



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

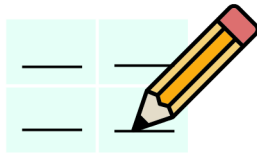
A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts

SOCIAL MEDIA

Enjoy our event photos on our Facebook page! We respect your privacy by not sharing names. If you'd like to opt-out, note it on the registration form or email us at jteillardcui@isd622.org. Please refrain from sharing or tagging photos of others without their consent. Thanks!



GAMES



Match Game

Who can fill in the blanks and match the most panelists? Will it be you? *Renee Turner*
 Tue, Aug 27 \$9
 6:00–8:00 p.m. CBRR2
 Anpétu Téča Education Center, C123

Bingo in White Bear Lake

Did you receive a thoughtful gift, but you will never use it? Feel free to bring it in as a prize for the prize table.

Michelle Hubbard

Wed, Jul 17 \$10
 6:00–7:30 p.m. CBWR2
 White Bear Lake Senior Center

FOOD

Cooking with Cheryl: Hand-pies

Make and bake these tasty, single-serve pies that you can hold in your hand. No plates or forks are needed!

Cheryl Gysbers

Thu, Sep 19 \$15
 6:30–8:30 p.m. CBNC1
 John Glenn Middle School, 284



MUSIC

Karaoke, Games & Pizza Night

Join us for a delightful night of music and fun! Come together with friends for an evening filled with laughter, singing, and your favorite tunes. Take turns showcasing your vocal talents while enjoying delicious pizza and creating unforgettable memories. *Jordi Teillard-Cui*



Thu, Jun 13 \$10
 6:00–7:30 p.m. CBNM1
 Gladstone Community Education Center, 105

Beach Party Dance

Wear your beachiest clothes and dance the night away to DJ Tricia's music. Enjoy some fresh watermelon! *DJ Tricia*

Fri, Jun 7 \$15
 6:30–8:30 p.m. CBNSE1
 Skyview Middle School, Gym A



Bingo in Roseville

Come for fun & games. A variety of methods will be used to win. Everyone leaves a winner!

Activity Number	Day/Date	Time	Location	Cost
CBRR1A	Tue, Jun 11	6:00–8:00 pm	Anpétu Téča Education Center, Cafeteria	\$9
CBRR1B	Tue, Jul 23	6:00–8:00 pm	Anpétu Téča Education Center, Cafeteria	\$9
CBRR1C	Tue, Aug 6	6:00–8:00 pm	Anpétu Téča Education Center, Cafeteria	\$9
CBRR1D	Tue, Sep 10	6:00–8:00 pm	Anpétu Téča Education Center, C123	\$9



OUTDOOR ACTIVITIES

Learn to Kayak

Take this introductory class to practice getting in/out of the kayak, learn to paddle correctly, and gain confidence on the water. A single kayak, paddle, and life jacket are provided. Wear shoes that can get wet and dress in layers for time on the water.

Christine Finnegan

Tue, Jun 25 \$22
5:30–7:00 p.m. CBWR1
Silver Lake Beach Park



Nature Trail Scavenger Hunt NEW!

Join us at Maplewood Nature Center for an exciting hike! Explore the trail with a bingo card of nature items. Find four in a row to win a prize! Join friends for fresh air and exercise!

Jordi Teillard-Cui

Thu, Jun 27 \$10
6:30–7:30 p.m. CBNE2
Maplewood Nature Center



Summer Walks

Join us for a refreshing class experience! Take a scenic stroll around the Oakdale Nature Preserve with friends and embrace the beauty of nature while enjoying great company.

Jordi Teillard-Cui

Thu, Jul 25 & Aug 22 \$5
6:00–7:00 p.m. CBNE1
Oakdale Discovery Center



Evening Campfire Program at Carpenter Nature Center

Join Carpenter Nature Center naturalist for an evening around a campfire, learning about some of the animals that call the Nature Center home. Participants will also partake in a short hike on flat, paved trails (less than half a mile). Finish the program with some delicious s'mores.

Gretchen Carlson

Wed, Sep 18 \$10
6:30–8:00 p.m. CBSR2
Carpenter Nature Center



CREATIVE ARTS

Garden Butterfly Art

Make garden butterflies out of recycled aluminum cans. You will paint 3 butterflies that you can use to decorate your garden or indoor planters. *Renee Turner*

Tue, July 16 \$15
6:00–8:00 p.m. CBRA1
Anpétu Téča Education Center, C121



Open Craft Night

Every time we run a class, we have left-over supplies. Get your creative juices ready. Pick your project with the materials provided. Guidance will be provided if you can't decide what to do! *Michelle Hubbard*

Mon, Aug 19 \$15
6:00–7:30 p.m. CBWA1
White Bear Lake Senior Center



Northern Lights

Come explore blending as we create a mixed-media landscape featuring the Aurora Borealis, nature's most magnificent light show. *Michelle Hubbard*

Wed, Sep 4 \$15
6:00–7:30 p.m. CBNC1
White Bear Lake Senior Center



Pumpkin Weaving and Painting

Get ready for fall by weaving a pumpkin and painting a small pumpkin. *Renee Turner*

Tue, Sep 24 \$15
6:00–8:00 p.m. CBRA2
Anpétu Téča Education Center, C121



- UCare members who are eligible can receive a discount of up to \$15 on many community education courses in Minnesota.
- To qualify, members must have UCare insurance at the time of registration and throughout the duration of the class.
- Members will also need to provide their UCare member ID number when registering for the class.
- To obtain the UCare discount, members must register by phone at **651-748-7200** or by mail.

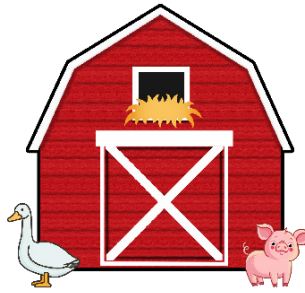
SPECIAL EVENTS

Evening at Shepard Farm

Join a Dodge Center naturalist for a farm tour of Shepard Farm in Cottage Grove! Meet farm animals as you explore the historic barn, poultry pens, bee apiary, and wide pastures.

Gretchen Carlson

Mon, Jun 24 \$10
6:00–7:00 p.m. CBSSE1
Dodge Nature Center – Shepard Farm



Field Trip: Saints Baseball

What's better than spending a summer day watching a baseball game with friends? Join us for a fun afternoon watching the St. Paul Saints play at CHS Field in Saint Paul. Game starts at 1:00 p.m. Transportation and game tickets are provided with registration. Bring a credit card for any refreshments you would like to purchase at the game.

Diana Wright

Wed, Jul 24 \$50
11:30 a.m.–4:30 p.m. AET4
Mahtomedi District Center



St. Croix Pontoon Ride

Hastings Rivertown Fishing and Boating serves seniors, veterans, and those with disabilities through fishing and boating excursions. Lifejackets are provided. Once you register, information on where to meet will be provided. *Gretchen Carlson*

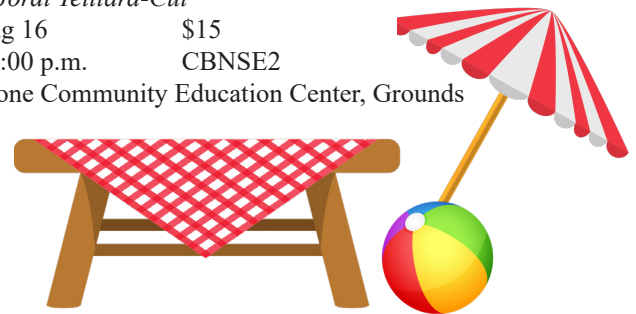
Wed, Jul 10 FREE
10:00 a.m.–12:00 p.m. CBSR1
Miss-Croix Yacht Club



End of Summer Picnic Party

Join us in bidding farewell to summer with a blast! Indulge in delicious food, engage in exciting yard games, groove to the music, and make unforgettable memories with friends, rain or shine. A covered space will be available, and caregivers can assist at no cost. *Jordi Teillard-Cui*

Fri, Aug 16 \$15
5:30–7:00 p.m. CBNSE2
Gladstone Community Education Center, Grounds



ACTIVITY LOCATIONS

Appétu Téča Education Center.

1910 County Road B West,
Roseville, MN 55113

Carpenter Nature Center

12805 St Croix Trail S,
Hastings, MN 55033

Gladstone Community Center

1945 Manton St,
Maplewood, MN 55109

John Glenn Middle School

1560 E. County Rd. B. .
Maplewood, MN 55109

Mahtomedi District Center

1520 Mahtomedi Ave,
Mahtomedi, MN 55115

Maplewood Nature Center

2659 E 7th St,
Maplewood, MN 55119

Miss-Croix Yacht Club

451 2nd St,
Prescott, WI 54021

Oakdale Discovery Center

4444 Hadley Ave N,
Oakdale, MN 55128

Shepard Farm

8946 70th St S,
Cottage Grove, MN 55016

Silver Lake Beach Park

4305 Stinson Blvd NE,
Columbia Heights, MN 55421

Skyview Middle School

1100 Heron Ave N,
Oakdale, MN 55128

White Bear Lake Senior Center

2484 E County Rd F,
White Bear Lake, MN 55110

DONATIONS

We kindly request your support by making a tax-deductible donation to the Community Bridge Consortium. Your donations will help cover the Community Bridge program's costs, including brochure printing and postage, reduced fees, and special events. To make a contribution, please make your check payable to Community Bridge and send it to: **1945 Manton St, Maplewood, MN 55109**. Your contributions are greatly appreciated.



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



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

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 PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

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

Class #	Class Name	Participant Fee	Staff Attending	
			# attending	Total Staff Fee
_____	_____	\$ _____	_____	\$ _____
_____	_____	\$ _____	_____	\$ _____
_____	_____	\$ _____	_____	\$ _____
_____	_____	\$ _____	_____	\$ _____
UCare Number _____ Total Participant Fee \$ _____			Total Staff Fee \$ _____	

Checks payable to: **Community Bridge**
 Mail: **Community Bridge, 1945 Manton St, Maplewood, MN 55109**
Mailed checks will be handled as a one-time electronic fund transfer or draft.

Staff fee must accompany registration

or Visa, MasterCard or Discover _____ Exp ____/____ Total Charge \$ _____
 Signature _____ Print Name on Card _____

Capturing and sharing moments from our Community Bridge events brings us joy! If you prefer NOT to have your photo published, please initial here. _____