



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

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

SPECIAL EVENTS



Hayride and Tour at Afton Apple Orchard

Join us for a fun hayride through the apple orchard and to the pumpkin patch! You'll pick two apples and a small pumpkin the size of a cantaloupe. Our private group tour will teach you how to pick apples, why bees are important, and more. Enjoy a small but delicious sample of cider. Dress for the weather. This tour is not wheelchair accessible. Plan to meet at the orchard located at 14421 90th St S in Hastings. The tour leaves promptly at 6:00 p.m. Look for the sign "Community Bridge Meets Here." The staff pays \$15 if joining the hayride tour. *Gretchen Carlson/Afton Apple Orchard*

Wed, Oct. 11 \$15 / \$15 Staff
6:00–7:00 p.m. CBSSE1
Afton Apple Orchard



Halloween Costume Dance Party

Have a spooky fun time at our fall Halloween costume dance! Enjoy music, snacks, and fun while meeting new friends! Prizes will be awarded for the best costume in the following categories: scariest, cutest, most creative, and a judges' choice category. All participants will be entered into drawings

for fun prizes throughout the evening and two grand prize drawings for a very exciting prize to be announced.

DJ Tricia Schwietz

Fri, Oct 27 \$10 / \$10 Staff
6:30–8:00 p.m. CBNSE2
Gladstone Community Education Center, Gym



The Wizard of Oz - High School Musical at East Ridge H.S.

Follow the yellow brick road in the timeless tale, where young Dorothy travels from Kansas over the rainbow to the magical Land of Oz. Meet inside the Activity Center entrance of East Ridge H.S. near a sign that says "Community Bridge Meets Here." Arrive by 6:45 p.m. to get your ticket and find a seat. The show begins at 7:00 p.m. and runs approx. 2.5 hours. NOTE: A limited number of wheelchair spaces are available. Please indicate if needed. The staff pays for the ticket price as well. *Gretchen Carlson*

Friday, Nov 17 \$15 / \$15 Staff
7:30–10:00 p.m. CBSSE2
East Ridge High School, Woodbury



Fall Fun Fest: Absolute Elvis

Enjoy dessert and a fantastic performance by Todd "Elvis" Anderson - a long-time Elvis tribute artist! For over 20 years, Todd has performed as Elvis locally and nationally on many stages, including the Minnesota State Fair, Milwaukee Exposition Center, Sandhill Center for the Arts, etc. From the 1950s to the famous 68 Comeback Special, Elvis' years in Las Vegas, and a recreation of Elvis's famous "Aloha in Hawaii" performance. You will feel like you've just taken a journey through music with Elvis Presley himself! Register by Friday, October 13th. Registration is non-refundable. *Jordi Teillard-Cui*

Wed, Oct 18 \$15 / \$15 Staff
2:00–4:00 p.m. CBNSE1
Gladstone Community Education Center, Gym

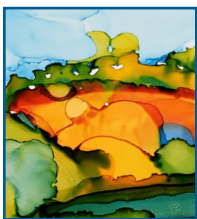
December Snow Ball

Dance the night away with a live DJ, and enjoy fancy desserts, sparkling decorations, and a fun photo booth. Semi-formal attire is suggested. *DJ Tricia Schwietz*

Fri, Dec 1 \$10 / \$10 Staff
6:30–8:00 p.m. CBNSE3
Gladstone Community Education Center, Gym



ARTS & CULINARY



Explore Alcohol Inks

Come and play with these amazingly colorful inks that will move and flow right in your hands! Each painting is unique, bright, and powerful. You'll take home many little gems of paintings and some on tiles!

Julie Schroeder / Michelle Hubbard

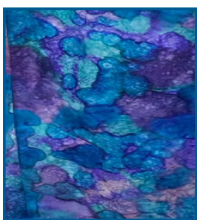
Fri, Oct 6 \$20
5:30–7:30 p.m. CBWA1
White Bear Area Senior Center



Make Nature Prints on Dish Towels

Let's experiment with science by making your impressions of nature. We'll use fabric paints to print leaves, flowers, weeds, and other natural objects on dish towels. *Susan Butzer*

Thur, Oct. 19 \$10 / \$10 Staff
6:30–7:30 p.m. CBSA3
East Ridge High School, 1039



Alcohol Ink Silk Scarves

Try something new and exciting as we explore the use of alcohol inks. Come and create a one-of-a-kind alcohol ink scarf for that special someone. Or treat yourself. Let your creativity shine as you make two different scarves using many colors. Add alcohol to the colorful inks and see the magic happen. *Terese M Oleson*

Mon. Oct. 9 \$20
6:30–8:00 p.m. CBSA2
District Program Center -
Cottage Grove, Rockwell



Paint a Holiday Snowman

Learn how to re-create this painting step by step. A 16" x 20" canvas, along with paint and brushes to use in class, will be provided, and hot cocoa will be available. Please wear clothes that can get a bit dirty or stained. Painting can be messy but fun! *Molly Oleson*

Mon, Nov 20 \$30 / \$30 Staff
5:30–7:30 p.m. CBSA1
District Program Center -
Cottage Grove, Rockwell



Haunted House and Pumpkin Painting

Get in the Halloween spirit by painting a haunted house and wooden pumpkin. Will yours be frightening or fancy? *Renee Turner*

Tues, Oct 10 \$15
6:00–8:00 p.m. CBRA1
Anpétu Téča Education Center



Holiday Sweets

When visions of "sugar plums" dance in your head, it is time for Holiday Sweets! Shape, trim, and decorate festive cookies and candies. *Cheryl Gysbers*

Thurs, Nov 30 \$15
6:30–8:00 p.m. CBNC1
John Glen Middle School, 284



Fused Glass Coral Candle Holder

Make two lovely fused glass coral candle holders. You will assemble glass strips into beautiful, organic-looking glass plates. After the class, the plates will be fused and formed into a candle holder. Participants must arrange to pick up their pieces from the instructor's home. *Ellen Aeling*

Mon, Oct 16 \$35
6:30–8:30 p.m. CBNA1
Skyview Middle School, 100



Wood Slice Ornaments

Join us in making three ornaments out of wood and napkins! You will use decorative napkins, or you can bring your favorite picture. Have a pretty paper napkin at home? Bring it to us. For pictures, images must be no bigger than 3.5 inches square.

Michelle Hubbard

Tues, Dec 5 \$15
6:00 - 7:30 p.m. CBWA3
White Bear Area Senior Center



Masquerade Mask Making

Start with a white template, then paint, glue, and decorate your masquerade mask to wear when celebrating Halloween!

Michelle Hubbard

Thu, Oct 19 \$15
6:00–7:30 p.m. CBWA2
White Bear Area Senior Center



Holiday Art

Make three festive holiday decorations to get yourself into the holiday spirit. *Renee Turner*

Mon, Dec 11 \$15
6:00–8:00 p.m. CBRA2
Anpétu Téča Education Center



Beaded Suncatcher

Catch those elusive winter sun rays with a colorful beaded suncatcher! Using a memory wire, you will make a twisty sun catcher to hang in your window and brighten your day!

Michelle Hubbard

Thu, Jan 11 \$15
6:00–7:30 p.m. CBWA4
White Bear Area Senior Center

GAMES & FITNESS



Open Gym

Join us for an open gym at the new White Bear Lake North Campus field house. You can play basketball or shoot some hoops, walk on the walking track, or try out pickleball! Bring family and friends! *Michelle Hubbard*

Tues, Oct 10 \$5
6:30–8:00 p.m. CBWE1
WBL North Campus Field House



Family Feud

Can you guess what the survey says? Join us as we play this popular game show.

Renee Turner

Mon, Nov 6 \$9
6:00–8:00 p.m. CBRR2
Anpétu Téča Education Center



Chair Yoga

Refresh your mind and body with this gentle and relaxing form of exercise! Instructor Gil will guide participants through a series of breathing and stretching exercises, all while comfortably seated in a chair. This form of exercise is excellent for individuals

with mobility concerns but fun for everyone! Caregivers, please accompany individuals needing support. *Gil Surine*

Wed, Oct 11 \$9
6:00–7:00 p.m. CBE1
Gladstone Community Education Center, 109



Turkey Bingo

Waddle like a turkey as you collect your prize after calling BINGO! *Renee Turner*

Mon, Nov 13 \$9
6:00–8:00 p.m. CBRR3
Anpétu Téča Education Center



Monday Night Bingo – With Cool Prizes!

Join us for B-I-N-G-O! Track the numbers up and down or across your card, and you'll be a winner! We've got fun prizes for everyone. Staff may attend at no charge, but prizes are for participants only. *Gretchen Carlson*

Mon, Nov. 27 \$5
6:15–7:30 p.m. CBSR1
District Program Center - Cottage Grove, Rockwell



Halloween Bingo and Costume Contest

Will you come as a butterfly or a werewolf? Join us for a fun-filled night of costumes and bingo. *Renee Turner*

Tues, Oct 30 \$9
6:00–8:00 p.m. CBRR1
Anpétu Téča Education Center



Holiday Bingo

Take a break and enjoy a night with friends as you win prizes to keep for yourself or give as gifts. *Renee Turner*

Wed, Dec 20 \$9
6:00–8:00 p.m. CBRR4
Anpétu Téča Education Center



Open Gym

Meet your friends for fun and games at Open Gym night! Jordi will lead organized group games, or you can choose your own activity (indoor soccer, etc). A variety of sports equipment will be available for you to use. Healthy drinks will be provided!

Jordi Teillard-Cui

Thur, Nov 2 \$10
6:00–7:30 p.m. CBE2
Gladstone Community Education Center, Gym



Bingo in January

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

Tues, Jan 9 \$9
6:00–8:00 p.m. CBRR5
Anpétu Téča Education Center



Match Game

Who can fill in the blank and match the most panelists? Will it be you? *Renee Turner*

Tues, Jan 23 \$9
6:00–8:00 p.m. CBRR6
Anpétu Téča Education Center



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

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



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

NON-PROFIT ORG
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

Name _____ Home/Group Home Phone _____
Address _____ City _____ Zip _____
Group Home Name _____ Emergency Contact _____ Phone _____
Group Home Email _____ ☐ Uses a wheelchair ☐ Requires one-to-one assistance
Medical, seizure, behavioral or other conditions instructor should be aware of: _____

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

UCare Number _____ Total Participant Fee \$ _____

Checks payable to: Community Bridge

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

Mailed checks will be handled as a one-time electronic fund transfer or draft.

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee	\$ _____

Staff fee must accompany registration

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

Signature _____ Print Name on Card _____