



WINTER-SPRING 2024

JANUARY - APRIL

**PARA OBTENER INFORMACION EN
ESPAÑOL, IR A LAS PAGEINA 2, 56 & 57.**



**IT'S NEVER TOO LATE TO LEARN! FREE GED & ELL CLASSES
AVAILABLE FOR ADULTS. SEE PAGES 19 & 56**

INSIDE: PROGRAMS AND ACTIVITIES FOR ALL AGES

**Serving Residents of the Inver Grove Heights, West St. Paul-Mendota
Heights-Eagan Area, 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 Area, 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 & Family Programming

IGH	651-306-7502
SSP	651-306-3632
ISD 197	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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Adults with Disabilities

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

IGH	651-306-7503
SSP	651-457-9418
ISD 197	651-403-8390

School Age Care

IGH	651-306-7502
SSP	651-306-3631
ISD 197	651-403-8054

Youth

IGH	651-306-7502
SSP	651-306-3632
ISD 197	651-403-8522

FEATURED COURSES



SSP AQUATICS

NEW!

Swim Lessons at Central Square
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HEALTH AND WELLNESS

START THE NEW YEAR RIGHT!

Classes to improve your health
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GET CREATIVE!

BROWSE OUR CREATIVE ART CLASSES

Pages 4 & 5



FUTURE READY



Find out more about the November 7
election results at www.isd199.org

INVER GROVE HEIGHTS PARKS & RECREATION



Healthy LIVING FAIR



SAVE THE DATE
Wednesday, April 17
9 a.m.–noon



VMCC, NATIONAL GUARD GYMNASIUM



Container Garden Like A Pro

Join the gardening revolution with Michelle Mero! Dive into vibrant, fast-growing plants for year-round beauty in this online class. Michelle unveils captivating garden combinations, offers color handouts, and answers your questions. Don't let winter blues get you down – ignite your gardening passion and plan an extraordinary summer garden with like-minded enthusiasts. Elevate your skills and transform your outdoor spaces. Grab this opportunity now!

Instructor: Michelle Mero Riedel

Wed, Mar 20 7-8:30 pm
6113-W24 1 Session - \$29

Glass Mosaic Window or Table Lamp

Explore the vibrant world of glass mosaic art in our two-day class. Choose from a 20"x25" window or smaller lamps for your canvas. Work with pre-cut glass and stencils or let your creativity shine. Day one is all about crafting your masterpiece, discovering your creative side, and having fun. On day two, we'll dive into grouting, so bring some old towels. Join us for a delightful journey into the colorful realm of mosaic artistry!

Instructor: Lindsey Guetter

Mon, Mar 11-18 6-9 pm
6115-W24 2 Sessions - Window: \$183
Two Rivers HS, MH 8x8 lamp: \$91
4x9 lamp: \$116

Thu, May 1 & 8 6-9 pm
5000-W24 2 Sessions - Window \$185
IGH Middle School, IGH 8x8 Lamp - \$91
4x9 Lamp - \$116

Glass Mosaic Photo Frame or Sign

Create a beautiful photo frame to highlight your special photos. Sign ideas include welcome, house numbers, state of MN, flowers. All the cutting is already done, we just need you and your creativity (or you can use one of our patterns). Both projects are wonderful for home decorations or to give as gifts. The first night is dedicated to working on your project, having fun, and discovering your creative side with some homework. The second night is using grout. After your project is finished, you will learn about glass cutting, mosaic resources, other types of mosaics. Materials fees are payable to the instructor the first night. Each frame is \$12 and you can make as many as you want. A variety of signs will be available in different sizes and prices, ranging from \$16-45.

Wed, May 1 & 8 6-9 pm
5005-W24 2 Sessions - \$50
IGH Middle School, IGH



Instant Guitar for Hopelessly Busy People

Play you jam in hours and discover guitar mastery in a flash! This crash course via Zoom makes guitar learning easy and convenient. You'll master basic chords, strumming, and tuning without the need for private lessons. With online resources, video lessons, and live Q&A sessions, you'll groove to your own rhythm. Limited to 15 students, ages 13+. Rock on with us today!

Instructor: Craig Coffman

Tue, Mar 19 6:30-9 pm
6816-W24 1 Session - \$70



Instant Piano for Hopelessly Busy People

Unleash your inner pianist with professional techniques in just hours via our dynamic online Zoom sessions. Play effortlessly with chords at your piano or keyboard from the comfort of home. Dive into online resources, engaging video lessons, and seize the opportunity for interactive Q&A sessions. Our course strikes a balance between enlightening lectures, captivating demonstrations, and hands-on guidance. Embark on your musical journey today!

Instructor: Craig Coffman

Mon, Mar 18 6:30-9:30 pm
6815-W24 1 Session - \$70



Knitting Studio

Fall and winter is the perfect time to curl up with a good ball of yarn! This workshop is a time to relax and work on whatever project you have going. Ask the instructor for advice on stitches, yarn, sizing, techniques, etc. This class is open to knitters of all skill levels. Grab those unfinished projects or patterns for new ones and enjoy time with fellow knitters.

Instructor: Suzanne Ross

Tue, Jan 9-Feb 6 6:30-8:30 pm
6105-W24 Jan/Feb 5 Sessions - \$39
Two Rivers HS, MH

Tue, Mar 12-Apr 16 6:30-8:30 pm
6105-W24 Mar/Apr 5 Sessions - \$39
Two Rivers HS, MH

Knitting: Lotus Stitch Hat

This year's hat features the lotus stitch. It is knit in the round with two colors of bulky weight yarn. This attractive stitch is easy to learn and can be used in a variety of ways with instructions provided to work this stitch in the round and knit flat for other items. You will walk away with knowledge of a new knitting technique as well as the start of a new hat! Yarn and needle requirements will be sent prior to the class.

Instructor: Suzanne Ross

Thu, Jan 11-Feb 1 6:30-8:30 pm
6112-W24 3 Sessions - \$39
Two Rivers HS, MH



Linocut Printing

Realize your true artistic abilities by learning how to create linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. By carving images into a linoleum block, you will carve out your place in the world of printmaking, rising to the ranks of other great print artists.

Instructor: Erin Stahl

Thu, Mar 21 6:30-8:30 pm
6116-W24 1 Session - \$49
Two Rivers HS, MH

Landscape Oil Painting

Come learn the wet-on-wet painting technique that Bob Ross made popular in his PBS series "The Joy of Painting" and create your own 20X16 landscape painting. Geared for beginners, the instructor will guide you through the step-by-step procedure as you learn in a relaxed atmosphere. All painting supplies are provided. Appropriate for ages 13 and up.

Instructor Mike Tischendorf

Wed, Apr 10 5:30 -8:30 pm
6100-W24 Golden Glow 1 Session - \$65
Two Rivers HS, MH

Wed, May 8 5:30 -8:30 pm
6100-S24 Oval Mountain Sunset 1 Session - \$65
Two Rivers HS, MH

Nature Journals: Basic Bookmaking

Engage the natural world through the art of nature journaling. You will learn basic bookbinding techniques to create nature journals prior to exploring the natural world. In an outdoor space, you will be encouraged to make rubbings and take notes about your observations. These journals can be used on future adventures in nature, too.

Instructor: Erin Stahl

Thu, Apr 18 7-8:30 pm
6117-W24 1 Session - \$49
Two Rivers HS, MH

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

Tue, Apr 2 6-9 pm
5000-W24 Splendor of Winter 1 Session - \$50
IGH Middle School

Tue, May 7 6-9 pm
5000-W24 Mountain by the Stream 1 Session - \$50
IGH Middle School

Photo Organization From Prints to Digital!

Imagine all your photos in one place with a system that allows you to access any photo or movie in literally seconds. Explore scanning techniques for preserving older prints and slides, explore cloud storage options, and make informed decisions about ownership. Discover everything you need to know to complete this project swiftly, ensuring you'll never lose a cherished memory again.

Instructor: Kathy Povolny

Tue, Apr 30 6:30-8:30 pm
6114-W24 1 Session - \$25
Two Rivers HS, MH

Lovely Macarons

What a beautiful cookie! We will make and assemble 3 different flavor cookies with yummy fillings. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!). Supply fee collected in class \$13.00.

Instructor: Nancy Burgeson

Tue, Feb 6 6-9 pm
7671-W24 1 Session - \$29
South St. Paul HS, SSP



Fondue Fun

Learn the art of fondue in this culinary class! Discover the history of this Swiss tradition, from melted cheese to global variations. Dive into delicious fondues like Traditional Cheese, Swiss Cheese, Beef Bourguignonne, Crab, Bleu Cheese, and Tempura. Indulge in dessert fondues with flavored chocolate and Butterscotch. Craft a range of delectable sauces and dips to elevate your fondue experience. Join us for a fun and flavorful journey.

Instructor: Laurel Severson

Wed, Jan 31 6-9 pm
6204-W24 1 Session - \$25
Two Rivers HS, MH

French Dinner

Provence, the regional home to Marseille, Nice, and the Riviera, often bases its cuisine on gals, olive oil, tomatoes, saffron and herbs. Experience vichyssoise, potato galettes, saffron rice, coquilles saint jacques a la provencale and creme caramel. An additional \$17 ingredient fee is due the day of class to the instructor.

Instructor: Laurel Severson

Fri, Feb 9 6-9 pm
7668-W24 1 Session - \$30
South St. Paul HS, SSP

Irish Dinner

Get the scoop on Irish food plus historical notes on St. Patrick's Day, and then swing into the extensive menu of terrific Irish fare. Smoked fish pate as an appetizer, beef braised in guinness plus beer-braised pork tenderloin for a main dish. From the humble potato comes the famous colcannon (mashed potatoes with cabbage) and a delicious cabbage with bacon. Who does not adore homemade Irish soda bread? Wrap up your meal with splendid jam cake. Additional recipes will be added for a larger class. An additional \$16 ingredient fee is due the day of class to the instructor.

Instructor: Laurel Severson

Mon, Mar 11 6-9 pm
7669-W24 1 Session - \$30
South St. Paul HS, SSP

Czech Kolaches

Kolaches are one of the Czechoslovakia's immigrants brought their passion (and recipes) for kolaches to the midwest as early as the 1860's. Kolaches are marvelous egg-rich, slightly sweet yeast dough. Traditionally filled mixtures such as apricot, cottage cheese, poppy seed or prune; they can be shaped into small rounds, square "tied packages" or filled turnovers. We will make variations in class and taste samples. Plan to take home an assortment to share with family, friends or to freeze. You will also leave with many recipes, tips, and techniques to master these old world delicacies. Better than a bakery! An additional \$15 ingredient fee is due the day of class to the instructor.

Instructor: Laurel Severson

Sat, Apr 13 9 am-1 pm
7670-W24 1 Session - \$30
South St. Paul HS, SSP



Soup-Making Mastery Series

Journey into the culinary world of soups. Learn the art of crafting delicious, comforting soups, from classic recipes to international favorites. Discover the secrets of flavor balancing and creative garnishing. Perfect for all skill levels, this class will elevate your soup game and leave you with the skills to create soul-warming bowls of goodness. Get ready to delight in the magic of homemade soups!

Instructor: Tess Georgakopoulos

Fri, Jan 19 6-8:30 pm
6205-W24 Lucious Soups 1 Session - \$39
Sat, Feb 24 4-6:30 pm
6205-W24 Soups & Bowls 1 Session - \$39

**Register now and
make sure you get into
your favorite classes!**

Traditional Southern Cooking

Beginning in the 1690's, food in the U.S. deep south was heavily influenced by early settlers from France, Germany and Spain. Slaves from Senegal, Africa, then Cuban refugees and Cajuns from Nova Scotia, Canada also contributed to the medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and of course pecans.

Join us in creating a memorable meal to include: crab dip, traditional cheese straws, gumbo, jambalaya, red beans, buttermilk biscuits, cheese grits, pecan praline candy and traditional bread pudding with bourbon sauce. And we may add a few more recipes! There is an additional \$17 supply fee due the day of class to the instructor.

Instructor: Laurel Severson

Mon, Jan 22	6-9 pm
7667-W24	1 Session - \$30
South St. Paul HS, SSP	

10 Secrets & Tips for Successfully Buying or Selling a Home or Investment Property

Discover the keys to real estate success with insights on purchase agreements, winning multiple offer scenarios, and financing options. Dive into Twin Cities housing trends, loan programs, appraisal considerations, and seller's tips to enhance property sales. Boost your real estate acumen for a competitive edge.

Instructor: John Mazzara

Thu, Feb 8	7-9 pm
6405-W24	1 Session - \$12
Two Rivers HS, MH	

Introduction to Senior Housing

Explore alternatives to single family living. Learn about condos & townhomes, cooperatives, subsidized apartments, market rate independent rentals, and housing complexes that offer a continuum of care ranging from independent living to assisted living. Come with your questions to decide what will work best for you or your loved ones.

Instructor: John Mazzara

Thu, Mar 21	7-9 pm
6403-W24	1 Session - \$12
Two Rivers HS, MH	

Is HOA Living Right For You?

Do you live in a townhome, condominium, or other homeowner association (HOA)? Thinking of buying a home in an HOA? This class covers vital aspects of homeowner associations with topics that include HOA governance, homeowner rights, responsibilities, insurance, and crucial questions for prospective buyers. Attendees receive a free HOA Homeowner guide for informed decision-making.

Instructor: Lynn Boergerhoff

Mon, Jan 8	6-7:30 pm
6406-W24	1 Session - \$12
Two Rivers HS, MH	

Five Common Mistakes That Can Ruin Your Hard-Earned Retirement

Join our expert presenters with over 50 years of experience helping Minnesotans plan for a secure retirement. Discover critical milestones and often overlooked areas that can make or break your retirement, whether you're in your 40s, 50s, or 60s. Gain insights, real-life examples, and answers to your questions in a relaxed and informative learning session

Instructor: Steve Ledin

Tue, Feb 20	6:30-7:30 pm
7780-W24	1 Session - \$12*
Central Square, SSP	
Wed, Apr 24	6:30-8 pm
6418-W24	1 Session - \$12
Two Rivers HS, MH	



How to Pay for the Nursing Home: An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money?

Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties.

Instructor: Steve Ledin

Thu, Mar 21	6:30-8:30 pm
7799-W24	1 Session - \$12*
Central Square, SSP	

Classes marked with a * are free for Central Square Senior Members



Let's Probate an Actual Minnesota Estate

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. Gain the knowledge about the responsibilities and liabilities of the person appointed as the Executor/Personal Representative. There will be time for Q&A.

Instructor: Steve Ledin, Ledin Law PLLC

Thu, Mar 14	6:30-8 pm
6819-W24	1 Session - \$12
Online	
Mon, Apr 8	6:30-7:30 pm
7779-W24	1 Session - \$12*
Central Square, SSP	

Social Security for Women

Social Security is one of the few income sources that keeps up with inflation and lasts for a lifetime. Learn some little-known rules to help get the most from your Social Security benefits. This class is for women and for the men who have women in their lives.

Instructor: Rolf White

Thu, Feb 15	6:30-8:15 pm
7705-W24	1 Session - \$12*
Central Square, SSP	

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.

The class will cover: 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, Jan 9	6:30-8 pm
7751-W24	1 Session - \$12*
Central Square, SSP	

Should I Stay or Should I Go

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Instructor: Vaughn Kavlie

Tue, Mar 5	10-11:30 am
7737-W24	1 Session - FREE
Central Square, SSP	

Medicare Basics

Medicare is very complicated and confusing for most people. This class is educational only. It will help you understand Medicare Parts A,B,& D. Medicare does not cover all medical costs, so you will learn how a Medicare Supplement Plan and Part C can help! There will be time at the end to answer individual questions.

Instructor: Jordan Draper

Wed, Feb 21	6-7:15 pm
6400-W24 Feb	1 Session - \$12
Two Rivers HS, MH	
Tue, Apr 23	6-7 pm
6400-W24 Apr	1 Session - \$12
Two Rivers HS, MH	

Taxes in Retirement

Understand how different sources of retirement income are taxed so you can get more bang for your buck in retirement. Class content includes how the current tax system, Social Security rules and other factors interact to either cost or save you money, what an effective marginal tax rate is and why it matters more than your tax bracket, and how the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes.

Instructor: Rolf White

Tue, Mar 5	6:30-8 pm
7752-W24	1 Session - \$12*
Central Square, SSP	



Retirement Planning Today

This 5-hour retirement planning course consists of two sessions and covers eight key lessons: 1. Retirement planning process, 2. Retirement needs & expenses, 3. Roadblocks & mistakes, 4. Income sources, including social security, 5. Tax-efficient retirement distributions, 6. Investments, 7. Insurance & annuities, and 8. Estate planning. Gain valuable tools for informed financial decisions, with a complimentary book included for your reference.

Instructor: Mark Josephs

Tue, Apr 30-May 7	6:30-9 pm
6417-W24	2 Sessions - \$49
Two Rivers HS, MH	
Thu, May 9-16	6:30-9 pm
6417-S24	2 Sessions - \$49
Two Rivers HS, MH	



Questions and Answers with a MN Will and Trust Planning Attorney

Get expert advice in this open-forum seminar with a seasoned Will & Trust attorney. Learn about avoiding Probate, the role of Wills and Trusts, asset protection, nursing home considerations, and more. Discover how to choose the right estate plan, manage separate assets, and deal with death taxes. Ensure a smooth legacy for your children and gain insights into managing retirement assets. Your questions, including Transfer-On-Death Deeds, will be answered in this relaxed and friendly session. Join us for essential estate planning insights!

Instructor: Steve Ledin

Thu, Jan 11 6:30-8 pm
6806-W24 1 Session - \$12
Online

Thu, Jan 11 6:30-8 pm
7404-F24 1 Session - \$12*
Central Square, SSP

Write Your Own Power of Attorney & Healthcare Directive

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

Instructor: Kristin Davis

Tue, Feb 20 6-8:30 pm
5100-W24 1 Session - \$50
Inver Grove Heights MS, IGH

Classes marked with a * are free for Central Square Senior Members

Intuition-Your Inner GPS

Ever wonder how grandma had the uncanny ability to offer the best advice at the most well-timed moment? Or how about when your friend calls you just moments after you thought of her? These are everyday moments when your intuition kicks in to serve your higher good.

Class One - Fundamentals of Intuition - This class will explain the noetic science and the benefits of tapping into this ability, and teach you how to develop, strengthen and trust in this inner guidance system.

Instructor: Theresa May

Intuitive Practice Series - Join our weekly intuitive coaching community. Building your intuition takes time so we'll be cultivating a practice that clarifies and trains your energetic system to receive information, as well as learning the language of higher guidance.

Instructor: Theresa May

Please wear loose clothing and bring a comfortable cushion to sit or lay down on.

Tue, Jan 9	6-9 pm
7136-W24A	1 Session - \$35
Tue, Jan 16-30	7-8 pm
7136-W24 Series	3 Sessions - \$49



The Art of De-Aging: Peel Off Your Bio Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness, eye bags, reduce lines and prevent new lines from forming.

Instructor: Janice Novak

Mon, Jan 29	6-7:30 pm
7134-W24	1 Session - \$30



Strong is the New Skinny

Total body strengtheners you can do at home, not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class.

Instructor: Janice Novak

Mon, Jan 22
7133-W24

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

Thu, Jan 11
7103-W24A
Central Square, SSP

5:30-8:15 pm
1 Session - \$60

Thu, Apr 11
7103-W24B
Central Square, SSP

5:30-8:15 pm
1 Session - \$60

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

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies, injuries and illnesses involving adults. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a certificate for First Aid and Adult CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

Wed, Jan 30
5511-W24

6:30-8:30 pm
1 Session - \$79

Inver Grove Heights MS, IGH

Red Cross Pediatric CPR and First Aid - Blended Learning

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies involving children and infants. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a certificate for Pediatric CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

Wed, Mar 19
5511-W24

6:30-8:30 pm
1 Session - \$89

Inver Grove Heights MS, IGH



Intro to the Power of Story: Norse and Celtic Storytelling Series

Explore the enchanting realms of Norse and Celtic storytelling. Learn the art of "Feeding the story" to boost your communication skills and build genuine connections. Each 3-session class series delves into ancient tales, revealing the power of self-narrative and intentionality. Uncover age-old wisdom on suffering and transformation. Embark on a journey of self-discovery and connection-building!

Instructor Arthur Crowell

Thu, Feb 15-29
6600-W24 Norse Story 1

6-7:30 pm
3 Sessions - \$70

Thu, Mar 7-21
6600-W24 Norse Story 2

6-7:30 pm
3 Sessions - \$70

Thu, Apr 11-25
6600-W24 Celtic Story

6-7:30 pm
3 Sessions - \$70

So You Want To Be Anti-Racist?

Deepen your understanding of what it means to be anti-racist in this six week course. Gain the tools to engage in uncomfortable conversations, develop racial literacy and begin to unpack how race operates in our everyday lives, often without consent and/or acknowledgement, all the while building the muscles to move into action!

Instructor: Meghan Malone with The Hope Speaks Project

Tue, Jan 23-Feb 27
6820-W24

7-8:30 pm
6 Sessions - \$75

NEW

Take charge of your health with these on-demand virtual classes offered in partnership with Launch My Health. You can easily fit these on demand courses into your busy schedule and learn more about foods and how they affect your health. Try one today!



Optimizing Women's Hormones during Perimenopause

Hot flashes have you feeling crazy? Wondering how in the world your menopause symptoms could ever improve? You are not alone. In this five-part course, learn the foods and lifestyle factors to support your body through the stages of menopause.

Instructor: Brenda Navin, RD, Launch My Health

5201-W24

5 sessions - \$98



Home Chef Pro

Culinary school for the home chef - discover your inner chef with this nine-part series. Includes knife skills, cooking methods, and how to master cooking common convenience foods, plus more than 60 recipes! This course will leave you inspired and making healthier life choices!

Instructor: Chef Jeremy, Launch My Health

5202-W24

9 sessions - \$148



Putting out the Flame: Anti-Inflammatory Nutrition

Learn how to reduce chronic inflammation in the body and prevent or manage chronic conditions through nutrition. The food you eat has a tremendous impact on how you feel! Let us teach you the ins and outs of an anti-inflammatory diet to help you be your best. Great for those who have been diagnosed with pre-diabetes, diabetes, rheumatoid arthritis, autoimmune conditions, and more.

Instructor: Megan Green, RD, Launch My Health

5200-W24

6 sessions - \$98

Discover Your Best Health with Launch My Health! Our on-demand digital nutrition and cooking programs empower you to take control of your wellbeing. No labels, no shame—just positive, evidence-based support for a healthier you.



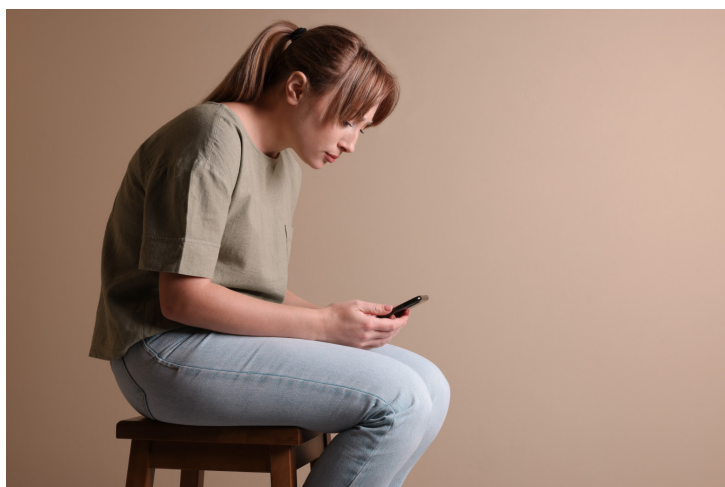
Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as collagen, glucosamine chondroitin, melatonin, ginkgo, ginseng & echinacea.

Instructor: Janice Novak

Mon, Mar 4
7136-W24

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



Posture & Osteoporosis Workshop: Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Instructor: Janice Novak

Mon, Feb 26
7135-W24

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



Just Breath! Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. This powerful technique for optimum health of mind and body is free and literally right under your nose.

Instructor: Janice Novak

Mon, Mar 11
7137-W24

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



Techniques To Activate Your Brain's Creativity Center

Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the energy medicine technique called 'thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

Instructor: Janice Novak

Tue, Apr 2
7126-W24

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

Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts!

Presenter: Colleen Fitsch

Tue, Jan 16
7145-W24

10-11 am
1 Session - Free

Central Square, SSP



Circle of Security

Kids don't come with a handbook and being a parent can be challenging. Many times parents may find themselves wondering how to know what their child needs and wants from them as parents. Circle of Security parenting is a relationship based program for parents that offers parents of children ages 0-6 an alternative way to view their child's needs in a way that supports development of secure relationship between parent and child.

Instructor: Krystle Holliday

Mon, Jan 22-Mar 11
7149-W24

9:30-11 am
8 Sessions - \$35



Gentle Yoga!

This is an entry level yoga class designed for all levels. We focus on stress relief by doing stretching poses and breathing exercises. This class is NOT designed to make you sweat. We bring the yoga mats, essential oils, music and a great teacher. Changing into comfortable fitting pants and a snug shirt is advised but not required. You will leave feeling calm yet refreshed to continue your day.

Wed, Mar 6
5511-W24

6:30-8:30 pm
3 Sessions - \$45

Inver Grove Heights MS, IGH

Sending Blessing and Receiving Sacred Messages

Everyone has gifts and abilities. Come discover the different kinds of gifts and learn which you possess. We will talk about everything from seeing auras and clairvoyance to intuition and mediumship. Then an opportunity to learn and experience your gifts in a safe and sacred space. The Universe speaks to each of us in a unique way.

Instructor: Lily McNamara

Tue, Feb 20 6:30-8:30 pm
7476-W24 1 Session - \$45
Central Square, SSP

Relief of Chronic Health Conditions Self-Care Practices for Pain & Stress Reduction

Living with chronic physical or emotional pain over time can lessen one's tolerance threshold, which further weakens one's immune system, sometimes even sliding into depression and insomnia. While you're working with your doctor to address your health issues, it's important to begin self care practices that can alleviate some of your struggles. Pain research studies show that developing self care practices help in reducing pain and improving emotional health which helps the body help itself. Decades ago, this course was offered at Hudson hospital with 80% of her students noticing improvements within the first 4 weeks. A combination of discussion, breath work, and gentle movements, (i.e. mindfulness, qigong, guided imagery/self hypnosis) appropriate to your limitations. Wear comfortable clothing, and bring cushions or blankets for comfort during class.

Instructor: Theresa May

Fri, Jan 5-Feb 23 5:15-6:15 pm
7144-W24 8 Sessions - \$90
Central Square, SSP

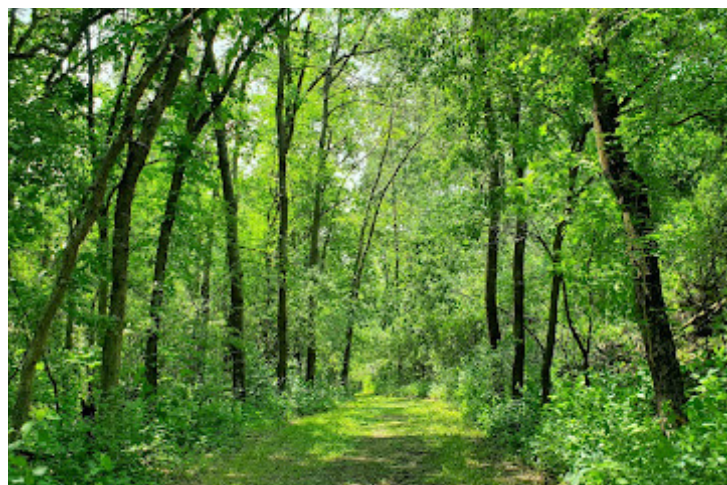
The Power of Dreaming

Most people say they don't dream, however sleep science experts have proven otherwise. People do dream, they just don't remember them. This class and series will offer you not only the foundational methods, but will also unlock your limiting beliefs and open you to new levels of self discovery. Dreams are meant to assist and guide us through our life on earth. They also open doorways to personal development and our soul's growth. Our first class is Foundations of Dreamwork. You'll be given the foundational dreamwork methods to start your inward journey of self and soul discovery. This is a stand alone class if you choose, or you can continue learning with the community in the dreamwork series.

Instructor: Theresa May

Foundations of Dreamwork
Tue, Feb 6 6-8 pm
7135-W24A 1 Session - \$35
Central Square, SSP

Dreamwork Practice Series
Tue, Feb 13-27 7-8 pm
7135-W24B 3 Sessions - \$49
Central Square, SSP



Shinrin Yoku Forest Bathing

Are you ready to escape the hustle and bustle of daily life and reconnect with the healing power of nature? Join us for a transformative 2-hour forest bathing walk in a serene, hidden corner of the Twin Cities. Disconnect from screens, reconnect with nature, and tap into its healing powers. Through sensory immersion and shared experiences, we'll rejuvenate our spirits and leave with memories of tranquility to revisit when needed. Re-enter the world refreshed and renewed.

Instructor: David Michael Motzenbecker

Sun, Apr 21 9-11 am
6715-W24 1 Session - \$45
Cottage Grove Ravine Regional Park

Breaking Paradigms and Defense Mechanisms

Defense mechanisms can be helpful and healthy but they can also be destructive. In this class you will learn why you develop defense mechanisms and how to change them to help you on your path to a productive and healthy life. Also learn what a paradigm is, why it is important to break them, and how. This class includes an exercise to assist in identifying defense mechanisms and paradigms.

Instructor: Lily McNamara

Tue, Mar 19 6:30-8:30 pm
7477-W24 1 Session - \$45
Central Square, SSP

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

Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Join for one or both sessions! The weight loss session will stop food cravings, snacking and overeating. Or join the smoking/chewing cessation without weight gain or withdrawal course. Dress comfortably and bring a pillow, sleeping bag, or blanket. You may be sitting or laying down for part of the session. The fee includes the class session, a reinforcement CD, and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association. Smokers will have a 40 minute break off the school grounds to smoke their last final cigarettes. Bring your cigarettes with. 6pm - Introduction for both Weight Loss and Smoking Cessation. 7pm - Weight Loss Hypnosis. 8pm - Stop Smoking/Chewing Tobacco Hypnosis.

Instructor: Mary Fischer

Wed, Jan 24	5:30-8:30 pm
7111-W24A	1 Session - \$60 One Topic
Central Square, SSP	\$120 Two Topics
Mon, Apr 8	5:30-8:30 pm
7111-W24B	1 Session - \$60 One Topic
Central Square, SSP	\$120 Two Topics



Trust Your Wisdom:

The objective of this three-part workshop series is to help participants reconnect to their inner wisdom to create awareness, trust and clarity around their deepest desires, and teach them strategies to fulfill them. Participants will be lead through a series of experiential exercises to learn how to tap into their intuition, feel more confident, make better decisions, have more fun, reduce their stress, interrupt the negative self-talk, enhance their problem-solving skills, and take more creative risks to expand their self-concept. Take one class for \$50 each or all three for \$125.

Workshop One- How to use your Intuition to make powerful decisions

Workshop Two - Breaking Free From Self-Doubt: Silencing The Inner Critic To Reclaim Your Confidence

Workshop Three - Creative Vision: Using Your Imagination To Overcome Creative Blocks

Instructor: Daneika Glenn

Wed, Jan 17	6-7:30 pm
7535-W24A	1 Session - \$50
Central Square, SSP	All 3 Sessions - \$125
Wed, Jan 24	6-7:30 pm
7535-W24B	1 Session - \$50
Central Square, SSP	
Wed, Jan 31	6-7:30 pm
7535-W24C	1 Session - \$50
Central Square, SSP	



Discovering Spiritual Gifts

Everyone has gifts and abilities. Come discover the different kinds of gifts and learn which you possess. We will talk about everything from seeing auras and clairvoyance to intuition and mediumship. Then an opportunity to learn and experience your gifts in a safe and sacred space. The Universe speaks to each of us in a unique way.

Instructor: Lily McNamara

Tue, Jan 16	6:30-8:30 pm
7475-W24	1 Session - \$45
Central Square, SSP	



Acupressure for Sinus Relief, Headaches & More

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Instructor: Janice Novak

Mon, Apr 15	6-7:30 pm
7139-W24	1 Session - \$30



How to Use Venmo Safely in 2024

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios with this mobile payment option.

Instructor: Nickie Welsh with Social Club Simple

Thu, Feb 15
6821-W24

1 Session - \$20

12-1 pm

Swing Dance Workshop

One day. One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Come learn a variety of swing dancing moves as the instructor guides you through easy swing patterns you can use for years to come. Couples only please.

Instructor: Monica Mohn

Thu, Jan 18
6310-W24

6:30-8:30 pm

1 Session - \$34 per couple

Pilot Knob Elementary, Eagan

Romantic Dance for Two Dance Workshop

Add a touch of romance to your week and a bit of spice to winter! With simple, easy romantic moves, you will be spinning, turning and twirling together before you know it and feel comfortable in any setting. By the end of the night.... you won't want to let go! Is there a better way to stay warm? Couple only please.

Instructor: Monica Mohn

Mon, Feb 5
6312-W24

6:30-8:30 pm

1 Session - \$34 per couple

Moreland Elementary, WSP

Let's Tap Dance: Let's Tap 1

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

Instructor: Stephanie Stockton

Wed, Jan 10-Apr 24
7207-W24

6:45-7:45 pm

15 Sessions - \$95

Central Square, SSP

No class Jan 24

Let's Tap Dance: Let's Tap 2

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

Instructor: Stephanie Stockton

Wed, Jan 10-Apr 24
7208-W24

5:30-6:30 pm

15 Sessions - \$95

Central Square, SSP

No class Jan 24

Experienced Tap Dance

(Performance in May)

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

Wed, May 1-22

5:30-6:15 pm

7208-S24

4 Sessions - \$29

Central Square, SSP



Two Left Feet Dance Workshop

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

Instructor: Monica Mohn

Mon, Mar 4

6:30-8:30 pm

6311-W24

1 Session - \$34 per couple

Moreland Elementary, WSP

Wedding Dance Workshop

You thought about it! You wanted to! But where did time go? Not to worry! This 2 hour workshop will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day. Feel free to bring your special song. Couples only please.

Instructor: Monica Mohn

Wed, Apr 17

6:30-8:30 pm

6313-W24

1 Session - \$34 per couple

Garlough Elementary, WSP



Pickleball: Open Gym

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

Wed, Jan 31-Mar 13 6:30-8:30 pm
6006-W24 7 Sessions - \$42
Somerset Elementary, MH



Adult Conversational Spanish: Beginner Part I

Discover the joy of learning or refreshing your Spanish with our interactive class. We'll focus on conversational skills, covering greetings, numbers, food, clothing, and grammar. You'll engage in small Spanish conversations and gain cultural insights, including word origins, dialects, and names. Basic computer skills and Zoom access required. Join us and start your Spanish journey today!

Instructor: Futura Languages

Tue, Feb 20-Mar 26 6-7 pm
6801-W24 6 Sessions - \$120



Adult Conversational Spanish: Beginner Part 2

Join Beginner Spanish Part Two to enhance your language skills. Build on your conversational abilities, learn essential vocabulary for weather, dates, and family, and explore cultural topics like food and friendship. Ideal for both new students and those who completed Beginner Part 1. Start your lifelong journey of language learning today!

Instructor: Futura Languages - Juliann Hoffman

Mon, Feb 19-Mar 25 6-7 pm
6802-W24 Mon 6 Sessions - \$120
Tue, Feb 20-Mar 26 6-7 pm
6802-W24 Tue 6 Sessions - \$120



Adult Conversational Spanish: Intermediate

¿Hablas un poquito Español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Along with improving grammar and vocabulary concepts you will learn about Spanish cultural traditions and celebrations. Applicable to new students and previous Beginner Spanish Part 1 and 2 participants.

Instructor Futura Language

Wed, Feb 21-Mar 27 6-7 pm
6803-W24 6 Sessions - \$120



Adult Conversational Spanish: Advanced

¿Quieres mejorar tu Español? Then this is the course for you! This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on more complex grammatical aspects of conversation including past tense verbs and conjugations. Applicable to new students and previous Intermediate Spanish participants.

Instructor Futura Language

Thu, Feb 22-Mar 28 6-7 pm
6804-W24 6 Sessions - \$120



Adult Spanish for Travel

Do you have future aspirations for traveling to a Spanish speaking country? If so, this is the class for you! This interactive class teaches essential Spanish conversation skills for travel, covering greetings, bargaining at markets, restaurant orders, and seeking directions. Each session explores real-world scenarios with a dynamic approach, making it suitable for beginners and returning students. Get ready to navigate Spanish-speaking countries confidently!

Instructor: Futura Languages

Thu, Feb 22-Mar 28 6-7 pm
6818-W24 6 Sessions - \$120

Beginner Chinese One

Unlock the Basics of Chinese Language, Culture, and Connections! Join us to explore Mandarin, delve into Chinese culture, build friendships, and tailor your business communication skills with the Chinese culture in mind. Embrace a world of opportunities in our class!

Instructor: Youmei Hou

Tue, Jan 16- Feb 20 6:30-8:30 pm
6822-W24 6 Sessions - \$175
Two Rivers HS, MH

Check out page 49 for water aerobics and lap swim.

Virtual Fitness Classes - 9913-W24

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

Central Square Virtual Fitness Class Schedule	
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: 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.

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: Michelle Richter

Fri, Jan 5-Feb 23	6:30-7:30 pm
9903-W24A	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
Fri, Mar 1-Apr 26	6:30-7:30 pm
9903-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

Total Body

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

Instructor: Kim Befort

Tue, Jan 2-Feb 27	5:15-6:15 am
9909-W24A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Wed, Jan 3-Feb 28	4:30-5:30 pm
9909-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Thu, Jan 4-Feb 29	5:15-6:15 am
9909-W24C	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Mar 5-Apr 30	5:15-6:15 am
9909-W24D	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Wed, Mar 6-Apr 24	4:30-5:30 pm
9909-W24E	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Mar 7-Apr 25	5:15-6:15 am
9909-W24F	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

Drop-in - \$8 adult, \$4 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, Jan 2-Feb 27	5:30-6:30 pm
9915-W24A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Mar 5-Apr 30	5:30-6:30 pm
9915-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 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, Jan 2-Feb 27	6:30-7:30 pm
9916-W24A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Mar 5-Apr 30	6:30-7:30 pm
9916-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 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

Sat, Jan 6-Feb 24	10-11 am
9906-W24A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Sat, Mar 2-Apr 27	10-11 am
9906-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

R.I.P.P.E.D.®

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

Instructor: Rita Wurm

Thu, Jan 4-Feb 29	5:30-6:30 pm
9908-W24A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Thu, Mar 7-Apr 25	5:30-6:30 pm
9908-W24B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

Yoga

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

Instructor: Rita Wurm

Thu, Jan 4-Feb 29	6:30-7:30 pm
9911-W24A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Thu, Mar 7-Apr 25	6:30-7:30 pm
9911-W24B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)



HIIT Boot Camp

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

Instructor: Michelle Richter

Mon, Jan 8-Feb 26	5:30-6:30 pm
9918-W24A	6 sessions - \$37.50 adult,
Central Square, SSP	\$15 senior (65+)
No class Jan 15 & Feb 19	
Mon, Mar 4-Apr 29	5:30-6:30 pm
9918-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

Yoga Fusion

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

Instructors: Rita Wurm/Jina Digaetano

Mon, Jan 8-Feb 26	6:30-7:30 pm
9902-W24A	6 sessions - \$37.50 adult,
Central Square, SSP	\$15 senior (65+)
No class Jan 15 & Feb 19	
Mon, Mar 4-Apr 29	6:30-7:30 pm
9902-W24B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

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/Academic Skills
- Online GED
- HyFlex GED (in-person/online)
- Work/Career Readiness Skills
- Healthcare Career/TEAS Test Prep
- College Entrance Placement Test Prep
- Northstar Digital Literacy
- GED Testing Center



**South Suburban
Adult Education**

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

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.
- There is no cost for caregivers to assist unless otherwise noted.
- 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.

Bingo Jamboree

Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

Branch Out, WSP	6-7 pm	\$4 per session
1059-W24 Jan	Mon, Jan 22	
1059-W24 Feb	Mon, Feb 26	
1059-W24 Mar	Mon, Mar 18	
1059-W24 April	Mon, Apr 29	



Snowflake Dance

Get all dressed up and be ready to dance the night away at the beautiful Dakota Lodge. Refreshments will be served for guests and you can strike a pose at the photo booth area. Get ready to make lifelong memories. No cost for caregivers to attend. Pre Registration is not required but appreciated to make appropriate accommodations.

Fri, Jan 19	6-8:30 pm
1061-W24	1 Session - \$15
Dakota Lodge	

Tape Resist Watercolor Painting

Create a masterpiece with tape resist art! This fun and simple technique uses thin pieces of painters tape to create beautiful colored segments reminiscent of stained glass windows. Take home your artwork and hang it on a wall or give it as a gift to someone special.

Tue, Jan 9	6-7 pm
1050-W24	1 Session - \$6
Branch Out, WSP	

Friday Fun Night

Move over Branch Out Hangout here comes Friday Night Fun! Come join us for a night of fun with friends, games, crafts, movies, and pizza. Pre-registration is not required but helpful in ordering pizza.

Branch Out, WSP	6-8:30 pm	\$8 per session
1058-W24 Jan	Fri, Jan 12	
1058-W24 Feb	Fri, Feb 9	
1058-W24 Mar	Fri, Mar 8	
1058-W24 April	Fri, Apr 12	

Karaoke Night

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

Thu, Jan 4	6-7 pm
1063-W24	1 Session - \$5
Branch Out, WSP	

Super Bowl Party Food

"Kickoff" your Super Bowl get together with these "Super" easy party food recipes! Be ready for the big day and score a "Touchdown" with family and friends as you wow them with snacks to enjoy during the game.

Tue, Jan 30	6-7:30 pm
1054-W24	1 Session - \$9
Branch Out, WSP	

Card Making with Patty

This card making activity is a fun craft that joins creativity with social skills as you create a wonderful card while visiting with peers. You can make a card for fun, for a special occasion, or for a special person you have in your life. This class will show you some fun and different ways to make these cards extra special. We can't wait to see what you'll make!

Wed, Feb 7	6-7 pm
1051-W24	1 Session - \$6
Branch Out, WSP	



Tie Blanket Club for Gillette Children's Hospital

Gillette Children's hospital is a wonderful place that gives kids with medical issues a new look on life. After surgery each child gets to take home a one of a kind blanket, in hopes of raising their spirits. And you can help give back to this wonderful organization by joining our Tie blanket club! In this club we will create one of a kind blankets together and donate them to Gillette children's hospital.

Thu, Feb 1-Mar 21 6-7 pm
1060-W24 4 Sessions - \$8
Branch Out, WSP
No class Feb 8, Feb 22, Feb 29, Mar 14

3-Ingredient Valentine Sugar Cookies

Valentine's day is right around the corner. Show loved ones that you care by baking them some delectable yet easy to make Valentine cookies. Don't forget to keep a couple cookies for yourself because self care is just as important!

Tue, Feb 13 6-7:30 pm
1055-W24 1 Session - \$9
Branch Out, WSP

Pizza Crackers

Craving pizza but don't have the time to make it? Then these quick and easy pizza crackers are the perfect snack for you! Loaded with flavor, these lil' pizza's will surely become a favorite.

Mon, Mar 11 6-7 pm
1056-W24 1 Session - \$9
Branch Out, WSP

Miniature Meditation Sand Garden

Calm your mind and body using an ancient Japanese technique of meditation gardening. Enjoy hours of creating and recreating movement of lines and shapes in a miniature sand garden that can fit on top of a desk or table. All participants will take home their own sand garden.

Tue, Mar 12 6-7 pm
1052-W24 1 Session - \$10
Branch Out, WSP

Muffins n' Butter

Rise and shine with these tasty homemade muffins and butter! Come learn the skills of measuring, mixing, and baking muffins that are perfect breakfast fare. And while the muffins are baking you will learn how to make homemade butter from cream! Enjoy the fruits of your labor at the end of class as we gather around and eat our baked goods. This is one class you do not want to miss!

Thu, Apr 4 6-7:30 pm
1057-W24 1 Session - \$9
Branch Out, WSP

Fingerprint Dandelion Art

Make a wish and may all your wishes come true! Dandelions remind us of dreams we aspire to be. Create your own inspiration specially unique to you by using your own fingerprints to create a dandelion in a beautiful piece of artwork.

Tue, Apr 16 6-7 pm
1053-W24 1 Session - \$6
Branch Out, WSP

Hens and Roosters Dodge Nature Farm Tour

The most common farm animal in the world is also one of the most interesting. Get an up and close look at the life cycle of chickens on Dodge Nature Center's farm. We will tour the coop, hold a chicken, check for eggs and see the free range flock as the roosters crow all the while.

Tue, Apr 23 5:45-7 pm
1062-W24 1 Session - \$9
Dodge Nature Center - Education Building



Chair Yoga

Refresh and recharge with this gentle style of yoga. You will learn how to do gentle stretches, body weight exercises, and breathing techniques all while being supported by a chair. These exercises can be done anywhere!

Thu, Jan 25 6:30-7:30 pm
1063-W24 Jan 1 Session - \$5
Branch Out, WSP

Thu, Apr 25 6:30-7:30 pm
1063-W24 April 1 Session - \$5
Branch Out, WSP

**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

Sept 26, Oct 24, Nov 21, Dec 19 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 and Tuesday. Meals can be picked up Mondays and Tuesdays 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 - 9913-W24

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

Strength Cardio

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

Instructors: 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, Jan 5-Feb 23
9803-W24A
Central Square, SSP

9:30-10:15 am
8 sessions - \$50 adult,
\$20 senior (65+)

Fri, Mar 1-Apr 26
9803-W24B
Central Square, SSP

9:30-10:15 am
9 sessions - \$56.25 adult,
\$22.50 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, Jan 2-Feb 27
9801-W24A
Central Square, SSP

9:30-10:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Thu, Jan 4-Feb 29
9801-W24B
Central Square, SSP

9:30-10:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Tue, Mar 5-Apr 30
9801-W24C
Central Square, SSP

9:30-10:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Thu, Mar 7-Apr 25
9801-W24D
Central Square, SSP

9:30-10:15 am
8 sessions - \$50 adult,
\$20 senior (65+)

Senior Circuit

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

Instructor: Terie Hanson

Wed, Jan 3-Feb 28
9802-W24A
Central Square, SSP

6:15-7:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Thu, Jan 4-Feb 29
9802-W24B
Central Square, SSP

6:15-7:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Mon, Jan 8-Feb 26
9802-W24C
Central Square, SSP
No class Jan 15 & Feb 19

6:15-7:15 am
6 sessions - \$37.50 adult,
\$15 senior (65+)

Mon, Mar 4-Apr 29
9802-W24D
Central Square, SSP

6:15-7:15 am
9 sessions - \$56.25 adult,
\$22.50 senior (65+)

Wed, Mar 6-Apr 24
9802-W24E
Central Square, SSP

6:15-7:15 am
8 sessions - \$50 adult,
\$20 senior (65+)

Thu, Mar 7-Apr 25
9802-W24F
Central Square, SSP

6:15-7:15 am
8 sessions - \$50 adult,
\$20 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-W24		\$15 senior (65+)
Punch Card	30 admissions	\$70 adult (19-64 yrs)
9012-W24		\$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 1	11:00 am Show
	11:30 am Lunch
7444-S24	\$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.

Second Tuesday of the month - 9 am-4 pm

Jan 9	\$45 per session
Feb 13	
Mar 12	
April 9	
May 14	
June 11	

Call to make an appointment 763-346-3390

Senior Board Meetings

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

Second Wednesday of the month - 9:30 am

Wed, Jan 10
Wed, Feb 14
Wed, March 13
Wed, April 10
Wed, May 8

Senior Out and About Lunches

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

Second Wednesday of the month - 11 am

Wed, Jan 10	Fireside
Wed, Feb 14	Keys
Wed, March 13	Lucky 13
Wed, April 10	Peking Cafe
Wed, May 8	Perkins

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, Jan 25
Thu, Feb 22
Thu, Mar 14
Thu, April 11

Loaded Baked Potato Bar
Super Bowl Snacks
Irish Beef Stew
Mississippi Mud
Sandwiches



Medicare 101

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan.

Instructor: Greg De Keuster

Thu, Jan 18	6:30-8 pm
7146-W23A	1 session - Free
Thu, Feb 15	1-2:30 pm
7146-W24B	1 session - Free
Thu, Mar 21	6:30-8 pm
7146-W24C	1 session - Free
Tue, Apr 18	6:30-8 pm
7146-W24D	1 session - Free

*TriDistrict Community Education Buildings
are your buildings, a community resource.
Facilities are available for community use. See
page 61 for information about our facilities
and how to request a space.*

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.

What is Value in the Estate Sale Market?

Tuesday, February 20 • Free

Chat with an Estate Sale Professional about the value selling in today's market. What is HOT and what is NOT? Learn about the benefits of using a professional service and how sales are turning virtual to reach a larger audience. Offered in cooperation with Jen Gilmore at Caring Transitions.

Time: 10 am

Code: AS-W0220

Location: VMCC, Community Room 1

Register by: Tuesday, February 13

10 Early Warning Signs of Parkinson's

Thursday, February 29 • Free

This presentation reviews common early symptoms of Parkinson's disease. Everyone's experience is unique, and no single one of these signs means a person has Parkinson's. Offered in cooperation with Parkinson's Foundation Minnesota & Dakotas.

Time: 10 am

Code: AS-W0229

Location: VMCC, Community Room 1

Register by: Thursday, February 22

Landmark Tours Travel Show

Tuesday, January 23 • Free

Come check out the exciting travel opportunities offered by Landmark Tours! A local, family-owned tour operator, Landmark's exclusive packages features round trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional tour manager. If you can't attend the presentation, call for a catalog 612-230-204 or visit www.GoWithLandmark.com

Time: 1 pm

Code: AP-W0123

Location: VMCC, Community Room 1

Register by: Tuesday, January 16

Contemporary Line Dancing

Line dancing has become increasingly popular and is an excellent way to increase coordination, balance and enrich memory...and it's FUN! No partner is needed, regular attendance is very helpful. Class will be a two-hour, progressive beginner class that will move up to slightly more challenging steps, reviews and dances as the hours progress and as people are ready. New steps and older classic dances will be taught weekly.

Tuesdays, January 16–February 20 Cost: \$40

Time: 1–3 pm

Code: AP-W0116

Location: VMCC, Fitness Studio

Register by: Tuesday, January 9

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. 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

SPEAKERS

Taxes in Retirement

This one-day class will teach you how to save taxes in retirement, with retirement income strategies, tax strategies (Roth conversions, capital gain harvesting, Qualified Charitable Donations (QCD), Donor Advised Funds (DAF), Net Unrealized Appreciation (NUA), withdrawal strategies, how to optimize social security, understand current market opportunities and much more! Nicholas Anderson, CFP, Oak Leaf Financial Group.

Thursday, January 11

Time: 10 am

Code: AS-W0111

Location: VMCC, Community Room 2

Register by: Thursday, January 4

Wednesday, March 13

Time: 10 am

Code: AS-W0313

Location: VMCC, Community Room 2

Register by: Wednesday, March 6

Volunteer with the Open Door!

Thursday, February 1 • Free

Help the Open Door end local hunger through access to fresh, healthy food throughout Dakota County. Come check out all the options you can get involved in to help out!

Time: 10 am

Code: AS-W0201

Location: VMCC, Community Room 2

Register by: Monday, January 29

How to Use Venmo Safely in 2024

Thursday, February 15 • \$20

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option. *Please note that this online technology class is taught live online via Zoom. If you are unable to attend the training in-person at VMCC, you can participate at home with a Zoom link that will be provided to you. Class taught by Nickie Welsh, Social Club Simple

Time: Noon

Code: AS-W0215

Location: VMCC, Community Room 1

Register by: Thursday, February 8

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!

2024 Membership: \$15 per person We will begin membership renewal for 2024 in mid-October. The 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 paid 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 are 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 from noon to 2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

JANUARY 15

- Potluck
- No charge

FEBRUARY 19

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

MARCH 18

- Corned beef and cabbage, cauliflower, broccoli, carrot medley with baby red potatoes, salad, rolls, cookie
- Entertainment
- \$18

APRIL 15

- Roast turkey with cole slaw, green beans, salad, roll and brownies
- BINGO
- \$20

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

YOU'RE INVITED! Healthy Living Fair Wednesday, April 17 · 9 am–noon

Inver Grove Heights Parks and Recreation
VMCC, National Guard Gymnasium

We partner with local businesses and nonprofits to provide fun and engaging activities, speakers, fitness demonstrations and ways to connect our community members. We look forward to celebrating with you!

History Book Club

Mondays · 10 am · VMCC

Meets every fourth Monday of the month at the VMCC. Discuss selected books with this free, drop-in group, no registration is required. For more information, contact Barbara Eschle at 651-450-6879 or quinneschle@gmail.com.

Jan. 22 *Mel Brooks All About Me!* by Mel Brooks

Feb. 26 *Empire of Pain: The Secret History of the Sackler Dynasty* by Patrick Radden Keefe

March 25 *The Soul for America: The Battle for Better Angels* by Jon Meacham

April 22 *Kitchen Confidential: Adventures in the Culinary Underbelly* by Anthony Bourdain

May 20 *Born a Crime: Stories from a South African Childhood* by Trevor Noah

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.

Jan. 9 *Blinded by the Sight* by S. L. Smith

Feb. 13 *The Paris Architect: A Novel* by Charles Belfoure

March 12 *The Winemakers Wife* by Kristin Harmel

April 9 *Firekeeper's Daughter* by Angeline Boulley

Life Line Screening

Monday, January 29

If you wish to register for online go to www.ilsa.social/HC

Time: 9 am - 5 pm

Location: VMCC, Community Room 3

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. Drop-ins not accepted, please call 763-346-3390 to set up an appointment.

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



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

Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

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

TPAC will be closed Jan 1, 15, Feb 19, and Mar 25-29, 2024

Contact and Registration Information:

TPAC Phone: 651-403-8300

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

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 651-403-8303 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 School 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
Office Attendant
Advisory Council

Foot Care

Foot Care Services are available at TPAC. Call 651-829-3944 to schedule your appointment. Fee is \$55.

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 Sept-Dec programming. Annual fees cover Sept 2023 to Aug 2024.



Free Services

FallsTalk™ and Screening: Provided by DARTS, call TPAC for appointment.

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.

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.

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.



Pick up your free pass from TPAC.



SCHOOL DISTRICT 197

2023-2024

65+ ATHLETIC PASS

SPONSORED BY TWO RIVERS HIGH SCHOOL
AND THOMPSON PARK ACTIVITY CENTER

A set of Metro Dining Club cards offers discounts and bogo deals to over 60 local restaurants for a year.

Available mid-Sept
at Thompson Park Activity Center.
Call 651-403-8300 to ensure availability.

Great for yourself and great gifts!

\$30 per set






SPECIAL EVENTS

Gary LaRue: Rat Pack Favorites

Gary LaRue is a Rat Pack music performer whose velvety voice and charismatic stage presence transports audiences back to the golden era of swing and jazz. With timeless classics, he captures the essence of Frank Sinatra, Dean Martin, and Sammy Davis Jr. in a mesmerizing tribute to the Rat Pack legends. Dessert included. Register by Wed, Jan 17.

Wed, Jan 24
1706-W24

1-2 pm
1 Session - \$8

**Feel the Love Valentine Concert with the Boom Island String Quartet!**

Join us for an engaging musical journey with this versatile ensemble. Get ready for audience participation, heartwarming melodies, and traditional classics. Plus, enjoy a delectable catered lunch from 12-12:45 pm. It's a Valentine's celebration like no other! Register by Wed, Feb 7.

Wed, Feb 14
1818-W24

12-2 pm
1 Session - \$20, Includes Lunch

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.

**Ragamala: Indian Dance**

Celebrating its 30th season, Ragamala Dance Company, led by Artistic Directors Raneer and Aparna Ramaswamy along with Choreographic Associate Ashwini Ramaswamy, blends the ancestral wisdom of Bharatanatyam with contemporary creativity. Explore technique, evolution, and Ragamala's modern interpretations of this South Indian dance. Expect dance performances and interactive involvement in this lecture-demonstration. Dessert included. Register by Wed, Mar 6.

Wed, Mar 13
1819-W24

1-2 pm
1 Session - \$10

**Russell Schmidt: A Musical Journey Through the Decades!**

St. Paul's own Russell Schmidt, a master of Lite/Soft Rock, Americana, and Folk Rock, brings the groove of the 60s, 70s, and 80s to life. With his infectious energy, he lights up the stage, making every performance an unforgettable sing-along experience! Dessert included. Register by Wed, Apr 10.

Wed, Apr 17
1820-W24

1-2 pm
1 Session - \$10

LEARNING AND DISCUSSION

Explore Conversational Spanish for Absolute Beginners - Level 1 & 1+

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers, it runs in 7-week cycles from Jan-April. No prior Spanish experience required. Our instructor ensures a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey!

Instructor: Dick Milles

Wed, Jan 3-Feb 14	9:30-10:30 am
1841-W24 Jan-Feb	7 Sessions - \$40
Wed, Feb 28-Apr 17	9:30-10:30 am
1841-W24 Mar-Apr	7 Sessions - \$40
No class Mar 27	

Discussion with MDA Commissioner Thom Peterson

125 Years of Service: Join the Minnesota Department of Agriculture (MDA) in a vital discussion! Explore our mission to safeguard food integrity, environmental health, and agricultural prosperity for all Minnesotans. The commissioner shares insights on protecting our food supply, preserving natural resources, and nurturing our agricultural economy. Be part of the conversation for a better Minnesota.

Presenter: Thom Peterson

Tue, Jan 9	10:30-11:30 am
1830-W24	1 Session - \$3

Fighting Food Insecurity in Dakota County: The Open Door Food Pantry

Many of our neighbors struggle to make ends meet. Over 31,000 people in Dakota County are facing food insecurity, which impacts health, and adds emotional, relational, and professional stress. Learn more about challenges those with food insecurity face, how The Open Door alleviates hunger for thousands of residents each month, and ways you can volunteer or donate. Be empowered with the knowledge and inspiration needed to be part of the solution in your community. Please bring a food item to donate.

Presenter: Veronica Lind

Thu, Jan 11	2-3 pm
1843-W24	1 Session - FREE



Prohibition: An Epic Misstep in American History

The 1920s ushered in an era of intoxicating tales, as the U.S. attempted to banish alcohol. What ensued was unprecedented lawlessness and corruption, contrary to its intentions. Delve into the unintended consequences that made Prohibition a captivating and historic misadventure.

Presenter: David Jones

Tue, Jan 16	11 am-12 pm
1823-W24	1 Session - \$9

Wish Of A Lifetime

Be the catalyst for dreams. Join us to learn how you can make someone's lifelong wish come true with Wish of a Lifetime from AARP. Discover the transformative power at your fingertips to reconnect people with their passions, communities, and loved ones. You can submit wishes and get involved in this inspiring organization. It's time to change lives and energize others to live their best life!

Presenter: Cheryl Peterson

Tue, Jan 23	10-11 am
1833-W24	1 Session - FREE



The Supreme Court

Don't miss this insightful session on "The Supreme Court: Past, Present, and Future." Drawing from his extensive experience, including serving as President Bush's Ethics Lawyer, Richard Painter will offer a unique perspective on the Supreme Court's operations, the importance of ethics, and the demands for reform. Join us for this enlightening class.

Instructor: Richard Painter

Thu, Jan 11	10-11 am
1828-W24	1 Session - \$5

Nature Sense with Eloise Dietz

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

Instructor: Eloise Dietz

1783-W24

1:30-2:45 pm

Each session - \$10

Embrace the Cold - Tue, Jan 16

Join us for a nature chat and explore TPAC's trails, tracking animals in the snow. After hitting the chilly trails, cozy up indoors with hot chocolate and share your observations. Bundle up for this invigorating winter wonderland!

I Love Nature - Tue, Feb 6

Let's talk hearts in nature and create a natural Valentine. Nature items, artsy and recycled craft materials will be provided. Feel free to bring your own nature craft materials.

Join the Maple Tree Celebration - Tue, Mar 12

Discover the magic of maple trees and their sweet treasures in early spring. Learn about their history, identifying them, and savoring the delicious rewards of tapping efforts. It's a sweet, tree-thankin' time!

Spring Showers Spring Hike - Tue, Apr 16

We'll hike and find the first nature sightings that make Spring, spring for you! Let's talk about seasonal sightings (phenology) and head out on a leisurely spring walk. Bring binoculars and field guides if you choose.

**Antisemitism**

Unearth the deep-seated roots of Antisemitism in this enlightening course. Explore its evolution from ancient times to modern eras, uncovering connections to colonialism, imperialism, and racism. Gain insight into the complex interplay between history, culture, and the rise of hate ideologies. Join us to unravel the past and confront the present.

Instructor: Brandon Schorsch

Mon/Tue/Wed, Jan 29-31

1831-W24

10-11 am

3 Sessions - \$12

Be a Lifesaver

Join our CPR for Bystanders class! Learn hands-only CPR compressions with practical tips and adaptations. No need for breathing, just compressions. Discover how to use an AED, locate them at TPAC, and gain valuable insights for emergency situations. Be prepared to make a difference!

Instructor: South Metro Fire Department First Responders

Tue, Jan 30

1821-W24

1-2:30 pm

1 Session - \$5

Landmark Tours: See The World

Prepare to embark on a journey of discovery! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company for your travel aspirations. You can catch a glimpse of our upcoming trips during this presentation and learn more about the exciting world of escorted travel. Catalogs available at TPAC.

Presenter: John Lyons

Wed, Feb 7

1592-W24

11 am-12 pm

1 Session - FREE

**Echo in the Distance with Author Shayla Reaves**

Join WCCO morning reporter and noon anchor Shayla Reaves for a conversation about her captivating children's book *Echo In the Distance*. Through vivid storytelling the book connects all generations to Dr. Martin Luther King Jr.'s dream, inspiring them to pursue their own dreams too! This book has taken Shayla to new places, including classrooms, Twin Cities communities and even New York City! Learn how a journey that started more than 20 years ago is changing lives today!

Presenter Shayla Reaves

Wed, Feb 7

1822-W24

1-2:30 pm

1 Session - \$6

Roots, Shoots & Leaves

Join Roots, Shoots & Leaves for a hands-on Pot-Your-Own Succulent/Cactus Bar event. Discover popular indoor succulents and cacti, learn how to care for them, then choose one to transplant into a 4" pot of your liking. Personalize your green companion with pottery decor, and it's yours to cherish. Visit www.rsleaves.com to explore this mobile houseplant shop serving the Twin Cities.

Instructor: Marc J. Eaton

Mon, Feb 12 10 am-12 pm
1827-W24 1 Session - \$25

Hearing Care Evolved

Say goodbye to limited options for hearing health! Explore the expanding landscape, where choices abound, from traditional audiologists to online retailers and OTC hearing aids. While affordability matters, remember, your hearing is invaluable. Join us and navigate this new era of hearing care.

Presenter: Axe Audiology/Associated

Wed, Feb 21 1-2 pm
1824-W24 1 Session - \$3



Protesting

Discover the untold story of labor protest in the U.S. as we navigate through the complex pages of American history. This journey will shed light on a subject rarely explored as we delve into Jeremy Brecher's book *STRIKE!* – a meticulously researched account of events that have been marginalized in mainstream narratives. To prepare for our discussions, please read the Forward, Introduction, and Chapters 1-3.

Instructor: Peter Rachleff

Thu, Feb 1-22 10-11 am
1834-W24 4 Sessions - \$10



Twin Cities Frugal Mom

Living well and centsibly in the Minneapolis/St. Paul Area

Twin Cities Frugal Mom Shopping Tips

Meet Lisa Baker, a dedicated mom-of-two in the Minneapolis-St. Paul area, your trusted source for smart shopping and frugal living. Anticipate money-saving tips on groceries, household management, tech, travel, and safeguarding against scams. Join us as Lisa guides us in discovering affordable ways to make our lives richer.

Presenter: Lisa Baker

Mon, Mar 4 10-11:30 am
1826-W24 1 Session - \$8

Your Vote Counts: League of Women Voters Saint Paul

We'll cover a brief history of the League, how to become civically engaged, key voting deadlines, how ranked-choice voting works and answer any questions you might have. If you've recently moved, voter registration forms will be on hand - or we will help you register online. Get out to prepare to vote!

Presenters: Cheryl Bailey and Amy Perna, Co-Presidents, League of Women Voters, St Paul

Thu, Mar 7 10-11 am
1788-W24 1 Session - \$3

Spring Cleaning and Simplifying

Join us for an hour with Zestful Designs for expert tips on decluttering and downsizing. Discover effective strategies for assessing your belongings, organizing your home, and simplifying your life. Get insights into local resources and eco-friendly practices for recycling or repurposing items you no longer need. Make your spring cleaning a transformative experience!

Presenters: Courtney Selstad & Kira Vanderlan, Zestful Designs

Wed, Mar 13 10:30-11:30 am
1825-W24 1 Session - \$5

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

Breaking the Political Divide

Join us for an enlightening session with Braver Angels, a nonpartisan nonprofit. Experience a Red/Blue workshop in action through a video and engage in interactive activities. Learn valuable skills to foster civil discourse and bridge the gap in conversations with friends, family, and neighbors. It's time to unite and understand each other better.

Instructors: Braver Angel staff

Tue, Mar 19
1832-W24

10-11:30 am
1 Session - \$3



Bell Museum Tour

Discover the Bell Museum, a Minnesota treasure since 1872, where science, art, and the environment converge. Departing from TPAC, our bus journey ensures you reach the museum with ample time to enjoy a planetarium program, high-tech exhibits, renowned wildlife dioramas and outdoor learning. Experience the rich tapestry of Minnesota's natural wonders. Limited to 9 participants for this excursion. Pack and bring your own lunch. Registration fee includes transportation, planetarium and museum.

Wed, Apr 10
1840-W24

10 am-3 pm
1 Session - \$35

Rev Up for EVs Class

Join TPAC's Electric Vehicle Extravaganza! Discover the future of transportation with an informative event featuring EV insights, handouts, and vehicle displays. Get your burning questions about electric vehicles answered at this electrifying experience!

Current EV owners are invited to display your vehicles and be available for Q&A, 10:30-11, TPAC parking lot. Call 651-403-8300 or register your vehicle to reserve a parking space.

Instructor: Metro CERT

Thu, Apr 11
1837-W24 Class
1838-W24 Show Your EV

9:30-11 am
1 Session - \$5
\$ 0 - Register to show your car



5th Annual Days for Girls Project

We are Working to Keep Girls in School Worldwide. Join us for a rewarding day with Days for Girls. We're making colorful drawstring bags to hold reusable menstrual hygiene products for girls in developing countries, ensuring they don't miss school during their periods. No sewing skills needed! Socialize while cutting, measuring, ironing, sewing, or inserting pull-strings. Bring your granddaughter (age 14+; must register). Sign up as a Sewer, Serger (bring your machine), or for general jobs. Please donate fabric (half-yard or larger, cotton/cotton-poly) before March 14th. A light lunch will be provided. Registration is required.

Sat, Apr 13

10 am - 3 pm

1419-W24 Sewing

1 Session - FREE

1419-W24 Serging

1419-W24 General Assembly

How to Save Money and Still Get Good Care

Gain insights on navigating long-term care challenges, protecting assets, and ensuring quality care while following complex Medicaid rules, including the 5-year lookback. We will guide you through the complexities, answer your questions, and outline next steps to help you and your loved ones gain peace of mind!

Instructor: Safe Harbor Estate Law

Tue, Apr 23

10 am-12 pm

1842-W24

1 Session - \$5

Are You A Storyteller?

Enhance your storytelling prowess in a two-day interactive workshop! Refine your skills in a dynamic, enjoyable experience with fellow participants. Improve strategies to elevate your speaking skills: distinguish between reading and storytelling, group practice with timing and presentation, and perfect gestures, movement, and vocal delivery. Don't miss this opportunity to become a captivating storyteller.

Instructor: Susan Cook

Wed/Thu, Apr 24-25
1829-W24

10:30 am-12 pm
2 Sessions - \$10

It's Fun To Volunteer in Dakota County

Find out about amazing opportunities located in Dakota County. From part-time employment to volunteer opportunities, there is something available for everyone. We make it flexible and fun to get out and get busy.

Presenter: *Garrett Zaffke*

Tue, Apr 30
1787-W24

10-11 am
1 Session - FREE

GROUPS

Out & About Group

Join this social group for men and women who enjoy getting together 1-2 times a month. Dates vary. 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.

Communications Coordinator: *Linda Johnson*

Dates vary
1609-F23

\$10 annually



Computer Center

TPAC volunteer mentors assist with technology questions, both hand-held and home-based. Come with your device and receive patient assistance. Check in at the computer lab when you arrive.

Mondays
No registration needed

9 am-12 pm
FREE

Umbrella Projects Group

Umbrella project volunteers make a difference through service. Activities include our annual food drive, new projects with AARP Wish of a Lifetime, several local programs, as well as Days for Girls, a global organization. Join us anytime during the year. If this resonates with you, please join.

Facilitator: *Julie Weisbecker*

Second Mondays
1599-F23

10-11:30 am
FREE



Great Decisions Group 2024

As we kick off the 2024 new year, our Great Decisions Group offers you a unique opportunity to dive deep into the world of geopolitics, challenge your perspectives and broaden your horizons. Engage in thought-provoking conversations and unravel the intricacies of US foreign policy and the ever-evolving global landscape. Books may be purchased on your own at www.fpa.org.

Facilitator: *Charles Happach*

Second Mondays
1296-W24 Group

1-3 pm
10 Sessions - \$10 annually

Men's Topics & Toast

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

Facilitator: *Rob Meyer*

Last Mondays
1746-F23

9-10 am
\$10 annually

No meeting Mar or May

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. Each page you turn brings you closer to the resolution of the mystery, but the real adventure is in sharing your interpretations, speculations, and theories with fellow aficionados.

Facilitator: *Joyce Wahlquist*

Second Tuesdays
1565-F23

10:30 am-12 pm
\$10 annually

British History

Wales, Northern Ireland, Scotland, and England formed the United Kingdom almost 500 years ago. Since that time, there have been many famous and infamous people, pivotal events, and cultural shifts. Some of these affect our lives even today. Uncover their origin and impact, for both good and bad, in your life today.

Presenter: *Terry Kubista*

Second Tuesdays
1116-W24

1:30-3:30 pm
Each session - \$8

TED Talks Discussion

TED Talks are short, influential presentations on a wide range of topics. Renowned experts and speakers share their insights and ideas in 18 minutes or less. These talks aim to inform, inspire, and spark meaningful conversations on issues ranging from science and technology to personal development and social issues. Join us for this group discussion!

Facilitator: Group takes turns

Third Tuesdays 1-2:30 pm
1607-F23 \$10 annually

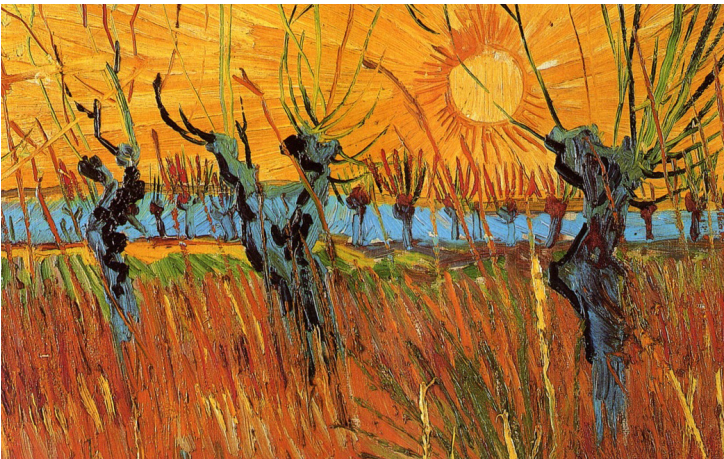
Caregiver Support Group

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. No fee, but please register in advance.

Sponsored by DARTS.

Second Wednesdays 1-2:30 pm
1597-F23 FREE

ARTS AND CRAFTS



Paint Like the Masters

Unlock your inner artist by employing acrylic paint in the evocative style of a master. Paint your personal rendition of a landscape, still life, floral or portrait. We'll be taking our inspirations from Vincent Van Gogh's *Willows at Sunset*. 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, Jan 8-Feb 26 1-3 pm
1491-W24 Jan-Feb 6 Sessions - \$99
No class Jan 15 & Feb 19

Find us online!



Watercolor Painting Introduction

Dive into the vibrant world of watercolors in our beginner's class! Unleash your creativity as you discover the magic of materials and fundamental techniques, while learning about color theory and the art of mixing pigments. This introductory class is for those who are new to watercolor painting and is a prerequisite for Watercolor I and Watercolor II. Supplies may be purchased from the instructor at class for \$40.

Instructor: Linda Stout

Mon, Apr 1-29 1-3 pm
1491-W24 Apr 5 Sessions - \$83



Watercolor I

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

Instructor: Linda Stout

Tue, Jan 2-30 1-3 pm
1302-W24 Jan 5 Sessions - \$83
Tue, Feb 6-27 1-3 pm
1302-W24 Feb 4 Sessions - \$66
Tue, Mar 5-19 1-3 pm
1302-W24 Mar 3 Sessions - \$50
Tue, Apr 2-30 1-3 pm
1302-W24 Apr 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 approval.

Instructor: Linda Stout

Wed, Jan 3-31 1-3 pm
1191-W24 Jan 5 Sessions - \$83
Wed, Feb 7-28 1-3 pm
1191-W24 Feb 4 Sessions - \$66
Wed, Mar 6-20 1-3 pm
1191-W24 Mar 3 Sessions - \$50
Wed, Apr 3-24 1-3 pm
1191-W24 Apr 4 Sessions - \$66



Hand Sewn Craft

Indulge your creative side with a delightful DIY project: crafting a charming hand-sewn heart ornament! With just a few snips of felt and some colorful embroidery thread, you can fashion a lovely keepsake. Perfect for beginners, you can master a handful of simple, yet elegant hand stitches. So, why not gather some friends for a cozy tea or coffee session, and let the crafting and camaraderie begin?

Instructor: Eileen Gaede

Thu, Feb 1	1-3 pm
1839-W24	1 Session - \$5

TPAC Knitting Group

Come together for fun and heartfelt moments of connection and creativity. Share your knitting, crocheting, and other hobbies in this warm, non-instruction peer group. It's a space to learn from one another while forming lasting bonds.

Mon, Jan 8-Apr 29	1-3 pm
1600-W24 Jan-Apr	14 Sessions - \$15
No class Jan 15, Feb 19 & Mar 25	

Open Watercolor Painting

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

Facilitator: Art Thell

Tue, Jan 2-Apr 30	9:30-11:30 am
1602-W24 Jan-Apr	17 Sessions - \$15
No class Mar 26	

Colored Pencil Bathing

Come mingle with the merry band of pencil-wielding artists! All skill levels welcome, from novice to skilled. Staying inside the lines is your decision, but laughter and camaraderie is mandatory in this creative process. There is no instructor, but sharing your techniques is welcome! Bring your own pencils and art equipment.

1st and 3rd Wed

Wed, Jan 3-Apr 17	1-3 pm
1595-W24 Jan-Apr	8 Sessions - \$15

Crafting for a Cause

Spread joy by crafting heartfelt notes with fellow volunteers. These messages of kindness will be included in locally delivered meals and brighten someone's day! Join us to create a ripple of happiness. All materials are supplied for this act of community compassion. Cardstock donations greatly appreciated.

Facilitator: Pat Marshall

Second Tuesdays	12-1 pm
1598-F23	FREE

FITNESS

Fitness and Balance for Life

Elevate your fitness journey with Naomi Embrace low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear. Your path to better health awaits.

Instructor: Naomi Marzinske

Thu, Jan 4-Feb 29	10:30-11:30 am
1317-W24 Jan-Feb	9 Sessions - \$63
Thu, Mar 7-Apr 25	10:30-11:30 am
1317-W24 Mar-Apr	7 Sessions - \$49
No class Mar 28	

3X3 Fitness

These exercises are chair-based and low-impact. Improve muscle tone as you follow along with the 3x3 workout DVD, using resistance bands or rings. If you love it, you may decide to purchase your own set of rings.

Facilitator: Barb Erickson

Tue/Thu, Jan 2-Apr 30	9:15-10 am
1635-W24 Jan-Apr	33 Sessions - \$15
No class Mar 26-28	



Dive into Pickleball 101

Discover the rules, strategies, and scoring, plus get some hands-on action with instructor Chris Anderson. Whether you're a newbie or just curious about the craze, come experience why Pickleball is sweeping the nation.

Instructor: Chris Anderson

Fri, Mar 8	1-4 pm
1835-W24	1 Session - \$20
Legacy Pickleball Club, 2122 Wooddale Drive, Woodbury	

Foot Care

Foot care is important to your overall health. Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care of fungal toenails. The Foot Nurse would like to help you maintain healthy feet. Appointments required.

Provided by Katie Sikel, RN, CFCS

Call 651-829-3944 for an appointment. - \$55

CARDS/GAMES**Penny Bingo**

In this quick and enjoyable five-card game, match your cards with the dealer's, place them in the center, and when your cards run out, shout "Bingo!" Keep those pennies ready!

Facilitator: Marion Christner

Fourth Tuesdays 1-3 pm
1644-F23 \$10 annually
No class Mar 26

Hand and Foot

Hand and Foot is a fun and compelling card game that combines elements of canasta. Players work in teams of two to six to build melds of cards, aiming to score points by forming sets and runs while strategizing to outmaneuver their opponents. If you like this game or are interested in learning, join us.

Wed, Jan 3-Apr 24 10 am-12 pm
1735-W24 Jan-Apr 16 Sessions - \$15
No class Mar 27

**Trivia Wednesdays**

We know about physical exercise, but what about our brains? They need exercise too. Our brains are chock-full of trivia we have no use for; until now! If you remember your kindergarten teacher, but not what you ate for breakfast, give your brain a good "workout". Team up with other trivia aficionados for three rounds: animals, movies/tv and history. You may go home a winner! Stay tuned for potential date extensions due to rising popularity.

Instructor: Barbara Eschle

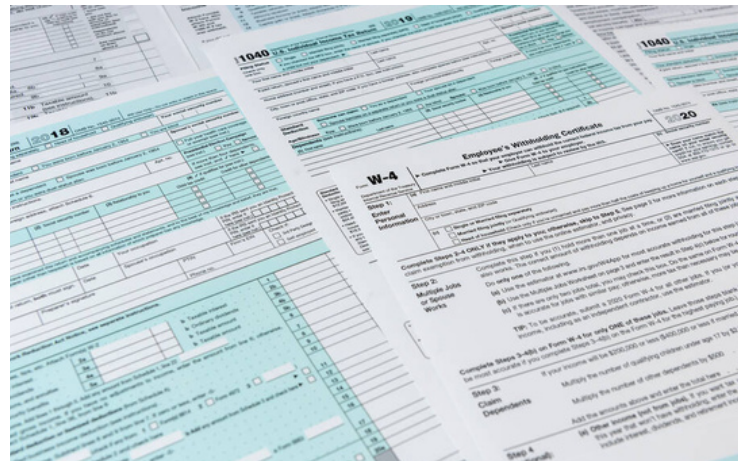
Wed, Jan 10-31 1-2:30 pm
1836-W24 3 Sessions - \$6
No class Jan 24

Mah Jongg

Join our Mah Jongg adventure and discover the thrill of strategy, matching tiles, and a little bit of luck. This ancient Chinese game with a modern twist will have you stacking tiles and having a blast in no time!

Facilitator: Carol Beaves

Thu, Jan 4-Apr 25 1-3:45 pm
1613-W24 Jan-Apr 16 Sessions - \$15
No class Mar 28

TAX PREPARATION**2024 Tax Information**

Planning is underway for the next tax season beginning February 2024. Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to prepare uncomplicated tax returns. Tax assistance will be provided to taxpayers with a special emphasis on taxpayers 55 years and older.

You must bring the following items to your appointment:

- Your 2022 tax return
- Social Security card for yourself, your spouse and all dependents listed on the return
- Copies of your 2023 W-2s, 1099 forms, and proof of other income received by you/your spouse
- RENTERS: bring your 2023 Certificate of Rent Paid (CRP) prepared and signed by your landlord
- HOMEOWNERS: bring a copy of your 2024 Property Tax Statement (mailed to you in March)

Appointments are for income tax returns. If you would also like your property tax returns/rent credit processed, schedule your tax appointment at a time when you will have the needed documents. Your income tax return must be filed first in order to process property tax returns/rent credit.

Appointment registration opens January 8. Space is limited. Call 651-403-8300 to schedule an appointment. Please do not leave multiple messages. Repeated phone calls slow down the appointment process. Your call will be returned in the order it is received.

Tue/Thu, Feb 6 - Apr 16, 2024 9:30 am - 1:30 pm

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.



BEAUTIFUL: The Carole King Musical @ the Chanhassen Dinner Theatre

Wed, Mar 14

Sensational! Trace Carole King's remarkable rise from humble beginnings to a music industry legend. This performance showcases her musical collaborations with Gerry Coffin, Cynthia Weil and Barry Mann that resulted in powerful songs like "It's Too Late" & "A Natural Woman" on her groundbreaking album. This journey highlights Carole's passion, resilience, and musical genius through the infectious energy of songs like "The Loco-Motion" and the emotional depth of ballads like "Will You Love Me Tomorrow". This show captures the essence of Carole King's artistry and leaves a lasting impact. Select lunch from a limited menu upon arrival at the theatre.

Wed, Mar 13 \$108

Includes transportation/show/lunch

Register by Fri, Feb 9

Location	Departure	Return	Registration
TPAC	10 am	5:15 pm	1813-WSP-W24
SSP	10:15 am	5 pm	1813-SSP-W24
IGH	10:30 am	4:45 pm	Call 651-450-2585

Creating Lifelong Learning Opportunities

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

Branson Tour*April 22-26*

Day 1 - Travel to Independence, MO, lunch included in Des Moines, IA

Day 2 - Travel to Branson in time for lunch (included). Attend afternoon and evening shows in Branson

Day 3 - More shows and shopping, including dinner at Dolly Parton's Stampede Dinner attraction.

Day 4 - Morning show, then lunch and travel to Independence, MO for lodging.

Day 5 - Return to the Twin Cities by early evening.

Mon-Fri, April 22-26 \$1,185.00 (per person with 2 per room)
 \$1,535.00 (per person with 1 per room)

For complete details please go online

Register by Mon, Feb 19

Location	Departure	Return	Registration
TPAC*	7:15 am	7:30 pm	1680-WSP-W23
SSP	7:15 am	7:30 pm	1680-SSP-W23
IGH	7:15 am	7:30 pm	Call 651-450-2585

*Parking will not be available at Thompson Park for this trip. Please arrange to be dropped off.

**National Eagle Center in Wabasha***Thursday, June 13*

Begin with an early lunch at the quaint Chickadee Cottage Cafe in Lake City before journeying to the National Eagle Center in Wabasha for a captivating wildlife experience. Reopened after a multi-million dollar expansion and nestled along the Mississippi River, it offers a unique opportunity to observe majestic bald eagles. Explore exhibits and the viewing platform before our private in-house presentation with knowledgeable staff, learning about the center and the rehabilitated eagles used for educational programs.

Lunch includes chicken pasta salad with fresh fruit, homemade nut bread, beverage and dessert.

Thur, June 13 \$105

Register by Mon, May 13

Location	Departure	Return	Registration
TPAC	8:30 am	5:30 pm	1845-WSP-S24
SSP	8:45 am	5:15 pm	1687-SSP-S24
IGH	9 am	5pm	Call 651-450-2585

UPCOMING TRIPS:**July: Mississippi Boat Cruise****August: Carlos Creek Winery Tour****October: LeDuc House and Winery****MJ The Musical at Orpheum Theatre***Wed, May 22, 2024*

The music. The moves. The icon. Now, the unparalleled artistry of the greatest entertainer of all time comes to your city as MJ, the multi-Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status.

Wed, May 22 \$158.00

Register by Friday, March 8

Location	Departure	Return	Registration
TPAC	6:30 PM	10:45 pm	1680-WSP-W23
SSP	6:15 pm	11 pm	1667-SSP-S24
IGH	6 pm	11:15 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, Feb 14 & 15 1-4 pm

Four Hour Refresher Course - \$24

Thu, Jan 18 9 am-1 pm

Thu, Mar 21 9 am-1 pm

Thu, Apr 18 9 am-1 pm

Thu, May 16 9 am-1 pm

Veterans Memorial Community Center

Four Hour Refresher Course at IGH-VMCC - \$24

Tue, Jan 9 1-5 pm

Tue, Jan 16 5:30-9:30 pm

Tue, Feb 6 1-5 pm

Thu, Feb 14 5:30-9:30 pm

Tue, Mar 5 1-5 pm

Wed, Mar 6 5:30-9:30 pm

Thu, Apr 4 1-5 pm

Thompson Park Activity Center

Initial Eight Hour Course - \$28

Wed/Thu, Feb 28 & 29 12-4 pm

Four Hour Refresher Course - \$24

Thu, Jan 4 12-4 pm

Thu, Jan 18 12-4 pm

Thu, Feb 1 12-4 pm

Thu, Feb 8 12-4 pm

Thu, Mar 7 12-4 pm

Thu, Apr 4 12-4 pm

Thu, Apr 18 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.

ACT Prep Course

This in-person 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 it as often as they wish in future offerings – free of charge. All class materials are included in the tuition fee.

Wed, Feb 7-Mar 6 2304-W24 Simley HS, IGH No class Feb 14	5:45-8:45 pm 4 Sessions - \$180
Thu, Feb 8-29 2304-W24 Two Rivers HS, MH	5:45-8:45 pm 4 Sessions - \$180
Tue, Feb 20-Mar 12 4301-W24#433 South St. Paul HS, SSP	5:45-8:45 pm 4 Sessions - \$180



Advantage ACT Prep Course - Virtual with Live Instructor

This course is an excellent alternative for any student unable to attend an in-school class, but still prefers the interaction with one of the Advantage Educational Programs' instructors. The Virtual ACT Prep Course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. You will need an internet connection and a computer/tablet/smartphone.

Sat, Jan 13-Feb 3 #922	9 am-12 pm 4 Sessions - \$180
Sat, Feb 10-Mar 2 #923	9 am-12 pm 4 Sessions - \$180
Sat, Mar 9-Apr 6 #924 No class Mar 30	9 am-12 pm 4 Sessions - \$180
Sat, May 4-Jun 6 #924 No class May 25	9 am-12 pm 4 Sessions - \$180



ACT Prep Online Self-Paced Course

This course is perfect for any student unable to attend in-school classes or a student preferring to prepare for the ACT exam on their own and at their desired pace. Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed.

Any days, Any times	Multiple Sessions - \$80	#777
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In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Drive 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.

Simley High School

Mon-Thu, Jan 3-19 3300-W24	3:45-6:45 pm 10 sessions - \$420
Mon-Thu, Apr 3-18 3300-W24B	3:45-6:45 pm 10 sessions - \$420

South St. Paul High School

Mon-Thu, Feb 28-Mar 14 4300-W24A	2:45-5:45 pm 10 Sessions - \$420
Mon-Fri, May 8-23 4300-W24B	2:45-5:45 pm 10 Sessions - \$420

Two Rivers High School

Mon-Thu, Feb 12-27 2302-Feb24 No class Feb 19	3:15-6:15 pm 10 Sessions - \$420
Mon-Thu, Apr 22-May 7 2302-Apr24	3:15-6:15 pm 10 Sessions - \$420



Virtual Driver's Education Classes

All virtual classes will be offered on the following dates. There will be class sessions from 3- 6 pm, 4-7 pm and from 6:15-- 9:15 pm each date. Please view our online catalog for more details.

Jan24A	Jan 3-19
Jan24B	Jan 22-Feb 8
Feb24A	Feb 12-27, No class Feb 19
Feb24B	Feb 28-Mar 14
Mar24	Mar 18-Apr 2
Apr24A	Apr 3-18
Apr24B	Apr 22-May 7
May24	May 8-23

**** See website for full class lists ****

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-W24A	Tue, Feb 20-Apr 9	3:30-4 pm	7 sessions - \$53
4000-W24B	Sat, Feb 24-Apr 13	8:15-8:45 am	7 sessions - \$53
4000-W24C	Sat, Feb 24-Apr 13	8:50-9:20 am	7 sessions - \$53

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-W24A	Tue, Feb 20-Apr 9	4:15-5 pm	7 sessions - \$66
4001-W24B	Sat, Feb 24-Apr 13	9:30-10:15 am	7 sessions - \$66

Gymnastics - Mini Stars

Mini Stars is a class especially designed for those little ones who are shining extra bright. We will focus on skill progressions and development at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: foot work for the spring board and pop-ups.

4013-W24A	Sat, Feb 24-Apr 13	11:15 am-12:15 pm	7 sessions - \$66
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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-W24A	Mon, Feb 26-Apr 8	5-6 pm	6 sessions - \$56.25
4002-W24B	Tue, Feb 20-Apr 9	5-6 pm	7 sessions - \$66
4002-W24C	Thu, Feb 22-Apr 11	4-5 pm	7 sessions - \$66
4002-W24D	Thu, Feb 22-Apr 11	5-6 pm	7 sessions - \$66
4002-W24E	Sat, Feb 24-Apr 13	11:15 am-12:15 pm	7 sessions - \$66
4002-W24F	Sat, Feb 24-Apr 13	12:15-1:15 pm	7 sessions - \$66

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-W24A	Tue, Feb 20-Apr 9	6-7 pm	7 sessions - \$66
4009-W24B	Wed, Feb 21-Apr 10	5-6 pm	7 sessions - \$66

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 required!

4003-W24A	Thu, Feb 22-Apr 11	6-7 pm	7 sessions - \$66
4003-W24B	Sat, Feb 22-Apr 13	1:15-2:15 pm	7 sessions - \$66

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 required!

4004-W24A	Tue/Thu, Feb 20-Apr 11	7-8:15 pm	14 sessions - \$131.25
4004-W24B	Sat, Feb 24-Apr 13	1:15-2:30 pm	7 sessions - \$66

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-W24A	Sat, Feb 24	10:15-11:15 am	1 session - \$15
4005-W24B	Sat, Mar 2	10:15-11:15 am	1 session - \$15
4005-W24C	Sat, Mar 9	10:15-11:15 am	1 session - \$15
4005-W24D	Sat, Mar 16	10:15-11:15 am	1 session - \$15
4005-W24E	Sat, Mar 23	10:15-11:15 am	1 session - \$15
4005-W24F	Sat, Apr 6	10:15-11:15 am	1 session - \$15
4005-W24G	Sat, Apr 13	10:15-11:15 am	1 session - \$15

Gymnastics - Private Lessons

Private lessons offer your child an opportunity to work on specific skills that they have been trying to improve. Working 1 on 1 with our experienced coaches will help them achieve their goals and boost their confidence in the gym. Private lessons must be arranged and approved with the lead gymnastics instructor prior to registration. Please email kaiatautges@gmail.com to schedule.

4007-W24A	1 hour - \$63.59
Days and times as scheduled with lead gymnastics instructor	

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

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

Instructor: Deb Gutzman

Fri, Jan 26	8-11:30 am
4202-W24A	1 session - \$75
Central Square, SSP	
Fri, Mar 8	8-11:30 am
4202-W24B	1 session - \$75
Central Square, SSP	
Fri, Apr 26	8-11:30 am
4202-W24C	1 session - \$75
Central Square, SSP	



Safe Kids (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, Jan 13	9-11:30 am
4205-W24A	1 session - \$40
Central Square, SSP	
Sat, Apr 13	9-11:30 am
4205-W24B	1 session - \$40
Central Square, SSP	



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, Jan 27	8:30-11:15 am
4204-W24A	1 session - \$45
Central Square, SSP	
Sat, Mar 9	8:30-11:15 am
4204-W24B	1 session - \$45
Central Square, SSP	

Intro to Ninja (5-8 years)

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

Wed, Jan 10- Feb 28 4994-W24A	4-5 pm 8 sessions - \$160
Wed, Jan 10- Feb 28 4994-W24B	5-6 pm 8 sessions - \$160
Wed, Mar 6-Apr 24 4994-W24C	4-5 pm 6 sessions - \$160
Wed, Mar 6-Apr 24 4994-W24D	5-6 pm 6 sessions - \$160

Conquer Ninja Rec Team (6-13 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 forty different obstacles! This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8). Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Jan 5-Feb 23 4995-W23A (6-9 yo)	4-5 pm 8 sessions - \$185
Fri, Jan 5-Feb 23 4995-W23B (6-9 yo)	5-6 pm 8 sessions - \$185
Fri, Jan 5-Feb 23 4995-W23C (8-13 yo)	6:15-7:15 pm 8 sessions - \$185
Fri, Mar 1-Apr 26 4995-F23D (6-9 yo) No Class Mar 29	4-5 pm 8 sessions - \$185
Fri, Mar 1-Apr 26 4995-F23E (6-9 yo) No Class Mar 29	5-6 pm 8 sessions - \$185
Fri, Mar 1-Apr 26 4995-F23E (8-13 yo) No Class Mar 29	6:15-7:15 pm 8 sessions - \$185

Afterschool 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.

Instructor: DASH Sports

Tue, May 6-June 3 4902-W24	3:45-4:45 pm 4 sessions - \$70
Kaposia Edu Ctr, SSP No Class May 27	



Flag Football Tykes Camp (Ages 3-5)

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.

Tue, May 6-June 3 4903-W24	5-5:30 pm 4 sessions - \$65
Kaposia Edu Ctr, SSP No Class May 27	

Afterschool Soccer Camp (Grades K-5)

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction 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 and shin guards are optional). Balls are provided.

Mon, Apr 9-30 4900-W24	3:45-4:45 pm 4 sessions - \$75
Kaposia Edu Ctr, SSP	



Soccer Tykes (Ages 2-6)

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes and shin guards optional). Soccer balls are provided. Parent participation is encouraged when needed.

Mon, Apr 9-30 5:5:30 pm
4901-W24A 4 sessions - \$60
Kaposia Edu Ctr, SSP

Mon, Apr 9-30 5:45-6:15 pm
4901-W24B 4 sessions - \$60
Kaposia Edu Ctr, SSP

Afterschool Basketball Camp (Grades K-5)

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camps ends with scrimmages/games on the final day. Athletes should bring a water bottle. Balls are provided.

Tue, Feb 20-Mar 19 3:45-4:45 pm
4904-W24 5 sessions - \$79
Kaposia Edu Ctr, SSP

Basketball Tykes (Ages 2-6)

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

Ages 2-3

Tue, Feb 20-Mar 19 5-5:30 pm
4905-W24A 5 sessions - \$65
Kaposia Edu Ctr, SSP

Ages 4-6

Tue, Feb 20-Mar 19 5:45-6:15 pm
4905-W24B 5 sessions - \$65
Kaposia Edu Ctr, SSP

Afterschool Floor Hockey Camp (Grades K-5)

DASH Sports floor hockey camps provide players a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Camp ends with games/scrimmages on the final day. Athletes should bring a water bottle and a snack. Sticks and pucks are provided.

Tue, Jan 23-Feb 13 3:45-4:45 pm
4906-W24A 4 sessions - \$65
Kaposia Edu Ctr, SSP

Tykes (Ages 3-5)

Tue, Jan 23-Feb 13 5:45-6:15 pm
4906-W24B 4 sessions - \$65
Kaposia Edu Ctr, SSP



Afterschool Track & Field Camp (Grades K-5)

DASH Sports Summer Track & Field camps provide participants with practice in several areas including: Sprinting, throwing, relay running, jumping and distance running. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall track and field performance. Campers should bring a water bottle, snack, and wear athletic shoes.

Tue, May 7-28 3:45-4:45 pm
4908-W24 4 sessions - \$65
Kaposia Edu Ctr, SSP

Tykes (Ages 3-5)

Tue, May 7-28 5-5:45 pm
4908-W24A 4 sessions - \$65
Kaposia Edu Ctr, SSP

Afterschool Baseball Camp (Grades K-5)

DASH Sports summer T-ball/Baseball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and baserunning 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 the final day. Athletes should bring a water bottle, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

Tue, Apr 9-30 3:45-4:45 pm
4907-W24 4 Sessions- \$69

Kapasia Edu Ctr, SSP

Tykes (Ages 2-5)

Tue, Apr 9-30 5-5:30 pm
4907-W24A 4 Sessions- \$65

Kapasia Edu Ctr, SSP

Tue, Apr 9-30 5:40-6:10 pm
4907-W24B 4 Sessions- \$65

Kapasia Edu Ctr, SSP



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

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more.

Instructor: Allison Curtis

Thu, Jan 25 9 am-3 pm
2089-Jan 1 Session -\$89
Friendly Hills MS, MH

Friday, Apr 26 9 am-3 pm
2089-April 1 Session -\$89
Friendly Hills MS, MH

Evening Wizards of Chess (Grades: 1-8)

Join us in learning this National Award Winning Program! Learning the game of chess promotes imagination, creativity, develops memory, teaches independence, inspires self-motivation, and develops a logical way of thinking. Students of all levels are welcome. Yes, even if your student does not know how to play, we will teach them! Each session is filled with different material, and all learning is done with encouragement and fun on an individual personal level! All in-class equipment is provided.

Instructor: Veronica Harrison

Tue, Jan 2-Feb 13 6-7 pm
2302-W24 7 Sessions -\$75
Mendota Elementary, MH

Tue, Apr 2-May 14 6-7 pm
2302-SP23 7 Sessions -\$75
Mendota Elementary, MH



Intro to Sewing Class (Grades: 4-8)

Kids will be learning how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice sewing with a sewing machine. They will create a sketch of garment or craft and sew a project of their own creation. All material and tools provided.

Instructor: Doremi Tinoco

Fri, Jan 26 9 am-12 pm
2003-W24 1 Session -\$90
Friendly Hills MS, MH

Friday, Apr 26 9 am-12 pm
2003-Apr24 1 Session -\$90
Friendly Hills MS, MH

Spring Youth Floor Hockey (Grades: K-4)

Come play floor hockey with former Somerset Elementary Physical Education teacher, Mr. Nilsen. Parents of 2nd graders you can put your students in the K-2 or 2-4 group for Floor Hockey based on their skills. The last night is parents vs kids!

Wed, Jan 24-Feb 28	5:45-6:45 pm
2016-W24K2	6 Sessions -\$59
Mendota Elementary, MH	Grades: 2-4
Wed, Jan 24-Feb 28	7-8- pm
2016-W24	6 Sessions -\$59
Mendota Elementary, MH	Grades: 2-4
Wed, Apr 10-May 15	5:45-6:45 pm
2016-SP24K2	6 Sessions -\$59
Mendota Elementary, MH	Grades: K-2
Wed, Apr 10-May 15	7-8 pm
2016-SP24	6 Sessions -\$59
Mendota Elementary, MH	Grades: 2-4

Looking for more 197 Youth Enrichment Classes or want to register, scan this QR code.



SCAN ME

Kung Fu (Ages 5 - Adult)

Kung Fu is the art of fitness and self defense. Learn practical Kung Fu techniques to benefit you throughout your life. This is a full participation and fun class for beginners to black belts, to strengthen the mind and body, promote leadership, discipline, concentration, coordination and balance. This program uses progressive skill building, to help you become more aware of self and surroundings, and improve your self-esteem and confidence. Optional uniform and certificate for white to black belt are available.

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

Fridays, Feb 2-Mar 15		Pilot Knob Elementary, Eagan
Beginner		
2784-W24	6:15-6:45 pm	7 Sessions -\$95
White-Purple Belt		
2785-W24	6:50-7:20 pm	7 Sessions -\$95
Red-Black Belt		
2786-W24	7:25-7:55 pm	7 Sessions -\$95
Fridays, Apr 12-May 24		Pilot Knob Elementary, Eagan
Beginner		
2784-SP24	6:15-6:45 pm	7 Sessions -\$95
White-Purple Belt		
2785-SP24	6:50-7:20 pm	7 Sessions -\$95
Red-Black Belt		
2786-SP24	7:25-7:55 pm	7 Sessions -\$95



Embark on your Spanish Language Journey! (Grades: K-5)

The road to Spanish language learning success begins with this all new and exciting LIVE virtual Spanish adventure! In Vamos por el pueblo (Let's go around the town), class amigos, Dani and Beto, will share the culture and daily life of small town Mexico. Students will learn vocabulary related to home, places, and shops throughout the community. Interactive classroom adventures include: visiting a local "mercado", preparing dinner in the kitchen, and visiting a neighbor's house—all in Spanish! Students will also learn practical Spanish phrases and conversation skills that they'll use for a lifetime! Act now to ensure your child is a part of this comprehensive bilingual experience. (Space is limited.)

Instructor: Futura Language

Wed, Feb 21-Apr 10	4:15-5 pm
2473-SP24	8 Sessions -\$139



SCAN ME

School District 197 Youth Enrichment uses the electronic flyer communication tool called PeachJar. To view school approved digital flyers simply click the PeachJar button on your school's website homepage or scan the QR code above for our district's PeachJar bulletin board. This green initiative saves paper and significantly reduces copy costs.

Save the Date!

District 197 Summer Youth Swim Lessons registration opens.

April 12, 8am.

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

AQUATICS

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, Jan 2-Feb 27 9800-W24A Central Square, SSP	10:30-11:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thu, Jan 4-Feb 29 9800-W24B Central Square, SSP	10:30-11:15 am 9 sessions - \$56.26 adult, \$22.50 senior (65+)
Fri, Jan 5-Feb 23 9800-W24C Central Square, SSP	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Fri, Mar 1-Apr 26 9800-W24D Central Square, SSP	10:30-11:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Tue, Mar 5-Apr 30 9800-W24E Central Square, SSP	10:30-11:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thu, Mar 7-Apr 25 9800-W24F Central Square, SSP	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)

Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water.

Instructor: Kim Befort

Wed, Jan 3-Feb 28 9901-W24A Central Square, SSP	6-7 pm 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Wed, Mar 6-Apr 24 9901-W24B Central Square, SSP	6-7 pm 8 sessions - \$50 adult, \$20 senior (65+)

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-W24A	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-W24A	30 admissions	\$70 adult (19-64 yrs) \$30 senior (65+)

Scan this code to visit the Central Square Lap Swim page for the most up-to-date information.



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.

Parent Tot & Preschool 1 (Ages 6 mo-3 yr)

Parent and Tot (Ages 6-36 months with parent/guardian): A fun class that introduces toddlers to the water. Parents must accompany the child in the water. The child must wear a swim diaper.

Mon/Wed, Jan 3-31 4600-W24A Central Square, SSP No class Jan 15	11:15-11:40 am 8 sessions - \$70
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Mon/Wed, Jan 3-31 4600-W24B Central Square, SSP No class Jan 15	11:45 am-12:10 pm 8 sessions - \$70
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Mon/Wed, Feb 5-Mar 4 4600-W24C Central Square, SSP No class Feb 19	11:15-11:40 am 8 sessions - \$70
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Mon/Wed, Feb 5-Mar 4 4600-W24D Central Square, SSP No class Feb 19	11:45 am-12:10 pm 8 sessions - \$70
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Preschool Lessons (Ages 3-5 yr)

In level 1 the child is introduced to basic skills, safety & fun in the water. Parents do not accompany their child in the water. In level 2 we will continue to challenge and increase skills. Parents do not accompany their child in the water.

Mon/Wed, Jan 3-31 4601-W24A Central Square, SSP No class Jan 15	10-10:30 am 8 sessions - \$80
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Mon/Wed, Jan 3-31 4601-W24B Central Square, SSP No class Jan 15	10:35-11:05 am 8 sessions - \$80
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Mon/Wed, Feb 5-Mar 4 4601-W24C Central Square, SSP No class Feb 19	10-10:30 am 8 sessions - \$80
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Mon/Wed, Feb 5-Mar 4 4601-W24D Central Square, SSP No class Feb 19	10:35-11:05 am 8 sessions - \$80
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Drop-in - \$8 adult, \$4 senior (65+)

Learn-to-Swim Lessons: Level 1 & 2 (Ages 5 & Older)

Level 1 (ages 5 and up) - Introduction to Aquatic Skills

Introduces floating, kicking, gliding arm & leg action & breath control. Focus on becoming safe & comfortable in water & work on beginner skills.

Level 2 - Fundamental Aquatic Skills

Introduces fundamentals of front crawl & elementary backstroke. Must pass level 1 or be able to float on their front & back for 3-5 seconds.

Mon/Tue, Jan 2-30 6:15-7 pm
4602-W24A 8 sessions - \$120
Central Square, SSP
No class Jan 15

Mon/Tue, Feb 5-Mar 4 6:15-7 pm
4602-W24B 8 sessions - \$120
Central Square, SSP
No class Feb 19

Learn-to-Swim Lessons: Level 3 & 4 (Ages 5 & Older)

Level 3 - Stroke Development

Builds on skills of level 2. Focus on stroke development as participants learn to survival float, swim front crawl, diving skills, & elementary backstroke. Scissors & dolphin kicks are introduced. Learn the fundamentals of treading water.

Level 4 - Stroke Improvement

Breaststroke, butterfly, front crawl, back crawl, backstroke, & safety skills. Learn scissors kick & develop endurance. Must be able to swim 30 meters - front crawl & elementary backstroke.

Mon/Tue, Jan 2-30 7:05-7:50 pm
4603-W24A 8 sessions - \$120
Central Square, SSP
No class Jan 15

Mon/Tue, Feb 5-Mar 4 7:05-7:50 pm
4603-W24B 8 sessions - \$120
Central Square, SSP
No class Feb 19

District 197 Youth Summer Swim Lesson registration opens April 12 at 8 am.



Please scan here for the most up to date District 197 Aquatics Classes.

District 197 Aquatic Center Classes

Adult Lap Swim

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

Wednesday Evenings
Dates and Time to be Determined

Water Aerobics

The 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. sessions during class improves cardiovascular endurance. Exercise 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

Wednesday Evenings
Dates and Time to be Determined

District 197 Spring Private Swim Lessons (Ages: 4+)

These are 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 one-on-one time with an instructor or prefer a quieter environment. Registration will open April 12th.

Wed, May 15-June 5 Times will vary
2910-SP24 4 sessions-\$139
District 197 Aquatic Center, MN



DISTRICT 197 AQUATIC CENTER

WE'RE HIRING! JOIN OUR TEAM!

Lifeguards

\$16-\$20/hour based on experience

Water Safety Instructors (WSI)

\$17-\$21/hour based on experience

Flexible
Hours



Great
Co-Workers

FAMILY PROGRAMS

Crafty Mondays

Crafty Mondays is a fun and creative family class where you and your loved ones can explore various arts and crafts projects together. Come create every month for a delightful time filled with exciting DIY projects and artistic expression. Unleash your creativity, make memories, and take home your masterpieces! Perfect for all ages, Crafty Mondays are a fantastic way to start the week with creativity and togetherness.

Instructor Erin Stahl with Caponi Art Park

Mon, Feb 5 6-8 pm
6909-W24 Circle Weaving 1 Session - \$35
Moreland Elementary, WSP

Mon, Mar 4 6-7:30 pm
6909-W24 Mandala Rock Painting 1 Session - \$35
Moreland Elementary, WSP

Mon, Apr 8 6-7:30 pm
6909-W-W24 Watercolor Leaf Prints 1 Sessions- \$35
Moreland Elementary, WSP

FREE FAMILY FUN!



MONTHLY ON THURSDAYS FROM 6-7 PM

Embark on an exciting journey this school year with our mobile recreation initiative, designed to bring fun and games right to your neighborhood. Our dedicated staff will organize a variety of engaging activities and provide all the necessary equipment for youngsters and families to revel in. Best of all, it's completely free, and no registration is needed.



Dec. 7 Ninja Night
Mendota Elementary

Jan. 4 Sports Spectacular
West St. Paul Dome



Feb. 1 Crafts and Cookies
Harmon Park Neighborhood Center

Mar. 7 Sledding
Southview Park



Apr. 4 Obstacle Course Creations
Moreland Elementary Gym

May 2 Yard and Field Games
Mendakota Park



Cookie Monsters Cookies!

Join us for a delightful family baking class! Suitable for kids aged 6 and above, you'll craft and bring home 6 cookie varieties. Kids can get creative by painting Rolled Sugar Thins, while both parents and kids will mix, shape, and bake Peanut Butter Balls. We'll also have Chocolate Mints, Peppernuts, Sugar Drops with assorted sprinkles, and colorful Spritz cookies ready for shaping. Don't forget to bring containers to take your freshly made cookies home for immediate enjoyment or freezing.

Instructor Laurel Severson

Fri, Mar 1
6908-W24
Two Rivers HS, MH

5:30-8:30 pm
1 Session - \$26 per pair

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, Jan 6-Feb 24 9-10 am
7949-W24A 8 sessions - \$225 - 2nd child add \$75

Sat, Mar 2-Apr 27 9-10 am
7949-W24B 8 sessions - \$225 - 2nd child add \$75

No Class Mar 30
Conquer Ninja Gym, 707 Commerce St, Woodbury

Parents Day Out

No school - no problem! Drop off your kids at Conquer Ninja for two hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all ninja inspired obstacles! During this two-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active! All classes are coached by an experienced Ninja Trainer.

Mon, Jan 15 9-11 am
7950-W24A 1 session - \$40

Mon, Feb 19 9-11 am
7950-W24B 1 session - \$40
Conquer Ninja Gym, 707 Commerce St, Woodbury

SCHOOL AGE CARE

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

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

Where the FUN & LEARNING Never Ends!

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



Encore SAC - Grades 5-8

Encore is a 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. Before school is held at Heritage and Friendly Hills

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

Located in:

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

KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



Kids' Choice 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



2023-2024 School Year Care Offers

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

Spartan Kids' Care

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

Located in:

Hilltop Elementary
Pine Bend Elementary
Salem Hills Elementary

Hours:

AM Care at Hilltop: 6 am until the start of the school day
PM Care at your home school: End of the school day until 6 pm
Non-School Days at Hilltop: 6:00 am-6 pm

Summer Camp:

Summer camp registration begins March 13!

EARLY LEARNING

For families with children ages birth to PreK

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

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan Area, 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 Area	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
West St. Paul-Mendota Heights-Eagan Area	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!

All children in the state of Minnesota are required by law to be screened before the start of kindergarten. Earlier is better and 3.5 years old is the preferred age.

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 Heights-Eagan Area District 197	651-403-8363





West St. Paul-Mendota Heights-Eagan Area

Early Learning and Family Resource Center

1970 Christensen Avenue in West St. Paul

Pre-Kindergarten (Age 4 or older by Sept 1, 2023)

Mon-Fri	5 full days	9:30 am - 3:45 pm
Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

Mixed Age (Age 3 ½ by Sept 1, 2023)

Mon-Fri	5 full days	9:30 am - 3:45 pm
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ThreeSchool (Age 3 years by Sept 1, 2023)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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Extended Day Options with a class AT ELC ONLY

Extended day offers the opportunity for additional activities and learning opportunities. Children may be dropped off any time between 7:00-9:15 am and picked up between 3:30-5:30 pm. Available on days the child attends class. No scholarships.

Pilot Knob STEM Magnet School

1436 Lone Oak Road in Eagan

Pre-Kindergarten (Age 4 or older by Sept 1, 2023)

Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

ThreeSchool (Age 3 years by Sept 1, 2023)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm



Community Preschool

Our preschool classes expose children to a variety of experiences that promote social skills, increase language skills and enhance learning. Children learn and grow in a structured environment that fosters readiness skills to help prepare them for kindergarten. All children must be toilet trained to attend.

ECFC

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 23-24 school year will be published in our Way To Grow Brochure coming out in August.

Scan this
code for more
information!



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



3 Year Old Preschool

\$185/month - Must be 3 by Sept 1, 2024

Kaposia Education Center	Lincoln Center
Morning - M/W/F 9:10-11:10 am	Morning - M/W/F 8:25-10:25 am
Afternoon - M/W/F 12:40-2:40 pm	Afternoon - M/W/F 12:05-2:05 pm

Scholarships available for all ages. Call 651-457-9418 for more information. En Espanol - 651-306-3644

4 Year Old Preschool

FREE - Must be 4 by Sept 1, 2024

Kaposia Education Center	Lincoln Center
Mon-Fri - AM 9:10-11:55 am	Mon-Fri - AM 8:25-11:10 am
Mon-Fri - PM 12:40-3:25 pm	Mon-Fri - PM 12:05-2:50 pm
Mon-Fri - All Day 9:10 am-3:25 pm	Mon-Fri - All Day 8:25 am-2:50 pm

All children must be fully toilet trained and independent in the bathroom in order to attend preschool.

Registration

Registration for the 2024-2025 school year opens January 2024.



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.

La Educación Familiar en la Primera Infancia (ECFE) es....

- Para todas las familias del Distrito de South St. Paul con niños desde el nacimiento hasta el kindergarten.
- Un lugar divertido e informal para conocer, aprender y jugar con otros niños y padres.
- Para inscribirse llamar a Tere Castellanos al 651-306-3644

Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tots (12-24 months) Non-Separating 9-10 am	Mixed Ages (2 to Kindergarten) Separating 9-11 am	Young Toddlers (18-30 months) Separating 9-11 am	Terrific Twos and Threes (2-3 years old) Separating 9-11 am	Drop In Play (0-5 years old) 9-11 am
Baby and Me (0-12 months) Non-Separating 10:15-11:15 am	Las Familias Latinas (0-5 years) 12-2 pm	Las Familias Latinas (5 years) 12-2 pm	Mixed Ages (2-5 years old) Separating 12-2 pm	Winter/Spring Online Registration opens Monday, December 18. Sliding fee and financial aid is available. Call 651-457-9418
Play and Learn (2 ½ to Kindergarten) 6-7:30 pm	Drop in Play (0-5 years) 6-7:30 pm	After Nap Drop in Play (0-5 years) 2:30-4 pm	Drop in Play (0-5 years old) 6-7:30 pm	

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, 2024

Little Spartans Preschool is committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond. Your child will:

- Experience a welcoming, stimulating, and playful environment where they can explore, discover, and grow
- Build confidence through participation in activities and experiences designed to set the stage for future academic success and a lifetime love of learning
- Develop core life skills that enrich self-worth and nurture the development of caring connections with others

Preschool Registration for 2024-2025 opens Tue, Feb 13

www.isd199.org/schools/early-learning/preschool

Open House for Little Spartans Preschool 2024-2025

Visit classrooms, meet the staff, and learn more about preschool and early learning scholarships on Thursday, Jan 11, 4:30-6:30 PM.

Location: Hilltop, Pine Bend, or Salem Hills (age 4 on Sep 1, 2024), OR the IGH Early Learning Center (age 3 on Sep 1, 2024)

Little Spartans Preschool 2024-2025

Age 4 on Sept 1, 2024	Hilltop	Pine Bend	Salem Hills
Mon-Fri AM 7:50-10:30	X	X	X
Mon-Thu PM 11:45-2:30	X	X	X
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sept 1, 2024	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		
Mon & Wed PM 11:45-2:15	X		

Financial assistance available. For more preschool information email preschool@isd199.org or call 651-306-7503. 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.

Registration for Spring ECFE opens Thu, Dec 28

New baby?

Free baby classes & home visits.

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.

For information on current ECFE classes and schedules, call 651-306-7503 or scan the QR code.



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 Ingles(ELL)
Clases de Conversación en línea(ELL)
Preparación para ciudadanía en línea
GED/habilidades académicas
GED en línea
HyFlex GED
Estudios en Línea
Preparación para el examen TEAS/
carrera en el cuidado de la salud
Alfabetización digital de Northstar
Centro de pruebas de GED



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

¡TU PUEDES ESTAR AQUI!

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

communityed.sspps.org/programs/ae

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

Extra Innings y Encore



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

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 kindergarten y hasta sexto grado.



South St. Paul Kids' Choice

Para más información, llame al 651-306-3631.
Visítenos 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



Cuidado del año escolar 23-24 ofrece

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

La inscripción para cuidado de verano se abre el 13 de marzo.

Spartan Kids' Care

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite tridistrict.ce.eleyo.com

Ubicado en:

Hilltop Elementary
Pine Bend Elementary
Salem Hills Elementary

Horas:

Antes de la Escuela: De 6 am hasta el comienzo del día escolar (se llevara a cabo en Hilltop para todas las escuelas)
Después de la Escuela: Desde que termina la escuela hasta las 6 pm (se llevara a cabo en la escuela donde el estudiante esta inscrito)
Días No Escolares: 6am - 6pm (se llevara a cabo en Hilltop para todas las escuelas)



WEST ST. PAUL-MENDOTA HEIGHTS-EAGAN AREA SCHOOLS
SCHOOL AGE CARE

STAY ACTIVE THIS WINTER

HIRING SUPPORT STAFF

- Flexible Days & Hours
- School Year Mon-Fri
- Before School 6:30-8:45 am
- After School 2:00-6:00 pm
- Work with Kids in Grades K-8
- \$15.92/hr Plus \$2+ Hourly Stipend

QUESTIONS OR AN APPLICATION:
Lisa.Grathen@isd197.org | 651-403-8521

APPLY ONLINE :
isd197.org/work4sac



SCAN ME



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
Gymnastics Instructors & Assistants
Kids' Choice Program Assistant

Maintenance/Custodial:

Part-time Cleaners

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.



Nurture. Inspire. Prepare.

TOGETHER, WE THRIVE!

For more information about our schools, programs, and how to enroll, visit 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.



FACT: MOST Simley High School & IGH Middle School students DON'T vape, drink alcohol, or use marijuana.

Join the Spartan Prevention, Advocacy, and Resource Coalition (SPARC) to help even more Inver Grove Heights youth make positive choices for their futures and the future of our community. Visit www.IGHSPARC.org to sign up and learn more.

*Data based on the 2023 Positive Community Norms Student Survey of 1,413 IGH Middle School and Simley High School students in grades 9-12.
Funded by the Minnesota Department of Human Services - BHDH*



What is TriDistrict Community Education?

TriDistrict Community Education is a collaboration between the Community Education Departments of Inver Grove Heights, South St. Paul, and West. St. Paul-Mendota Heights-Eagan school districts. We have joined forces to create a comprehensive and enriching learning experience for students, families, and community members. This collaboration allows us to offer more programs and activities to the community. Programs are available in your local district, or in a neighboring district so you can find something to match your interests and schedules.



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-Mendota Heights-Eagan Area

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.

Request an Accommodation

TriDistrict Community Education is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Community Education office in the district sponsoring the class, as listed on page 2.

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.



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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Adult Education

FREE GED & ELL Classes!

- ✓ GED/Academic Skills
- ✓ Online GED & HyFlex GED
- ✓ TEAS Test Prep
- ✓ Work/Career Readiness Skills
- ✓ College Entrance Placement Test Prep
- ✓ GED Testing Center
- ✓ ELL Levels
- ✓ ELL Online Civics/Citizenship Prep
- ✓ ELL Online Conversation Class



ENROLL TODAY
651-306-3632

communityed.sspps.org/programs/ae

