Card Game Schedule

Join in the fun and games hosted by the Inver Grove Heights Senior Club. All experience levels are welcome. No registration required — just come! Questions? Contact Gary Ball: 651-605-1442 or email club55igh@gmail.com.

Location: VMCC, Senior Center

500: Mondays · 1 pm (except the third Monday of the month)

Cribbage: Tuesdays · 1 pm **Bridge:** Wednesdays · 12:30 pm

Euchre: Thursdays · 1 pm **Hand & Foot:** Fridays · 12:30 pm

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



HEALTHY LIVING FAIR AT THE VMCC

Wednesday, April 19 • 9 am–noon • Free

Discover ways to care for yourself while caring for our planet! Attend presentations and visit vendor booths with information on adult health and wellness! Visit www.ighmn.gov/events for details and schedule!

History Book Club

Mondays · 10 am · VMCC

Meets every fourth Monday of the month at the VMCC from 10 to 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 quineschle@gmail.com. Room location will be posted on day of club.

April 24 *The Wordy Shipmates* by Sarah Vowell

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

June 26 *No Time on My Hands – a reminiscence of a Nebraskan matriarch in 1885* by Grace Synder

July 24 *Beyond the Call – the story of two World War II flight nurses* by Judith Berger

August 28 *Hero of Empire – The Boer War; a Daring Escape and the Making of Winston Churchill* by Candice Millard

Fiction Book Club

Tuesdays · 1 pm · VMCC

This group meets every second Tuesday of the month. Room location will be posted in the VMCC on day of club.

April 11 *Walking Across Egypt* by Clyde Edgerton

May 9 *When We Left Cuba* by Chanel Cleeton

June 13 *The Four Winds* by Kristin Hannah

July 11 *The Lost Apothecary: A Novel* by Sarah Penner

August 8 *The Alice Network: A Novel* by Kate Quinn

Sleeping Mats for the Homeless Project

First Tuesday of the month · 1 pm

Put those plastic grocery bags to good use 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



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
TPAC Phone: 651-403-8300

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

TPAC will be closed May 29, July 3-7, 2023.

Contact and Registration Information:

Online: tridistrict.ce.eleyo.com and click on Adults 55+ or call TPAC.

Registrations are taken on a first-come, first-serve basis. Mailed registrations cannot 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 TPAC for details.

Refunds

Requests for cancellations and refunds must be received seven days prior to the first class session. A \$10 service charge will be applied to your refund. Refunds are not issued after the first session or after trip registration deadlines.

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.

E-News

Sign up for email updates from TPAC at tridistrictce.org or call TPAC.

Opportunities to Volunteer - Call TPAC for more information

- Technology Mentors
- Umbrella Project
- Garden Club
- Office
- Advisory Council
- Call TPAC for more information

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 May-Aug programming. Annual fees cover Sept 2022 to Aug 2023.

Free Services

Memory Screening: Provided by DARTS, call TPAC 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 for an appointment.

Foot Care

Foot Care Services are available at TPAC. Call TPAC to schedule your appointment.

Fare For All

Affordable groceries for all. Details at thefoodgroupmn.org, email info@thefoodgroupmn.org, or call 763-450-3880. Credit Cards preferred. Cash accepted. 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, please let us know immediately so we can rearrange seating or have the presenter use a microphone.

Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, services, operations, or the facility. Fill out a form, located near the suggestion box in the hall near the bulletin boards to share your thoughts. If you include your contact information (optional), we can follow up with you.

SPECIAL EVENTS

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 1-2 pm
1765-S23 \$8 - includes dessert
Register by May 11

Community Flea Market & Food Trucks

TPAC will once again sponsor this annual flea market on the beautiful grounds around TPAC. Food trucks will be on-site selling concessions. This is a free event to attend. Registration is not required. All ages are welcome.

Wed, June 14 Flea Market: 10 am-2 pm
Food Trucks: 10:30 am-1 pm

**FLEA MARKET
VENDORS WANTED**

If you would like to participate as a vendor, please register by June 6th. Call 651-403-8300 for details. Event will be held rain or shine!

To register: call 651-403-8300 or go online under course #1687-S23.

**VENDOR REGISTRATION
CLOSES JUNE 6.**



Invitation to Car Owners

Have a classic vehicle or a car that needs to be seen?
Sign up to display your vehicle by calling 651-403-8300 or register online with course # 1770-S23.

Nice Cars & Ice Cream

Timeless classic cars and new electric and cars will be on display throughout the park. Top off a cup of ice cream with delicious chocolate, strawberry, or caramel sauce while catching up with friends and listening to music. Stroll around the park eyeing both classic and new vehicles - but no eating in the driver's seat. Weather depending, this may be held at the north picnic shelter. Registration is not required. Donations accepted.

Wed, July 26 1-2 pm
1770-S23 1 session - Free

Calling Adult Artists!

ARTISTS:

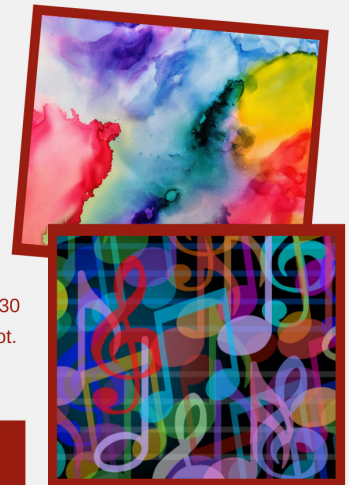
Sign up to display your art by calling 651-403-8300 or register online using course #1641-S23

MUSICIANS & DANCERS:

Call 651-403-8300 for a 15-30 minute performance time slot.

Registration is required.

Wed, Aug 23
1-3 pm



Rooting for the Arts Show

Did you know TPAC has its own no-experience-necessary creative arts community? Indulge your senses, view our community's artwork, enjoy a lip-smacking root beer float, listen to live music, and watch a dance talent show. Get inspired and get involved in the fun. Families and children are welcome. Registration is not required to attend. Donations accepted.

Wed, Aug 23 1-3 pm
1 session - Free

LEARNING & DISCUSSION

Book Discussion: Caste: The Origins of Our Discontents

Beyond race or class, there is a powerful caste system that influences peoples' lives, 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 and points toward ways America can move beyond, toward hope in our common humanity. Books are not provided. Please supply your own.

Instructor: Mary Ann Novotny

Thu, Apr 27-May 18 9:30-10:30 am
1741-S23 4 sessions - \$5



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 and increase awareness of ageism and its impact. Come 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

Tue, May 9-23 9:30-11 am
1751-S23 3 sessions - \$24

Travel with Landmark Tours

Are you ready to explore the world again? Join Landmark Tours, a local, family-owned tour operator to hear more about the exciting world of escorted travel. Landmark Tours can take the stress out of travel by handling airfare, accommodations, guides, transportation, attractions and meals.

Wed, May 24 1-2 pm
1592-S23 1 session - Free

Dakota County 101

Whether you've lived in Dakota County five days or 50 years, you are invited to attend this informational presentation. Content includes the top 10 historical things residents (new and old) should know about Dakota County.

Presenter: Matthew Carter, Executive Director of the Dakota County Historical Society

Thu, May 11 11 am-12:30 pm
1771-S23 1 session - \$3

Dakota County Historical Society Tour

Matt Carter, Executive Director of the Dakota County Historical Society (DCHS), will lead a tour showing off the newly remodeled additions and amenities to this historic building.

Mon, May 15 11 am-12:30 pm
1772-S23 1 session - \$3
DCHS, 130 3rd Ave. N, SSP

MN Federal Reserve Tour

This is a follow-up to the Federal Reserve presentation held at TPAC on Dec 6, 2022, but all are welcome to register and join this walking tour. If you are planning to carpool, meet at TPAC at 8:55 am.

Arrive 10 minutes prior to the tour. Tours start on time. Late arrivals will not be admitted. All visitors must present a valid photo ID. Personal items will be subject to x-ray screening, and visitors will pass through a metal detector. Weapons of any kind (including utility knives and pepper spray) are not permitted in the building. Tour participants stand throughout the 75 minute tour. Tours are limited to 12 people. Tour guides are fully vaccinated and up to date.

Thu, June 1 9:45-11:30 am
1780-S23 1 session - \$3
MN Federal Reserve, 90 Hennepin Ave., Mpls

What is Fascism?

Historians, political scientists, politicians, journalists, activists and the general public have long struggled with this question with few broadly-accepted definitions. This academic course focuses on historical fascist movements and governments in Italy, Germany, Spain and Japan from World War I through World War II. Videos, music, photographs, and written materials will be shared in an attempt to answer this question. No expertise is required; only an eagerness to read and discuss.

Presenter: Matthew Wright

Mon/Tue June 5-13 9:30-10:45 am
1773-S23 4 sessions - \$25

Muffins with the Mayor

Join West St. Paul Mayor, David Napier for open ended conversation; listening and sharing with residents on how to be the change that matters in West St. Paul. Muffins and hot coffee will be served.

Presenter: Mayor David Napier

Thu, June 8 9:30-10:30 am
1583-S23 1 session - \$3

Level I: Conversational Spanish for Beginners

No prior knowledge of Spanish is necessary. This is a stress-free, controlled immersion approach, relying heavily on modeling, gestures and visual cues to aid understanding and facilitate learning. In a short time, you can learn courtesy conversations, useful phrases, names, numbers, colors, family members, food, clothing and more. Learning languages not only stimulates the brain, it's fun!

Instructor: Dick Milles, Spanish instructor at Metropolitan State University

Wed, July 12-Aug 23
1774-S23

9:30-10:30 am
7 sessions - \$40



Looney Tunes

Meet one of MN's best ambassadors; The Traveling Naturalist, Melonie Shipman will share an uncommon presentation on the common loon. Translate their beautiful calls, float through their unique lifestyle and be introduced to their equally beautiful and unique relations. Revered by Native cultures and now a symbol of banishing wilderness, the loons have much to teach us.

Presenter: Melonie Shipman

Mon, July 24

11 am-12 pm

Neighbors, Inc

Do you want to give back to your community in a meaningful way? Neighbors, Inc. located in S St Paul, has been offering volunteer engagement opportunities for over 50 years, serving our community with essential services such as food, clothing, and household items. Come and learn how your participation can strengthen the good work happening in and around your neighborhood. Please bring a food shelf item to donate.

Presenter: Sherry Patterson

Tue, July 25
1775-S23
1781-S23

10-11 am
1 session - \$3 + food shelf item
1 session - \$8

Nature Sense with Eloise Dietz

Eloise's programs are designed to promote connections with and appreciation of nature. Register one week or more in advance.

Instructor: Eloise Dietz, Former Dodge Naturalist

1544-S23

Each session - \$12

Spring Birding Hike

Following a short introduction, head out to the pond, forest, and prairie to identify birds by sound, shape, behavior, size, and habitat. Bring binoculars and a favorite field guide if you have them and be ready to walk.

Tue, May 2

10-11:15 am

Aquatic Life in Thompson Park Lake

With a bucket and collection jars, you'll feel like a kid again as you look up, in, and around Thompson Lake to identify the critters that spend time in this water habitat.

Tue, June 6

10-11:15 am

Neighborhood Garden Tour

Are you up for a visit to some nearby gardens? Admire and learn about the plants that add beauty and benefit our lives and neighborhoods. Organized carpools will meet at the TPAC office at 9:15 am. Space is limited to 12 people.

Tue, July 11

9:30-11:45 am

MN Rocks and Fossils

Come explore the Lilydale Brickyards, learn its history, and look for fossils! Wear sturdy shoes and prepare to walk on inclines with gravel paths. Organized carpools will meet at the TPAC office at 9:45 am. Space is limited to 12 people.

Tue, Aug 8

10 am-12 pm

Calling All Storytellers!

Do you like to tell stories at gatherings? Do you wish for a larger audience, but you aren't quite sure you are ready? Do you suffer from stage fright? This 4 week course will help you refine your orating skills by working through a story's structure, and understanding the differences between writing a story and telling it. Class will start with a few games to loosen up, then practice, refine and finalize a story to share at a group performance on the last day of class.

Instructor: Susan Cook, Retired English and Drama teacher, storyteller, and writer.

Thu, Aug 3-24
1776-S23

10-11:30 am
4 sessions - \$20

Examining Social Security

Understanding how financial choices can affect Social Security benefits before you retire will help you to plan accordingly. This course looks at ways to maximize Social Security benefit amounts for individuals and spouses based on age, life expectancy, employment and need. Social Security may be the foundation of your retirement income. Get ahead by knowing your options before you enter retirement.

Presenter: Jack Reed from Edward Jones

Tue, Aug 15 10-11 am
1634-S23 1 session - \$5

Heat Pumps

Heat pumps offer an energy-efficient, low carbon alternative to furnaces and air conditioners. They are increasingly being used to replace or supplement existing HVAC systems, introducing an electricity based option for heating and cooling your home, water heater, and clothes dryer.

Join CERT (Clean Energy Resource Team) for an introduction how air source heat pumps work in Minnesota's cold climate. CERT will discuss how to finance new energy efficient equipment and the next steps for getting a heat pump at your home.

Instructor: Alexis Troschinetz, CERT

Mon, Aug 21 10-11:30 am
1782-S23 1 session - \$3

GROUPS

Out & About Group

A social group for men and women who enjoy getting together 1-2 times 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 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-S23 \$10 annually, Sept-Aug

Computer Center

TPAC volunteer mentors assist with hand-held and home based technology questions. Come with your device and receive patient assistance. Check in at the computer lab when you arrive at TPAC. No registration is needed, just stop in.

Mondays 9 am-12 pm
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-S23 2 sessions - Free
No class June-July

Great Decisions Group 2023

Great Decisions Group is a grassroots program sponsored by the US Foreign Policy Association since 1955. The purpose is to educate citizens on critical global policy issues. A new topic is discussed each month. Books may be purchased at www.fpa.org.

Facilitator: Charles Happach

Second Mondays 1-3 pm
1296-S23 \$10 annually
No class July-Aug



Mystery Book Club

Reading mysteries supports critical thinking skills and promotes problem solving independently and in groups. Join other mystery book enthusiasts to stay on task with your reading, gain new perspectives, and freely discuss the monthly selection hand picked by group members.

Facilitator: Joyce Wahlquist

Second Tuesdays 10:30 am-12:00 pm
1565-S23 \$10 annually

British History

Broaden your knowledge of British history in a fun, interactive and relaxed setting, with a combination of oral presentations and videos. Please register at least 5 days in advance.

Presenter: Terry Kubista, British historian and educator

Second Tuesdays 1:30-3:30 pm
1116-S23 May 1 session - \$8
1116-S23 June 1 session - \$8
No class July or August

TED TALKS Discussion Group

The TED (Technology, Entertainment and Design) discussion group brings diverse and lively conversations on interesting topics. The group starts with viewing a popular 20-minute TED TALK video. The facilitator will pose a few questions to get the conversation started and the group does the rest. Leave the group with some food for thought.

Facilitator: Patricia Ruble

Third Tuesdays 1-2:30 pm
1607-S23 \$10 annually, Sept-Aug
No class June-Aug



Caregiver Support Group

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. The caregiver support group comes together with trained facilitators to learn about topics relevant to this role. Registration is required.

Sponsored by DARTS

Second Wednesdays 1-2:30 pm
1597-S23 Free

CREATIVE ARTS

Greeting Card Making

Are you new to paper crafting or want to gain some experience? Create and assemble three homemade greeting cards, then add your own personal touches. Space is limited in each class, Materials are provided. You may attend all three dates, but a paid registration is required for each session.

Instructor: Stacey Pangborn

Thur, May 11, June 8, Aug 10 12:30-2:30 pm
1777-S23 Each session - \$20



Rock Treasures

Take a diamond in the rough rock and turn it into a magical treasure. Rock painting has taken off due to its meditative nature. It's soothing, expresses creativity and provides a sense of calmness. Even if you have painted rocks before, you are in for an enjoyable afternoon.

Facilitators: Johanna Nelson and JoAnn Ellingboe

Tue, May 30 1-3 pm
1779-S23 1 session - \$5

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, color theory and color mixing. Supplies may be purchased from the instructor at class for \$40. Registration closes the Thursday before each class begins.

Instructor: Linda Stout

Mondays 1-3 pm 1491-S23
May 1-22 4 sessions - \$66
July 10-31 4 sessions - \$66
Aug 7-28 4 sessions - \$66

Watercolor I

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

Instructor: Linda Stout

Tuesdays 1-3 pm 1302-S23
May 2-30 5 sessions - \$83
June 6-27 4 sessions - \$66
July 11-25 3 sessions - \$50
Aug 1-29 5 sessions - \$83

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 is required and closes the Friday before each session begins.

Instructor: Linda Stout

Wednesdays	1-3 pm	1191-S23
May 3-31		5 sessions - \$83
June 7-28		4 sessions - \$66
July 12-26		3 sessions - \$50
Aug 2-30		5 sessions - \$83



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, June 5-26	1-3 pm	
1673-S23 June		4 sessions - \$66
Register by Thur, June 1		

Knitting Group

If you’re looking to reduce stress and anxiety, improve cognitive function or enjoy the camaraderie of fellow knitters, join the group! This is a non-instruction peer group. Bring your knitting, crocheting or hobby projects and work while socializing and learning from each other.

Mondays	1-3 pm	
1600-S23		\$15 May-Aug

Open Watercolor Painting

Join other artists and enjoy music and company 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-S23	\$15 May-Aug

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. Cardstock donations greatly appreciated.

Facilitator: Pat Marshall

Second Tuesdays	12-1 pm
1598-S23	Free

FITNESS & HEALTHY LIVING

Walk with Friends

Looking for someone to walk with? At Thompson Park, there are a variety of trail types to choose from. Some will be walking slowly and others will walk with vigor. Gather around the back picnic tables, find your walking pace group and maybe make a new friend. Join at any time throughout the summer when it fits your fitness and social schedule. This is a free group, but please register. Note: TPAC is closed May 29 and July 3, but the park trails are open for walking.

Mon, May 1-Aug 28	9:15-10 am
1572-S23	16 sessions - Free

Bocce Ball

Playing bocce ball is a fun, friendly, competitive game of skill that improves flexibility, balance, hand-eye coordination and cardiovascular health. The rules are simple. Games are self directed following an initial introduction by TPAC staff. Participants will assemble in the back of TPAC around the patio. It’s safe and conversational.

Instructor: TPAC Staff

Mon, May 1-Aug 28	9:45-10:45 am
1596-S23	16 sessions - \$15

No class May 29, July 3.

Wednesday Walkers

Walk, talk & gawk! Combine the fitness of walking with nature and comradery. Meet at the TPAC building and drive to the selected walking destination. You won’t be bored with the same walking route anymore.

Facilitator: JoAnn Ellingboe

Mon, May 3-Oct 25	9 am
1596-S23	\$15 May-Oct



Fitness and Balance for Life

This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. Exercise sessions use chairs, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred.

Instructor: Naomi Marzinske

Thursdays	10:30-11:30 am
1317-S23	
May 4-June 29	9 sessions - \$63
July 13-Aug 24	7 sessions - \$49

Line Dancing

Line dancing is a fun way to exercise, and can be as gentle or as energetic as you want. Line dancing increases muscle tone and coordination, strengthens bones, and keeps you mentally fit. If you don't like the gym, join us on the floor to get moving. No partner is needed!

Instructor: Margaret Christians

Thu, May 4-June 29	9-10 am
1615-S23	9 sessions - \$8

Incontinence: Explanation & Solutions

Is urinary leakage keeping you from enjoying social outings, exercise or everyday activities? Instead of urinary incontinence taking control of your life, control it. Discuss common poor postural and breathing habits which may contribute to incontinence, as well as practice simple pelvic and core stability and strengthening exercises to help combat leakage.

Instructor: Dr Nair, *Herself Health*

Tue, June 20	10-11 am
1778-S23	1 session - \$5

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. Equipment provided, or you may bring your own if preferred.

Facilitator: Barb Erickson

Tue/Thu	9:15-10 am
1635-S23	\$15 May-Aug
No class July-Aug	

GAMES

Home Before Dark Bridge

This is a group of bridge players who enjoy playing for fun. Being the best player is not the goal. The only qualification is that you have a partner. Join us if this style "suits" you. Games start at 3 pm so you can be home before dark. Call 651-403-8300 to verify space is available and register your pair.

Mon, Apr 3-Oct 30	3-5:30 pm
1612-S23	\$20 Apr-Oct



Hand & Foot

This is a variation of canasta and played with teams of two to six players. If you enjoy this game or are interested in learning, please join us.

Wednesdays	10:30 am-12 pm
1636-S23	\$15 - May-Aug

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

Fourth Tuesdays	1-3 pm
1644-F22	\$10 annually
No class July 4	

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-S23	\$15 May-Aug
No class July 6	

Trips & Tours Registration Information

NOTE: The location you register under 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

- Arrive 15 minutes before the scheduled trip departure for check in.
- 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 payment.
- Mailed registrations may not be guaranteed. Call to check availability before mailing in your registration.



Historic Fort Snelling and Sibley House

Visit Fort Snelling where the Mississippi and Minnesota rivers converge. Explore this site of major social, cultural and historical significance to all people who have inhabited the region, residing on the Dakota homeland Bdote. This is a self-guided walking visit. See the new Plank Museum inside a 1904 cavalry barracks with a one-room schoolhouse, blacksmith shop and much more. Stroll outside on trails, enjoying river overlooks, costumed demonstrations, and orated stories.

Enjoy lunch at Axels. Next, tour the Sibley Historic Site, home to the oldest structures in Minnesota. Learn about this center of the fur trade and government during the tumultuous early days of statehood.

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/tours/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	1668-SSP-S23
WSP	9:45 am	3:15 pm	1767-WSP-S23

Northfield Historical Society Museum Tour

The Museum is home to Northfield's famous bank raid site. It appears as it did Sept. 9, 1876, when the James-Younger Gang attempted to rob it. A local guide will talk about the history of this village. Many of the buildings in Northfield look as they did a century ago, with windows and cornices embellished with 19th-century architectural detail. Among them, the Scriver Building is the former site of the First National Bank and The Archer House Inn. The village is charming and sophisticated, historic, and colorful, artsy and active, secluded and connected, quiet and happening. Drive through the campuses of Carleton College and St. Olaf College. St. Olaf is renowned as a seat of Norwegian culture in the United States.

Lunch: Swedish Meatballs, beverage and cookie at The Ole Store Restaurant.

Bus stop at the Abdallah's Candy Store in Apple Valley on the way home.

Thu, July 13 \$87 includes transportation/lunch/guide
Register by Fri, June 9

Location	Departure	Return	Registration
TPAC	9:15 am	4:30 pm	1677-WSP-S23
SSP	9:30 am	4:15 pm	1677-SSP-S23
IGH	9:45 am	4:00 pm	Call 651-450-2585

Duluth Vista Fleet Cruise

Take a harbor cruise aboard the Vista Star. Experience the wonders of Lake Superior. See a variety of ships in the beautiful waters of the Twin Port Harbor. Then head to Blackwoods for lunch, a locally owned and family-operated restaurant since the early 1990's. Everything is fresh and made from scratch into slow-cooked classic meals.

Lunch menu: choose at sign up:

- 1) Chicken pot pie, a side of cranberry chutney, cornbread, butter, dessert and beverage.
- 2) Meatloaf, covered in rich gravy, served with mashed potatoes.

The day will include a stop at Tobies Restaurant in Hinckley on our way to Duluth. Arrive in Duluth via the Skyline Drive overlooking the Twin Ports of Superior and Duluth. Nestled on the rocky hillside the city overlooks Lake Superior, the largest freshwater lake in the world. At the waterfront we will board the Vista Star for a 60 minute narrated sightseeing cruise. A late lunch will be provided when we return to the dock.

Wed, Aug 9 \$99 includes transportation/lunch/guide
(Tobies or snacks not included)

Register by Fri, July 7

Location	Departure	Return	Registration
TPAC	8 am	5:15 pm	1682-WSP-S23
SSP	7:45 am	5:30 pm	1682-SSP-S23
IGH	7:30 am	5:45 pm	Call 651-450-2585

Old Log Theater: Million Dollar Quartet

This Tony Award Winning Musical is set on December 4, 1956, when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins together at Sun Records for one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Whole Lotta Shakin' Goin' On," "Folsom Prison Blues," and more.

Choose when registering: 1) Boneless short rib w/mashed potatoes; 2) Chicken breast w/red potatoes; or 3) Vegetarian pasta. All meals include roll, coffee, tea & dessert.

Thu, Sept 28 \$94 - Includes transportation/show/lunch
Register by Fri, Aug 25

Location	Departure	Return	Registration
TPAC	10:15 am	5:00 pm	1769-WSP-F23
SSP	10:30 am	4:45 pm	1650-SSP-F23
IGH	10:45 am	4:30 pm	Call 651-450-2585

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

Fireside Theatre, Ft. Atkinson, WI (Overnight Trip)

Thu, Oct 12

Have lunch (included) at the Wisconsin Dells Cracker Barrel Restaurant. Upon arrival at Ft. Atkinson, tour the Hoard Historical Museum and the 1841 Foster House. Discover the people and events that make up Fort Atkinson's history. The past is revealed through an impressive collection of artifacts, artwork, and families. Lodging is at the Holiday Inn Express, Ft. Atkinson. Dinner will be at the Fireside Theatre, partaking in their Signature Buffet. The theater performance is "Titanic - The Musical." Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. Don't miss this musical as unforgettable as the historic event itself.

Fri, Oct 13

Have breakfast (included) at the hotel then travel to Baraboo to tour the International Crane Foundation. Guides will give an outdoor walking tour along the pathway, highlighting the only place in the world where you can see all fifteen crane species. After the tour, visit the gift store and the Donnelley Building. They have the chick cam and other educational exhibitions. There are many trails for guests to explore. Have lunch (included) at Trapper Turn Restaurant Make an afternoon stop at the Menomonie Creamery to purchase cheese and other treats. Return late afternoon.

Thu, Oct 12-Fri, Oct 13 \$400 per person (2 per room)
Register by Fri, Aug 4 \$475 per person (1 per room)

Location	Departure	Return	Registration
TPAC	7:00 am	4:30 pm	1678-WSP-S23
SSP	7:15 am	4:15 pm	1678-SSP-S23
IGH	7:30 am	4:00 pm	Call 651-450-2585





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.
PRE-REGISTRATION IS REQUIRED.

Central Square Community Center

Initial Eight Hour Course - \$28	
Wed/Thu, Jun 14 & 15	9 am-1 pm
Four Hour Refresher Course - \$24	
Thu, May 18	9 am-1 pm
Thur, Jul 20	9 am-1 pm
Thu, Aug 17	9 am-1 pm
Thu, Sep 21	9 am-1 pm

Veterans Memorial Community Center

Four Hour Refresher Course at IGH-VMCC - \$24	
Tue, May 9	1-5 pm
Wed, May 17	5:30-9:30 pm
Tue, June 6	1-5 pm
Wed, July 19	5:30-9:30 pm
Tue, Aug 15	1-5 pm
Tue, Sept 12	1-5 pm
Wed, Sept 20	5:30-9:30 pm

Thompson Park Activity Center

Initial Eight Hour Course - \$28	
Wed/Thu, June 28 & 29	12-4 pm
Wed/Thu, Aug 23 & 24	12-4 pm
Four Hour Refresher Course - \$24	
Thu, May 4	12-4 pm
Thu, May 18	12-4 pm
Thu, June 1	12-4 pm
Thu, June 15	12-4 pm
Thu, July 13	12-4 pm
Thu, Aug 3	12-4 pm
Thu, Aug 17	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

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.

Two Rivers High School - \$399

2302-May23	Mon-Fri, May 8-19	3:15-6:15 pm
2302-June23	Mon-Fri, June 12-23	9 am-12 pm
2302-June23B	Mon-Fri, June 12-23	1-4 pm
2302-July23	Mon-Fri, July 31-Aug 11	9 am-12 pm
2302-July23B	Mon-Fri, July 31-Aug 11	1-4 pm

Simley High School - \$399

3300-S23A	Mon-Fri, June 26-July 14	9 am-12 pm
	No class July 3-7	
3300-S23B	Mon-Fri, June 26-July 14	1-4 pm
	No class July 3-7	
3300-S23C	Mon-Fri, Aug 14-25	9 am-12 pm

South St. Paul Secondary - \$399

4300--S23A	Mon-Fri, July 17-28	9 am-12 pm
4300--S23B	Mon-Fri, July 17-28	1-4 pm
4300--S23C	Mon-Fri, Aug 14-25	1-4 pm



Virtual Driver's Education Classes

All virtual classes will be offered on the following dates. There will be class sessions from 9 am-12 pm, 1-4 pm, and 6-9 pm on each date. Please view our online catalog for more details.

June classes	June 12-30 - \$399
	June 26-July 14 - \$399
	No Class July 3-7
July classes	July 17-28 - \$399
	July 31-Aug 11 - \$399
August classes	Aug 14-25 - \$399

ACT Prep Class

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge.

For more information, call 612-222-5108 or visit www.advantageprep.net.

Tue, Aug 2-23	5:45-8:45 pm
4301-F22#131	4 sessions - \$150
Central Square, SSP	



197 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, July 29-Aug 19	9am-12 pm
2301-S23	4 sessions - \$180

Virtual Live ACT class

Instructors teach via a virtual classroom and are available to answer questions.

Sat, July 29-Aug 19	9 am-12 pm
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Self-Paced Online ACT Course

Complete this course on your own time, at your own pace.

Any days, anytime

**** See website for May classes ****

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.

4000-S23A Tue, June 20-Aug 22 9:30-10 am 8 sessions - \$55

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.

4001-S23A Tue, June 20-Aug 22 10:15-11 am 8 sessions - \$65

4001-S23B Thu, June 22-Aug 24 9-9:45 am 9 sessions - \$73

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.

4002-S23A Tue, June 20-Aug 22 11:05 am-12 pm 8 sessions - \$70

4002-S23B Tue, June 20-Aug 22 12:05-1 pm 8 sessions - \$70

4002-S23C Thu, June 22-Aug 24 10-11 am 9 sessions - \$79

4002-S23D Thu, June 22-Aug 24 1:05 am-12 pm 9 sessions - \$79

4002-S23E Thu, June 22-Aug 24 1-2 pm 9 sessions - \$79

Gymnastics - Intermediate Beginners

Continue to grow and develop as a gymnast as you begin to practice more intermediate skills. This class requires basic gymnastics knowledge and capability. Gymnasts should take one or more sessions of beginners before moving to intermediate. Gymnasts should have a basic understanding of the lever, handstand, cartwheel, and gymnastics vocabulary. In intermediate we will focus more on skill technique to create a strong foundation. Coaches approval required!

4009-S23A Tue, June 20-Aug 22 2-3 pm 8 sessions - \$70

Gymnastics - Advanced Beginners

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. Coaches approval is required!

4003-S23A Tue, June 20-Aug 22 3-4 pm 8 sessions - \$70

4003-S23B Thu, June 22-Aug 24 2-3 pm 9 sessions - \$79

Gymnastics - Flips

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. Coaches approval is required!

4004-S23A Tue, June 20-Aug 22 4-5:15 pm 8 sessions - \$72

4004-S23B Thu, June 22-Aug 24 4-5:15 pm 9 sessions - \$81

Gymnastics - Pre-Team

Gymnasts proficient in the basic skills needed to form routines will join our pre-team. We are restarting this pre-team with the goal of eventually having a SSP community education competitive team. Gymnasts will learn more difficult skills and create routines on all four events. Coaches approval is required!

4010-S23A Mon/Wed, June 26-May 2024 2:30-4:30 pm

\$840 for 6 months (next payment due Dec 1, 2023)

\$1,680 for one year

Gymnastics - Open Gym

Explore gymnastics in an unstructured environment with the help of experienced coaches. Open to all ages, for the purposes of sparking a passion for gymnastics skills in a safe setting. Parents must accompany children ages 7 and younger.

4005-S23A Thu, June 22 12-1 pm 1 session - \$10

4005-S23B Thu, June 29 12-1 pm 1 session - \$10

4005-S23C Thu, July 6 12-1 pm 1 session - \$10

4005-S23D Thu, July 20 12-1 pm 1 session - \$10

4005-S23E Thu, July 27 12-1 pm 1 session - \$10

4005-S23F Thu, Aug 3 12-1 pm 1 session - \$10

4005-S23G Thu, Aug 10 12-1 pm 1 session - \$10

4005-S23H Thu, Aug 17 12-1 pm 1 session - \$10

4005-S23I Thu, Aug 24 12-1 pm 1 session - \$10

Gymnastics - Mini Friday Afternoon Camp

Participants will get an opportunity to explore the gym and discover the sport of gymnastics in a fun and encouraging environment over one mini Friday afternoon camp. They will learn about floor, bars, beam, and vault. Participants will practice teamwork, endurance, and problem solving skills through group games and activities. No prior gymnastics experience is required. Please send a snack and a water bottle with your child. Participants should eat lunch at home before attending camp.

4006-S23A Fri, June 9 12-4 pm 1 session - \$40

Gymnastics - Full Day Camp

-- Ages 5-14 --

Come and explore the gym and discover the sport of gymnastics in a four full day camp. Participants will learn about floor, bars, beam, vault and practice some of the basic elements of gymnastics such as leaps, jumps, and turns. No prior gymnastics experience is required. Please send two snacks, lunch, and a water bottle with your child each day.

4008-S23A Mon-Thu, June 12-15 9 am-5 pm 4 sessions - \$240

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

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

Instructor: Deb Gutzman

Sat, May 20 4202-S23A Central Square, SSP	9 am-12:30 pm 1 session - \$75
Fri, June 16 4202-S23B Central Square, SSP	9 am-12:30 pm 1 session - \$75
Fri, July 21 4202-S23C Central Square, SSP	9 am-12:30 pm 1 session - \$75
Fri, Aug 18 4202-S23D Central Square, SSP	9 am-12:30 pm 1 session - \$75

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

BREATHING or NOT BREATHING - this is all you need to know to determine how to care for your unconscious victim. This CPR class is very easy to learn and to remember!! Learn how to recognize emergencies, how to help a choking victim, care for an unresponsive person, and gain confidence in your skills. Certification is valid for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. This class does NOT have a written test.

Instructor: Deb Gutzman

Sat, May 20 4204-S23A Central Square, SSP	1-3 pm 1 session - \$45
Fri, June 16 4204-S23B Central Square, SSP	1-3 pm 1 session - \$45
Fri, July 21 4204-S23C Central Square, SSP	1-3 pm 1 session - \$45
Fri, Aug 18 4204-S23D Central Square, SSP	1-3 pm 1 session - \$45



Home Alone (ages 7 & up)

The dilemma: Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a "stranger"? **The answer:** Parents will rest in the knowledge that this course will help their child stay safe at home and in the community. This course will cover important safety principles that ALL parents want their children to know. This DVD program includes a student workbook and hands-on. Activities providing a superior program that students love and parents appreciate.

Topics Include:

- Identifying Fire Safety Rules and how to use a Fire Extinguisher. What to do if trapped in a bedroom during a fire.
- Simple first aid — including cuts, burns, and a demonstration of abdominal thrusts for choking victims, whether for another person or when you're by yourself.
- Understanding safety in the community, such as weather watches/warnings, aggressive dogs, and riding a bicycle on the street.
- Knowing the truth about abuse, abduction, and stranger danger.
- An all-new segment on digital safety and how to navigate the
- Online world safely.

Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you're helping him or her safely prepare for staying home alone and emergency situations. Handbook is included.

Instructor: Deb Gutzman

Sat, May 6 4205-S23A Central Square, SSP	9:30 am-12 pm 1 session - \$40
Fri, June 30 4205-S23B Central Square, SSP	1-3 pm 1 session - \$40

The Jungle Book (Grades: 3-8)

Deep in the heart of the Indian Jungle, Bagheera discovers a Man-Cub. Only the wolves Akela and Raksha may save his life and raise him as their own. Bagheera teaches the boy all he knows about the Jungle. Baloo the lovable bear befriends Mowgli and saves him from the fearsome grasp of Kaa, the Python, and the wild Monkey-People. But who can save him from Shere Kahn, the Great Tiger? All experiences are welcome. Show times Matinee at 3PM and 5 PM. Tickets for performances are \$5 per person & (Under 5 are free).

Instructor: Locally Grown Theatre

Mon-Fri, July 10-14 8 am-5 pm
4567-S23 5 sessions - \$160
Lincoln Center, SSP

Flag Football: (Grades K-5)

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes/cleats and mouthguards are optional). Footballs and flag belts are provided.

Mon, May 1-22 3:45-4:45 pm
4902-W23 4 sessions - \$69

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.

Ages 2-3
Mon, May 1-22 5-5:30 pm
4903-W23A 4 sessions - \$59

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

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, June 7-28 5-6 pm
4994-S23 4 sessions - \$80

Wed, July 12-Aug 30 5-6 pm
4994-S23B 8 sessions - \$170

Conquer Ninja Gym, 707 Commerce St, Woodbury

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.

Sat, June 3-24 9-10 am
7949-S23A 4 sessions - \$122.50
Second child add \$47.50

Sat, July 8-Aug 26 9-10 am
7949-S23B 8 sessions - \$235
Second child add \$85

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).

Tue, July 11-Aug 29 5-6 pm
4995-S23A (6-9 years) 8 sessions - \$195

Thu, July 13-Aug 3 5-6 pm
4995-S23B (6-13 years) 8 sessions - \$195

Fri, July 7-Aug 25 4-5 pm
4995-S23C (6-13 years) 8 sessions - \$195

Fri, July 7-Aug 25 5:15-6:15 pm
4995-S23D (6-9 years) 8 sessions - \$195

Fri, July 7-Aug 25 6:30-7:30 pm
4995-S23E (8-13 years) 8 sessions - \$195

Conquer Ninja Gym, 707 Commerce St, Woodbury

Wizards of Chess Summer Camp (Grades: 1-6)

Everyone is welcome to come get a greater understanding in this Royal Game! Whether you are new to chess or an experienced player there will be material covered for all! We will go over opening theory, 2 openings, tactics, endgames and fun variations of chess. Other activities include a rocket building, outdoor breaks with organized games, team building exercises and a chance to make new friends and see old ones! Please pack sunscreen, sack lunch, rocket garage (shoe box) and a water bottle! Don't forget the smiling face!

Instructor: Veronica Harrison, owner of Wizards of Chess

Mon-Thu, July 17-20 9 am-3:30 pm
2253-S23 4 sessions - \$155
Garlough Elementary, WSP

Mon-Thu, Aug 7-10 9 am-3:30 pm
2254-S23 4 sessions - \$155
Moreland Elementary, WSP

The Little Mermaid with Mayer Arts (Grades: K-3)

Let's go under the sea! We will choose our characters, learn music and choreography from *The Little Mermaid* then create our own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience necessary. All that is needed are comfortable clothing and lightweight sneakers or dance shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance during the last 30 minutes on June 15.

Instructor: Mayer Arts

Mon-Thu, June 12-15 9 am-12 pm
2887-S23 4 sessions - \$125
Two Rivers HS, MH

Disenchanted with Mayer Arts (Grades: 3-6)

Break the magic spell before it is too late! We will choose our characters, learn music and choreography from *Disenchanted* then create our own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games! No experience necessary. All that is needed are comfortable clothing and lightweight sneakers or dance shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Instructor: Mayer Arts

Mon-Thu, June 12-15 1 pm-4 pm
2887-S23B 4 sessions - \$125
Two Rivers HS, MH

Spanish Summer Camp: ¡Vamos al Zoo! "Let's go to the Zoo!" (Grades: 1-5)

In this exciting summer camp, students will blaze new trails "visiting" a zoo! Each class students will explore new animals and habitats at the zoo including the aquarium, farm animals, birds, even the safari – All in Spanish! Class will include interactive activities learning Spanish vocabulary and practical conversation elements. Join us on a wild adventure! Please note: all classes will be held onsite, and this class does not include a trip to the zoo.

Instructor: Futura Languages

Mon-Thu, June 26-29 1-3 pm
2134-S23 4 sessions - \$139
Moreland Elementary, WSP



Warrior Track & Field Camp

Join The Warrior Track and Field Coaches and Athletes for a fun, energizing week at their new track and field facility! We will keep your young track star moving, improving and building confidence as they run, jump and throw all week long. Age appropriate instruction developed by the varsity coaching staff. Coaches will be at camp to lead the way. High school athletes will assist coaches and campers and help make the week fun and memorable. We can't wait to meet your track and field star!

Instructor: Two Rivers Track and Field Coaches and athletes

Mon-Fri, June 19-23 5 sessions - \$80
Grades K-4: 2889-S23A 10:30 am-12:30 pm
Grades 5-8: 2889-S23B 1 pm-3 pm

Glow in the Dark Engineering (Grades: 2-5)

Illuminate the light this summer with awesome STEAM projects. Have fun as we explore glow in the dark pigments and learn the difference between fluorescent vs luminescent. We'll also use LED lights to create a handy flashlight, light up underwater sea monsters, engineer a cool night lamp, and more! Full of fun STEM and art projects (STEAM). Take home a light-up project every day!

Instructor: Tech Tac Toe Staff

Mon-Thu, June 26-29 9 am-12 pm
2081-S23 4 sessions - \$159
Moreland Elementary, WSP



Spinning into Summer: An Intro to Color Guard with Royal Guard Performing Arts (Grades: 4-8)

Have you ever wanted to try spinning a flag or other equipment like you see in parades? This fun, active class is open to all, no experience is necessary. Students will learn fundamentals of flag spinning and movement. They will make friends, learn about the importance of teamwork, and explore performance techniques. They will build on their new skills each week and learn a short routine to music. Students will have an opportunity to share their newfound skills with a performance on the last night of class. Friends and family members are invited.

Instructor: The Royal Guard Performing Arts staff

Tue & Thu, June 13-29 6:30-8:30pm
 2941-S23 6 sessions - \$75
 St. Stephen's Lutheran Church, WSP

Awesome Robotics For Kids (Grades: 1-4)

Using the latest WeDo® 2.0 system that LEGO® has to offer, ignite the STEM spark in your child with this amazing camp. Fostering their natural curiosity, kids, working in pairs, will explore logic, pattern recognition, and math concepts as they are challenged to build increasingly sophisticated designs. As they do so, they'll also develop basic programming techniques using custom-made programming blocks in PCs. They will have hands-on experience effectively using gears, axles, and connector blocks in the robotic challenges. (No LEGO® is taken home)

Instructor: Tech Tac Toe staff

Mon-Thu, July 10-13 9 am-12 pm
 2084-S23 4 sessions - \$159
 Garlough Elementary, WSP

Crazy Concoctions and Insane Inventions (Grades: K-4)

Messy? Slimy? Sticky? If all this sounds super fun, this is a must take camp for you! Join us in this messy and super exciting camp and have a blast exploring chemical reactions in a fun, slimy way, creating all kinds of ooey gooeey, sticky, bouncy, slimy mixtures. Kids will also be challenged to solve fun engineering problems and so much more. In this class all the mess stays behind, fun memories and learning go home!

Instructor: Tech Tac Toe staff

Mon-Thu, July 24-27 9 am-12 pm
 2083-S23 4 sessions - \$159
 Garlough Elementary, WSP

STEAM Makerspace (Grades: 1-4)

Our Makerspace Camp provides a chance for students to learn more about science, technology, engineering, art, and mathematics (STEAM) in a fun and creative environment. Learn more about how things work. Then, brainstorm ideas and bring them to life. Become part of the maker movement with topics ranging from circuits and engineering to coding and art. Makerspace will help kids develop a growth mindset by building fun projects such as arcade-style games, robotic hand models, and parachutes.

Instructor: Tech Tac Toe staff

Mon-Thu, July 31 - Aug 3 9 am-12 pm
 2752-Su23 4 sessions - \$149
 Moreland Elementary, WSP

Glow in the Dark Art (Grades: K-4)

These projects will ROCK your child's world long after the lights go out at night. You guessed it, all the projects we create in this camp will glow-in-the-dark! How cool is that?!?! We will be working with a variety of different art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark! Please pack a nut free snack and drink for your child each day.

Instructor: Woodbury Kidcreate staff

Mon-Thu, July 31 - Aug 3 1pm-4 pm
 2805-Su23 4 sessions - \$135
 Moreland Elementary, WSP

Warriors Youth Soccer Camp (Ages: 8-14)

This camp is offered to all youth ages 8-14 regardless of club affiliation or skill level. Focus will be on age-appropriate skill development including dribbling, possession, passing/receiving, and finishing. Emphasis will be on teaching the fundamentals of the game, developing and improving individual skills based on current ability, and encouraging a team mentality.

Instructor: Two Rivers HS Varsity coach and athletes

Mon-Thu, July 17-20 9am-11am
 2085-Su23 4 sessions - \$80
 Matson Field, WSP

197 GRASP (Grades: K-8)

GRASP is a nine-week correspondence program which helps students maintain reading and math skills while they are on summer vacation. It should take you and your child approximately one hour per week for nine weeks to complete each weekly lesson. We suggest parents order the grade level just completed. If there are extenuating circumstances, order the level that is appropriate for your child. Prices include curriculum packet, completion awards and scoring service.

2300-Single Subject \$38
 2300-Both Subjects \$58

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

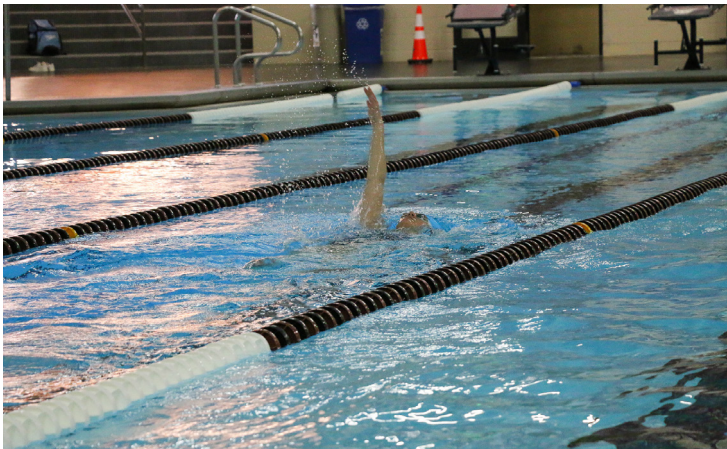
Tue, May 2-June 27 9800-S23A Central Square, SSP	10:30-11:30 am 9 sessions - \$56.26 adult \$22.50 senior (65+)
Thu, May 4-June 29 9800-S23B Central Square, SSP	10:30-11:30 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Fri, May 5-June 30 9800-S23C Central Square, SSP	10:30-11:30 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Thu, July 6-Aug 31 9800-S23D Central Square, SSP No Class July 13	10:30-11:30 am 8 sessions - \$50 adult \$20 senior (65+)
Fri, July 7-Aug 25 9800-S23E Central Square, SSP No Class July 14	10:30-11:30 am 7 sessions - \$43.75 adult \$17.50 senior (65+)
Tue, July 18-Aug 29 9800-S23F Central Square, SSP	10:30-11:30 am 7 sessions - \$43.75 adult \$17.50 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, May 3-June 28 9001-S23A Central Square, SSP	6-7 pm 9 sessions - \$56.25 adult \$22.50 senior (65+)
Wed, July 5-Aug 30 9001-S23B Central Square, SSP No Class July 12	6-7 pm 8 sessions - \$50 adult \$20 senior (65+)



CENTRAL SQUARE POOL IS HIRING!



SCAN HERE TO APPLY

Aquatics Instructors Lifeguards Water Safety Instructors



Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. communityed.sspps.org/programs/swimming-pool

Punch Card 9012-S23A	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-S23A	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 this code to visit the Central Square Lap Swim page for the most up-to-date information.



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

District 197 Adult Lap Swim

If you haven't dipped your toes in the new District 197 Aquatic Center, summer is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim and let the kids take over the outdoor pools for the summer! Adult lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity. All are all welcome, but registration is required and space is limited.

Wed, May 3-Aug 2 6:30-8:30 pm
 7197-S23 1-13 sessions - \$7 per session
 District 197 Aquatic Center, MH
 No class week of 4th of July

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.

Wed, May 17-June 7 6pm-8pm
 2910 4 sessions - \$135
 District 197 Aquatic Center, MH

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

Wed, Apr 13-May 25 11 am-12 pm
 6016-SP23 1-7 sessions - \$10 per session
 District 197 Aquatic Center, MH

Registration opens April 14th. Scan here for more info!



Youth Group Lessons

District 197 group swim lessons follow the Red Cross Learn-to-Swim program. Classes are designed for students ages 6 months and over. Enjoy a student to instructor ratio intentionally set below the standard to maximize learning. Our class options span from Parent & Tot, Preschool 1, Preschool 2, and Levels 1-5. Read the class level descriptions carefully when registering to determine the appropriate place for your swimmer. Please do not register for a class your swimmer is not ready for. If a class is full, please register for the waitlist. The waitlist allows us to better serve you if openings come up. You will be notified if you are moved into a class.

Session 1 Mon-Thu, June 12-22
 Session 2 Mon-Thu, July 10-20
 Session 3 Mon-Thu, July 24-Aug 3

30 minute lessons 9 am-12 pm 8 sessions - \$94
 District 197 Aquatic Center, MH
 Registration opens April 14 at 8 am.

Youth Private Lessons

Learn to swim in a class customized just for you! These daily sessions work on water safety, stroke enhancement or specific skills needing improvement. This is a great option for children who prefer a quieter environment or need some extra one-on-one time with an instructor. If the class you are registering for is full, please register for the waitlist. The waitlist allows us to better serve you if openings come up. You will be notified if you are moved into a class.

Session 1 Mon-Thu, June 26-29
 Session 2 Mon-Thu, Aug 7-Aug 10

30 minute lessons 9 am-12 pm 4 sessions - \$135
 District 197 Aquatic Center, MH
 Registration opens April 14 at 8 am.



DISTRICT 197 AQUATIC CENTER
WE'RE HIRING! JOIN OUR TEAM!
Lifeguards / Water Safety Instructors



SCAN ME
 Contact: lisa.grathen@isd197.org

SCHOOL AGE CARE

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



Extra Innings School Age Care - Grades K-4

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: 6:30 am - 6pm
Summer Camp: 6:30 am - 6 pm

Located in:

Garlough Environmental Magnet - Mendota Elementary
Moreland Arts & Health Sciences Magnet - Somerset Elementary
Pilot Knob STEM Magnet - Noreen Activity Center
Before school is held at Heritage and Friendly Hills

KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



Kids' Choice 2023-24 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

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



Spartan Kids' Care

For more information, please call 651-306-7502. Visit our website at 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

2023-2024 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!

West St. Paul-Mendota Heights-Eagan Area Schools

DISCOVER 197

★ Inspire ★ Nurture

★ Prepare

Together. We Thrive.

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



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



 Inspire, Innovate, & Excel with
Inver Grove Heights Schools

ENROLL TODAY

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

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

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

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	651-457-9418
West St. Paul, Mendota Hts, Eagan, District 197	651-403-8363





Visit www.isd197.org/schools/early-childhood-education-2 for more information.

District 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.

District 197 ThreeSchool

ThreeSchool is for children who were age three by Sept 1, 2023. 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 2023-24 school year is ongoing and continues until classes are filled.

- Mon, Wed, Fri 9:30-12:00
Sept 11-May 31
Pilot Knob STEM Magnet, Eagan
- Tue, Thur 9:30-12:00
Sept 12-May 30
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

District 197 Pre-Kindergarten

Pre-kindergarten is for children who are age 4 or older by September 1, 2023 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 9:30 am-3:45 pm
(includes breakfast and lunch)
Sept 11-May 31
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan
- Mon-Fri 9:30 am-12:00 pm
Sept 11-May 31
Early Learning Center, WSP
- Mon, Wed, Fri 9:30 am-12:00 pm
Sept 11-May 31
Early Learning Center, WSP
- Mon, Wed, Fri 1:15-3:45 pm
Sept 11-May 31
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

For tuition and scholarship information, visit isd197.org/Schools/Early Learning or call 651-403-8390.

To register: visit tridistrict.ce.eleyo.com

District 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

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 7-9:30 am (light breakfast provided)
Sept 12-June 2 Mon-Fri
Early Learning Center, WSP
- Extended Day 3:45-5:30 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, 2023. Must meet School Readiness income and eligibility requirements. For information on Early Learning scholarships through the state of MN, visit www.familiesfirstmn.org. For a School Readiness application, go to isd197.org/schools/preschool or call 651-403-8390.

- Mon-Fri 9:30 am -1:15 pm
(breakfast, lunch and busing provided)
Early Learning & Family Resource Center, WSP





South St. Paul Public Schools Community Preschool

651-457-9418

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

Lincoln Center

All Day

9:10 am-3:25 pm

Morning

9:10-11:55 am

Morning

8:25-11:10 am

Afternoon

12:40-3:25 pm

Afternoon

12:05-2:50 pm

3 Year Old Preschool - \$ 160 / month (Mon, Weds, Fri)

3 Year Old Preschool - \$ 117 / month (Tues, Thurs)

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



SOUTH ST. PAUL PUBLIC SCHOOLS

E.C.F.E.

Early Childhood Family Education

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.

Summer Drop-In Play

Looking for something fun to do with your little one this summer? Come to Early Childhood Family Education (ECFE) Drop-in Play! Children ages 0-5 can explore our welcoming ECFE classrooms along with their parent/guardian.

Wed, June 21, 28, July 12, 19, 26 9 am-12 pm

Ages 0-5, \$3 per family per time

Early Learning Summer Blast!

The SSP Community Preschool Program is offering a 5-week summer preschool session, designed for children who are registered for SSPPS Kindergarten for the 23-24 school year, who have little or no in-person preschool experience. Programming will be offered 4 mornings per week (Mon-Thurs) and will focus on making friends, school readiness, and STEM learning opportunities.

Mon, June 19-Thur, July 27 8:45 am-12:45 pm

(No Class Week of July 4)

Free - students must be 5 years old on/or before 9/1/2023 and registered for Kindergarten at an SSPPS School.



Why Inver Grove Heights Preschool?

- Four-start Parent Aware rating, the highest possible rating by Minnesota’s quality rating system for early education
- Highly trained staff. Our licensed teachers use proven best practices
- Curriculum: Conscious Discipline & Frogstreet 2020
- For children age 3 or age 4 on Sept 1, 2023

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

Little Spartans Preschool gives your 3 and 4-year-old child:

- A supportive environment to build important interpersonal skills through early friendships and play
- Hands-on learning that encourages creativity and problem solving
- Play-based learning experiences that set the foundation for success
- A relaxed, safe, and happy environment to participate in music & movement, creative arts, science & discovery, language, literacy, and mathematical experiences

Little Spartans Preschool 2023-2024

Age 4 on Sep 1, 2023	Hilltop	Pine Bend	Salem Hills
Mon-Fri AM 7:50-10:30	X	X	X
Mon-Thu PM 11:45-2:30	X		X
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sep 1, 2023	Early Learning Center		
Mon-Wed-Fri AM 8:15-11:45		X	
Tue & Thu AM 8:15-11:45		X	
Tue & Thu PM 11:45 AM-2:15 PM		X	

Financial assistance available.

For fees and enrollment information go to www.preschool@isd199.org.

Para información preescolar en español, llame al 651-306-7862



IGH Early Learning

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

www.ighEarlyLearning.org

Phone: (651) 306-7503

Email: EarlyLearning@isd199.org

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.

Come Play at Our House!

POP IN & PLAY - IGH ECFE

No Registration Needed. You and your child can choose from a variety of art, science, & sensory activities— or spend time in dramatic play or the block area. There’s lots to do, including gym & circle time. Come & go at your convenience. Each visit is \$3 per child over age one. Babies 0-12 mos are free. Save with a 10-visit punch card for \$25.

IGH EARLY LEARNING CENTER (next to Hilltop Elementary, Door 2)

- Tuesdays 12:30-2:00 1/31-5/30, no class 3/28
- Fridays 9:00-10:30 2/3-5/19, no class 3/31, 4/14, 4/28

OUTDOOR POP IN & PLAY at Lions Park, IGH

- Tue 10:30-12:00 - Pop In & Play Rain or Shine 3/14-5/30 no class 3/28 or when severe weather warnings have been issued



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)
- Estudios en Línea
- 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

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



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 2023-2024



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

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

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 23-24

- 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)

Summer positions available

Monday-Friday

Shifts available between 6:30 am-6 pm

Earn up to \$18.32/hour based on qualifying stipend

Must be 16 to apply

FREE childcare available while working, some conditions apply

www.isd197.org/district/employment and search "paraprofessional" or contact lisa.grathen@isd197.org

WORK FOR

SOUTH ST. PAUL PUBLIC SCHOOLS!



SCAN FOR
CURRENT JOB
OPENINGS AND
TO APPLY

www.sspps.org

WE'RE LOOKING FOR:

Community Education:

Water Safety Instructors
Lifeguards
Preschool Summer Blast
Summer School-Age Care

Maintenance/Custodial:

Part-time Cleaners
Summer/Seasonal Work

Paraprofessionals:

Special Education Paraprofessionals



ISD 199 *is hiring!*

SEE OUR OPEN POSITIONS HERE:



Looking for a job for the 2023-24 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 Road, Eagan

Somerset Elementary School

1355 Dodd Road, 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 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 www.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. You may also call 651-403-8520 or stop by the facility scheduler's office at the District 197 Aquatic Center; 1897 Delaware Ave, 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 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

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

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COMMUNITY EDUCATION ISD 199

IGH Middle Summer SPARK!

Ignite your interest in learning!

JUNE 13-JULY 14, 2023

FUN & CREATIVE ENRICHMENT ACTIVITIES + AN ENTERTAINING FIELD TRIP

Join us for half days of enrichment activities in the morning and one exciting all-day field trip!

IGH MIDDLE SCHOOL
2990 80th St E, Inver Grove Heights
tridistrictce.org

Contact us for registration
651-306-7502

Contact us for registration
ovalleb@isd199.org



DISTRICT 197 SCHOOL-AGE CARE IS HIRING!

Are you looking for a fun, flexible and rewarding job? Join our team!

Earn a \$500 signing incentive.
NEW! Free childcare (up to two children) to employees while they are working; some conditions apply.
Earn up to \$18.32 an hour based on a qualifying stipend.
Enjoy your evenings and weekends off.

School Year:

K-8 grade. elementary and middle schools positions available, before and after school.
Flexible hours from 6:30-8:45 am and 2:00-6:00 pm, Monday-Friday.

Now Hiring for Summer!

Shifts are available between 6:30 am-6:00 pm Monday-Friday.

CONTACT
LISA.GRATHEN@ISD197.ORG
FOR MORE INFORMATION OR SCAN THE CODE TO APPLY.

