



# SUMMER 2024

MAY - AUGUST

PARA OBTENER INFORMACIÓN EN ESPAÑOL, VAYA A LAS PÁGINAS 2, 56 Y 57



**LOOKING FOR SUMMER ACTIVITIES? ENJOY CRAFTS, COOKING, MINDFULNESS AND MORE!**

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

**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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### Para traducción en español llame a:

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

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



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan 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](http://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
ISD197.....	651-403-8331

### Adults 55+

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

### Adult Education (ABE)

Linda .....	651-306-3632
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### Adults with Disabilities

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

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

### School Age Care

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

### Youth

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



IDENTIFIES AN ONLINE CLASS

INVER GROVE HEIGHTS  
PARKS & RECREATION

Free!

# Healthy LIVING FAIR

Wednesday, April 17  
9 a.m.–noon

Attend fitness classes, presentations, and visit vendor booths with information on adult health and wellness

For details visit: [ighmn.gov/events](http://ighmn.gov/events)



Scan the code to register for free Healthy Living Fair fitness classes!



VETERANS MEMORIAL COMMUNITY CENTER  
National Guard Gymnasium, 8055 Barbara Avenue, IGH



## YOUTH

### GYMNASTICS FULL DAY CAMP

Come and explore the gym and discover the sport of gymnastics!

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## ADULT ENRICHMENT

NEW!

Paint and Sip, Relax with a cup of tea and a paintbrush.

Page 4

# Little Spartans Community Preschool

Tuition scholarships available!



Call 651-306-7503

or scan the QR code

¿Habla español? Llame 651-306-7862

## 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

## Unleash Your Inner Artist: A Fun, Step-by-Step Paint and Sip Experience!

Are you looking to explore your creative side in a relaxed and welcoming environment? Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas.

**Instructor: Linda Rinaldi**

\$25 - 8x10 Canvas Board  
\$35 - 8x10 Stretched Canvas  
\$45 - 11x14 Stretched Canvas

Wed, May 1	1-3 pm	7548-S24A- Lighthouse
Fri, May 3	6-8 pm	7548-S24B- Lighthouse
Central Square, SSP		
Mon, June 24	6-8 pm	7548-S24A- Gnome
Tue, June 25	1-3 pm	7548-S24B- Gnome
Central Square, SSP		
Thu, July 18	6-8 pm	7548-S24A- Hydrangeas
Fri, July 19	1-3 pm	7548-S24B- Hydrangeas
Central Square, SSP		
Wed, Aug 7	6-8 pm	7548-S24A- Hummingbird
Thu, Aug 8	1-3 pm	7548-S24B- Hummingbird
Central Square, SSP		

## 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, May 7	6-9 pm	
5000-W24 Mountain by the Stream 1 Session - \$50		
Inver Grove Heights MS, IGH		
Tue, June 4	6-9 pm	
5000-S24 Aurora's Dance 1 Session - \$50		
Inver Grove Heights MS, IGH		

## Landscape Oil Painting Like Bob Ross

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, May 8	5:30-8:30 pm
6100-S24 Oval Mountain Sunset 1 Session - \$65	
Two Rivers HS, MH	
Tue, July 16	5-7:30 pm
6100-S24 Fire Lake 1 Session - \$65	
Two Rivers HS, MH	

### 2024

## MAKERS MARKET

## CRAFT SHOW

SATURDAY, NOV 9  
9:00 AM - 3:00 PM  
TWO RIVERS HIGH SCHOOL  
1897 DELAWARE AVE. MENDOTA HEIGHTS, MN 55118



ACCEPTING VENDORS



QUESTIONS?  
CALL: 651-403-8331  
EMAIL:  
KARYN.SOLSENG@ISD197.ORG

SCAN ME

ALL PROCEEDS FROM VENDOR REGISTRATIONS  
SUPPORT DISTRICT 197 COMMUNITY  
EDUCATION FAMILY PROGRAMS.

IN PARTNERSHIP:





## Crafty Cards With a Chance of Chocolate!

Bring a friend, create a variety of handmade cards, relax, and eat chocolate! Learn how to use card kits, tools, and embellishments to DIY your own creative designs. At the end of each class, you will have several cards to take home and the satisfaction of saying "I made it myself". We will use different card kits, embellishments, and tools each month. By August you will have a box full of cards that will bring joy and fun to the giver and the receiver. Creative Memories™ card kits, paper, embellishments, and tools will be used during this class. All supplies provided.

**Instructor: Lynn Waska**

Thu, May 16	7-8:30 pm
5010-S2405 1 Session - \$30	
Thu, June 13	7-8:30 pm
5010-S2406 1 Session - \$30	
Thu, July 11	7-8:30 pm
5010-S2407 1 Session - \$30	
Thu, Aug 8	7-8:30 pm
5010-S2408 1 Session - \$30	
All 4 sessions \$100, save \$20!	
Inver Grove Heights MS, IGH	



### Paint Your Spirit Animal

Do you love animals? Does a particular animal call to you? Connect with your spirit animal in this immersive class! Unleash your creativity and passion for animals as you learn techniques and expressions to bring your favorite creature to life. Bring along pictures for inspiration and let your imagination soar. Get ready to make your artistic visions of your spirit animal leap off the page!

**Instructor: Heather Digolo, MA**

Thu, July 18 5-7:45 pm  
 6119-S24 1 Session - \$75  
 Two Rivers HS, MH

### 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.

**Instructor: Lindsey Guetterer**

Wed, May 1-8 6-9 pm  
 5005-W24 2 Sessions - \$50  
 Inver Grove Heights MS, IGH

### Voiceover... Now is your time

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, video, and more. Most people go about it the wrong way. You will learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

**Instructor: Caitlin Deese**

Mon, June 10 6:30-8:30 pm  
 7690-S24 1 Session - \$35

### Simple Public Speaking Tips for Beginners

Discover the basics of confident communication in our beginner-focused class. Overcome speaking fears, create captivating speeches and grasp powerful body language. In this 4 session course you will acquire vital skills to present yourself professionally in any situation. Join us, unlock your potential, utilize the power of words, speak confidently and leave a lasting impact!

**Instructor: Jolanta Young**

Wed, May 8-29 5-6 pm  
 6120-S24 4 Sessions - \$35  
 Two Rivers HS, MH

### How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. Dive into practical music theory, predicting chord progressions, and mastering transposition—all explained in everyday language. Ideal for those who have taken the Instant Piano course or for anyone who has basic chord knowledge on any instrument, Elevate your skills with this online lesson, an exclusive online book, class recording, and optional Q&A sessions.

**Instructor: Craig Coffman**

Sat, May 11 1-3:30 pm  
 6830-S24 1 Session - \$59



### 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**

Tue, June 11 6:30-9:30 pm  
 7654-S24 1 Session - \$59



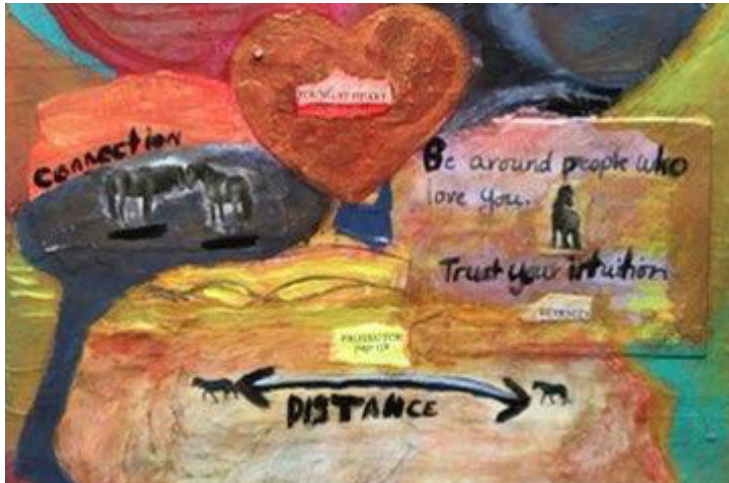
## Instant Guitar for Hopelessly Busy People

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**

Wed, June 12  
7655-S24

6:30-9 pm  
1 Session - \$59



## Journaling for a Better You

Learn basic journaling techniques, respond to prompts, get visual with art supplies and meet some new creatives like yourself. Class is ideal for people on a self-discovery journey and looking to find their writing voice. Appropriate for ages 13 and up. Limited journals available for purchase at class.

**Instructor: Heather Digolo, MA**

Tue, June 18  
6118-S24  
Two Rivers HS, MH

5-7:45 pm  
1 Session - \$45

## Nature Journaling: A Multicultural Perspective

Come for a fun exploration of creative journaling as we reflect on multicultural nature writers' perspectives. Discover how to harness your own unique voice as we delve into strategies for expressing your connection to the natural world. Please bring a journal and a couple of pens. After the writing piece there will be art supplies to decorate and put your personal touch on your journal. Limited journals available for purchase at class.

**Instructor: Heather Digolo, MA**

Thu, July 25  
6121-S24  
Two Rivers HS, MH

5-7:45 pm  
1 Session - \$35

## Memoir Writing

Everyone has stories! Join us as we explore our memories and write stories that preserve our legacies for families, friends, even a wider community. Learn strategies and structure to begin or continue writing memoirs. Classes will include mini lessons, writing time and time to learn from each other! This is a comfortable, enjoyable class, perfect for those with little or no experience writing. Bring writing materials: pen, pencil, notebook or laptop to class.

**Instructor: Susan Cook**

Tue, July 16-Aug 13  
7683-S24  
Central Square, SSP

1:30-3 pm  
5 Sessions - \$49

## Poetry for Smarties

Do you love some Yeats and Neruda? This class will journey through some famous poets and help you build a group of words that will get you going on your writing journey. Bring your favorite journal and pen. Limited journals available for purchase at class.

**Instructor: Heather Digolo MA**

Thu, Aug 8  
6122-S24  
Two Rivers HS, MH

5-7:45 pm  
1 Session - \$30



## Festive Spring Salads

Indulge in the vibrant flavors of the season and discover the art of crafting tantalizing salads bursting with fresh, seasonal ingredients that celebrate the spirit of spring. From zesty dressings to colorful produce combinations, learn to create culinary masterpieces that are as visually stunning as they are delicious. Join us for an immersive experience in salad making that will elevate your springtime gatherings to new heights of flavor and elegance. \$15 supply fee included in cost of class.

**Instructor: Laurel Severson**

Tue, May 7  
6206-S24  
Two Rivers HS, MH

6-9 pm  
1 Session - \$45



### California Sushi Roll Extravaganza!

When it comes to actual sushi that is made with sushi grade raw fish such as salmon or tuna wrapped in rice and seaweed, the sushi tolerance spectrum runs from a very strong "YES" or a very strong "NO" with little wiggle room in between. Enter California "sushi" Rolls that overwhelmingly turn the strong "NO's" into strong yeses! Learn to make a variety of marvelous California rolls that will make you wonder why you haven't tried to make your own before. California "sushi" roll combinations are only limited by your imagination! Learn the skill of creating delicious seasoned sushi rice, spicy mayo, and how to stuff, wrap / shape the rolls, with wonderful filling ingredients. Make it a date night or family night as you create lasting memories in your kitchen!

**Instructor:** Tess Georgakopoulos

Sat, May 11 4-6 pm  
7678-S24 1 Session - \$35



### Thai Street Food

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

**Instructor:** Poly Khunisorn

Tue, May 14 6-8 pm  
7620-S24 1 Session - \$35



### Summer Snack & Sippers

Join Kirsten from her home kitchen as she demonstrates a variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a blueberry-ginger shrub and rosemary lemon syrup to liven up your warm weather libations. Extensive handout with additional recipes included. Class is recorded so you can watch when you're able to or cook along at your convenience.

**Instructor:** Kirsten Madaus

Wed, May 15 6:30-8 pm  
7677-S24 1 Session - \$29



### Spring Roll Symphony: Crafting Crispy & Fresh Spring Roll Relights

No need to look beyond your own kitchen for restaurant quality spring rolls! Whether you are looking to host a memorable dim sum get-together or simply want to create something fresh and bright to welcome in the spring, this is the class you have been looking for! You can customize filling ingredients and seasonings according to your taste or dietary preferences. Join in the fun as we dive into the world of spring rolls learning the techniques to create fillings, and how to wrap, roll, and cook these delightful packets of bright deliciousness! Freezing and reheating tips will also be shared!

**Instructor:** Tess Georgakopoulos

Sat, May 18 4-6 pm  
7679-S24 1 Session - \$40



### From Dough to Delights: Flatbread Pizza & Pizza Panini from Scratch!

Apart from cheese and toppings, homemade dough and sauce are the key ingredients used to create mouthwatering pizza of course! What are the key ingredients used to make the homemade dough and sauce? Recipes for two different homemade doughs will be used. One will be for the flatbread pizzas, and the other for the panini rolls that will be turned into pizza panini! Receive step-by-step guidance and instruction help to ensure the process is as simple as can be. Personalize your flatbread pizzas and panini with toppings and fillings of your choosing.

**Instructor:** Tess Georgakopoulos

Sat, May 25 4-6 pm  
7680-S24 1 Session - \$40



### North Indian Cooking

North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make butter chicken (chicken Makhani), flavored rice, and flavored yogurt (raita).

**Instructor:** Poly Khunisorn

Tue, June 4 6-8 pm  
7621-S24 1 Session - \$35



### Korean Street Food: Chicken Bulgogi Bibimbap

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with chicken bulgogi, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce.

**Instructor:** Poly Khunisorn

Thu, Aug 8 6-8 pm  
7622-S24 1 Session - \$35



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

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for getting your offer accepted among multiple offers, and ways to cover closing costs and mortgage insurance. Explore Twin Cities housing market data, loan programs- including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property.

**Instructor: John Mazzara**

Thu, July 25	6-8 pm
7712-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others

## Buying New Construction

Thinking about moving and considering new construction as a housing option because you want an open floor plan and larger closets? Explore what is available, where to find it, and what to expect in new construction including timelines, hidden costs, risks, and the coordination of selling your existing home or giving appropriate notice on your lease. You will find that there are differences when selecting a smaller builder versus a national builder.

**Instructor: John Mazzara**

Thu, May 23	6-8 pm
7716-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others

## Introduction to Homeowner Associations

Do you live in a townhouse, condominium, or other homeowner association? Considering buying one? Learn how homeowner associations (HOAs) are created, about their governing documents, the board's authority and responsibilities, financial operations, insurance, rules and regulations, homeowner rights and responsibilities and more. Current and prospective homeowners will be better informed and able to participate in their HOA's community life. Presented by the HOA Leadership Network

**Instructor: Lynn Boergerhoff**

Mon, May 6	6-7:30 pm
6401-S24	1 Session - \$12
Two Rivers HS, MH	

## How to Win with Investment Properties

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord from buying, selling, and renting.

**Instructor: John Mazzara**

Thu, June 20	6-8 pm
7713-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others



## Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable.

**Instructor: John Mazzara**

Mon, Aug 12	6-8 pm
7714-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others

## Senior Housing Should I Stay or Should I Go

Learn about lifestyle options for senior living. Should you stay and age in place - making home modifications to reduce safety risks OR should you 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**

Wed, May 8	10-11:30 am
7737-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others



### Introduction to Senior Housing

Explore alternatives to single family living-from condo & 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 and what are your next steps?

**Instructor: John Mazzara**

Mon, May 13	6-8 pm
7717-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others



### So Your Thinking About Leaving MN, An Attorney's Perspective On How To Do It

A vital part of every retirement or resettlement discussion involves the roadmap of issues that help us decide where we want to call home! Is it taxes, the political landscape, the weather, the location of family assets, debt or income concerns in retirement, cost of living, health concerns or . . . our friends are already there! When should we start this discussion? Did you know many States do not tax Social Security, pensions or other qualified retirement income sources? Which are the worst states for estate taxes? How do we establish domicile? How about the quality of medical resources and retirement facilities? All these issues will be raised and discussed in an open and friendly manner with questions encouraged.

**Instructor: Steve Ledin**

Tue, June 4	6:30-7:30 pm
7702-S24	Free for SSP Senior Members,
	\$12 All Others

### Moving Mom & Dad

Five common mistakes children of aging parents make and how to avoid them! Get help finding appropriate housing options for your parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. Learn about the housing market in general for those considering buying or selling a home. We also provide a guide called Moving Mom & Dad, a \$24.95 value. The guide includes information on discussing late-life housing choices with aging parents; solutions for remodeling homes designed for aging-in-place; common senior living options and 55+ communities; key questions to ask when researching assisted living and long-term care communities; and much more.

**Instructor: John Mazzara**

Thu, June 6	6-8 pm
7715-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others

### Preventing Elder Financial Abuse

Elder financial abuse, also known as financial exploitation, is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and acts of deception to gain control over a senior's money or property. You will learn about common types of financial abuse, indicators, and signs, how to report and get help. This class is for older adults and their families.

**Instructor: Vaughn Kavlie**

Thu, June 6	10-11:30 am
7738-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others



### 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**

Mon, July 22	6:30-7:30 pm
6817-S24	1 Session - \$12



## How To Retire From the Attorney's Perspective

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

**Instructor: Steve Ledin**

Mon, May 13	6:30-7:30 pm
7701-S24	Free for SSP Senior Members,
Central Square, SSP	\$12 All Others

## Retirement Planning Today

This 5-hour retirement planning course covers eight key lessons: Retirement planning process; retirement needs & expenses; roadblocks & mistakes; income sources, including social security;; tax-efficient retirement distributions; investments; insurance & annuities, and 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	

## The Retirement Income Rubik's Cube

Join us for an engaging event where we will discover how every twist and turn in your retirement income strategy affects the interconnected pieces of your financial puzzle. Just like learning to solve a Rubik's Cube, we'll highlight how each adjustment of your income impacts variables such as your Medicare premiums, taxes on Social Security, and more. Materials include a take home book designed to help you navigate the complexities of your personal retirement income planning. Designed for retirees and those approaching retirement, this insightful journey will include strategies to help maximize your retirement income and guide you towards a colorful, organized future ahead!

**Instructor: Terri Amundson**

Tue, May 7	6-7:30 pm
5510-S24	1 Session - \$12
Inver Grove Heights MS, IGH	



## Creating Your Retirement Income Blueprint

Explore the impact of retirement income on Social Security, Medicare premiums, and taxes, delving into the 2025 tax break sunset and its potential impact on your cash flow. Participants will receive a workbook featuring a blueprint for designing retirement income, offering timely strategies to optimize income sources. Ideal for retirees and those nearing retirement aiming to retain more of their hard-earned money.

**Instructor: Terrie Amundson**

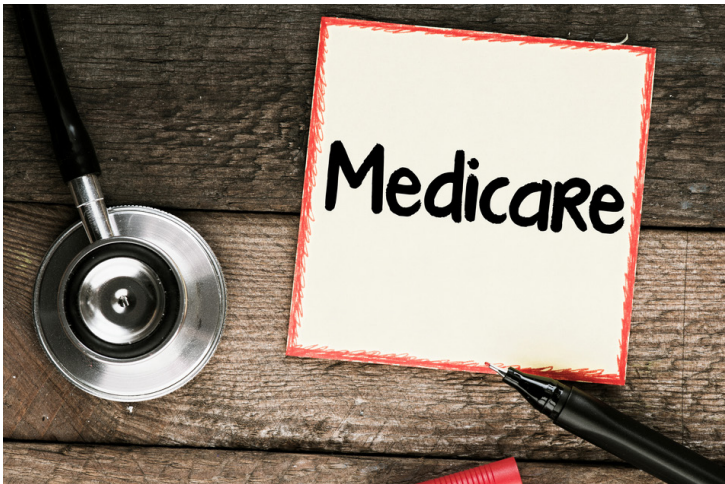
Wed, June 12	6-7:30 pm
6407-S24	1 Session - \$12
Two Rivers HS, MH	

### Will Taxes Affect Your Retirement

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. In this seminar, attendees will learn how future tax changes may create the potential for higher taxes. Ways to create tax-free retirement income. How social security is taxed. How to work efficiently within current tax brackets.

**Instructor: Kevin Schwartz**

Tue, Aug 6 6:30-7:30 pm  
 6408-S24 1 Session - \$12  
 Two Rivers HS, MH



### 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. Due to a significant contribution we are able to offer this class for free. Registration is still required to attend.

**Instructor: Jordan Draper**

Tue, June 4 6-7:15 pm  
 6400-S24 1 Session - FREE  
 Two Rivers HS, MH

### The Ins and Outs of Medicare

Discover the essentials of Medicare in this engaging seminar. Delve into its history, learn the difference between Medicare from Medicaid, explore eligibility criteria, and understand the various components. Interact with licensed health agents as we decode the intricacies, including how healthcare providers collaborate with Medicare, details about supplement and Part D plans, navigating early retirement, and crucial rules for selecting a Medicare plan. Join us for a comprehensive understanding, and let our experts simplify the complexities.

**Instructor: Rolf White**

Tue, Aug 20 6-7 pm  
 6409-S24 1 Session - \$12  
 Two Rivers HS, MH



### Why You Can't Always Trust Your Trust

Discover the right Trust for your Estate Planning needs. Understand the distinctions between Living, Testamentary, and Irrevocable Trusts. Avoid common pitfalls like relying on a Living Trust for Medicaid protection. Delve into the strengths and weaknesses of each Trust type to align with your goals effectively. Get clarity and guidance in this informative class.

**Instructor: Steve Ledin**

Tue, May 14 6:30-7:30 pm  
 6410-S24 1 Session - \$12  
 Tue, July 30 6:30-7:30 pm  
 7777-S24 Free for SSP Senior Members,  
 Central Square, SSP \$12 All Others

### Writing Your Own Will - South St. Paul

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

**Instructor: Kristin Davis**

Tue, June 18 6:30-8:30 pm  
 7736-S24 1 Session - \$50  
 Central Square, SSP



### 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**

Tue, Aug 20 6:30-7:30 pm  
 6806-S24 1 Session - \$12  
 Tue, Aug 20 6:30-7:30 pm  
 7778-S24 Free for SSP Senior Members,  
 Central Square, SSP \$12 All Others



## Introduction to Fly Fishing

Dive into the thrilling world of fly fishing with Mike Alwin! In just two captivating hours, discover the secrets of this immersive sport. From essential gear like rods, reels, and flies to hidden fishing havens, this class covers it all. Unveil the art of casting through an exciting demonstration. Get ready to embark on your fly fishing journey – knowledge and excitement guaranteed!

**Instructor: Michael Alwin**

Thu, May 2 6-8 pm  
6315-S24 1 Session - \$25  
Thompson Park Activity Center, WSP

## Beginning Fly Casting

Embark on a casting adventure with our two-part class! Master both anchored and aerialized casting techniques, along with expert line management. While challenges may arise, fun is guaranteed. Experience the joy of casting as you confidently reach distances of thirty feet – success is within your grasp! Join us for an exhilarating journey into the art of casting mastery. Please note: first class is from 6-8 pm and second class is from 10 am - 12 pm

**Instructor: Michael Alwin**

Thu, May 9 6-8 pm  
Sat, May 11 10 am-12 pm  
6316-S24 2 Sessions - \$65  
Thompson Park Activity Center, WSP

## Pediatric First Aid and CPR for All Ages

This is an Adult/Child/Infant CPR/AED Class with First Aid focused on children. This class meets “Pediatric CPR/AED & First Aid” requirements for the MN Child Care Licensing Agency. It includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. No written test is required. Please wear comfortable clothing and bring a lunch and beverage.

**Instructor: Deb Gutzman**

Sat, May 18 8:30 am-2 pm  
7104-S24 1 Session - \$85  
Central Square, SSP

## Basic CPR/AED for Adult/Child & Infant

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, June 20 5-7:45 pm  
7103-S24 1 Session - \$60  
Central Square, SSP

## Break Free: How to Reclaim Your Confidence and Create Your True Desires

Participants will 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 fulfill their true desires. This class is ideal for those who are harboring a secret desire to start a new business, write a book, become their own best friend, or simply experience more confidence, joy, and fulfillment in their everyday life.

**Instructor: Daneika Glenn**

Finding your true north with intuition  
Wed, May 15 7-8 pm  
7545-S24A 1 Session - \$39  
Central Square, SSP

How to break free from self-doubt  
Wed, May 22 7-8 pm  
7545-S24B 1 Session - \$39  
Central Square, SSP

Mastering Inner Visioning: Overcoming creative blocks with words, wisdom and wonder  
Wed, May 29 7-8 pm  
7545-S24C 1 Session - \$39  
Central Square, SSP

All three sessions  
Wed, May 15-29 7-8 pm  
7545-S24 3 Sessions - \$109  
Central Square, SSP

## Dementia Friends

Learn from 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, July 16 10:30-11:30 am  
7145-S24 1 Session - Free  
Central Square, SSP

### Psychic Development

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, May 21 6:30-8:30 pm  
7475-S24 1 Session - \$45  
Central Square, SSP

### Energetic Cording

Energetic cording is something everybody does, sometimes intentional and sometimes not. It is the feeling of being connected to someone or drained by them. In this class you will learn what exactly energetic cording is, which ones are healthy and which ones cause imbalance and need to be released. You will also learn how to disconnect or decord energy, and heal as to not have it happen again. An exercise will be provided at the end of class to experience decording.

*Instructor: Lily McNamara*

Tue, Aug 20 6:30-8:30 pm  
7478-S24 1 Session - \$45  
Central Square, SSP



### 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.

- 6 pm - Introduction for both Weight Loss and Smoking Cessation.
- 7 pm - Weight Loss Hypnosis.
- 8 pm - Stop Smoking/Chewing Tobacco Hypnosis.

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.

*Instructor: Mary Fischer*

Mon, June 17 5:30-8:30 pm  
7111-S24 1 Session - \$60 one topic  
Central Square, SSP \$120 both topics

### Tarot 101

Do you think tarot is complicated? It doesn't have to be. Once you learn the basics it's easy! Ever wondered what the cards have to tell you? In this class you will learn a solid foundation to jump start your journey with tarot. Major and minor arcana, the suits and even a few spreads! Please bring a tarot deck if you have one.

*Instructor: Lily McNamara*

Tue, June 18 6:30-8:30 pm  
7476-S24 1 Session - \$45  
Central Square, SSP



### Experience Spiritual Practice

In this class we will practice using our spiritual gifts and reading tarot cards. (Please have taken Discover Spiritual Gifts, Tarot 101 or know your own gifts before class). Walking through different techniques to practice and hone your intuition. Taking home exercises to assist you in growing your gifts!

*Instructor: Lily McNamara*

Tue, July 16 6:30-8:30 pm  
7477-S24 1 Session - \$45  
Central Square, SSP



### Is Your Waistband Too Tight Today? Strategies for Beating Belly Bloat

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And we will do this without getting on the floor.

*Instructor: Janice Novak*

Mon, May 6 6-7:30 pm  
7139-S24 1 Session - \$30



## Posture, Get It Straight!

Look 10 Years Younger, & Feel Better Than Ever. Have you caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. No matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! A resistance band is needed for some of the exercises.

**Instructor: Janice Novak**

Mon, May 13  
7134-S24

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, unround shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to regain 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**

Tue, June 4  
7135-S24

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

## Fantasy Football

Welcome to the realm of Fantasy Football! This class will provide participants with the fundamentals of fantasy football. If you are new to fantasy football, this is the class for you! Participants will learn how to draft players (there will be a mock 4 round draft), understand important terms and abbreviations needed to succeed in fantasy football, be provided tools (websites) that make it fun and easy compete week to week, and how to begin a league. Participants will learn how fun and easy fantasy football can be.

**Instructor: Matthew Dodge**

Wed, June 26  
6500-S24  
Two Rivers HS, MH

5:30-7:30 pm  
1 Session - \$29

Wed, Aug 7  
5500-S24

5:30-7:30 pm  
1 Session - \$29

Inver Grove Heights MS, IGH

## Will I Have Chronic Pain Forever?

Explore beyond conventional treatments for chronic pain and fibromyalgia! If medications and surgeries haven't brought the relief you seek, this class is your game-changer. Uncover why these approaches may fall short and explore a multi-faceted, non-invasive path to reclaiming your life. Walk away empowered with multiple actionable steps to implement in order to take back your life.

**Instructor: Christie Amundson; DPT, PRC, FDN-P and Certified QNRT Practitioner**

Wed, July 24  
6317-S24  
Two Rivers HS, MH

6-7:30 pm  
1 Session - \$12



## Adult Spanish Conversation - ¡Vamos a Charlar!

Are you seeking opportunities to practice Spanish? Unlock the world of Spanish fluency in this dynamic class! Dive into real-life conversations covering diverse topics such as 'un poco de todo' (a little of everything) and everyday Spanish. Engaging instructors foster an interactive environment, encouraging participants to practice practical vocabulary for home, work, travel, and leisure. Perfect for both new learners and returning students, this hands-on experience transforms language learning into a lively journey. Start speaking Spanish confidently today!

**Instructor: Futura Language**

Tue, June 4-25  
6823-S24

6-7 pm  
4 Sessions - \$85



## A Parent's Guide to TikTok

Have you heard about the latest new app called TikTok? Learn how it's used and how parents can help their kids stay safe while on it. You'll leave the class with helpful action items to help gain a better understanding on what to do, or not do, within the app. The class will help set up a healthy foundation for technology habits your family can benefit from for the rest of their lives whether in school or in their professional careers.

**Instructor: Nickie Welsh with Social Club Simple**

Thu, May 16  
6825-S24

12-1 pm  
1 Session - \$25



## Create Social Media Content Without Panicking

Are you nervous to begin filming and posting your own social media content? Overcome media content fears with our beginner class. Whether for business or personal use, learn strategies for effortless social media content creation. Say goodbye to camera anxiety and gain skills for confident and engaging content. Step-by-step guidance ensures a quick start. Unleash your potential in this empowering class!  
**Instructor: Nickie Welsh with Social Club Simple**

Tue, June 11  
6827-S24

12-1 pm  
1 Session - \$25



## Social Media for Business

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skill set or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

**Instructor: Nickie Welsh with Social Club Simple**

Thu, July 18  
6824-S24

12-1 pm  
1 Session - \$25



## Cell Phones and Parenting - Oh My!

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for you child's Smartphone, and more. You will leave this class with a confident plan to simplify the technology so that you and your child can use the phone safely without worry.

**Instructor: Nickie Welsh with Social Club Simple**

Tue, Aug 13  
6826-S24

12-1 pm  
1 Session - \$25



## Photo Organization: Print & Digital

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

**Instructor: Kathy Povolny**

Mon, June 10  
7403-S24  
Central Square, SSP

6:30-8:30 pm  
1 Session - \$24

## Let's Tap Dance: Let's Tap 1

*(Performance in May)*

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. 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  
7207-S24  
Central Square, SSP

6:45-7:45 pm  
4 Sessions - \$29

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

## 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  
7208-S24  
Central Square, SSP

5:30-6:15 pm  
4 Sessions - \$29

## Nordic Pole Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body. We use specially designed poles, not to be confused with trekking poles, to enhance your natural walking experience. Burn more calories and improve your posture and gait! Specially designed Nordic poles are provided for use by the instructor.

**Instructor: Kay Okey**

Wed, June 26  
6302-S24  
Thompson Park Activity Center, WSP

4-5:15 pm  
1 Session - \$34

## Line Dance for Weddings & Parties

Just in time for the wedding season! No need to sit and watch any more: step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for the entire evening of fun!

**Instructor: Monica Mohn**

Wed, May 29  
7210-S24  
Central Square, SSP

6-7 pm  
1 Session - \$15

## Adult Social Kickball League

Step back into the golden days of playground fun with playing kickball! Revisit the joy of carefree afternoons spent kicking balls and making memories with friends. This league focuses on high-enjoyment, good-attitude, quality entertainment and, most importantly, spending an evening with a bunch of fun people enjoying the social nature that is a game of Kickball! No Umpire on site. Registration is open to both individuals and teams consisting of a minimum of 10 players. Individuals may be added to an already established team or placed in a free agent team.

Thu, May 23-June 27  
6320-S24 A  
Heritage MS, WSP

5:30-9 pm  
6 Sessions - \$175 per team;  
\$19 per individual

Thu, July 18-Aug 22  
6320-S24 B  
Heritage MS, WSP

5:30-8:30 pm  
6 Sessions - \$175 per team;  
\$19 per individual



## Wedding Dance-It's Not Too Late To Look Great

You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop, Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction", 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, May 29  
7212-S24  
Central Square, SSP

7-8:30 pm  
1 Session - \$35

## Shake it Off Line Dance

Taylor Swift's fun, sassy song invites you to move your feet, sing along and... "Shake it Off"! So grab some friends and enjoy an hour of fun that will have you dancing the night away! No Partner needed.

**Instructor: Monica Mohn**

Wed, June 26  
7211-S24  
Central Square, SSP

6-7 pm  
1 Session - \$15

## Swing Dance

One day! One dance! A lifetime of fun! Start the summer off with swing dancing! Monica Mohn uses her competitive dance experience to make the swing easy, with fun spins and patterns you can use for years to come. Couples only please.

**Instructor: Monica Mohn**

Wed, June 26  
7213-S24  
Central Square, SSP

7-8:30 pm  
1 Session - \$35



**Virtual Fitness Classes - 9913-S24**

Visit the Central Square front desk or [communityed.sspps.org](http://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](http://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, May 3-31	6:30-7:30 pm
9903-S24A	5 sessions - \$31.25 adult
Central Square, SSP	\$12.50 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*

Wed, May 1-June 26	4:30-5:30 pm
9909-S24A	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
<i>No Class June 19</i>	
Thu, May 2-June 27	5:15-6:15 am
9909-S24B	9 sessions - \$56.25 adult
Central Square, SSP	\$22.50 senior (65+)
Tue, May 7-June 25	5:15-6:15 am
9909-S24C	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
Tue, July 2-Aug 27	5:15-6:15 am
9909-S24D	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
<i>No Class July 9</i>	
Wed, July 3-Aug 28	4:30-5:30 pm
9909-S24E	8 sessions - \$50 adult
Central Square, SSP	\$20 senior (65+)
<i>No Class July 10</i>	
Thu, July 18-Aug 29	5:15-6:15 am
9909-S24F	7 sessions - \$43.75 adult
Central Square, SSP	\$17.50 senior (65+)

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

## Cardio Kickboxing

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

**Instructor: Jina Digaetano**

Tue, May 7-June 25 9915-S24A Central Square, SSP	5:30-6:30 pm 8 sessions - \$50 adult \$20 senior (65+)
Tue, July 2-Aug 27 9915-S24B Central Square, SSP No Class July 9	5:30-6:30 pm 8 sessions - \$50 adult \$20 senior (65+)

## Mat Pilates

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

**Instructor: Jina Digaetano**

Tue, May 7-June 25 9916-S24A Central Square, SSP	6:30-7:30 pm 8 sessions - \$50 adult \$20 senior (65+)
Tue, July 2-Aug 27 9916-S24B Central Square, SSP No Class July 9	6:30-7:30 pm 8 sessions - \$50 adult \$20 senior (65+)



## Kettlebell-TRX® Fusion

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

**Instructor: Michelle Richter**

Sat, July 20-Aug 31 9906-S24A Central Square, SSP	10-11 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Sat, July 6-Aug 31 9906-S24B Central Square, SSP	10-11 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)

**Drop-in - \$8 adult, \$4 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, May 2-June 27 9908-S24A Central Square, SSP	5:30-6:30 pm 9 sessions - \$56.25 adult \$22.50 senior (65+)
Thu, July 18-Aug 29 9908-S24B Central Square, SSP	5:30-6:30 pm 7 sessions - \$43.75 adult, \$17.50 senior (65+)

## Yoga

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

**Instructor: Rita Wurm**

Thu, May 2-June 27 9911-S24A Central Square, SSP	6:30-7:30 pm 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thu, July 18-Aug 29 9911-S24B Central Square, SSP	6:30-7:30 pm 7 sessions - \$43.75 adult \$17.50 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, May 6-June 24 9918-S24A Central Square, SSP No Class May 27	5:30-6:30 pm 7 sessions - \$43.75 adult \$17.50 senior (65+)
Mon, July 1-Aug 26 9918-S24B Central Square, SSP No Class July 8	5:30-6:30 pm 8 sessions - \$50 adult \$20 senior (65+)

## Yoga Fusion

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

**Instructors: Rita Wurm/Jina Digaetano**

Mon, May 6-June 24 9902-S24A Central Square, SSP No Class May 27	6:30-7:30 pm 7 sessions - \$43.75 adult \$17.50 senior (65+)
Mon, July 1-Aug 26 9902-S24B Central Square, SSP No Class July 8	6:30-7:30 pm 8 sessions - \$50 adult \$20 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



### 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](https://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](http://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.



## Glow in the Dark Painting

Unleash your creativity and dive into the mesmerizing world of luminous art with our Glow-in-the-Dark Painting Class! This unique and exciting class is designed for art enthusiasts of all skill levels who want to explore the magic of creating stunning artworks that come to life with an ethereal glow in the dark or under a uv light.

Tue, May 7  
1064-S24  
Branch Out Building

6-7pm  
1 session - \$6

## Bite-Size Apple Pies

Do you like apple pies? Do you like easy and fun recipes? Join us in a fun filled class learning how to make delicious bite sized apple pies. They are a perfect snack or a special dessert you can bring to your next party. Come join us for some apple fun!

Thu, May 16  
1067-S24  
Branch Out Building

6-7:30 pm  
1 session - \$9



## Watercolor Pillowcases

Making your own bedroom or living room decor has never been so much fun. Join us for a night of painting pillowcases. This watercolor technique blends colors to make a beautiful tie dye effect. You can paint them to match your bedroom or your favorite colors. We can't wait to see your wonderful creations.

Wed, June 5  
1065-S24  
Branch Out Building

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

## Fruit Smoothies

Have you ever wanted to learn how to make something for breakfast that was quick, delicious and nutritious? Well now you can! Join us as we learn from a special peer the art of making the perfect smoothie. We will blend fruit, vegetables, yogurt and more to make these delicious creations in only a short amount of time. It will be a skill you can enjoy over and over again.

Thu, July 18  
1068-S24  
Branch Out Building

6-7 pm  
1 session - \$9

## Flower Pot Painting

Join us for fun and creativity. You will enjoy painting and personalizing your own flower pot. You can paint one for yourself or gift it to a friend. We will use paint and markers to decorate and seal it with a top coat so your pot can be enjoyed for years to come. Can't wait to get creative with you!

Thu, Aug 1  
1066-S24  
Branch Out Building

6-7 pm  
1 session - \$6

### 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.

Fri, May 31 6-7:30 pm  
 1063-S24 1 session - \$5  
 Branch Out Building



### Friday Fun Night

Move over Branch Out Hangout here comes Friday Fun Night! 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. If you need assistance with program cost please call 651-403-8331 and we will gladly help out.

Fri, May 10 6-8:30 pm  
 1058-S24 May 1 session - \$8  
 Branch Out Building

Fri, June 14 6-8:30 pm  
 1058-S24 June 1 session - \$8  
 Branch Out Building

Fri, July 12 6-8:30pm  
 1058-S24 Jul 1 session - \$8  
 Branch Out Building

Fri, Aug 9 6-8:30pm  
 1058-S24 Aug 1 session - \$8  
 Branch Out Building

### 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.

Mon, May 20 6-7 pm  
 1059-S24 May 1 session - \$4  
 Branch Out Building

Mon, June 17 6-7 pm  
 1059-S24 Jun 1 session - \$4  
 Branch Out Building

### Stroll, Roll, Walk and Talk

Join us for a scenic stroll or roll around the stunning Thompson Park Lake with friends! Embrace the beauty of nature while enjoying great company. Let's make memories together in this refreshing class experience!

Tue, June 18 5-6 pm  
 1069-S24 Jun 1 session - \$5  
 Thompson Park Lake

Tue, July 23 5-6 pm  
 1069-S24 Jul 1 session - \$5  
 Thompson Park Lake

Tue, Aug 20 5-6 pm  
 1069-S24 Aug 1 session - \$5  
 Thompson Park Lake



### Paddle Boat Monday Madness Cruise

Embark on a thrilling 90-minute journey aboard the iconic Mississippi Paddle Boat, where adventure meets history in the most delightful way! This narrated excursion promises a joyous ride featuring highlights such as the majestic St. Paul High Bridge, the mysterious Pig's Eye Cave, the scenic Minnesota River mouth, the charming Pike Island, and the timeless beauty of the ever-flowing Mississippi River. There will be delightful concessions on board so don't forget to bring some money. This is an adventure you won't want to miss! Limited seats available. **Caregivers must register.**

Mon, July 15 5:15-7:30 pm  
 1070-S24 1 session - \$19  
 Padelford Landing at Harriet Island, St. Paul

### End of Summer Picnic Party

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

Fri, Aug 16 5:30-7:30 pm  
 1071-S24 \$8 - pre-registration  
 Thompson Park Picnic Pavilion \$10 - at door

Scan to see our  
current programs.



**Central Square**

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

**Linda Jacobs-Buse,**

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

**Services**

**Refunds**

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

**Cancellations**

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

**Inclement Weather**

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

**Free Wi-Fi**

Wireless internet access is available anywhere in the building. No password necessary.

**Notary Service**

Mon-Fri from 7:30 am - 4 pm

**Room Rental**

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

**Senior Center Hours**

Monday-Friday: 7:30 am - 3 pm

**About the Senior Center**

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

**Become a Member for Only \$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](http://fareforall.org)

Tuesdays: May 21, June 25, July 30, August 27 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.

**Virtual Fitness Classes - 9913-S24**

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

**Strength Cardio**

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

*Instructors: Terie Hanson, and Rita Wurm*

**Yoga**

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

*Instructor: Terie Hanson*

**Senior Yoga**

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

*Instructor: Terie Hanson*

**Senior Strength Cardio**

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

*Instructor: Terie Hanson*

**Fees**

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

**Silver & Fit® Explore**

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join!

*Instructor: Kim Befort*

Fri, May 3-June 28 9803-S24A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Fri, July 5-Aug 30 9803-S24B Central Square, SSP No Class July 12	9:30-10:15 am 8 sessions - \$50 adult \$20 senior (65+)

**Silver Sneakers® Classic**

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

*Instructor: Kim Befort*

Thu, May 2-June 27 9801-S24A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Tue, May 7-June 25 9801-S24B Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult \$20 senior (65+)
Tue, July 2-Aug 27 9801-S24C Central Square, SSP No Class July 9	9:30-10:15 am 8 sessions - \$50 adult \$20 senior (65+)
Thu, July 18-Aug 29 9801-S24D Central Square, SSP	9:30-10:15 am 7 sessions - \$43.75 adult \$17.50 senior (65+)

**Senior Circuit**

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

*Instructor: Terie Hanson*

Wed, May 1-June 26 9802-S24A Central Square, SSP No Class June 19	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Thu, May 2-June 27 9802-S24B Central Square, SSP	6:15-7:15 am 9 sessions - \$56.25 adult \$22.50 senior (65+)
Mon, May 6-June 24 9802-S24C Central Square, SSP No Class May 27	6:15-7:15 am 7 sessions - \$43.75 adult \$17.50 senior (65+)
Mon, July 1-Aug 26 9802-S24D Central Square, SSP No Class July 8	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Wed, July 3-Aug 28 9802-S24E Central Square, SSP No Class July 10	6:15-7:15 am 8 sessions - \$50 adult \$20 senior (65+)
Thu, July 18-Aug 29 9802-S24F Central Square, SSP	6:15-7:15 am 7 sessions - \$43.75 adult \$17.50 senior (65+)

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

**Senior Center**

Ongoing Activities (pre-registration is not required)

**SSP Buzz**

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

Monday-Friday 8:30-11 am

**Walk the Square**

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

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

**Penny Bingo**

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

Mondays 1-2:30 pm

**Cribbage**

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

Mondays 12-2:30 pm

**Woodcarvers**

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

Tuesdays 9-11 am

**Line Dancing**

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

Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

**Craft Day**

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

Tuesdays 1-3 pm

**Beginner 500 Cards**

What to learn Five Hundred? Come join us to learn this game. 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 10-11 am

**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 Game**

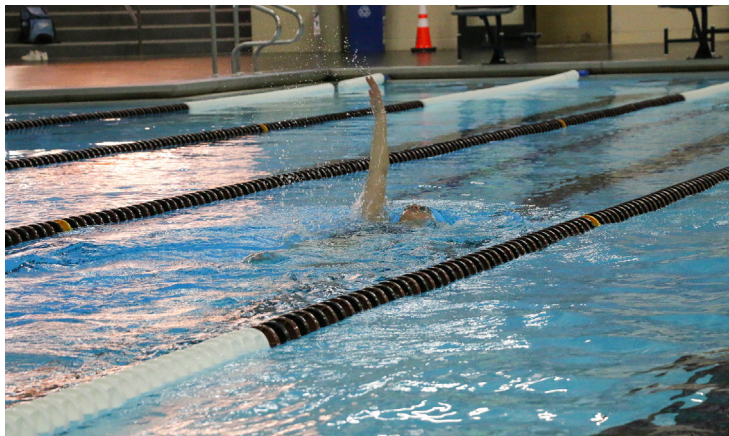
Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays 1-3 pm

**Lap Swim**

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

Punch Card 9912-S24	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-S24	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.



UPCOMING EVENTS



**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**

- May 14 \$45 per session
- June 11
- July 9
- Aug 13

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, May 8
- Wed, June 12
- Wed, July 10
- Wed, Aug 14
- Wed, Sept 11

**Senior Out and About Lunches**

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

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

- Wed, May 8 Houlihan's
- Wed, June 12 Perkins
- Wed, July 10 Olive Garden
- Wed, Aug 14 Tamarack Tap Room
- Wed, Sept 11 The Woodbury Cafe



**Senior Socials at Central Square**

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

**11:30 am-1 pm**

- Thu, May 23 Tea Party
- Thu, June 13 Ice Cream Social
- Thu, July 25 Summer Cookout
- Thu, August 22 Salad Bar

**Everything You Want to Know About Medicare**

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 an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan as well as those currently enrolled in Medicare.

**Instructor: Greg De Keuster**

- Wed, June 12 6:30-8 pm  
7146-S24A 1 Session - Free
- Wed, July 17 1-2:30 pm  
7146-S24B 1 Session - Free
- Wed, Aug 14 6:30-8 pm  
7146-S24C 1 Session - Free

**Home Safety for Seniors**

Stay safe and independent in your home. We can provide information or services, programs, and resources at no cost that may help you prevent or reduce future falls. Fire safety talks as well, kitchen/cooking, smoking, candles, electrical, and fire extinguishers.

**Instructors: South Metro Fire Department**

- Tue, May 21 1-2 pm  
7150-S24 1 Session - Free  
Central Square

**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: visit [www.ighmn.gov/activeadults55](http://www.ighmn.gov/activeadults55) or call the Parks and Recreation office at 651-450-2480

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

**EDUCATIONAL PROGRAMS**

**Peripheral Neuropathy**

**Wednesday, June 12 • Free**

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and your quality of life naturally. Reduce the symptoms or reverse it without the use of medications, injections or surgery. Identify the three biggest mistakes people make when treating their neuropathy so you can avoid them and have success. Dr. Cody Rodewald has treated over 3,000 neuropathy and spinal cases. He received his Doctor of Chiropractic from Palmer College of Chiropractic and his Board Certification in Chronic Pain & Neuropathy from the American College of Physical Medicine.

**Time:** Noon      **Location:** VMCC, Community Room 1  
**Code:** AP-S0612      **Register by:** Wednesday, June 5

**Senior Living Bus Tour**

**Tuesday, May 14 • \$15 (includes lunch)**

Hop on a bus for an exclusive tour of senior living communities in the Inver Grove Heights and neighboring areas. Guided by a senior professional from Caring Transitions, you will learn specifics about Independent Living, Assisted Living or Memory Care offered at several unique communities. You will feel better prepared for a future move or downsizing once you've toured and visited these senior living options. Lunch and transportation is included along with an opportunity to speak with the senior housing specialist at each site and other unique businesses to assist as well. Note space is limited and will be walking at each stop with possibly stairs for the bus!

**Time:** 8:30 am–2 pm      **Check-in:** VMCC, Community Room 2  
**Code:** AP-P0514      **Register by:** Tuesday, May 7

**Landmark Tours Travel Show**

**Tuesday, May 21 • Free**

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

**Time:** 10 am      **Location:** VMCC, Community Room 2  
**Code:** AP-S0521      **Register by:** Tuesday, May 14

**IGH Fire Station #2 Tour**

**Monday, July 15 • \$14**

IGH Senior Club members only box lunch and tour of the IGH Fire Department Station #2. See next page for registration details.

**Time:** Noon      **Register by:** Thursday, July 11  
**Location:** Fire Station #2 (9200 Courthouse Blvd., IGH)

**Improving Safety for Aging Drivers**

This class will cover age-related driving changes, share tools that help to objectively identify any impairments, and provide actions to consider when an aging driver is becoming unsafe. You will learn about options for improving older driver safety while maintaining the sensitivity required when balancing needs and concerns regarding loss of independence. Class will be led by Joan Somes, PhD, RN-BC, NRP, who spent 40 years as an emergency nurse and 46 years as an emergency care educator.

**Session 1: Wednesday, July 24 • Free**

**Time:** 5:30 pm      **Location:** VMCC, Community Room 2  
**Code:** AP-S0724      **Register by:** Wednesday, July 17

**Session 2: Thursday, August 22 • Free**

**Time:** 10 am      **Location:** VMCC, Community Room 2  
**Code:** AP-S0822      **Register by:** Thursday, August 15

**DANCE PROGRAMS**

**Contemporary Line Dancing**

**Tuesdays, April 9–May 14 • \$40**

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 is a two-hour, progressive beginner class that will move up to slightly more challenging steps as people are ready.

**Time:** 1–3 pm      **Location:** VMCC, Fitness Center Studio  
**Code:** AP-P0409      **Register by:** Friday, March 29

**Social Dance Classes at the VMCC**

**Salsa: Fridays, April 5–19 • \$70**

**Time:** 11:30 am      **Code:** AP-P0405      **Register by:** Friday, March 29

**Hustle: Saturdays, April 6–27 (skip April 13) • \$70**

**Time:** 12:10 pm      **Code:** AP-P0406      **Register by:** Saturday, March 30

**Single Swing: Fridays, April 26–May 10 • \$70**

**Time:** 11:30 am      **Code:** AP-P0426      **Register by:** Friday, April 19

**Merengue: Saturdays, May 4–18 • \$70**

**Time:** 12:10 pm      **Code:** AP-P0427      **Register by:** Saturday, April 27

**Dance Party - Dancing with your Mama!**

**Saturday, May 1 • \$20**

Spend time with your mom or other special woman at this fun event!

**Time:** 4 pm      **Location:** VMCC, Fitness Center Studio  
**Code:** AP-P0511      **Register by:** Saturday, May 4

# 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** Membership renewal is now open. 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.**

**May 20 • \$10:** Baked Ziti from Angelo's Italian Restaurant, salad, bread and ice cream • BINGO

**June 17 • \$10:** Chicken from The Coop, au gratin potatoes and cole slaw; Entertainment: Joanne Bolles

**July 15 • \$14 • Fire Station #2 Tour:** Luncheon will be held at IGH Fire Station #2 (9200 Courthouse Boulevard, Inver Grove Heights); Box lunch: Pulled pork sandwich from Dickey's Barbecue Pit, chips, cole slaw and a cookie

**August 19 • \$18:** Lasagna from Turitto's Pizza, salad and ice cream; BINGO

## 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](mailto: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



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

INVER GROVE HEIGHTS PARKS & RECREATION

Free!

Wednesday, April 17  
9 a.m.–noon

Healthy **LIVING FAIR**

Fun activities, engaging speakers, fitness demonstrations and more!

For details visit: [ighmn.gov/events](http://ighmn.gov/events)



VMCC, NATIONAL GUARD GYMNASIUM, IGH



## 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](mailto:quinneschle@gmail.com). Room location will be posted in the VMCC on day of club.

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

**June 24** *The Heartbeat of Wounded Knee: Native America from 1890 to the Present* by David Treuer

**July 22** *Seabiscuit: An American Legend* by Laura Hillenbrand

**Aug. 26** *When Breath Becomes Air* by Paul Kalanithi

**Sept. 23** *The Body: A Guide for Occupants* by Bill Bryson

## 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.

**May 14** *The Nightingale* by Kristin Hannah

**June 11** *The Cleaner* by Mark Dawson

**July 9** *Run Rose Run: A Novel* by Dolly Parton and James Patterson

**Aug. 13** *All the Light We Cannot See* by Anthony Doerr

## 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.

## 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. We offer instruction, leagues and open times. **View the schedule:** [ighmn.gov/pickleball](http://ighmn.gov/pickleball) or to register for classes or leagues visit [ighmn.gov/register](http://ighmn.gov/register)

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



**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 May 27, June 19, July 1-5, 2024.

**Contact and Registration Information:**

TPAC Phone: 651-403-8300

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

Registrations are taken on a first-come, first-serve basis. 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-Apr / 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 or trip deadline. 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](http://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](http://trellisconnects.org/get-help/medicare) for an appointment.

**Fare For All**

Affordable groceries for all. Details at [thefoodgroupmn.org](http://thefoodgroupmn.org), email [info@thefoodgroupmn.org](mailto: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.

## SPECIAL EVENTS

**Alive and Kickin is Back**

Join us for an hour of musical magic as we share our vibrant message—Redefining Aging, Honoring Seniors, and Inspiring All! Our mission is to give voice to seniors, breaking stereotypes around aging. This season, groove to The '70s vibes! From ABBA to Elton John to Queen, we're set to Rock n' Roll and bring the cultural revolution of this dynamic decade to life. Can you dig it? Get ready to BOOGIE! We can't wait to see you there!

Wed, May 22 1-2 pm  
1410-S24 1 session - \$10



**Flea Market  
& Hot Dog Cookout**

Thursday, June 27 | 10 am-2 pm  
Dakota Lodge  
1200 Stassen Ln, West St Paul, MN 55118

Accepting Vendors: 651-403-8300

**Flea Market and Hot Dog Cookout**

Explore a treasure trove of over 20 diverse booths in the spacious Dakota Lodge where the weather is always perfect. Unearth unique finds, from vintage gems to one-of-a-kind treasures. Live music on the outside patio adds to the ambiance, weather permitting. Join us for a day of exciting discoveries, food, and music; and bring home something special! Grilled hot dogs, chips, cookies & beverages available for \$5. No registration needed.

Thu, June 27 1 session - Free  
Flea Market: 10 am-2 pm  
Lunch: 11 am-1 pm

**Invitation to Flea Market Vendors**

Be a vendor at our summer flea market held in the Dakota Lodge where the weather is always perfect! Limited outdoor space is also available. Register online or call TPAC at 651-403-8300 to reserve your table or to request more information. Vendor registration closes June 20 and is required. There is no fee to register. Instead a contribution of 10% of your sales is required, which will be capped at \$20. This will be allocated at the end of the market.

Thu, June 27 10 am-2 pm  
1687-S24

**Chill with Music and Ice Cream**

Don't miss this cool performance by Matthew Griswold, as he covers Johnny Cash songs and more. Be transported to the golden era of the 50s-70s with a soulful rendition of Cash's timeless hits and other memorable classics. As the music resonates, savor every moment with a bowl of ice cream. It's a match made in musical and sweet-tooth heaven—join us for an afternoon of great tunes and sweet indulgence!

Wed, July 24 1-2 pm  
1862-S24 1 session - \$10

**A Futurist's Perspective: Know What Changes, What Doesn't, and What's Next**

A fascinating conversation with Cecily Sommers helps us make sense of our world at this moment in history. Named as a "Top 50 Female Futurist in the World", Cecily offers guidance to meet these times with equanimity and wisdom. From her 25 years as a futurist, she'll share her understanding of what changes over time, what doesn't, and imagining what's next. Cecily shows how the principles and practices of foresight also apply to change in our own lives. Presenter: Cecily Sommers, author of *Think Like a Futurist*

Wed, Aug 21 1-2 pm  
1846-S24 1 session - \$10

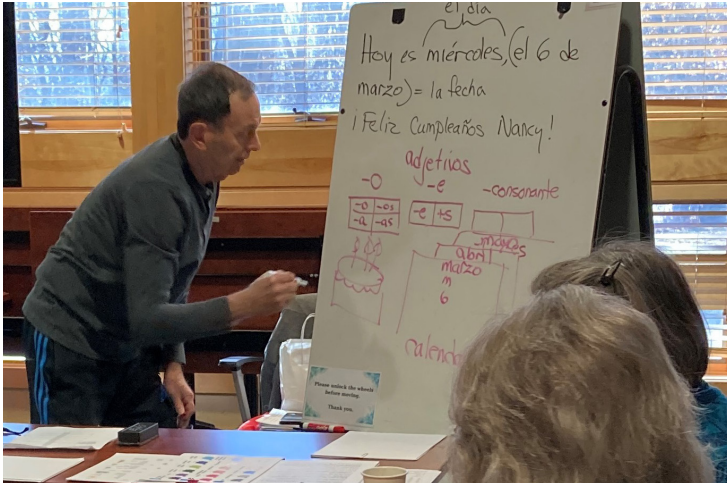
## LEARNING AND DISCUSSION

**Senior Tour of Homes**

Embark on an engaging adventure with the Senior Tour of Homes in Northern Dakota County! Explore various senior living options, including independent and assisted living, residential homes, and memory care. Enjoy snacks, a delicious lunch, and comfortable bus transportation. Limited seats available, so secure your spot for a day of fun, valuable insights, and post-tour follow-up. Get the information you need in your quest for ideal senior living.

**Tour Guide: Eunice Neubauer, Choice Connections**

Thu, May 2 9:30 am-2:45 pm  
1504-S24 1 session - \$25



**Explore Conversational Spanish for Absolute Beginners - Level 1 and 1+**

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers, it runs in 8-week cycles from May-Aug. 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, Spanish Teacher, Metropolitan State University**

Wed, May-June 9:30-10:30 am  
1841-S24 May-June 8 sessions - \$40  
No class June 19

Wed, July-Aug 9:30-10:30 am  
1841-S24 July-Aug 8 sessions - \$40  
No class July 3

**Right Size Your Home**

At any age, your dream home is within reach with a realtor's expertise. Define and understand your unique needs—whether it's finding the perfect family-centric location, right-sizing your living space, ensuring safe accessibility, or transitioning comfortably to senior housing. Jon will guide you through the intricate senior real estate market. Make your priorities and home journey seamless, and tailored just for you.

**Presenter: Jon Gerster with ReMax, Liz Johnson Group**

Thu, May 9 9:30-10:30 am  
1848-S24 1 session - \$3

**DIY for the Environment: Landscaping for Clean Water**

Delve into the details of sustainable landscaping as we explore the design and implementation of rain gardens, native gardens, and shoreline restoration using native plants. Discover the vital role these practices play in water conservation, promoting biodiversity, and creating resilient ecosystems. Join us in building a greener, more sustainable future through conscious landscaping practices.

**Presenter: Joe Barten, Sr Resource Conservationist, Certified Professional in Storm Water Quality**

Thu, May 23 10:30-11:30 am  
1867-S24 1 session - \$5

**Thompson Lake Clean-Up**

Turn learning into action with TPAC. Join our volunteer rally to clean trails and shores, turning our environmental knowledge into real impact. Be a hero by picking up trash, whether on land or at the water's edge. We provide eco-friendly bags and supplies. Bring waders or mud boots if you have them. After your hard work, enjoy a light lunch in our beautiful surroundings. Let's create a cleaner, greener space together.

**Presenters: TPAC staff and Dakota Co Volunteer Coordinator**

Thu, May 23 11:30 am-12:30 pm;  
lunch at 12:30  
1860-S24 1 session - Free



**Dakota County Sheriff's Office Search and Rescue Presentation**

Here's a chance to hear and see some of the latest equipment and techniques the Dakota County Sheriff's Department has available to help residents stay safe and secure throughout the summer. This may include water rescue apparatus, drones and more. If you have a question for the Sheriff's Department, we'll have time for that as well.

**Presenter: Sean Qualy and/or Dakota Co Sheriff's Office staff**

Wed, May 29 1-2 pm  
1868-S24 1 session - \$3

**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**

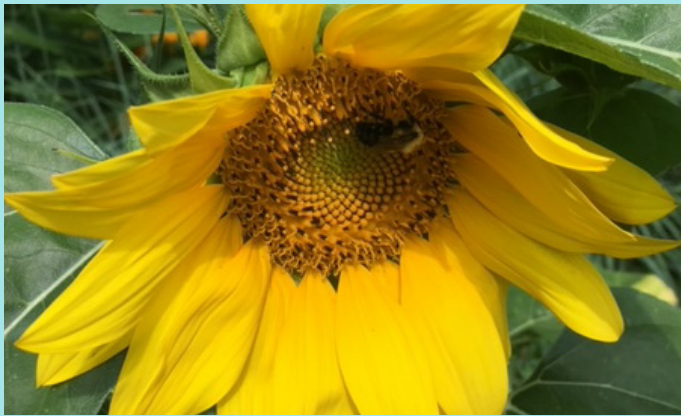
1544-S24

10-11:30 am

1 session - \$10

**Birds on the Move - Tue, May 14**

Join us for a morning symphony of birdsong! Witness the seasonal return of migratory birds to Minnesota's landscapes as they embark on their breeding journey. Explore Thompson Park's woodlands, prairies, and lake to discover the avian wonders gracing our early spring.

**DIY: Buckthorn Walking Stick - Tue, June 4**

Learn to identify this highly invasive tree and find a use for it - a long-lasting hiking stick! Select the perfect stick and customize it to your liking. Saw, sand, and adorn it with provided colored duct tape and strapping. Afterwards, hit the trails at TPAC for an adventure with your unique creation!

**Bees a Buzzin' - Tue, July 9**

Get acquainted with TPAC's vibrant and buzzin' bees! Learn about their essential pollination work in gardens, woodlands, and prairies and appreciate the intricacies of their survival needs. Learn to distinguish between native bees, wasps, hornets, bumble bees, and honey bees. Discover who the pollinators, honey producers, and predator bees are. This engaging talk is truly the bee's knees!

**A Prairie Home - Tue, Aug 6**

Explore beyond the "Sea of Grass" and discover the richness of prairies! More than just grass, they're vital habitats for diverse plant and animal species. Join a TPAC prairie hike to uncover the surprising and fascinating story these landscapes hold. Be amazed at the vibrant life thriving here!

**Muffins with the Mayor**

Join a lively chat with West St. Paul Mayor David Napier. We'll converse, share ideas, and discover how to be the change that matters in our community. Enjoy delicious muffins and hot coffee as we connect and have a good time together. Let's make civic engagement as sweet as muffins! See you there!

**Presenter: WSP Mayor David Napier**

Thu, June 6

9:30-10:30 am

1583-S24

1 session - \$3

**Elements of a Will: With Andy Lehner**

Feeling uncertain about your legacy? Don't leave it to chance. In this essential class, take control of critical decisions and designate your executor. Without a will, Minnesota law has a default plan for you. Leave with peace of mind, armed with a comprehensive understanding of what it takes to get a will tailored to your wishes. Our class includes a review of related law, a look at the elements of a will, and guidance on how to finish a will that suits your goals.

**Presenter: Andrew M Lehner, Attorney**

Tue, June 11

10-11 am

1855-S24

1 session - \$3

**Mr. Sibley and the River**

Embark on a captivating exploration of the ever-changing Minnesota River in Mendota. Our one-mile stroll along a flat, unpaved trail unveils riveting tales of historical adventurers, including the Sibleys. As we traverse the river flats, the landscape transforms before us. Learn about the fascinating ecosystems lining the river, discovering the secrets of natural communities. See evidence of both nature's whimsy and human impact on the riverbed. It's an educational adventure filled with stories, discovery, and the joy of unraveling the mysteries woven into this dynamic waterway.

**Presenter: Rick Magee, retired Park Ranger/ Historic Site Educator**

Tue, June 18

1-2:30 pm

1863-S24

1 session - \$8

Carpoolers meet at TPAC, 12:20 pm

Address: 1357 Sibley Memorial Hwy, Mendota

**Landmark Tours: See The World**

Get ready to plan your next voyage! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company rooted in the community, to fulfill your travel dreams. Preview upcoming trips and learn about the ease and excitement of escorted travel. Catalogs available at TPAC.

*Presenter: John Lyons*

Tue, June 25 1-2 pm  
1592-S24 1 session - Free



**History Trunk with Matthew Carter  
Dakota Co Historical Society**

Minnesota's first major industry was the fur trade. This was a difficult profession and involved a complex structure that could lead to great wealth, or great debt. This program will use a History Trunk to present on Minnesota's fur trade and take you through the history, while providing hands-on items for you to see and feel that relate to Minnesota's earliest industry.

Mon, July 15 10-11 am  
1861-S24 1 session - \$5

**1936 Berlin Olympics: The Nazi Games**

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. These games also became a blueprint for future Games that are followed to the present day. We will look at the history of the Olympics and the complicated legacy of the 1936 Games.

*Presenter: David Jones*

Thu, July 25 10:30-11:30 am  
1584-S24 1 session - \$8

**Medicare 101**

Turning 65? Get a concise overview of Medicare, covering Parts A, B, C, and D, plus additional insurance options. Explore the enrollment process, personal costs, and eligibility for extra help with prescription drug costs. Learn about Senior LinkAge Line® services, aiding in personalized comparisons through Medicare.gov and the Health Care Choices booklet.

*Presenters: Trellis/Senior LinkAge Line*

Mon, July 29 10-11:30 am  
1857-S24 1 session - \$3



**Fix Your Stuff.  
Fix The World.**

**Minnesota Tool Library**

**MN Tool Library Presentation & Field Trip**

Join us as we learn what the MN Tool Library offers its members. Express your creativity with hands-on classes, mastering proper tool use, and DIY skills. Create something awesome without sacrificing your garage space! Access the extensive Lending Library of over 5,000 tools including table saws, jointers, and lathes. Whether you're a seasoned pro or a first-time builder, join a supportive community where members, staff, and volunteers share skills, experience, and knowledge. Your place is waiting at the library!

Mon, July 29 1-2 pm  
1858-S24 Presentation 1 session - \$3

Mon, Aug 5 1-2 pm  
1859-S24 Field Trip 1 session - \$3

Meet at MN Tool Library, 1010 Dale Street - Alley, St. Paul

**The Traveling Naturalist takes us to: New Zealand's South Island**

Journey into the extraordinary! Enjoy tales of the sperm whale - the true Moby Dick diving 10,000 feet, the nesting royal albatross with 12-foot wingspans, the rare yellow-eyed penguin, and the food-happy, breakdancing kiwi bird. Explore a timeless landscape, home to these marvels for thousands of years—pocketed around castles, earthquake zones, and movie sets. Take an adventure into the least-visited, ancient, and uniquely captivating corners without leaving your chair.

*Presenter: Melanie Shipman*

Wed, July 31 1-2 pm  
1849-S24 1 session - \$8

**Look Up! It's a Drone**

The modern era of drones - unpiloted aircraft with a spectrum of capabilities - is upon us. Often known as unmanned aerial vehicles (UAVs), they've transcended military operations to redefine industries like farming and package delivery. From aircraft-sized to palm-sized wonders, drones are a technological marvel. Explore the limitless possibilities and cutting-edge technology that is shaping the future.

*Presenter: Matthew Weber, TC Drones*

Thu, Aug 8 10:30-11:30 am  
1853-S24 1 session - \$3



GROUPS

**Computer Center**

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

May, every Monday; June-Aug, 2nd & 4th Mondays  
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 10-11:30 am  
1599-F23 Free  
No meetings June-Aug.

**Great Decisions Group 2024**

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](http://www.fpa.org).

**Facilitator: Charles Happach**

Second Mondays 1 pm  
1296-W24 Class \$10 annually, Jan-Dec

**Mystery Book Club**

Reading mysteries supports critical thinking skills and promotes problem-solving independently and in groups. 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 10:30 am-12:30 pm  
1565-F23 \$10 annually, Sept-Aug

**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, British historian and educator**

Second Tuesdays 1:30-3:30 pm  
1116-S24 \$8 per session



**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: shared**

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

**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. Please register in advance.

**Sponsored by Darts**

Second Wednesdays 1-2:30 pm  
1597-S24 Free

**Out & About Group**

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

- Pay the \$10 annual fee to TPAC.
- Pay costs of activities in which you participate.
- Organize an activity (we can help with ideas).
- If ride-sharing, optional cash donation to the driver for gas.

Dates vary  
1609-F23

\$10 annually

**ARTS AND CRAFTS**

**Knitting Group**

Come together for 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.

Mondays  
1600-S24

1-3 pm  
\$15 May-Aug

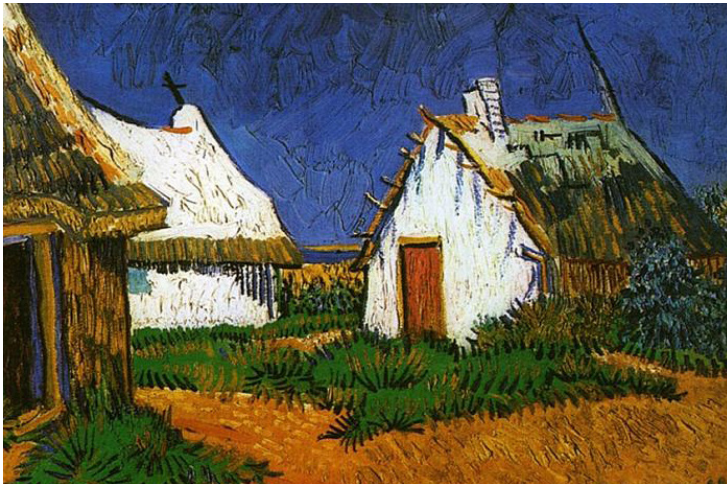


**Watercolor Painting Introduction**

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*

Mondays	1-3 pm
1491-S24	
June 3-24	4 sessions - \$66
July 8-29	4 sessions - \$66
Aug 5-26	4 sessions - \$66



**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. In the May 3-week session, we'll be taking our inspiration from Vincent Van Gogh's Three White Cottages. 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, May 6-20  
1491-S24 May

1-3 pm  
3 sessions - \$50

**Watercolor I**

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

*Instructor: Linda Stout*

Tuesdays	1-3 pm
1302-S24	
May 7-28	4 sessions - \$66
June 4-25	4 sessions - \$66
July 9-30	4 sessions - \$66
Aug 6-27	4 sessions - \$66

**Watercolor II**

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

*Instructor: Linda Stout*

Wednesdays	1-3 pm
1191-S24	
May 1-29	5 sessions - \$83
June 5-26	3 sessions - \$50
July 10-31	4 sessions - \$66
Aug 7-28	4 sessions - \$66

### Open Watercolor Painting

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

**Facilitator: Art Thell**

Tuesdays 9:30-11:30 am  
1602-S24 \$15 May-Aug

### 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



### Colored Pencils Group

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.

First and Third Wednesdays 1-3 pm  
1595-S24 \$15 May-Aug

## FITNESS

### 3X3 Fitness

Elevate your health and fitness game with these chair-based, low-impact exercises. Our 3x3 workout DVD, alongside resistance bands and rings, is your secret weapon to building muscle tone and improving overall health. Embark on a journey to a stronger, more vibrant you!

**Facilitator: Barb Erickson**

Tue/Thu 9:15-10 am  
1635-S24 \$15 May-Aug

### Wednesday Walkers

"Walk, talk, and gawk." This fun fusion of healthy exercise, nature and camaraderie will keep you motivated while you enjoy the sights at a new location each week. Meet at the TPAC building and drive to the selected walking destination. You won't be bored with the same old path anymore.

**Facilitator: JoAnn Ellingboe**

Wed, May 1-Oct 30 9 am  
1610-S24 \$15 per season



### 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, May 2-June 13 10:30-11:30 am  
1317-W24 May-June 7 sessions - \$49

Thu, July 11-Aug 29 10:30-11:30 am  
1317-W24 July-Aug 8 sessions - \$56

### Foot Care

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

**Provided by Katie Sikel, RN, CFCS**

2nd & 3rd Thu 1808-S24 \$55

Call 651-829-3944 for an appointment.

**CARDS/GAMES**



**Bocce Ball**

Enjoy the camaraderie and skillful competition of Bocce Ball—a game that brings fun and health benefits. Simply aim to place your bocce balls closer to the pallino (little white ball) than your opponents. Games are self-monitored, with teams formed weekly, gathering around TPAC's patio for some outdoor enjoyment.

Mon, May 6-Aug 26                      9:45-10:45 am  
1596-S24                                      15 sessions - \$15  
No games May 27

**Home Before Dark**

This is a group of bridge players who enjoy playing for fun. Being the best player is not the goal. The only qualification is that you have a partner. Join us if this style “suits” you. Call 651-403-8300 to verify space is available and register your pair.

Mon, Apr 1-Oct 28                      3-5:30 pm  
1612-S24                                      \$20 Apr-Oct

**Hand & Foot**

Join us for Hand and Foot, an exciting card game merging canasta elements. Team up with two to six players, build melds, and score points by creating sets and runs. Whether you love the game or want to learn, come join the fun!

**Facilitator: Laura Palodichuk**

Wed, May-Aug                              9:30 am-12:30 pm  
1735-S24                                      \$15 May-Aug  
No games June 19 or July 4

**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**

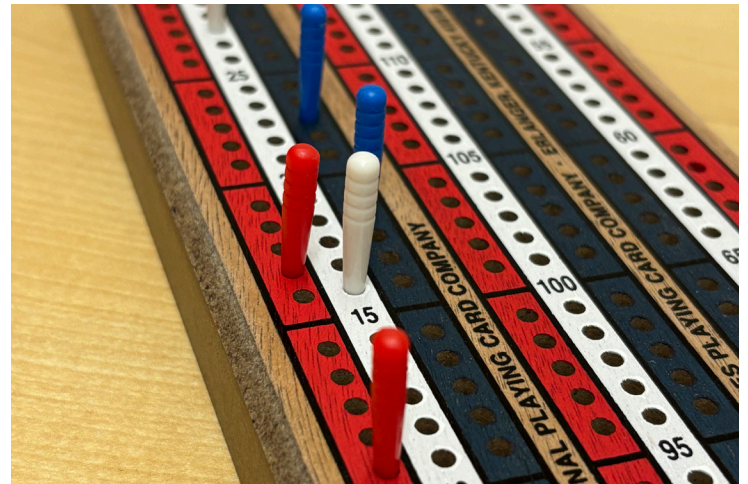
Thursdays                                      1-3:45 pm  
1613-S24                                      \$15 May-Aug

**Bean Bag Toss**

Bean Bag Toss (aka Corn Hole) is a fun game for 2-4 players. Toss bean bags and score 1 point for landing on the board or 3 points for putting the bag through the hole; it's not as easy as it sounds! We supply the boards and bags, while you supply the fun and competitive spirit of the game. Played outdoors.

Wed, May 1-June 26                      10-11:30 am  
1643-S24 May-June                      7 sessions - \$7  
No games June 19

Wed, July 10-Aug 28                      10-11:30 am  
1643-S24 July-Aug                      8 sessions - \$8



**NEW Cribbage**

Has it been some time since you played Cribbage? With relatively few rules yet many subtleties, this game's ongoing appeal and popularity is clear. Whether you're a seasoned player or a complete beginner, come together for cribbage strategies and the joy of pegging your way to victory. Make new friends and enjoy a dash of friendly competition. Don't miss out on the fun.

Wed, May-June                              1-3 pm  
1856-S24                                      8 sessions \$8

No games June 19

Wed, July-Aug                              1-3 pm  
1856-S24                                      8 sessions \$8

No games July 3



### Driver Safety Courses

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

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

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

PRE-REGISTRATION IS REQUIRED.

#### Thompson Park Activity Center

Initial Eight Hour Course - \$28	
Wed/Thu, June 26 & 27	12-4 pm
Wed/Thu, Aug 28 & 29	12-4 pm
Four Hour Refresher Course - \$24	
Thu, May 2	12-4 pm
Thu, May 30	12-4 pm
Thu, June 6	12-4 pm
Thu, June 20	11 am - 3 pm
Thu, July 18	12-4 pm
Thu, Aug 1	12-4 pm
Thu, Aug 15	12-4 pm
Thu, Sep 5	12-4 pm

#### Central Square Community Center

Initial Eight Hour Course - \$28	
June 19 & 20	9 am-1 pm
Oct 16 & 17	9 am-1 pm
Four Hour Refresher Course - \$24	
May 16	9 am-1 pm
July 18	9 am-1 pm
Aug 15	9 am-1 pm
Sept 19	9 am-1 pm

#### Veterans Memorial Community Center

Four Hour Refresher Course - \$24	
Tue, May 7	1-5 pm
Wed, May 15	5-9 pm
Tue, June 4	1-5 pm
Wed, July 17	5-9 pm
Tue, Aug 21	1-5 pm
Tue, Sept 10	1-5 pm
Wed, Sept 18	5-9 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.

## 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  
651-450-2480

### 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.



### **Carlos Creek Winery-Alexandria, MN**

*Tue, July 16*

First stop at Pike & Pint Grill for lunch. Menu choice: 1) Panko-crusted Walleye Sandwich with French fries and beverage. 2) Grilled chicken with garlic aioli and smoked gouda with coleslaw and beverage. After lunch, you will tour one of the largest grape vineyards in Minnesota. The second-generation family-owned winery produces uniquely delicious fine and signature wines. The Bredeson family uses a combination of ancient and modern techniques to produce award-winning Minnesota wines. On this tour, you will visit the Vineyards and the production area. There is an incline, and guests should be prepared to walk a mile or so on the tour.

Tue, July 16 \$96

Register by: Fri, June 14

Location	Departure	Return	Registration
TPAC	8:00 am	5:30 pm	1871-WSP-S24
SSP	7:45 am	5:45 pm	1700-SSP-S24
IGH	7:30 am	6:00 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

### **UPCOMING TRIPS:**

**Nov 14 - American Swedish Institute**

**Dec 4 - Glensheen Mansion & Bentleyville**

**Jan - White Christmas at the Chanhassen Theater**

**Feb - Mobsters in Minneapolis**

**La Crosse WI, River Cruise**

*Thu, Aug 15*

First stop at L.A.R.K. Toys in Kellogg, MN for coffee and a treat (included) while you shop in this very unique toy store. Next, you will arrive in La Crosse, Wisconsin, and board the La Crosse Queen. The La Crosse Queen is a modern-day replica of the grand riverboats that traveled the Mississippi River in the late 19th Century. Once aboard, you will enjoy a buffet service luncheon in the main cabin. Menu: Swedish Meatballs and Ham, Potato, Vegetable, Rolls, Dessert and Coffee. While aboard, take in the scenic treasures of the Mississippi River, including one of the oldest swing bridges still in operation today, the wildlife, the Lock and Dam system, and other scenic and historic sites along the Upper Mississippi River.

Thu, Aug 15 \$99

Register by: Fri, July 12

Location	Departure	Return	Registration
TPAC	8:30 am	6:45 pm	1872-WSP-S24
SSP	8:45 am	6:30 pm	1701-SSP-S24
IGH	9:00 am	6:15 pm	www.ighmn.gov/register



**Schell's Brewery & New Ulm Tour**

*Wed, Sep 18*

Arrive at the New Ulm Visitor's Center to meet our local tour guide, who will narrate a 2-hour bus tour of this unique Bavarian village. New Ulm's history and points of interest will be shared, including downtown architecture, the Herman Monument, Governor Lind's home, author Wanda Gag's home, and more. The tour will conclude with a performance by the town's Glockenspiel Musical Tower, which houses 37 bells. Lunch will be at Kaiserhoff's Restaurant. Continue on for a walking tour of Schell's Brewery's old brew house, views of the modern production, museum, historic buildings on the grounds, beer sampling, garden walk, and gift shop. To enjoy this tour, you will need to walk or stand for over an hour.

Please choose your lunch selection when registering:

- 1) Landjaeger old German-style pork & beef smoked sausage, hot German potato salad, sauerkraut, rye bread, beverage
- 2) Beer-battered cod basket, fries, cole slaw, beverage

Wed, Sep 18 \$99

Register by Fri, Aug 16

Location	Departure	Return	Registration
TPAC	7:15 am	6:00 pm	1865-WSP-F24
SSP	7:30 am	5:45 pm	1688-SSP-F24
IGH	7:45 am	5:30 pm	www.ighmn.gov/register

**Spirit of Hastings**

*Tue, Oct 29*

Visit the LeDuc Historic Estate. Hear the history of the Le Duc Family and some tales about manifestations of spiritual visitors. It features a picturesque tower, a limestone exterior and 20-inch-thick walls, a prominent front porch, chimneys for 10 fireplaces, and a third-floor chapel with a white pine interior. Tour both the first and second floors - there is not an elevator. You can go outside and visit the Carriage Barn and Simmons Shed.

Lunch in the parlor at LeDuc: Chicken Salad on a Croissant, a Fruit Salad, Vegetable, Dessert, Beverage

Tour St. Luke's Episcopal Church. It is the fifth oldest church in the diocese and was organized as a mission in 1850. It was the only church in town that permitted Native and African Americans to their worship services.

Alexis Bailly Vineyard to taste and purchase wine. In 1973, the family planted the first vineyard in Minnesota with a pioneering spirit that has brought them unlikely fame in the wine-drinking world.

Tue, Oct 29 \$92

Register by Fri, Sep 27

Location	Departure	Return	Registration
TPAC	9:30 am	4:30 pm	1873-WSP-W24
SSP	9:45 am	4:15 pm	1666-SSP-F24
IGH	10:00 am	4:00 pm	www.ighmn.gov/register

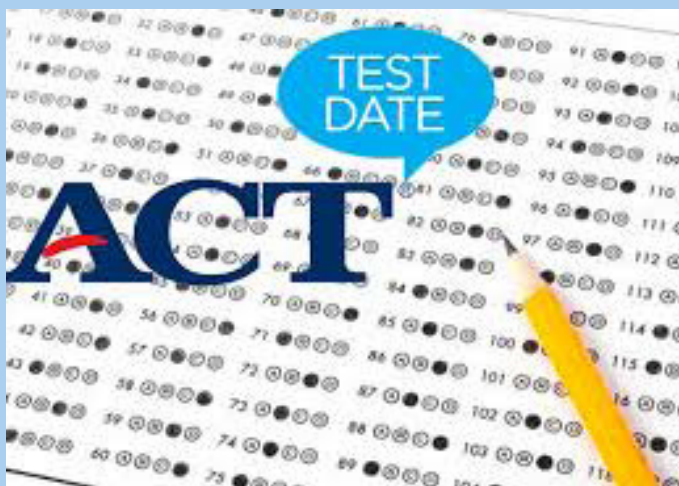


## Advantage ACT Prep Course - Virtual with Live Instructor

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, Aug 3-24  
#926

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

## 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, July 8-23  
3300-S24\_July 9 am-12 pm  
10 sessions - \$420

Mon-Thu, Aug 14-29  
3300-S24\_Aug 1-4 pm  
10 sessions - \$420

### South St. Paul High School

Mon-Thu, July 8-23  
4300-S24\_July 1-4 pm  
10 Sessions - \$420

Mon-Fri, Aug 14-29  
4300-S24\_Aug 9 am-12 pm  
10 Sessions - \$420

### Two Rivers High School

Mon-Thu June 10-26  
2302-June24 9 am-12 pm  
10 Sessions - \$420  
No class June 19

Mon-Thu June 10-26  
2302-June24B 1-4 pm  
10 Sessions - \$420  
No class June 19

Mon-Thu July 29-Aug 13  
2302-July24 9 am-12 pm  
10 Sessions - \$420

Mon-Thu July 29-Aug 13  
2302-July24B 1-4 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.

Jun24 June 10-13, 17-20, 24-26  
No class June 19

Jul24A July 8-11, 15-18, 22-23

Jul24B July 29-Aug1, Aug 5-8, 12-13,

Aug24 Aug 14-15, 19-22, 26-29



Visit the SSP Gymnastics website for full class lists and information

## 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-S24A Sat, Apr 27-June 1 8:15-8:45 am 6 sessions - \$46  
4000-S24B Sat, Apr 27-June 1 8:50-9:20 am 6 sessions - \$46

## 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-S24A Mon, Apr 22-May 20  
4-4:45 pm 5 sessions - \$47.50  
4001-S24B Sat, Apr 27-June 1  
9:30-10:15 am 6 sessions - \$57

## 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-S24A Tue, Apr 23-May 28  
4-5 pm 6 sessions - \$57  
4013-S24B Sat, Apr 27-June 1  
11:15 am-12:15 pm 6 sessions - \$57

## 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-S24A Wed, Apr 24-May 29  
4-5 pm 6 sessions - \$57  
4002-S24B Thu, Apr 25-May 30  
5-6 pm 6 sessions - \$57  
4002-S24C Sat, Apr 27-June 1  
11:15 am-12:15 pm 6 sessions - \$57  
4002-S24D Sat, Apr 27-June 1  
12:15-1:15 pm 6 sessions - \$57

## 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-S24A Tue, Apr 23-May 28 6-7 pm 6 sessions - \$57  
4009-S24B Wed, Apr 24-May 29 5-6 pm 6 sessions - \$57

## Gymnastics - Advanced Beginners

--Coach Approval --

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

4003-S24A Mon, Apr 22-May 20 5-6 pm 5 sessions - \$47.50  
4003-S24B Thu, Apr 25-May 30 6-7 pm 6 sessions - \$57

## Gymnastics - Flips

--Coach Approval --

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

4004-S24A Tue/Thu, Apr 23-May 30  
7-8:15 pm 12 sessions - \$113.25

## 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](mailto:kaiatautges@gmail.com) to schedule.

4007-S24A 1 hour - \$63.59  
Days and times as scheduled with lead gymnastics instructor

## Gymnastics - Full Day Camp

-- Ages 5-14 --

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

4008-S24A Mon-Fri, June 10-14  
9 am-5 pm 5 sessions - \$325

Stay Tuned for another  
Full Day Camp in Aug!



## Wizards of Chess Summer Camp

(Grades: 1-6)

Join in on the fun for an all day chess camp! Whether you are new to chess or an experienced player there will be material covered for all! We will go over opening theory, 2 openings, tactics, endgames and fun variations of chess. Other activities include a rocket building, outdoor breaks with organized games, team building exercises and a chance to make new friends and see old ones! Each activity is inclusive with a positive fun environment no matter your skill level! Rocket launch will be at 2:30 pm Thursday for family members that would like to attend, guaranteed to be a blast!

**Instructor:** Veronica Harrison, owner of Wizards of Chess

Mon-Thu, July 8-1                      9 am-3:30 pm  
2253-S24                                      4 sessions - \$159  
Garlough Elementary, WSP

Mon-Thu, July 29-Aug 1                9 am-3:30 pm  
2254-S24                                      4 sessions - \$159  
Garlough Elementary, WSP

## Wonka with Mayer Arts

(Grades: K-4)

Wonka Musical Theater Camp Pure Imagination! Come learn songs and dances from Wonka and put on a musical! Learn how to properly speak your lines, block a scene, develop your character and much more! All that is needed are comfortable clothing and lightweight sneakers or dance shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

**Instructor:** Mayer Arts

Mon-Thu, June 10-13                    9 am-12 pm  
2887-Su24                                    4 sessions - \$119  
Two Rivers HS, MH

## Wish with Mayer Arts

(Grades: 3-6)

Wish Musical Theater Camp A Wish Worth Making! We will choose our characters, learn music and choreography from Wish and create our own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun, creative games. No experience necessary. All that is needed are comfortable clothing and lightweight sneakers or dance shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

**Instructor:** Mayer Arts

Mon-Thu, June 10-13                    1 pm-4 pm  
2887-S24B                                    4 sessions - \$119  
Two Rivers HS, MH

## Spanish Summer Camp: ¡Vamos a imaginar! "Let's imagine!"

(Grades: 1-5)

In this thrilling summer camp, students will use their imagination and learn Spanish vocabulary related to their favorite themes~superheroes, princesses, magic, dinosaurs, mermaids, unicorns, and more! Each class of students will explore age-appropriate adventures~ all in Spanish! Basic conversation and Spanish vocabulary such as colors and counting will be incorporated to build on their skills each week. Class will include interactive activities learning Spanish vocabulary and practical conversation elements. Join us on a magical adventure!

**Instructor:** Futura Languages

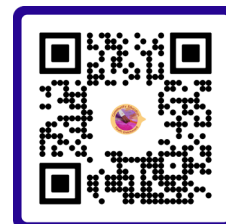
Mon-Thu, June 10-13                    1-3 pm  
2134-S24                                    4 sessions - \$139  
Mendota Elementary, MH

## Warriors Track & Field Camp

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

**Instructor:** Two Rivers Track and Field Coaches and Varsity Players

Mon-Fri, June 17-21                      4 sessions - \$80  
No camp Wed June 19  
Grades K-4: 2889-S24A                    10:30 am-12:30 pm  
Grades 5-8: 2889-S24B                    1-3 pm  
Two Rivers High School, MN



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



### Warriors Youth Soccer Camp

(Ages: 8-14)

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

**Instructor: Varsity TRHS Coach Doud & TRHS Varsity Players**

Mon-Thu, June 24-27                      9-11 am  
 2085-Su24                                      4 sessions - \$80  
 Two Rivers High School, MH

### Warriors Youth Football Camp

(Grades: 2-7)

Join this youth football camp that teaches age appropriate football skills and techniques. Hosted by the Two Rivers Football Staff and Players at Warrior Field. Participants will receive hands-on coaching, play games with healthy competition.

**Instructors: Two Rivers High Football Coaches and Varsity Players**

Tue-Thu, July 16-18                      10:30 am-12 pm  
 2474-Su24                                      3 sessions - \$50  
 Two Rivers High School, MH

### Drama Lab Camp

(Grades: 1-5)

Join one of our most popular after school classes this summer! Drama Lab is a creative haven where budding performers unleash their imagination and hone their acting skills. Led by experienced instructors, students explore the exciting world of theatre through engaging activities, improvisation games, character development, and scene work. If you have taken this before, come on back because our classes are never the same!

**Instructor: Aaron Strawn**

Mon-Thu, July 15-18                      1-3pm  
 2452-Su24                                      4 sessions - \$90  
 Garlough Elementary, WSP

### Warriors Girls Basketball Camp

(Grades: 3-9)

Join us for the Two Rivers Warriors Girls Basketball Camp, where young athletes from 3rd to 9th grade can hone their skills and passion for the game! Participants will embark on an exciting journey of skill development, covering essential aspects such as shooting, ball handling, passing, and defense, alongside other fundamental techniques. Through engaging games, focused skill sessions, and thrilling contests, kids will not only enhance their existing abilities but also cultivate new ones.

**Instructor: Varsity TRHS Coach Hollie & TRHS Varsity Players**

Mon-Thu, June 24-27                      9am-2pm  
 2713-Su24                                      4 sessions - \$125  
 Two Rivers High School, MH

### Hogwarts Film School & STEAM Camp

(Grades: 1-4)

Create your own stop-motion animation using characters from the Harry Potter and Fantastical Beasts series. Students will build and design magical-themed scenes and props. Then, they will handle all the technical details of filming scenes, including stop-motion, digital editing, special effects, and transitions to the movie.

**Instructor: Tech Academy Staff**

Mon-Thu, June 24-27                      1pm-4pm  
 2752-Su24                                      4 sessions - \$139  
 Mendota Elementary, MH

### District 197 GRASP

(Grades: K-8)

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

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



### One Day Class! Certified 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**

Tue, June 18                                      9am-3pm  
 2089-June                                      1 session - \$89  
 Mendota Elementary, MH

## 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, June 14 9 am-12:30 pm  
4202-S24A 1 session - \$75  
Central Square, SSP

Fri, Aug 2 8-11:30 am  
4202-S24B 1 session - \$75  
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**

Fri, June 14 1-3:30 pm  
4204-W24A 1 session - \$45  
Central Square, SSP

Fri, Aug 2 1-3:30 pm  
4204-W24B 1 session - \$45  
Central Square, SSP



## Safe Kids

(ages 8 & 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, June 15 9-11:30 am  
4205-S24A 1 session - \$40  
Central Square, SSP

Sat, Aug 3 9-11:30 am  
4205-S24B 1 session - \$40  
Central Square, SSP

## Intro to Ninja

(5-13 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.

Mon, June 3-24 4994-S24A	5:30-6:30 pm 4 sessions - \$80
Mon, July 8-Aug 26 4994-S24B	5:30-6:30 pm 8 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

Wed, July 10-Aug 28 4995-S24A	5-6 pm 8 sessions - \$185
Fri, July 12-Aug 30 4995-S24B	9-10 am 8 sessions - \$185
Fri, July 12-Aug 30 4995-S24C	5-6 pm 8 sessions - \$185



## Ninja Summer Camp

(6-13 years)

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer.

Mon-Thu, June 10-13 4997-S24A	9-11 am 4 sessions - \$175
Mon-Thu, June 17-20 4997-S24B	9-11 am 4 sessions - \$175
Mon-Thu, June 24-27 4997-S24C	9-11 am 4 sessions - \$175
Mon-Thu, July 8-11 4997-S24D	9-11 am 4 sessions - \$175
Mon-Thu, July 15-18 4997-S24E	9-11 am 4 sessions - \$175
Mon-Thu, July 22-25 4997-S24F	9-11 am 4 sessions - \$175
Mon-Thu, July 29-Aug 1 4997-S24G	9-11 am 4 sessions - \$175
Mon-Thu, Aug 5-8 4997-S24H	9-11 am 4 sessions - \$175
Mon-Thu, Aug 12-15 4997-S24I	9-11 am 4 sessions - \$175
Mon-Thu, Aug 19-22 4997-S24J	9-11 am 4 sessions - \$175
Mon-Thu, Aug 26-29 4997-S24K	9-11 am 4 sessions - \$175



## Flag Football Camp

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

Mon-Thu, July 29-Aug 1 4902-S24-Grades K-2	9 am-12 pm 4 sessions - \$129
Mon-Thu, July 29-Aug 1 4902-S24-Grades 3-6	1-4 pm 4 sessions - \$129
Mon-Thu, July 29-Aug 1 4902-S24-2-4 Year olds	4:30-5 pm 4 sessions - \$69
Mon-Thu, July 29-Aug 1 4902-S24-4-7 Year olds	5:15-6 pm 4 sessions - \$79

Kaposia Edu Ctr, SSP

## Track & Field Camp

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.

Mon-Thu, July 8-11 4908-S24-Grades K-2	9 am-12 pm 4 sessions - \$129
Mon-Thu, July 8-11 4908-S24-Grades 3-6	1-4 pm 4 sessions - \$129
Mon-Thu, July 8-11 4908-S24-2-4 Year Old	4:30-5 pm 4 sessions - \$69
Mon-Thu, July 8-11 4908-S24 4-7 Year Olds	5:15-6 pm 4 sessions - \$79

Kaposia Edu Ctr, SSP

## Soccer Camp

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-Thu, June 10-13 4900-S24-Grades K-2	9 am-12 pm 4 sessions - \$129
Mon-Thu, June 10-13 4900-S24-Grades 3-6	1-4 pm 4 sessions - \$129
Mon-Thu, June 10-13 4900-S24-2-4 Year Olds	4:30-5 pm 4 sessions - \$69
Mon-Thu, June 10-13 4900-S24-4-7 Year Olds	5:15-6 pm 4 sessions - \$79

Kaposia Edu Ctr, SSP



## Baseball/T-Ball Camp

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 on the final day. Athletes should bring a water bottle, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

Mon, Tue/Thu, June 17-20 4907-S24-Grades K-2	9 am-12 pm 3 sessions - \$105
Mon, Tue/Thu, June 17-20 4907-S24-Grades 3-6	1-4 pm 4 sessions - \$105
Mon, Tue/Thu, June 17-20 4907-S24-2-4 Year Olds	4:30-5 pm 4 sessions - \$59
Mon, Tue/Thu, June 17-20 4907-S24-4-7 Year Olds	5:15-6 pm 3 sessions - \$69

Kaposia Edu Ctr, SSP

No Class June 19



### Multi-Sport Camp

DASH Sports Summer Multi-Sport camp includes fun skills training and games in three sports: Soccer, Flag Football, and Baseball. Key sports skills will be taught and practiced in all 3 sports so athletes will come out of camp with a great understanding of key skill components and gameplay of each sport. Camp ends with games/scrimmages the final day for each sport, where athletes can showcase their skills. Campers should wear athletic clothing/shoes and sunscreen. Bring a water bottle, snack, and a baseball glove. This is a great camp that produces well rounded athletes. Balls and other equipment are all provided.

Mon-Thu, Aug 12-15 4910-S24-Grades K-2	9 am-12 pm 4 sessions - \$129
Mon-Thu, Aug 12-15 4910-S24-Grades 3-6	1-4 pm 4 sessions - \$129
Mon-Thu, Aug 12-15 4910-S24-2-4 year olds	4:30-5 pm 4 sessions - \$69
Mon-Thu, Aug 12-15 4910-S24-4-7 Year olds	5:15-6 pm 4 sessions - \$79

Kaposia Edu Ctr, SSP



### South St Paul GRASP Correspondence Program (Grades K-8)

GRASP is a nine week correspondence program which helps students maintain reading and math skills while they are on summer vacation. We suggest parents order the grade level just completed. If there are extenuating circumstances, order the level that is appropriate for your child. Price includes curriculum packet, completion awards and scoring service. Deadline to register is April 26. GRASP books will be sent to your child's school after Memorial Day. SSP Students in grades 6-8 and Private Schools may pick up their books at the Community Education office: 100 Seventh Ave N, SSP.

4115-S24 \$59 Both Subjects  
\$39 One Subject

### JOIN OUR TEAM

Are you the person with a special interest, talent, or subject knowledge that you'd like to share with others?

We are looking for people willing to add a little class to the lives in the TriDistrict communities. You don't have to be a licensed teacher. Enthusiasm combined with knowledge of a subject or skill in a special interest area will be enough to get you started.

Those of us in Community Education are here to provide assistance on class content, handout production, and more. We'll let you know what we expect, how we will promote your classes and do all we can to help you succeed. You'll receive and instructor's handbook with all the practical details you need to know, feedback from class participants and appreciation for your efforts.

But it's not just about Community Ed, it's about you contributing to your community to make it a better place to be and your own personal growth.

We can't do it without YOU!

Let's get together and talk possibilities.

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

## 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**

Thu, May 2-June 27 9800-S24A Central Square, SSP	10:30-11:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Fri, May 3-June 28 9800-S24B Central Square, SSP	10:30-11:15 am 9 sessions - \$56.26 adult, \$22.50 senior (65+)
Tue, May 7-June 25 9800-S24C Central Square, SSP	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Tue, July 2-Aug 27 9800-S24D Central Square, SSP No Class July 9	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Fri, July 5-Aug 30 9800-S24E Central Square, SSP No Class July 12	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Thu, July 18-Aug 29 9800-S24F Central Square, SSP	10:30-11:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)



## Aqua Interval

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

**Instructor: Kim Befort**

Wed, May 1-June 26 9901-S24A Central Square, SSP No Class June 19	6-7 pm 8 sessions - \$50 adult, \$20 senior (65+)
Wed, July 3-Aug 28 9901-S24B Central Square, SSP No Class July 10	6-7 pm 8 sessions - \$50 adult, \$20 senior (65+)

## CENTRAL SQUARE POOL IS HIRING!



SCAN HERE TO APPLY

### Aquatics Instructors Lifeguards Water Safety Instructors



## Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 9012-S23A	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-S23A	30 admissions	\$70 adult (19-64 yrs) \$30 senior (65+)

## Daily Rate

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

\*Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30 am-1:30 pm

Schedule is subject to change.



## SWIMMING

AT CENTRAL SQUARE



Scan the QR code for up to date classes,  
family swim times, community events  
and summer camps.

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



## District 197 Lap Swim (Ages: 18+)

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

Wed, June 26-Aug 7                      6:30-8:30 pm  
6197-S24                                      1-6 sessions - \$7 per session

District 197 Aquatic Center, MH  
No class the week 4th of July

Mon, Mar 18-May 6                      11am-12pm  
6197-SP24                                    1-7 sessions - \$7 per session

District 197 Aquatic Center, MH  
No class March 25

## Water Aerobics

This water aerobics class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strength of muscles, and cardiovascular endurance. You will need an aqua fitness flotation belt.. \*\*Drop-ins are not allowed, we do not have cash/change on site. Please sign up for your sessions prior to arriving.

**Instructor: Mary Ellen DeCuffa, former WSP YMCA Water Aerobics**

Mon, Mar 4-May 20                      11 am-12 pm  
6019-SP24                                    1-10 sessions - \$10 per session

District 197 Aquatic Center, MH  
No classes March 11 & 25

Wed, Mar 6-May 8                      6:15-7:15 pm  
6016-SP24                                    1-9 sessions - \$10 per session

District 197 Aquatic Center, MN  
No class March 27

## Youth Group Swim Lessons (Ages: 6 mos-17 years)

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment. Classes are designed for ages 6 months - 17 years old. Enjoy a student to instructor ratio intentionally set below the standard to maximize learning. Our class options span Parent & Tot, Preschool 1 & 2, and Levels 1-5. Read the class descriptions when registering to determine the appropriate place for your swimmer. If the class is full please sign-up for the waitlist. The waitlist allows us to better serve you as openings come up and determine if more classes can be offered.

30 min lessons, 9 am-12 pm                      8 sessions - \$94

Session 1                                      Mon-Thu/Mon-Fri, June 10-21  
No class June 19

Session 2                                      Mon-Thu, July 8-18

Session 3                                      Mon-Thu, July 22-Aug 1

School District 197 Aquatic Center, MH  
Registration opens April 12 at 8 am

### DISTRICT 197 AQUATIC CENTER

JOIN OUR TEAM!



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



**Water Safety Instructors (WSI)**  
\$17-\$21/hour based on experience

## Youth Private Swim Lessons (Ages: 4-17)

Learn to swim in a class customized just for your child! These daily sessions work on water safety, stroke enhancement or specific skills needing improvement. This is a great option for children who prefer a quieter environment or need some extra one-on-one time with an instructor. If the class you are registering for is full, please register for the waitlist.

30 min lessons, 9 am-12 pm                      8 sessions - \$139

Session 1                                      Mon-Thu, June 24-27

Session 2                                      Mon-Thu, Aug 5-8

School District 197 Aquatic Center, MH  
Registration opens April 12 at 8am

## Water Safety Aide (Ages: 13-17)

A class for those interested in assisting swim instructors emphasizing lesson levels and proper teaching techniques. A great class for students ages 13 and up who love water, enjoy working with children, and are considering seeking future employment as a Water Safety Instructor™ or Lifeguard (WSI/LG). There will be an opportunity after completion of this session to volunteer and get hands-on experience during our summer swim lessons. Students who complete this course can continue to volunteer in our aquatics program to build their skills and resume for future job opportunities in the aquatics field.

**Instructor: Michele Nelson**

Mon-Thu, June 10-13                      12:30-2:30 pm

2539-S24WSA                                      4 sessions - \$89

School District 197 Aquatic Center, MH

## Intro to Youth Artistic Swimming

Artistic swimming (formally known as synchronized swimming) is a hybrid form of swimming, gymnastics, and dance. Students in this class will learn fundamental skills and dynamic underwater movements (formerly known as figures). Prerequisite: Students need to be able to complete one length of freestyle, backstroke, breaststroke and sidestroke to participate.

**Instructor: Michele Nelson**

Mon-Thu, July 8-18                      12:30-1:30 pm

2539-S24AS                                      8 sessions - \$89

School District 197 Aquatic Center, MH

# FAMILY PROGRAMS

## FREE FAMILY FUN!



**TUESDAYS FROM 1:30-2:30 PM**

Embark on an exciting journey this summer 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.

**June 11: Fishing**  
Rogers Lake

**June 18: Stories with the Library**  
Thompson Park

**June 25: Recycling**  
Garlough Elementary

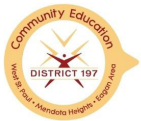
**July 9: Yard & Field Games**  
Mendota Elementary

**July 16: Water Fun**  
Harmon Park

**July 23: Science Day**  
Wentworth Park

**July 30: Crafts**  
Mendakota Park

**August 6: Scavenger Hunt**  
Marthaler Park



### 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.

## Parent Child Ninja Class

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

Sat, June 8-29  
7949-S24A

9-10 am  
4 sessions - \$112.50  
Second child add \$37.50

Sat, July 13-Aug 31  
7949-S24B

9-10 am  
8 sessions - \$225  
Second child add \$75

Conquer Ninja Gym, 707 Commerce St, Woodbury



## Magic in the Park

Join us with the cities of West St. Paul and Mendota Heights for a whimsical afternoon of enchantment! Enjoy mesmerizing magic tricks for all ages with Brian Richards the Magician, indulge in delicious ice cream delights, and get creative with some craft activities. It's a magical blend of entertainment, sweet treats, and hands-on fun that the whole family will adore. Don't miss out on this spellbinding free family event!

Thu, July 11  
No Registration Needed

3-5 pm  
1 session - Free

Thompson Park Picnic Pavilion, WSP

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



### Extra Innings School Age Care - Grades K-4

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



### Encore SAC - Grades 5-8

Encore is 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  
Summer Hours: 7 am - 6 pm pm

#### 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 Summer 2024 & Kids' Choice 2024-2025 Program

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



### South St. Paul Kids' Choice

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

#### Located in:

Kaposia Education Center  
Lincoln Center

#### Hours:

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

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### Spartan Kids' Care

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

#### Located in:

Hilltop 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

### 2024-2025 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 more.

# 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

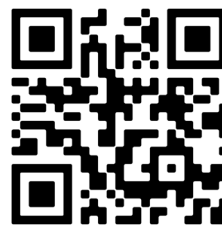


**Community Preschool**

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

**South St. Paul Family Education Center**  
104 5th Ave S, South St. Paul

**Kaposia Education Center**  
1225 1st Ave S, South St. Paul

**Lincoln Center**  
357 9th Ave N, South St. Paul



## Registration

Registration for the 2024-2024 school year is now open!



SOUTH ST. PAUL PUBLIC SCHOOLS

# E.C.F.E.

Early Childhood Family Education



SOUTH ST. PAUL  
COMMUNITY  
PRESCHOOL

## 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



Scan here for  
ECFE Summer  
Classes!

## 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.

## IGH Early Learning

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

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

Phone: (651) 306-7503

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

### Summer Hours:

Monday-Thursday 7:30-3:30

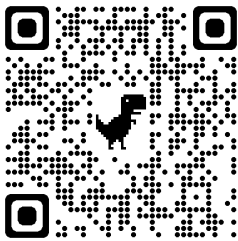
Friday 7:30-Noon



## 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.

Look for the 2024-2025 Early Learning catalog in your mailbox in August. Registration for fall classes opens August 15.



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

## 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.

## Welcome to Inver Grove Heights

### Little Spartans Community Preschool!

At Little Spartans Community Preschool, we prioritize a play-based learning approach supported by strong adult relationships. By integrating play-based learning and cultivating meaningful connections, our teachers create an atmosphere where children can explore, discover, and develop a genuine love for learning from an early age.

*We are committed to engaging each child in meaningful and joyful learning, leading to success in kindergarten and beyond.*

- Four-star Parent Aware rating, the highest possible rating by Minnesota's quality rating system for early education
- Licensed Early Childhood Teachers and skilled Paraprofessionals (Ratio 1:10)
- A comprehensive whole-child approach that builds cognitive, physical, and creative skills, with a special emphasis on developing social and emotional skills.
- For children age 3 or age 4 on Sept 1, 2024

**Low monthly fees with scholarships available. Thanks to funding from Minnesota's Voluntary Pre-Kindergarten (VPK) program, we also have a limited number of free slots available.**



### For more information:

Email us at [Preschool@ISD199.org](mailto:Preschool@ISD199.org)

Call us at 651-306-7503

Or scan the QR Code

### 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	
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sept 1, 2024	Early Learning Center		
Mon-Wed-Fri AM 8:15-10:45		X	
Tue & Thu AM 8:15-10:45		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](mailto:preschool@isd199.org) or call 651-306-7503. Para información preescolar en español, llame al 651-306-7862.

## 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 Linea  
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 AQUÍ!**

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

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



**CUIDADO INFANTIL DEL DISTRITO ESCOLAR 197 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 reúnen con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

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



**Ubicado en:**

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

**Horas:**

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

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

**Año Escolar de 2024-2025**



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



**South St. Paul Kids' Choice**

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

**Ubicado en:**

Kaposia Education Center  
Lincoln Center

**Horas:**

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

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



**Cuidado del año escolar 24-25 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!

**Spartan Kids' Care**

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

**Ubicado en:**

Hilltop 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



# WE WANT YOU

## AFTERSCHOOL JOB

### HIRING SCHOOL AGE CARE STAFF

- School Year Mon-Fri 2:15-5:30/6:00 pm
- \$17.92/hr (Includes Hourly Stipend)
- Summer Employment Opportunity

### QUESTIONS

- Lisa.Grathen@isd197.org
- 651-403-8521



### WORK FOR

## SOUTH ST. PAUL PUBLIC SCHOOLS!



**SCAN FOR  
CURRENT JOB  
OPENINGS AND  
TO APPLY**

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

### WE'RE LOOKING FOR:

#### 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 2024-25 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](http://isd197.org) or call 651-403-7030.

## SOUTH ST. PAUL PUBLIC SCHOOLS



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



*Passionate learners, positively changing our world*

Learn more and enroll at [www.sspps.org](http://www.sspps.org)





**Inspire, Innovate, & Excel with  
Inver Grove Heights Schools**

# ENROLL TODAY

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

Enroll students in ISD 199 at any time! Enroll online at [www.isd199.org/enroll](http://www.isd199.org/enroll) now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights. Visit [www.isd199.org/enroll](http://www.isd199.org/enroll) or call **651-306-7825** with questions and for more information.

# 2024 MAKERS MARKET CRAFT SHOW

SATURDAY, NOV 9  
9:00 AM - 3:00 PM  
TWO RIVERS HIGH SCHOOL  
1897 DELAWARE AVE. MENDOTA HEIGHTS, MN 55118



## ACCEPTING VENDORS



QUESTIONS?  
CALL: 651-403-8331  
EMAIL:  
KARYN.SOLSENG@ISD197  
.ORG

ALL PROCEEDS FROM VENDOR REGISTRATIONS  
SUPPORT DISTRICT 197 COMMUNITY  
EDUCATION FAMILY PROGRAMS.

IN PARTNERSHIP:



Meredith  
Willson's

# THE MUSIC MAN

Actors,  
Dancers and  
Singers ages 8 and up  
are encouraged to audition!

Follow  
us on



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

**AUDITIONS:**  
Mon. & Tues. May 6-7  
6:30 to 9:30 PM

Simley High School Performing Arts Center  
2920 80th Street E • Inver Grove Heights MN

**Audition Packet / Signup:** [www.bit.ly/TMM-audition](http://www.bit.ly/TMM-audition)

## 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*

1200 Stassen Lane, WSP

### *Harmon Park*

230 Bernard St W, WSP

### *Eastview HS*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym*

707 Commerce St, Woodbury

## Facility Use

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

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

**SSP:** Go to [www.communityed.sspps.org/about/facility-use](http://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](http://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 the Community Education office in your district at the address and phone on page 61.

## 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



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

## Community Education Registration

Formulario de registro de educación comunitaria

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

Address: \_\_\_\_\_  
 Dirección

City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Ciudad Código postal

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Teléfono de casa Teléfono móvil

Email: \_\_\_\_\_ UCare Member ID: \_\_\_\_\_  
 Correo electrónico Número de identificación del miembro

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

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

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

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Fecha de Nacimiento

Gender:  Male  Female  
 Género: Masculino o Femenino

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

Complete if Paying by Credit Card:  Visa  MasterCard  Discover  American Express  
 Complete si vá a pagar con tarjeta de crédito:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_  
 Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Firma Fecha

## Register

### Online

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

This secure site is available 24/7

### By Phone

IGH  
651-306-7502

SSP  
651-306-3632

WSP-MH-Eagan  
651-403-8520

### In Person

Mon-Fri  
7:30 am-4 pm IGH  
7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan  
Visit us at the addresses below.

### By Mail

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

WSP, MH and Eagan  
District 197 Aquatic Center  
1897 Delaware Ave  
Mendota Heights, MN 55118

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

## 3 Ways to Pay

### Credit Card

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

### Check

Make checks payable to Community Education.

### Cash

If using cash, please register in person.

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

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

**ECRWSS**

**Postal Patron**

# Adult Education

**FREE Summer GED & ELL Classes!**

Mon-Thurs, July 15 – August 8

8:30 am – 12:30 pm

SSP Community Education at  
Central Square Community Center

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



**ENROLL TODAY**  
**651-306-3632**

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