



# FALL 2024

## SEPTEMBER - DECEMBER

PARA OBTENER INFORMACIÓN EN ESPAÑOL, VAYA A LAS PÁGINAS 2, 64 Y 65



**DAVID SCHULTZ PRESENTS ON AMERICAN DEMOCRACY, PAGE 39**

**ENJOY TRAVELING? CHECK OUT OUR TRIPS FOR FALL AND WINTER ON PAGES 44 & 45**

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

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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



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@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.



IDENTIFIES AN ONLINE CLASS

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## 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

### Adults with Disabilities

- TriDistrict..... 651-403-8331

### 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



## Ancient Histories

Discover ancient Armenia and Uzbekistan in stand-alone online classes. Journey the Silk Road from Tashkent and explore Armenia's turbulent past, including the 6,000-year-old Areni Cave wine press. Full description of classes are online.

**Instructor: June Anderson**

Thu, Sept 12	7-8 pm
6819-F24 Uzbekistan	1 Session - \$19
Thu, Sept 26	7-8 pm
6819-F24 Armenia	1 Session - \$19



## Haunted Histories

Experience history with a paranormal twist on a virtual trip. Experience the ghostly histories of Anoka's long forgotten places still haunted by ghost (some say); travel to Ireland's Emerald Isle famous for its "thin places" where worlds cross over each other; or delve into the story of Dracula where you'll track him from a crypt in Dublin to a castle in Romania. Full descriptions online of these three stand alone courses.

**Instructor: June Anderson**

Thu, Oct 10	7-8 pm
6820-F24 Dracula	1 Session - \$19
Tue, Oct 15	7-8 pm
6820-F24 Emerald Isle	1 Session - \$19
Thu, Oct 24	7-8 pm
6820-F24 Haunted Anoka	1 Session - \$19



## Minnesota Medal of Honor Recipients

In honor of Veterans' Day, learn the stories of some of the 72 Minnesota men who have been awarded the Medal of Honor from the Civil War to the Vietnam Conflict. Meet an Anoka hometown hero that smothered a grenade and lived to tell the tale, a School master who took his students to war, a Hungarian Freedom Fighter, and a host of other brave men who fought and died for their country.

**Instructor: June Anderson**

Mon, Nov 11	7-8 pm
6821-F24	1 Session - \$19



## Christmas in Krakow

Twenty years ago, June Anderson and her husband celebrated the most wonderful Christmas of their lives in Krakow, Poland. Visiting the medieval market square, alive with Christmas tradition, they took a carriage ride to Wawel castle, met the fire-breathing dragon, Smok, and rode a sleigh over the river and through the woods. Let her share this storybook memory with you so that you may be inspired to travel to Krakow, Poland too.

**Instructor: June Anderson**

Thu, Dec 5	7-8 pm
6822-F24	1 Session - \$19

## Know Your Muslim Neighbor

This class is focused on providing information about community members who practice Islam. Class covers the basic Islamic belief system and educates about commonalities and differences. It is geared toward honest discussion with ample time for Q & A. There is often curiosity about the lifestyle of Muslims but no platform to ask and learn. This class strives to fill that gap. Importance of family and community will be towards end of the day and light food will be served. Feel free to bring your own beverage.

**Instructor: Mashood Yunus**

Thu, Sept 26	6-9 pm
7013-F24	1 Session - FREE
Central Square, SSP	

## 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 use acrylic paint on canvas.

**Instructor: Linda Rinaldi**

\$25	8x10 Canvas Board	
\$35	8x10 Stretched Canvas	
\$45	11x14 Stretched Canvas	
Tue, Sept 17	7548-F24 SunsetD	1-3 pm
Wed, Sept 25	7548-F24 Sunset E	6-8 pm
Central Square, SSP		
Thu, Oct 10	7548-F24 SunflowerD	1-3 pm
Wed, Oct 23	7548-F24SunflowerE	6-8 pm
Central Square, SSP		
Thu, Nov 7	7548-F24PumpkinsD	1-3 pm
Wed, Nov 20	7548-F24PumpkinsE	6-8 pm
Central Square, SSP		
Thu, Dec 5	7548-F24ChristmasTreeD	1-3 pm
Wed, Dec 11	7548-F24ChristmasTreeE	6-8 pm
Central Square, SSP		

### Scrapbooking and Chocolate

If you are new to scrapbooking or looking to quickly create a school album, the 8"x 8" Back to School Paper Album is the album for you! The album is great for capturing memories from the first day of school, field trips, extracurricular activities, and more. The album also makes a unique gift! This album has 8 predesigned pages, Add your photos on the photo-safe pages, decorate with coordinating stickers and embellishments (included) and journal your memories. Bring a variety of photos for the album and you can crop/trim them to fit your pages. All supplies provided...including chocolate!

**Instructor: Lynn Waska**

"Back to School" Scrapbook with a Chance of Smiles...and Chocolate!

Tue, Sept 17 6:30-8:30 pm  
2405-F24 1 Session - \$35

Inver Grove Heights MS, IGH

"Birthday Bonanza" Scrapbook with a Chance of Smiles...and Chocolate!

Tue, Oct 15 6:30-8:30 pm  
2451-F24 1 Session - \$35

Inver Grove Heights MS, IGH



### "Fall" into Crafty Cards with a Chance of Chocolate!

Create a variety of handmade fall-themed cards, relax, and eat chocolate! We will use card kits and other card making supplies, tools, and embellishments to DIY Fall, Halloween, and Thanksgiving cards to share with family and friends. Creative Memories™ card kits, paper, embellishments, and a variety of scrapbooking tools will be used during this class. All supplies provided.

**Instructor: Lynn Waska**

Wed, Sept 25 7:00-8:30 pm  
2452-F24 1 Session - \$35

Inver Grove Heights MS, IGH

### Crafty "Christmas" Cards with a Chance of Chocolate!

Create a variety of handmade Christmas cards, relax, and eat chocolate! We will use card kits and other card making supplies, tools, and embellishments to DIY Christmas cards to brighten the holiday season. Creative Memories™ card kits, paper, embellishments, and a variety of scrapbooking tools will be used during this class. All supplies provided.

**Instructor: Lynn Waska**

Thu, Nov 7 7-8:30 pm  
2453-F24 1 Session - \$35

Inver Grove Heights MS, IGH

### Storytelling

Love telling stories or want to be a storyteller? Join our 4-week workshop to refine your storytelling skills and boost your confidence. Showcase your new abilities to family and friends in the final class.

**Instructor: Susan Cook**

Thu, Sept 19-Oct 10 6-7:30 pm  
6104-F24 4 Sessions - \$55

Heritage MS, WSP

### Learn to Knit

If this is your first venture into knitting or you want to get back into this fun and creative craft then this is the class for you. Learn the basics of knitting such as casting on, knit and purl stitches, and binding off. Use your new skills to make a set of cotton dish cloths. The yarn for your first dish cloth is provided. Bring a pair of size 8 needles to the first class to get started.

**Instructor: Suzanne Ross**

Thu, Sept 26-Oct 24 6:30-8:30 pm  
6102-F24 4 Sessions - \$35

Two Rivers HS, MH

No class Oct 17

### Knitting Studio

Join our fall knitting workshop to relax and work on any project, get advice, and enjoy time with fellow knitters. So grab those unfinished projects or patterns and come knit! Open to all skill levels.

**Instructor: Suzanne Ross**

Tue, Sept 24-Oct 22 6:30-8:30 pm  
6101-F24 A 5 Sessions - \$35

Two Rivers HS, MH

Tue, Oct 29-Dec 17 6:30-8:30 pm  
6101-F24 B 5 Sessions - \$35

Two Rivers HS, MH

No class Nov 5, 26, and Dec 10



## Knitting Technique Series: Holiday Table Decor

Learn a couple of new knitting techniques and make lovely mats for your own holiday table or give as gifts to someone special. The techniques are Plaid Perfection and Peppermint Twist. Registration includes pattern for various mat sizes, yarn to make one mat and instructions. Participants should know basic knitting skills. Needle requirements will be sent prior to first class.

**Instructor: Suzanne Ross**

Thu, Nov 7-14 6103-F24 Plaid Heritage MS, WSP	6:30-8:30 pm 2 Sessions - \$35
Thu, Nov 21-Dec 5 6103-F24 Twist Heritage MS, WSP	6:30-8:30 pm 2 Sessions - \$35

## 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, Sept 25 6100-F24 Lake Reflections Two Rivers HS, MH	5:30-8:30 pm 1 Session - \$65
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**99% of surveyed participants state that Community Education classes are a good value for the price, and they would recommend to a friend.**

## Paint Like Bob Ross

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

**Instructor: Kristi Nelson**

Mon, Nov 18 5000-F24 Blood Moon Inver Grove Heights MS, IGH	6-9 pm 1 Session - \$50
Tue, Dec 10 5000-F24 Mountain Nights Inver Grove Heights MS, IGH	6-9 pm 1 Session - \$50



## Voiceover... Now is Your Time

In what could be the most enlightening two 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. In this introductory class, you will learn about 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: Will Kamp**

Mon, Nov 4 7543-F24	6:30-8:30 pm 1 Session - \$35
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## How to Publish Your Book and Not Go Broke

So, you've written a book. Now what? Whether you've written the great American novel to share with the world or a memoir to pass on to family and friends, this class is for you. In three online sessions, learn how to prepare your manuscript for publishing, the business of selling your book as well as tips on marketing and promotion. Class fee includes a guidebook that will be emailed to you.

**Instructor: June Anderson**

Mon, Nov 18-Dec 2 6818-F24	6:30-8:30 pm 3 Sessions - \$59
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## Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is fun and dramatically easier to learn. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is partly hands on instruction and partly lecture. Ages 13+

**Instructor: Craig Coffman**

Mon, Nov 25 6826-F24	6:30-9:30 pm 1 Session - \$60
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### Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Learn some basic chords that will get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. For ages 13+.

**Instructor: Craig Coffman**

Tue, Nov 26 6:30-9 pm  
6827-F24 1 Session - \$60

### Lovely Macarons

What a beautiful cookie! We will make and assemble 3 different flavor cookies with yummy fillings too. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!) \$13 supply fee payable to instructor at class.

**Instructor: Nancy Burgess**

Tue, Sept 17 6-9 pm  
7695-F24 1 Session - \$29  
South St. Paul HS, SSP

Mon, Oct 14 6-9 pm  
7695-F24B 1 Session - \$29  
South St. Paul HS, SSP

### Phyllo Pastry-Appetizers, Main Dishes, Desserts

Did you know you could do so much with phyllo? Don't be terrified any longer of this paper-thin, frozen pastry. We will prepare an assortment of appetizers, main dishes and desserts all made with this amazing pastry dough. We'll begin by preparing Phyllo Kisses, a fast, 5 minute appetizer. Then hot, puffy, feta cheese triangles create a party atmosphere. And they can be made in advance, then frozen to be bakes as guests arrive! Main dishes can use chicken and a vegetable highlight, such as fresh broccoli with cheese sauce, rolled in this golden, crisp pastry. Of course, no class on phyllo would be complete without Baklava, loaded with nuts and saturated with honey syrup! After this evening, you will have conquered your fear plus you will receive an easy tip sheet to create perfect results every time for other phyllo recipes too. \$15 supply fee payable to instructor at class.

**Instructor: Laurel Severson**

Thu, Sept 19 6-9 pm  
7688-F24 1 Session - \$29  
South St. Paul HS, SSP

### Greek Dinner

Experience the rich flavors of Greece in our Greek Dinner class! Learn to prepare traditional dishes like moussaka, flaming cheese, and a walnut cake using authentic recipes and fresh ingredients. Join us for a night of cooking, tasting, and fun! All food supplies are included in price.

**Instructor: Laurel Severson**

Tue, Sept 24 6-9 pm  
6203-F24 1 Session - \$55  
Two Rivers HS, MH



### Perfect Pasta

Create a delectable Italian meal! Learn to make fresh pasta, rich sauces, and classic dishes. Perfect for food lovers and home cooks, this hands-on experience will guide you through each step, ensuring you can recreate an authentic Italian dinner at home. All food supplies are included in price.

**Instructor: Laurel Severson**

Fri, Oct 4 6-9 pm  
6204-F24 1 Session - \$55  
Two Rivers HS, MH

### Scrumptious Pies and Tarts

Nothing beats homemade pie or tart-easy to make too! Served hot or cold, loaded with fruit or bursting with creamy texture, you may combine the filling with a simple food processor-pasty (or make the pastry by hand). A lattice top is not only pretty, but with class tips easy to create. You will mix and match your favorite fruits and berries for artistic/tasty tarts. Expect a number of wonderful recipes featuring fruits, nuts and maybe shiny glaze for tarts to tempt you, your family and friends. There will be tips galore to ensure that you have success every time. Sample creations in class and bring a container to transport more samples home. Expect to master fruit pies, custard/cream pies and spectacular tarts. \$12 supply fee payable to the instructor at class.

**Instructor: Laurel Severson**

Sat, Oct 12 9 am-1 pm  
7689-F24 1 Session - \$29  
South St. Paul HS, SSP

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

## Mile High Apple Pie

Fall is in the air! With that comes apple season. This is the time of year to make the very best apple pie. If you say, "I can't make pies" then this class is for you. Nancy will take you through all the steps, from making a crust, to preparing all the filling for your pie using the freshest apples from Brand Farms in Farmington. You will be surprised how easy it is! Each student will leave class with a hot apple pie to share with family and friends. Boxes will be provided, but please bring a rolling pin and a potato peeler to class if you have them. Nancy will have some extras, too. \$14 supply fee payable to the instructor at class.

**Instructor: Nancy Burgeson**

Mon, Nov 4 6-9 pm  
7685-F24 1 Session - \$29  
South St. Paul HS, SSP

## Best Bundt Cakes

Bundt Cakes have become very popular. Learn tips and tricks as we prepare, bake and glaze several types of bundt cakes in class. Students will take home four boxed 5" bundt cakes. We will make Lemon, Triple Chocolate, Cherry Cheesecake and pumpkin. An additional \$12 in supply fees are due to the teacher the night of class. Appropriate for ages 16 to Adult.

**Instructor: Diana Hirte**

Wed, Nov 13 6-8:30 pm  
7699-F24 1 Session - \$35  
South St. Paul HS, SSP

## Lovely Lefse

This Norwegian delicacy is made for all sorts of special occasions. Learn the fine points in making the dough, baking, storing and how to serve lefse. You will begin with real potatoes using a number of authentic recipes and a new, modern recipe using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings. You can take home finished lefse dough to bake and share with your loved ones. \$9 supply fee payable to the instructor at class.

**Instructor: Laurel Severson**

Thu, Nov 21 6-9 pm  
7690-F24 1 Session - \$29  
South St. Paul HS, SSP

## Thanksgiving Sugar Cookie Fun

Sugar cookies are so trendy right now, come learn to decorate your own! Using rolled icing and easy to learn techniques these cookies are sure to stand out at your Thanksgiving meal. And, you will get to take home a box of 12 cookies to boot. All supplies included.

**Instructor: Diana Hirte**

Tue, Nov 26 6:30-8:30 pm  
6202-F24 1 Session - \$45  
Two Rivers HS, MH

## Holiday Cooking and Candy Take-and-Bake

This class is an assembly-line style baking group, creating cookies, and candies for the holidays. Favorites like Russian tea cakes, peanut butter kiss cookies, cranberry-orange shortbread cookies, chocolate fudge and pretzel rods dipped in caramel and chocolate. Head home with ten dozen boxed holiday treats. All packaging is supplied. \$25 supply fee payable to the instructor at class. Appropriate for ages 16 to Adult.

**Instructor: Diana Hirte**

Fri, Dec 6 6-9 pm  
7698-F24 1 Session - \$39  
South St. Paul HS, SSP

Mon, Dec 9 6-9 pm  
7698-F24B 1 Session - \$39  
South St. Paul HS, SSP



## Four Famous Ethnic Cookies

This class covers four Scandinavian cookie favorites. First are rolled Krumkakes, made with cream, butter, and cinnamon. Next up are Italian Pizzelles; a flat, anise-flavored cookie baked on the top of the stove using an iron. Almond Swedish Sandbakkelse are baked in tiny tins to resemble tarts. Finally, you will master deep fried rosettes, the fragile, paper thin Scandinavian delicacies dusted with confectioner's sugar. Please bring containers to take your creations home. \$14 supply fee payable to the instructor at class.

**Instructor: Laurel Severson**

Tue, Dec 17 6-9 pm  
7691-F24 1 Session - \$29  
South St. Paul HS, SSP

## Basic Cake Decorating

Come and learn how to decorate an 8" celebration cake to take home. You will gain the skills in creating shell borders and writing as well as more intricate details like stars and rosettes. There will be starter kits available to take home for an additional \$12 paid to the

**Instructor: Diana Hirte**

Tue, Oct 8 6:30-8:30 pm  
6200-F24 1 Session - \$45  
Two Rivers HS, MH



### Advanced Cake Decorating

Come gain some more skills in cake decorating! Learn how to make buttercream roses, leaves, borders and writing to decorate an 8" cake to take home. Students should have either taken Basic Cake Decorating or have some prior experience in cake decorating. All supplies included.

**Instructor: Diana Hirte**

Tue, Oct 15 6:30-8:30 pm  
6201-F24 1 Session - \$45  
Two Rivers HS, MH



### Burmese Curry Noodles and Salad

Let's have fun and learn how to make Burmese curry from scratch. We'll make a version of Mandalay Mouti Thoke, chicken yellow curry with noodles. We'll start with making egg noodles from scratch and we'll also make curry with chicken from scratch. While the curry is cooking, we'll roll out, cut, and cook the noodles. We'll also have salad as a side dish.

**Instructor: Ploy Khunisorn**

Tue, Sept 24 6-8 pm  
7692-F24 1 Session - \$35



### Hand-Pulled Noodles from Scratch

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup.

**Instructor: Ploy Khunisorn**

Tue, Oct 8 6-8 pm  
7693-F24 1 Session - \$35



### Dreamy Bao Buns and Korean Bulgogi BBQ Chicken!

Discover the art of crafting delightful Bao buns, steamed pillows of deliciousness, in this interactive online class. Learn to prepare these heavenly creations from scratch, filling them with succulent Korean bulgogi BBQ chicken and a medley of homemade quick-pickled vegetables. Fun is to be had in this guided step-by-step class!

**Instructor: Tess Georgakopoulos**

Fri, Oct 11 5-7:30 pm  
6823-F24 1 Session - \$45



### Churros and Handmade Corn Tortilla Taco Fiesta!

Dive into the world of creating a masterful fiesta where everything from the churros, corn tortillas and everything else in between is handcrafted from scratch! Store bought tortillas will be a thing of the past as you learn how to create corn tortillas made from corn. Naturally gluten free and packed with protein, these foods are sure to make every dinner a fiesta! Check out the full menu description online.

**Instructor: Tess Georgakopoulos**

Tue, Oct 15 5-7:30 pm  
6825-F24 1 Session - \$55



### Blast from the Past Diner Dinner Meal

Travel back in time and reminisce about the days when Saturday afternoons were synonymous with a trip to the local diner! In this interactive online class learn how to recreate a gourmet level diner dinner that was quintessential of the American food culture. Full description of the menu is listed online.

**Instructor: Tess Georgakopoulos**

Sat, Nov 2 4-6:30 pm  
6824-F24 1 Session - \$45



### Festive Appetizers and Boards

Use your kitchen gadgets\* to create yummy appetizers for holiday gatherings, game nights, or just for fun. Join Kirsten live online from her home kitchen as she demonstrates Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rarebit Poppers, Mediterranean Mezze Boards, and more! Registration includes extensive recipe handout and link to class recording so you can re-watch at your convenience. \*No air fryer or Instant Pot? No problem! Recipes will include oven/stovetop directions too.

**Instructor: Kirsten Madaus**

Tue, Nov 12 6:30-8 pm  
7697-F24 1 Session - \$29



### Monthly Meal Planning

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meal on repeat? Fear not, hungry friend, this class is here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level. From "a Month of Meatless Mondays" to "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone.

**Instructor: Kirsten Madaus**

Sun/Sat, Dec 7-8 3-4 pm  
7696-F24 2 Sessions - \$45



## Japanese Miso Ramen from Scratch

This class is not about instant ramen. In fact, we will be making Japanese miso ramen from scratch. We will start with making ramen noodles from scratch. Then, we'll braise cha shu chicken and make miso broth. We will serve our ramen with marinated soft-boiled eggs and different toppings.

**Instructor:** Ploy Khunisorn

Tue, Dec 10  
7694-F24

6-8 pm  
1 Session - \$35



## 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 act 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, Oct 3  
7738-F24

10-11:30 am  
1 Session - \$12

Central Square, SSP

## 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 cashflow. 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, Oct 2  
6408-F24

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

Somerset Elementary, MH

## 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, Sept 10  
7736-F24

6:30-8:30 pm  
1 Session - \$40

Central Square, SSP

## The Five Important People You Need On Your Way To Heaven

In each Minnesotan's life, there are five people we should be prepared to count on as we age and move into the last stages of our lives. Learn the answers to essential questions like: What are the roles and responsibilities of these people? How much guidance can we give them? Each of these jobs: Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee and Guardian are vastly different jobs that benefit you and they deserve careful thought. This class encourages questions. We will provide the answers.

**Instructor:** Steve Ledin

Wed, Sept 18  
6814-F24

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

Wed, Sept 18  
7782-W24

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

Central Square, SSP



## Is Homeowner Association Living Right for You?

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

**Instructor:** Lynn Boergerhoff

Mon, Sept 23  
6407-F24

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

Somerset Elementary, 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:**

Tue, Oct 8 6-7:30 pm  
 5510-F24 1 Session - \$12  
 Inver Grove Heights MS, IGH



### So You're Thinking About Leaving Minnesota: An Attorney's Perspective

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 quality of medical resources and retirement facilities – who is good, who is not-so-good? All these issues will be raised and discussed in an open and friendly manner with questions encouraged.

**Instructor: Steve Ledin**

Thu, Oct 17 6:30-7:30 pm  
 6815-F24 1 Session - \$12



### The Empowered Homeowner - 3 Part Series

Learn how to protect your investment in your home, through insurance, exterior home maintenance, and insurance claims process. Take just one or two, or register for all three. Instructor: Sarah Baso

Register for all three for \$35. 7739-F24

### Understanding your Homeowners Insurance Policy

Purchasing a Homeowner's insurance policy to protect your home in case of unexpected events typically goes hand in hand with the purchase of a home. Learn how your homeowner's insurance works including what is or isn't covered, what affects the price of your policy and what will happen if you have an unexpected event leading to a claim.

Mon, Oct 7 6:30-8 pm  
 7739-F24 1 Session - \$12  
 Central Square, SSP

### Care and Feeding of Your Home Exterior

Owning your own home can be a lot to bite off for many people, and while this hour long workshop certainly only touches the tip of the iceberg, we hope to outline some of the most common areas of wear and tear to the exterior of your home that can prevent (or minimize) larger damage issues that are either excluded or not covered by homeowners insurance.

Mon, Oct 14 6:30-8 pm  
 7739-F24 1 Session - \$12  
 Central Square, SSP

### Understanding the Homeowners Insurance Claims Process

While many people can go through the entire time of owning a home without filing an insurance claim, it is more often the case that you will need to decide whether to file an insurance claim at some point in your ownership journey. In this workshop we will briefly touch on when and why to file a claim - particularly as it relates to weather and storm damage.

Mon, Oct 21 6:30-8 pm  
 7739-F24 1 Session - \$12  
 Central Square, SSP

## 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**

Tue, Dec 17 6-8 pm  
7714-F24 1 Session - \$12  
Central Square, SSP

## Senior Housing Should I Stay or Should I Go?

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

**Instructor: Marcia Loeslie**

Tue, Oct 22 10-11:30 am  
7737-F24 1 Session - \$12  
Central Square, SSP



## 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**

Tue, Oct 8 6-8 pm  
7717-F24 1 Session - \$12  
Central Square, SSP

## Moving Mom & Dad

5 Common Mistakes Children of Aging Parents Make and How to Avoid Them! Many baby boomers today are facing the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class we will discuss and give an overview of 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 covers the five common mistakes Children of aging parents make and how to avoid them and much more.

**Instructor: John Mazzara**

Tue, Nov 12 6-8 pm  
7715-F24 1 Session - \$12  
Central Square, SSP

## Medicare Basics

Medicare does not cover all medical costs and can feel complicated and confusing. This class will help you understand Medicare Parts A, B, C, & D, and cover how a Medicare Supplement Plan or Part C (Advantage Plan and/or Medicare Savings Account) can help. There will be time at the end to answer individual questions. This class is educational only.

**Instructor: Jordan Draper**

Wed, Oct 9 6-7:15 pm  
5002-F24 1 Session - FREE  
Inver Grove Heights MS, IGH  
Mon, Dec 9 6-7:15 pm  
6400-F24 1 Session - FREE  
Two Rivers HS, MH

## MNSure Navigator Help

If you buy your health coverage through MNSure Health Exchange and have questions, then sign up for this class! Discuss and learn about Premium Tax Credit and income thresholds as well as MinnesotaCare and the impacts it could have on your finances. Plus, a look at off exchange health plan strategies when you don't qualify for a subsidy.

**Instructor: Amy Nielsen**

Mon, Oct 14 6:30-7:30 pm  
6401-F24 1 Session - FREE  
Somerset Elementary, MH

## Ladies Only: Your Strategic Guide to Maximizing Social Security Benefits

Did you know that women face unique challenges when it comes to maximizing their Social Security benefits? Attend this women-focused seminar to learn proven strategies for getting every dollar you deserve from the Social Security system.

**Instructor: Rolf White**

Thu, Nov 14 6:30-8:15 pm  
6403-F24 1 Session - \$12  
Heritage MS, WSP

### Social Security for Couples: Maximizing Your Benefits Together

Are you and your spouse nearing retirement age? Learn how to get the most out of your Social Security benefits as a couple. The Social Security decisions spouses make when they are in their 50's and 60's can have a significant impact in life-long finances. This class will cover some little known rules that can help married couples get more out of the Social Security system.

**Instructor: Rolf White**

Tue, Dec 10 6:30-8 pm  
 6404-F24 1 Session - \$12  
 Heritage MS, WSP

### Taxes and the "Widow's Penalty"

Discover how to combat the "Widow's Penalty" in our dynamic workshop. Learn practical tools to reduce higher taxes, and navigate impacts on Social Security and Medicare after losing a spouse. Equip yourself with resources during this challenging transition. Join us and turn financial challenges into opportunities for stability and peace of mind.

**Instructor: Kevin Schwartz**

Thu, Oct 24 6:30-7:30 pm  
 6405-F24 1 Session - \$12  
 Two Rivers HS, MH



### Taxes in Retirement

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. Learn how to apply the tax code in an organized and efficient way.

**Instructor: Rolf White**

Tue, Oct 29 6:30-8 pm  
 6406-F24 1 Session - \$12  
 Two Rivers HS, MH

### The Special Needs Trust: Estate Planning for Families with Special Needs Members

Discover the balance between formal planning and family dynamics for caring for a loved one with special needs. Learn how to safeguard assets without impacting benefits in this insightful class. Explore various options, including special needs trusts, to ensure a secure future. Join us to navigate estate planning intricacies and make informed decisions for your family's well-being.

**Instructor: Steve Ledin**

Mon, Nov 18 6:30-7:30 pm  
 6816-F24 1 Session - \$12  
 Tue, Oct 29 6:30-7:30 pm  
 7779-F24 1 Session - \$12  
 Central Square, SSP



### Four Successful Strategies to Protect the House, Farm, Cabin & More

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

**Instructor: Steve Ledin**

Wed, Nov 6 6:30-8 pm  
 7780-F24 1 Session - FREE  
 Central Square, SSP

### Let's Probate an Actual Minnesota Estate

Walk-through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. Gain the knowledge about the responsibilities and liabilities of the person appointed as the Executor/Personal Representative. There will be time for Q&A.

**Instructor: Steve Ledin**

Mon, Dec 16 6:30-7:30 pm  
 6817-F24 1 Session - \$12  
 Mon, Dec 16 6:30-7:30 pm  
 7781-F24 1 Sessions - \$12  
 Central Square, SSP



## What to Know When Planning a Disney Vacation

A trip to Walt Disney World will create so many memories. Learn what to consider to make your vacation magical. This includes discussing everything Walt Disney World has to offer, resorts and amenities, ticket options, dining options, events that happen throughout the year, and how to minimize your time waiting in lines. While the course will be focused on Walt Disney World, it will also touch on Disneyland and Universal Studios. There will be time for Q & A in the class.

**Instructor: Rebecca Ruprecht-Barrett**

Wed, Sept 25 6-7:30 pm  
7654-F24 1 Session - \$15  
Central Square, SSP

## What to Know When Planning a Cruise

Cruising has become a very popular vacation for families, friends, young professionals, and retirees alike since it offers something for everyone. Have you wondered about what is all included in a cruise? Come learn about the different types of cruises available, the various amenities available onboard, and what to think about when picking your stateroom and booking your cruise. There will be Q & A in the class.

**Instructor: Rebecca Ruprecht-Barrett**

Wed, Oct 23 6-7:30 pm  
7653-F24 1 Session - \$15  
Central Square, SSP

## Tips and Tricks for Traveling with Kids

Kids grow up too fast. Do you want to travel with your kids but are nervous on how it will go? While traveling with kids is different from an adults only trip, the memories that you will create are priceless. We have been traveling with our kids since they were 3 months old (our oldest are now in middle school) and we want to share our tips with you. Whether you are flying, driving, or cruising to see major cities, National Parks, or Theme Parks there are little things that can make a big difference. There will be Q & A in the class.

**Instructor: Rebecca Ruprecht-Barrett**

Tue, Nov 12 6-7:30 pm  
7652-F24 1 Session - \$15  
Central Square, SSP

## Google Sheets for Awesome Beginners

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work, school, or play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze and visualize your data using Google Sheets!

**Instructor: Nickie Welsh**

Thu, Sept 26 12-1 pm  
6809-F24 1 Session - \$25



## Canva for Awesome Beginners

Open up a world of design potential with Canva, the free, easy-to-use tool for creating social media posts, presentations, posters, videos, logos, and more. Learn step-by-step to design from scratch or use templates, leaving with confidence and a practical guide.

**Instructor: Nickie Welsh**

Thu, Oct 10 12-1 pm  
6810-F24 1 Session - \$25



## Practical ChatGPT Training for Everyone

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and home. Don't get left behind in today's tech savvy world!

**Instructor: Nickie Welsh**

Tue, Oct 15 12-1 pm  
6811-F24 1 Session - \$25



## Simplified 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 skillset or company get left behind by missing the key social media rules you need to know! Learn how to craft a simple yet 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**

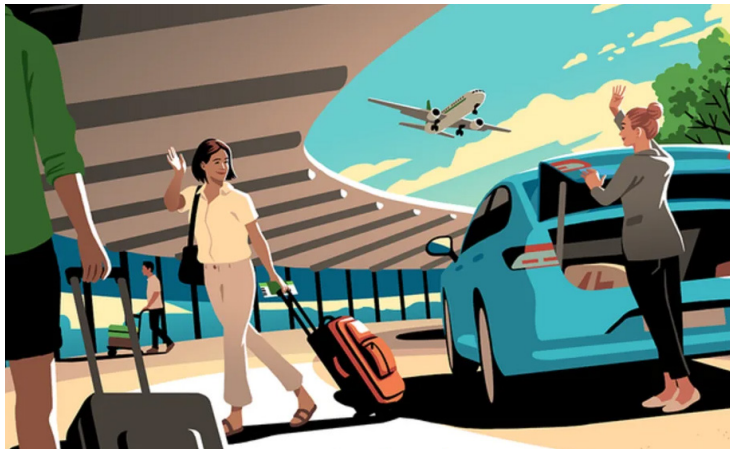
Tue, Nov 5 12-1 pm  
6812-F24 1 Session - \$25

**Photo Organization: Print & Digital**

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality!

**Instructor: Kathy Povolny**

Tue, Nov 19 6:30-8:30 pm  
7403-F24 1 Session - \$29  
Central Square, SSP



**How to Use Uber for Transportation Independence**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn the basics and gain the knowledge on how to use Uber at major airports as well as other appointments and errands. Open up your travel options with this fun and engaging class!

**Instructor: Nickie Welsh**

Tue, Dec 10 12-1 pm  
6813-F24 1 Session - \$25

**Pediatric CPR/ 1st Aid Blended Learning Skills Check**

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

**Instructor: Deb Gutzman**

Sat, Sept 14 9-11 am  
7104-F24 1 Session - \$85  
Central Square, SSP

**CPR/AED for All Ages Blended Learning Skills Check**

BLENDED LEARNING is the same program & certification as the classroom course but with the added benefit of watching the videos on your own and at your own pace. This is the "skills" portion of the blended learning. You will meet with the instructor in a group setting and perform the "hands on" training portion of the program. \*\*The online portion must be completed before class and student will bring the "completion certificate with them to class". A valid email is needed at registration. The videos work best on a laptop or tablet. (If you are unable to complete the online portion, you will be asked to attend the next skills test).

**Instructor: Deb Gutzman**

Thu, Oct 10 5-7:45 pm  
7103-F24 1 Session - \$60  
Central Square, SSP

**Cracking the Code to Your Dreams**

Uncover hidden meanings and invaluable insights in this playful exploration of the symbols in your inner world. Your dreams have stories to tell—unravel their mysteries. Your dreams can assist with deeper self-understanding; empowered decision-making; enhanced creativity; stress reduction; goal alignment; enhanced intuition; and creative problem solving.

**Instructor: Daneika Glenn**

Wed, Sept 18 6:30-7:30 pm  
7545-F24 1 Session - \$39  
Central Square, SSP

**Living a Purposeful Life**

Join us for an inspiring session where you'll uncover your top five values and craft two powerful action steps using balance and fulfillment coaching tools. You will be invited to journal about what gets in the way when taking action and identify two motivators that push them forward. Please bring a journal, or a notepad, and a pencil or pen to class.

**Instructor: Heather Digolo, MA, CPCC**

Thu, Sept 19 6-9 pm  
6701-F24 1 Session - \$65  
Heritage MS, WSP

**Self-Care**

Self care, it sounds so simple. It can be! When you learn the basics of self care and how using your own energy cycles can optimize your routine. Learn what your priorities are, where you are falling short and how to schedule your self care so that you actually accomplish it. There is no cookie cutter self care here! Let's customize your self care for you! So that it can grow and evolve with you.

**Instructor: Lily McNamara**

Tue, Sept 24 6:30-8:30 pm  
7478-F24 1 Session - \$45  
Central Square, SSP

## What is Regenerative Health?

Regenerative health is about getting to the root cause of symptoms, illness or dis-ease in the body and it is changing how we approach our health. Learn how regenerative health can support you in living more vibrant and well. You will gain an in-depth understanding of what regenerative health is, what the body actually needs for vibrant health and steps you can take to put the body in the right environment for repair and regeneration.

**Instructor:**

Tue, Sept 24 7-8:15 pm  
5700-F24 1 Session - \$32  
Inver Grove Heights MS, IGH



## The Art of De-Aging: Peek Years off Your Bio Age

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

**Instructor: Janice Novak**

Mon, Sept 30 6-7:30 pm  
7134-F24 1 Session - \$30



## Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

**Instructor: Janice Novak**

Mon, Oct 14 6-7:30 pm  
7135-F24 1 Session - \$30



## Acupressure to Relieve Stress, Anxiety & Insomnia

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

**Instructor: Janice Novak**

Mon, Oct 28 6-7:30 pm  
7136-F24 1 Session - \$30



## Acupressure to Assist Weight Loss

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

**Instructor: Janice Novak**

Mon, Nov 18 6-7:30 pm  
7137-F24 1 Session - \$30



## Techniques to Activate Your Brain's Creativity Center

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

**Instructor: Janice Novak**

Mon, Dec 9 6-7:30 pm  
7138-F24 1 Session - \$30

## BWCAW Canoe Camping for First Timers

Are you thinking about taking your first trip to the Boundary Waters Canoe Area Wilderness (BWCAW) next summer? Now is the time to start planning! This class will give you an overview of buying a permit, meny planning, route planning and portaging, working with an outfitter and staying safe. We will also discuss an equipment list, the challenges of navigation, and prerequisite skills such as how to handle a canoe, wilderness first aid, and setting up camp.

**Instructor: Craig Bower**

Wed, Oct 9 6-8 pm  
2500-F24 1 Session - \$29  
Inver Grove Heights MS, IGH



### Hypnosis: Weight Loss-Stop Smoking/ Chewing Tobacco

Join for one or both sessions! The weight loss session will stop food cravings, snacking and overeating. Or join the smoking/chewing cessation without weight gain or withdrawal course. Dress comfortably and bring a pillow, sleeping bag, or blanket. You may be sitting or laying down for part of the session. The fee includes the class session, a reinforcement CD, and a lifetime membership for free future classes if reinforcement is desired. 6 pm - Introduction for both Weight Loss and Smoking Cessation. 7 pm - Weight Loss Hypnosis. 8 pm - Stop Smoking/Chewing Tobacco Hypnosis.

**Instructor: Mary F Fischer**

Wed, Sept 25	5:30-8:30 pm
5111-F24	1 Session - \$60 one topic
Inver Grove Heights MS, IGH	\$120 two topics

### Women's Wellness Series

Discover essential health topics in each stand alone class designed for busy moms. Gain practical insights on maintaining fitness, understanding fertility awareness, navigating pregnancy with the right support professionals, and accessing diverse mental health resources. Enhance your well-being, make informed choices, and find the support you need for a balanced and healthy life. Free limited child-watch is available for participants in attendance of each class. Full class and instructor descriptions are available online.

**Presenting Organization: Guiding Star Wakota**

Tue, Sept 10	6:30-8 pm
6704-F24 Fitness	1 session - \$25
Guiding Star Wakota, WSP	
Thu, Oct 10	6:30-8 pm
6704-F24 Awareness	1 Session - \$25
Guiding Star Wakota, WSP	
Tue, Nov 12	6:30-8 pm
6704-F24 Pregnancy	1 Session - \$25
Guiding Star Wakota, WSP	
Tue, Nov 26	6:30-8 pm
6704-F24 Mental Health	1 Session - \$25
Guiding Star Wakota, WSP	

### Shinrin Yoku Forest Bathing

Are you ready to escape the hustle and bustle of daily life and reconnect with the healing power of nature? Join us for a transformative 2-hour forest bathing walk in a serene, wooded park. Reconnect with nature and tap into its healing powers. Through sensory immersion and shared experiences, we'll rejuvenate our spirits and leave with memories of tranquility.

**Instructor: David Motzenbecker**

Sat, Oct 12	9-11 am
6700-F24	1 Session - \$45
Cottage Grove Ravine Regional Park	

### Astrology

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. Learn the 12 different zodiac signs from Aries to Pisces. What the Big Three are and why they rule so much of your life. How the planets and houses interact with your birth chart. Get the basics and watch the patterns of your life become clear.

**Instructor: Lily McNamara**

Tue, Oct 15	6:30-8:30 pm
7477-F24	1 Session - \$45
Central Square, SSP	

### Building Your Legacy

Explore Life Coaching principles to guide you through aspects of creating your legacy. What unique gifts do you want to be known for? Time will be set aside for journaling to explore these ideas and more. Please bring a journal and a writing utensil to class.

**Instructor: Heather Digolo, MA, CPCC**

Wed, Oct 16	6-9 pm
6702-F24	1 Session - \$65
Somerset Elementary, MH	



### Vision Board Mastery

Master your manifestation skills by learning how to use the power of image to clarify your deepest desires and craft compelling visual goals in this 75-minute vision board class.

**Instructor: Daneika Glenn**

Wed, Nov 6	6:30-7:45 pm
7546-F24	1 Session - \$39
Central Square, SSP	

### Life Coaching for Creatives

Focus on the cornerstones of Life Coaching, team building, and supporting each other by creating an open space for discussions on building your creative business or your brand, areas of stuckness, and perspectives taken to inspire shifts in to action.

**Instructor: Heather Digolo, MA, CPCC**

Thu, Nov 7	6-9 pm
6703-F24	1 Session - \$65
Heritage MS, WSP	



## So You Want to be Anti-Racist?

Deepen your understanding of what it means to be anti-racist in this six week course. Gain the tools to engage in uncomfortable conversations, develop racial literacy and begin to unpack how race operates in our everyday lives.

**Instructor:** *Meghan Malone with The Hope Speaks Project*

Thu, Nov 7-Dec 19                      7-8:30 pm  
6808-F24                                      6 Sessions - \$75  
No class Nov 28

## Meet Your Inner Goddess Meditation

Meet and get acquainted with your inner Goddess through a guided meditation. Awakening the inner power of your Goddess. Discern when you are receiving messages from your Goddess. There will be an opportunity to journal about your experience after the meditation. Then the chance for a psychic Q&A to present clarity to the meditation.

**Instructor:** *Lily McNamara*

Tue, Nov 19                                      6:30-8:30 pm  
7479-F24                                      1 Session - \$45  
Central Square, SSP

## What Do You Really Want???

Discover how to create more harmony, and fulfillment in your relationships, career, and other key areas of your life in this 75-minute class. If you are at a crossroads in life and seeking clarity, this class is for you.

**Instructor:** *Daneika Glenn*

Wed, Dec 4                                      6:30-7:45 pm  
7547-F24                                      1 Session - \$39  
Central Square, SSP

## Dementia Friends

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

**Presenter:** *Colleen Fitch*

Tue, Oct 15                                      10:30-11:30 am  
7145-F24                                      1 Session - Free  
Central Square, SSP

Tue, Jan 14                                      10:30-11:30 am  
7145-W25                                      1 Session - Free  
Central Square, SSP

Tue, April 8                                      10:30-11:30 am  
7145-W25B                                      1 Session - Free  
Central Square, SSP

## 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, Dec 17                                      6:30-8:30 pm  
7476-F24                                      1 Session - \$45  
Central Square, SSP



## American Sign Language (ASL) Beginner

Learn the basics of American Sign Language (ASL) in this interactive beginner course. You'll master the alphabet, numbers, common phrases, and essential vocabulary. Through engaging activities and practice sessions, you'll build foundational skills in finger spelling, facial expressions, and basic grammar, enabling effective communication with the Deaf community. No prior experience needed.

**Instructor:** *Suzanne Downs*

Mon, Oct 21-Dec 9                              6:30-8 pm  
6900-F24                                      8 Sessions - \$80  
Somerset Elementary, MH



## Adult Conversational Spanish: Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! You'll focus on conversational skills, greetings, numbers, food, clothing and grammar. Engage in small Spanish conversations and gain cultural insights, including word origins, dialects and names. Start your Spanish journey today!

**Instructor:** *Futura Languages*

Wed, Oct 16-Nov 20                              6-7 pm  
6801-F24 C                                      6 Sessions - \$120

Mon, Oct 21-25                                      6-7 pm  
6801-F24 A                                      6 Sessions - \$120

Tue, Oct 22-Nov 26                              6-7 pm  
6801-F24 B                                      6 Sessions - \$120



### Adult Conversational Spanish: Beginner Part 2

Learning a language is a lifelong journey and now you are on your way! Keep the momentum in Beginner Spanish Part two. Continue to learn with practical conversational components and build phrases in Spanish to carry on small conversations. Explore grammar components related to weather, seasons, months, and days as well as cultural discussions with an importance of food, family and friendship.

**Instructor: Futura Languages**

Tue, Oct 22-Nov 26 6-7 pm  
6802-F24 6 Sessions - \$120



### Adult Conversational Spanish: Intermediate Part 1

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

**Instructor: Futura Languages**

Wed, Oct 16-Nov 20 6-7 pm  
6803-F24 6 Sessions - \$120



### Adult Conversational Spanish: Advanced Part 1

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

**Instructor: Futura Languages**

Thu, Oct 17-Nov 21 6-7 pm  
6805-F24 6 Sessions - \$120



### Adult Spanish for Travel

Do you have future aspirations for traveling to a Spanish speaking country? Learn basic conversation skills to get around a Spanish speaking country with greater ease as you explore travel related themes to practice real world Spanish in each class. A dynamic and interactive approach will be used to keep the class fun and exciting. Applicable to new and previous Spanish conversation students.

**Instructor: Futura Languages**

Thu, Oct 17-Nov 21 6-7 pm  
6807-F24 6 Sessions - \$120



### 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**

Tue, Sept 17 5-6:15pm  
6301-F24 A 1 Session - \$34  
Thompson Park Activity Center, WSP

Tue, Sept 24 5-6:15pm  
6301-F24 B 1 Session - \$34  
Thompson Park Activity Center, WSP

### Pickleball: Open Gym

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

Mon, Sept 23-Dec 16 6:30-8:30 pm  
6006-F24 Mon 12 Sessions - \$84  
Somerset Elementary, MH

Wed, Sept 25-Dec 18 6:30-8:30 pm  
6006-F24 Wed 10 Sessions - \$70  
Somerset Elementary, MH  
No class Oct 9, Nov 27, Dec 11



## Introduction to Taiko: Japanese Drumming

Taiko, meaning "drum", is often associated with the Japanese Art of Drumming. Come learn this ancient art form in an Introduction, beginner friendly series that is all about having fun and healing from the stresses of day to day life. Taiko brings us back to our natural selves, before all that life happened to us.

**Instructor: Wendy Gerljeanssen, Ph. D, with Chōchō Daiko Dance Studios**

Thu, Sept 19-Oct 10  
6302-F24 A  
Heritage MS, WSP  
6:30-7:30 pm  
4 Sessions - \$99

Thu, Oct 31-Nov 21  
6302-F24 B  
Heritage MS, WSP  
No class Nov 4  
6:30-7:30 pm  
4 Sessions - \$99

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

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

**Instructor: Stephanie Stockton**

Wed, Sept 11-Dec 11  
7207-F24  
Central Square, SSP  
No class Nov 27  
6:45-7:45 pm  
13 Sessions - \$95

## Let's Tap Dance 2

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

**Instructor: Stephanie Stockton**

Wed, Sept 11-Dec 11  
7208-F24  
Central Square, SSP  
No class Nov 27  
5:30-6:30 pm  
13 Sessions - \$95

## Line Dancing Series

Join us for fun and energetic line dancing in these stand alone classes! Learn popular steps and routines set to catchy music, perfect for beginners and seasoned dancers alike. Get into the spirit of Halloween as we dance to Thriller or move your feet to the classic ABBA song Dancing Queen and let's not forget about the latest hit from the Barbie movie Dance the Night. Let's dance and have a blast together!

**Instructor: Monica Mohn**

Wed, Oct 9  
6303-F24 Thriller  
Garlough Elementary, WSP  
6-7 pm  
1 Session - \$15

Thu, Nov 21  
6303-F24 Dancing Queen  
Mendota Elementary, MH  
6-7pm  
1 Session - \$15

Mon, Dec 16 6-7pm  
6303-F24 Dance the Night  
Mendota Elementary, MH  
1 Session - \$15

## Two Left Feet Dance Workshop

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

**Instructor: Monica Mohn**

Wed, Oct 9  
6304-F24  
Garlough Elementary, WSP  
7-9 pm  
1 Session - \$34 per couple

## Swing Dance Workshop

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

**Instructor: Monica Mohn**

Thu, Nov 21  
6305-F24  
Mendota Elementary, MH  
7-9 pm  
1 Session - \$34 per couple

## Ballroom Blast!

Experience one magical night of dance in this dance workshop. By the end of the night you'll find yourself whirling to Waltz, rotating to the romantic Rumba and floating across the floor with the fiery Foxtrot! Weeknights have never held such possibilities. Couples only please.

**Instructor: Monica Mohn**

Mon, Dec 16  
6306-F24  
Mendota Elementary, MH  
7-9 pm  
1 Session - \$34 per couple

**Virtual Fitness Classes - 9913-F24**

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 - \$25 per month
- 2 times per week - \$35 per month
- 3 times per week - \$45 per month
- Unlimited - \$60 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, Sept 6-Oct 25 9903-F24A Central Square, SSP	6:30-7:30 pm 8 sessions - \$55 adult, \$20 senior (65+)
Fri, Nov 1-Dec 27 9903-F24B Central Square, SSP	6:30-7:30 pm 9 sessions - \$55 adult, \$20 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, Sept 3-Oct 29 9915-F24A Central Square, SSP	5:30-6:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Nov 12-Dec 31 9915-F24B Central Square, SSP	5:30-6:30 pm 7 sessions - \$48 adult, \$20 senior (65+)

**Drop-in - \$8 adult, \$4 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, Sept 3-Oct 29 9916-F24A Central Square, SSP	6:30-7:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Nov 12-Dec 31 9916-F24B Central Square, SSP	6:30-7:30 pm 7 sessions - \$48 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, Sept 7-Oct 26 9906-F24A Central Square, SSP	10-11 am 8 sessions - \$55 adult, \$20 senior (65+)
Sat, Nov 2-Dec 28 9906-F24B Central Square, SSP	10-11 am 9 sessions - \$62 adult, \$22.50 senior (65+)



## R.I.P.P.E.D.®

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

**Instructor:** *Rita Wurm*

Thu, Sept 5-Oct 31 9908-F24A Central Square, SSP	5:30-6:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Nov 7-Dec 26 9908-F24B Central Square, SSP	5:30-6:30 pm 7 sessions - \$48 adult, \$20 senior (65+)



## Total Body

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

**Instructor:** *Kim Befort*

Tue, Sept 3-Oct 29 9909-F24C Central Square, SSP	5:15-6:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Wed, Sept 4-Oct 30 9909-F24A Central Square, SSP	4:30-5:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Sept 5-Oct 31 9909-F24B Central Square, SSP	5:15-6:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Sept 6-Oct 25 9909-F24G Central Square, SSP	6-7 am 8 sessions - \$55 adult, \$20 senior (65+)
Tue, Nov 5-Dec 31 9909-F24D Central Square, SSP	5:15-6:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Wed, Nov 6-Dec 18 9909-F24E Central Square, SSP	4:30-5:30 pm 7 sessions - \$48 adult, \$20 senior (65+)
Thu, Nov 7-Dec 26 9909-F24F Central Square, SSP	5:15-6:15 am 7 sessions - \$48 adult, \$20 senior (65+)
Fri, Nov 1-Dec 27 9909-F24H Central Square, SSP	6-7 am 8 sessions - \$55 adult, \$20 senior (65+)

**Drop-in - \$8 adult, \$4 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, Sept 9-Oct 28 9918-F24A Central Square, SSP No Class Sept 2	5:30-6:30 pm 8 sessions - \$55 adult, \$20 senior (65+)
Mon, Nov 4-Dec 30 9918-F24B Central Square, SSP	5:30-6:30 pm 9 sessions - \$62 adult, \$22.50 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, Sept 5-Oct 31 9911-F24A Central Square, SSP	6:30-7:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Nov 7-Dec 26 9911-F24B Central Square, SSP	6:30-7:30 pm 7 sessions - \$48 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, Sept 9-Oct 28 9902-F24A Central Square, SSP	6:30-7:30 pm 8 sessions - \$55 adult, \$20 senior (65+)
Mon, Nov 4-Dec 30 9902-F24B Central Square, SSP	6:30-7:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)

### 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.

**5th Anniversary Season!**

INVER GROVE HEIGHTS Community Theatre presents

**Meredith Willson's THE MUSIC MAN**

directed by **Deanne McDonald**

**August 2-3, 9-10 at 7 PM**  
**August 4 & 11\* at 2 PM**  
\*ASL Interpreted Show

**Adults (18+): \$20 Children & Seniors: \$15**  
Group Discounts Available (10 or more tickets). Call (651) 306-7867

Tickets at the door, or online at **www.IGHtheatre.org**

**Simley High School Performing Arts Center**  
2920 80th Street East, Inver Grove Heights

MEREDITH WILLSON'S "THE MUSIC MAN"  
Book, Music and Lyrics by: MEREDITH WILLSON  
Story by: MEREDITH WILLSON and FRANKLIN LACEY  
Presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI.  
[www.mtishows.com](http://www.mtishows.com)

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



# Inver Grove Heights School Referendum

**VOTE NOVEMBER 5**  
**FOR SAFE, QUALITY SCHOOLS**

Learn more at [www.isd199.org/referendum](http://www.isd199.org/referendum)

INVER  
GROVE  
HEIGHTS  
SCHOOLS

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199



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## New around here? We're here for you.

Community Education is here to create opportunities for growth, learning and belonging that connect you a bit more closely to the heart of life. When you're looking for community and connection, we're here to help you find just that. Not only do our programs provide new skills to learn, they also provide inspiration and friendships.

TriDistrict Community Education serves the residents of Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts.



## Welcome to Access Project Program for Adults with Disabilities

The Access Project program is designed to provide a wide array of activities and classes for adults with disabilities to expand their horizons, cultivate new skills, engage in stimulating activities and foster friendships in a welcoming and supportive environment. You are invited to participate in any of our classes regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

- 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 listed start time. Prompt pick up is expected at the end of 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.

### Contact and Registration Information:

Phone: 651-403-8331

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com). Click on Access Project.

Mail: Access Project Program  
Karyn Solseng  
1200 Stassen Lane  
West St. Paul, MN 55118

### Scholarships & Fee Assistance

Call 651-403-8331 for details.

## ARTS AND CRAFTS

### Drawing with Ms. Nichole

Join us for a night of drawing fun. One of our skilled instructors will guide you through a nature inspired drawing that you can follow along step by step to create your masterpiece. You will also get the opportunity to add color or do some free drawing. Let your creativity come to life!

Tue, Oct 15                      6-7pm  
1003-F24                      1 session - \$6  
Branch Out Building

### Design Your Own Decorative Mug

Have you ever searched for the perfect mug for you or that special friend? Well search no more as we make personalized mugs with sharpie markers. We'll have a variety of colors and stencils to choose from for the ultimate creative designs. We hope you join us for a relaxing night of coloring and creating.

Tue, Dec 10                      6-7pm  
1002-F24                      1 session - \$6  
Branch Out Building

## Tie Blanket Club

Gillette Children's Hospital is a wonderful place that gives kids with medical issues a new life. Please join us as we give back to this wonderful organization by creating tie blankets to donate to kids in need. We have a fun time socializing and creating together as well. This class runs twice a month.

Thursdays                      6-7 pm  
Sept 5 & 19, Oct 3 & 24  
1001-F24                      4 sessions - \$8  
Branch Out Building

## Open Art Lab

Whether you're a seasoned creator or just starting out, get inspired as we dive into various mediums, techniques, and styles as you unleash your imagination. Join us for a vibrant journey of self-expression and artistic discovery!

Thu, Nov 21                      6-7pm  
1000-F24 Nov                      1 session - \$6  
Branch Out Building

Thu, Dec 19                      6-7pm  
1000-F24 Dec                      1 session - \$6  
Branch Out Building

## CULINARY

### Chicken Bacon Ranch Sliders

These sliders are sure to make your next party a big hit. Come and learn how to make these easy chicken and ranch slider sandwiches. We are sure to have a lot of fun learning and cooking!

Tue, Sept 17                      6-7:30pm  
1020-F24                      1 session - \$9  
Branch Out Building

### Fall Sugar Cookie

Fall is a wonderful time to stay inside and bake some yummy treats. Join us for a night of socializing and creating edible masterpieces. We will use cookie cutters and frosting to create our fall cookies. Don't miss out on the fun!

Tue, Oct 29                      6-7:30pm  
1021-F24                      1 session - \$9  
Branch Out Building

### Veggie Pizza

Join us as we make this fun and healthy veggie pizza. You will learn to cut, and assemble a personal cream cheese veggie delight. It's so delicious, you won't believe it's good for you. See you there!

Tue, Nov 5                      6-7:30pm  
1022-F24                      1 session - \$9  
Branch Out Building

## Layer Pudding Dessert

Create delicious pudding and cookie dessert cups. Come learn how to make this sweet treat and enjoy socializing with peers. This recipe is quick and easy to make. See you there!

Thu, Dec 5  
1023-F24  
Branch Out Building  
6-7:30pm  
1 session - \$9

## EDUCATIONAL



### Virtual Minnesota Zoo Tour

Bring the Zoo to you! Take a virtual tour of the Minnesota Zoo's Rainforest Trail and get insider information about the zoo and the animals you love! This amazing live 30-minute interactive tour is perfect for those curious about animals. Zoom links will be emailed out to participants.

Wed, Sept 25  
1081-F24  
3-3:30pm  
1 session - free

## HEALTH AND FITNESS

### Disney Just Dance™

Get ready to groove to beloved Disney tunes while learning fun choreography. Perfect for Disney fans of all ages, this high-energy class teaches dance moves that will make you a hit at all the dance parties!

Mon, Nov 11  
1080-F24  
Branch Out Building  
5:30-6:30pm  
1 session - \$5

## SOCIAL

### 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.

Mon, Dec 2  
1042-F24  
Branch Out Building  
6-7:15pm  
1 session - \$5

### Friday Fun Night

Come join us for a night of fun with friends, games, crafts, movies, and pizza. This is a relaxed, casual activity where you get to choose what you want to do! Pre-registration is not required but helpful in ordering pizza.

Fri, Sept 13  
1040-F24 Sep  
Branch Out Building  
6-8:30 pm  
1 session - \$8

Fri, Nov 8  
1040-F24 Nov  
Branch Out Building  
6-8:30 pm  
1 session - \$8

## 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, Sept 23  
1041-F24 Sep  
Branch Out Building  
6-7:15 pm  
1 session - \$5

Mon, Oct 21  
1041-F24 Oct  
Branch Out Building  
6-7:15 pm  
1 session - \$5

Mon, Nov 18  
1041-F24 Nov  
Branch Out Building  
6-7:15 pm  
1 session - \$5

Mon, Dec 16  
1041-F24 Dec  
Branch Out Building  
6-7:15 pm  
1 session - \$5

## SPECIAL EVENTS

### Friday Fun Night Monster Mash Party

We're "Monster" mashing our costume party with Friday Fun Night! We'll have pizza, Halloween inspired crafts and games, a spooky halloween movie along with a dance floor to Monster Mash to some favorite tunes. Come in costume for a wicked night of fun! Pre-registration is appreciated for ordering pizza.

Fri, Oct 11  
1060-F24  
Branch Out Building  
6-8:30 pm  
1 session - \$8

### Antique Plane Museum Tour

Have a passion for history or aviation? Join us at the Commemorative Air Force Minnesota Museum in South St. Paul! You will have the opportunity to get up and close to a rare collection of military aircraft, view museum display cases, and see motor pool vehicles. Registration is required.

Wed, Nov 13  
1061-F24  
Commemorative Air Force Minnesota Wing  
310 Airport Rd Hangar 3  
South Saint Paul, MN 55075  
4-5 pm  
1 session - Free

### Friday Fun Night Holiday Party

Come celebrate the Holidays with friends at our holiday party! Sing your favorite holiday songs on our karaoke machine, create fun winter themed crafts, enjoy some pizza and snacks and relax to a holiday movie. Pre-registration is appreciated for ordering pizza.

Fri, Dec 13  
1062-F24  
Branch Out Building  
6-8:30pm  
1 session - \$8

**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: Sept 24, Oct 22, Nov 19, Dec 17 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-F24**

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 - \$25 per month
- 2 times per week - \$35 per month
- 3 times per week - \$45 per month
- Unlimited - \$60 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, Sept 6-Oct 25 9803-F24A Central Square, SSP	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, Nov 1-Dec 27 9803-F24B Central Square, SSP No Class Nov 29	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)

**Silver Sneakers® Classic**

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

*Instructor: Kim Befort*

Tue, Sept 3-Oct 29 9801-F24B Central Square, SSP	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Sept 5-Oct 31 9801-F24A Central Square, SSP	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Nov 5-Dec 31 9801-F24C Central Square, SSP No Class Dec 24	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Nov 7-Dec 26 9801-F24D Central Square, SSP No Class Nov 28	9:30-10:15 am 7 sessions - \$48 adult, \$20 senior (65+)

**Senior Circuit**

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

*Instructor: Terie Hanson*

Wed, Sept 4-Oct 30 9802-F24A Central Square, SSP	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Sept 5-Oct 31 9802-F24B Central Square, SSP	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Mon, Sept 9-Oct 28 9802-F24 Central Square, SSP No Class Sept 2	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Mon, Nov 4-Dec 30 9802-F24D Central Square, SSP	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Wed Nov 6-Dec 18 9802-F24E Central Square, SSP No Class Dec 25	6:15-7:15 am 7 sessions - \$48 adult, \$20 senior (65+)
Thu, Nov 7- Dec 26 9802-F24F Central Square, SSP No Class Nov 28	6:15-7:15 am 7 sessions - \$48 adult, \$20 senior (65+)

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

**Senior Center**

Ongoing Activities (pre-registration is not required)

**SSP Buzz**

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

Monday-Friday 8:30-11 am

**Walk the Square**

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

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

**Penny Bingo**

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

Mondays 1-2:30 pm

**Cribbage**

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

Mondays 12-2:30 pm

**Woodcarvers**

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

Tuesdays 9-11 am

**Line Dancing**

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

Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

**Craft Day**

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

Tuesdays 1-3 pm

**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.

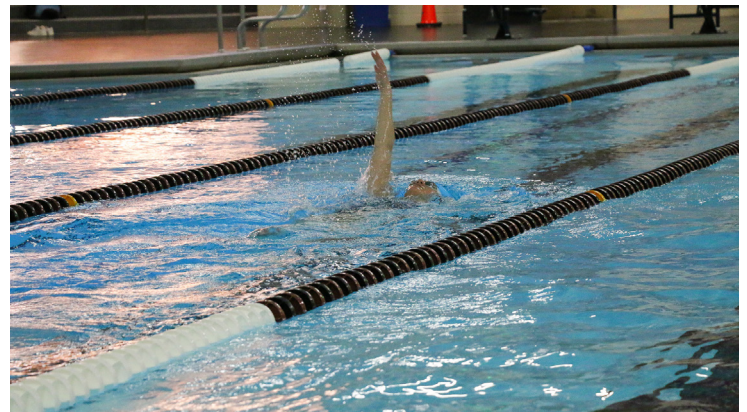
Thursdays 1-3 pm

**Lap Swim**

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

Punch Card	10 admissions	\$40 adult (19-64 yrs)
9012-24		\$15 senior (65+)
Punch Card	30 admissions	\$80 adult (19-64 yrs)
9012-24		\$30 senior (65+)

Scan here for the lap swim schedule at Central Square



**Daily Rate**

\$5 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

- September 10 \$45 per session
- October 8
- November 12
- December 10

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, Sept 11
- Wed, Oct 9
- Wed, Nov 13
- Wed, Dec 11



Fall Fashion Show

Hosted by the Senior Center, the annual Fall Fashion Show features apparel, jewelry and handbags by TaylorMarie's Apparel. See our very own members modeling the season's current fashions. The clothes are fun, beautiful, fashionable and affordable! After the show, enjoy a delicious lunch followed by dessert.

- Wed, Oct 2 11 am - Show
- 11:30 am - Lunch
- 7444-F24 \$20

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, Sept 11 Woodbury Cafe
- Wed, Oct 9 Tavern
- Wed, Nov 13 Mallards

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, Sept 26 | Sliders        |
| Thu, Oct 24  | Walking Tacos  |
| Thu, Nov 21  | Turkey & Gravy |
| Thu, Dec 12  | Potluck        |



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 is 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, Oct 16         | 6:30-8 pm        |
| 7146-F24A           | 1 session - Free |
| Central Square, SSP |                  |
| Tue, Nov 26         | 6:30-8 pm        |
| 7146-F24B           | 1 session - Free |
| Central Square, SSP |                  |

Metro Dining Cards

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 166 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$30 per set.

*City of Inver Grove Heights Parks & Recreation*  
Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077

**Program Registration**

For programs registration: visit  
[ighmn.gov/ActiveAdults55](http://ighmn.gov/ActiveAdults55)

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

**EDUCATIONAL PROGRAMS**

**Searching for Senior Living**

**Thursday, Oct 24 • Free**

Searching for a senior living can be a very daunting task. Come join us to learn more about how to navigate your senior living search. The topics of discussion will be where to start the senior living search process, what living options are out there, what to look for in a senior living, where to look and financial obligations. The goal is to educate everyone so when the time come to start the shopping process you have all the tools and knowledge. Sponsored by Bjorn Horgen, Regional Operations/IT, Southview Senior Communities.

**Time:** 10:30 am      **Check-in:** VMCC, Community Room 2  
**Code:** AS-F1024      **Register by:** Thursday, Oct 17

**Landmark Tours Travel Show**

**Tuesday, October 1 • 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:** 1 pm      **Location:** VMCC, Community Room 1  
**Code:** AP-F1001      **Register by:** Tuesday, September 24

**Coffee with a Cop**

**Inver Grove Heights Police Department**

**Thursday, October 17 • Free**

Enjoy a cup of coffee and hear about some statistics about scams specifically affecting senior citizens, as well as going through the most common types of scams we see. We will also discuss some tips on how to avoid being a victim.

**Time:** 10:30 am      **Location:** VMCC, Community Room 2  
**Code:** AP-F1017      **Register by:** Thursday, October 10

**Lunch & Learn: Cell Phones & Parenting**

**Thursday, December 12 • \$25**

Have a light lunch (provided) then take part in an engaging session that will help you navigate the challenges of your child's digital world and provide helpful tools for your parenting toolbox. Learn practical strategies for navigating social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. Join us to empower yourself with the tools to help raise a teen with a smart technology foundation they will use into adulthood. Speaker will not be in person but presenting by Zoom.

**Time:** 11:30 am–1 pm      **Location:** VMCC, Community Room 1  
**Code:** AS-F1212      **Register by:** Thursday, December 5

**ENTERTAINMENT**

**Be My Neighbor, A Tribute to Mr. Rogers**

**Sunday, September 29 • \$10 per person**

Come check out Magician and educator Brian Richards for some magical entertainment that promotes family fun and magical education! Be My Neighbor, is a fun tribute to Mr Rogers that grandparents, aunts/uncles or parents will enjoy bringing the kids to see!

**Time:** 1:30 pm      **Location:** VMCC  
**Code:** AS-F0929      **Register by:** Friday, September 20

**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.

**Contemporary Line Dancing**

**Tuesdays, Sept. 17-Oct. 22 • \$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:** 1:15-3:15pm      **Location:** VMCC, Fitness Center Studio  
**Code:** AP-F0917      **Register by:** Tuesday, September 10

**Cruise Through Active Aging Week Fitness Class Samplings**

**Take a tour of our fabulous fitness classes during Active Aging Week at the VMCC!**

**Wednesday, October 2**

All classes are free but must register by September 25.

Muscle Train	<b>Time:</b> 7 am	<b>Code:</b> FP-FMT
Core Train	<b>Time:</b> 8 am	<b>Code:</b> FP-FCT
Cardio Muscle Train	<b>Time:</b> 9 am	<b>Code:</b> FP-FCMT
Functional Fitness	<b>Time:</b> 10:10 am	<b>Code:</b> FP-FFF
Walk with Ease	<b>Time:</b> 11:15 am	<b>Code:</b> FP-FWWE
Qigong	<b>Time:</b> 12:15 pm	<b>Code:</b> FP-FQG



# IGH Senior Club

Join for the camaraderie and enjoy  
a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

**2024 Membership: \$15 per person.** We will begin membership renewal for 2025 in December 1, 2024, fee TBD. The Senior Club is managed by a board and in partnership with IGH Parks & Recreation.

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

**September 16 • \$13:** Chicken chow mein and sweet & sour chicken from Peking Cafe • Entertainment: TBD

**October 21 • \$13:** Chicken, au gratin potatoes and coleslaw • BINGO

**November 18 • Free:** Still must register • Pie and ice cream Elections • BINGO

**Friday, December 14 • Holiday Luncheon • \$12:** Please note this is on a Friday • Sirloin steak, tossed salad, honey glazed carrots, baby red potatoes, bun and desert • Entertainment

## 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

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)



## ACTIVE AGING WEEK

September 30–October 4

[ighmn.gov/Events](http://ighmn.gov/Events)

VETERANS MEMORIAL COMMUNITY CENTER

### JOIN US!

Art Class

Landmark Tours

Fitness Classes

Pickleball Tourney

Bingo &  
Banana Splits

## 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.

**August 26** *When Breath Becomes Air* by Paul Kalanithi

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

**October 28** *The Greatest Generation* by Tom Brokaw

**November 25** *Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker

**December** No meeting

## 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.

**September 10** *Warrior Girl Unearthed* by Angeline Boulley

**October 8** *The Kitchen House: A Novel* by Kathleen Grissom

**November 12** *West with Giraffes: A Novel* by Lynda Rutledge

**December 10** *The Seven Husbands of Evelyn Hugo: A Novel* by Taylor Jenkins Reid

## 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)



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

**Welcome to Thompson Park Activity Center**

1200 Stassen Lane, West St. Paul, MN 55118

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

TPAC will be closed Sept 2, Oct 17-18, Nov 28-29, Dec 23-31, 2024 and Jan 1, 2025

**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 five day registration deadline for all TPAC classes and a one week registration deadline for events.

**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.



**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 [trelisconnects.org/get-help/medicare](http://trelisconnects.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.

*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 2024 to Aug 2025.*



## SPECIAL EVENTS

## Mississippi Hot Club

This quartet of Minnesota natives' name is inspired by the Mississippi River flowing through their hometown of Minneapolis. Their passion is gypsy jazz, a genre rooted in Django Reinhardt's Parisian era. Staying true to the 1930-50's era, the band features lively improvisation with solo guitar, violin, upright bass, and la pompe rhythm guitar. They perform ballads, American jazz, and European folk with modern flair. Their album, "Swing Cities", celebrates the global swing dance scene and its vibrant traditions. Dessert included. Register by Sept 18.

Wed, Sept 25 1-2pm  
1851-F24 1 session - \$10

## Inver Hills Community Band

Join us for an unforgettable performance by the highly acclaimed Inver Hills Community Band, a 40-piece ensemble that has delighted audiences for 25 years. Their dynamic program features Broadway hits, Big Band Swing, Latin rhythms, movie and TV tunes, marches, and patriotic favorites. With the addition of a talented vocalist, their concert promises an entertaining and captivating experience. Don't miss this opportunity to enjoy an afternoon of spectacular music that will leave you humming along. Dessert included. Register by Oct 16.

Wed, Oct 23 1-2 pm  
1878-F24 1 session - \$10



## Panhandlers Steel Drum Band

The Panhandlers have been captivating audiences for years with their vibrant Caribbean sound and diverse repertoire, including traditional steel pan tunes, The Beatles, Guns N' Roses, and Prince. Founded in 2014 and led by Director Chris Belich, the band now sports a fresh look while maintaining the beloved experience fans cherish. Experience the sweet, lively sound of steel drums, which evolved from old oil barrels to the beautiful instruments we love today. Dessert included. Register by Nov 13.

Wed, Nov 20 1-2 pm  
1879-F24 1 session - \$10

## Gary LaRue: Celebrate the Holidays &amp; Snowflake Soiree Too

Experience the magic of the holiday season with Gary as he performs some of the greatest Christmas songs made famous by artists like Frank Sinatra, Andy Williams, Bing Crosby, and Elvis Presley. Enjoy timeless classics such as "White Christmas", "Blue Christmas" and "Silver Bells." With buttery smooth vocals and a fun-loving, carefree style, Gary brings joy to audiences of all ages. This is a perfect time to relax with friends amidst the hustle of the season. Dessert included. Register by Dec 10.

Tue, Dec 17 1-2 pm Gary LaRue Performs  
Doors open for pre-show conversation at 12:15 pm  
1880-F24 1 session - \$10

## LEARNING AND DISCUSSION

## Explore Conversational Spanish for Absolute Beginners - Level 1

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers. 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. Register at least 5 days before first class.

*Instructor: Dick Milles, Spanish Teacher, Metropolitan State University*

Wed, Sept 4-Oct 16 9:30-10:30 am  
1841-F24 S/O 7 sessions - \$40

Wed, Oct 30-Dec 18 9:30-10:30 am  
1841-F24 N/D 7 sessions - \$40  
No Class Nov 13

 Exploring Conversational Spanish Level 2

This dynamic Level 2 Conversational Spanish course delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended. Our instructor ensures an engaging and immersive experience using gestures, visuals, and real-life scenarios to enhance learning. Join this enriching language journey!

*Instructor: Dick Milles, Spanish Teacher, Metropolitan State University*

Wed, Sept 4-Dec 18 10:45-11:45 am  
1903-F24 14 sessions - \$80

No class Oct 23 or Nov 13



**Learn About the Issues in Haiti**

Explore the critical challenges facing Haiti and understand the impactful work of Haiti Outreach. For 27 years, this Outreach has been committed to providing clean water to over 500 communities, benefiting 265,000 people daily. Despite these successes, Haiti continues to struggle with poverty, poor medical care, and high unemployment. Discover plans to address these issues and contribute to Haiti's development. Register by Aug 30.

**Presenter: Ceallaigh Smart, Executive Director of Haiti Outreach**

Thu, Sept 5	10-11 am
1882-F24	1 session - \$5

**Richard Painter: Democracy**

Join us for a captivating class with Richard Painter as he delves into the current state of our democracy just months before the 2024 presidential election. Gain unique insights and perspectives from an expert deeply engaged in the political landscape. Don't miss this timely and thought-provoking discussion! Register by Sept 6.

Tue, Sept 10	10-11:30 am
1883-F24	1 session - \$5

**Preparing for Medicare**

Join our seminar if you're considering signing up for Medicare in the next 3-6 months. Learn Medicare basics, the ABCs, healthcare and prescription plans, and factors to consider. Perfect for those turning 65 or transitioning from company health insurance. Learn about enrollment timelines and make informed decisions. Please register.

**Presenters: Sheri Salloway Yarosh, and Harvey Perle, licensed agents**

Wed, Sept 11	11 am-12 pm
1885-F24	1 session - \$3

**Understanding Gender & Sexuality Today**

We'll cover basic concepts such as gender identity, pronoun use, gender expression, & sexual orientation. People of all levels of interest/understanding are welcome.

**Presenter: Justin Sabia-Tanis, PhD. Min (pronouns: he/him/his)**

Tue, Sept 17	11 am-12:30 pm
1907-F24	1 session - \$3

**Explore Mdewakanton: Dwellers of the Spirit Lake at Hočokata i!**

This 3,805-sq-foot exhibit in Prior Lake offers a fun and enriching cultural experience. Our one-hour tour will be guided by professional interpreters, as you deepen your understanding of Mdewakanton Dakota history and culture. Hočokata i is a finalist for the 2024 National Medal for Museum and Library Service. Meet at TPAC at 8:50 am. This is a TPAC van trip and we will stop for lunch. Cost for lunch is not included. Cost does include transportation and tour. Register by Sept 13.

Thu, Sept 19	9 am-2 pm
1908-F24	1 session - \$24

**Kaposia Park in South St. Paul: Walk & Talk**

Join us for a Walk & Talk at Kaposia Park in South St. Paul! Explore the historic village of Kaposia and the fascinating remnants of a unique railroad/road bridge. Discover the rich historical connections between Mendota and South Saint Paul. A perfect outing for history enthusiasts and nature lovers alike. Meet at TPAC. Register by Sept 18.

**Guide: Rick Magee, Historic Site Educator**

Mon, Sept 23	1-2:30 pm
1887-F24	1 session - \$3

**Write Your Own Healthcare Directive**

Health Care Directives, or "living wills", are critically important documents. They afford you the option to appoint your designated advocate, if you would become unable to do so for yourself. They also allow you to state your preferences in healthcare. You can leave this class with Health Care Directives in place. Register in advance.

**Instructor: Andrew M. Lehner, Attorney**

Tue, Sept 24	10-11:15 am
1625-F24	1 session - \$3

**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. Registration preferred.

**Presenter: John Lyons**

Tue, Sept 24	1:30-3 pm
1592-F24	1 session - Free

**Downsizing with Ali**

Join us for Lunch & Learn featuring Ali Lilja, Joe Schwartzbauer and Sharon Kadet. With decades of experience helping folks move in the Twin Cities, they'll share effective strategies for decluttering and organizing. Enjoy lunch (included) and gain valuable insights. Space is limited, so reserve your spot today. Register by Sept 20.

**Sponsored by: Alexandria Lilja, Shalom; Joe Schwartzbauer, Grey Duck Properties; Sharon Kadet, Rose's Daughters**

Thu, Sept 26	12-2 pm
1884-F24	1 session - \$5

**Nature Sense with Eloise Dietz**

**Hike St Paul's Bruce Vento Nature Sanctuary**

Journey to this extraordinary park boasting 450 million-year-old limestone and sandstone bluffs, spring-fed wetlands, and unparalleled bird-watching. Immerse yourself in rich Native American history while enjoying breathtaking views of the downtown skyline and the mighty Mississippi River. Haven't been there yet? It's time - let's go! Register by Sept 12.

Tue, Sept 17 9:30-11:30 am  
1783-F24 Sept 1 session - \$10  
Meet at TPAC at 9:30 to carpool.



**Marvelous Mushrooms**

Begin class with an awe-inspiring PowerPoint on the diverse fungi in nature, then forage and identify Autumn fungi around Thompson Park. Return to taste safely-prepared, delicious mushrooms that can enhance any meal, from hamburgers to pizza. Don't miss this fun and flavorful experience. Register by Oct 10.

Tue, Oct 15 10-11:15 am  
1783-F24 Oct 1 session - \$15

**Wonder Bones**

Imagine life without bones! Join us to explore animals with and without bones. Discover the advantages of having bones, their different shapes and sizes, and compare a (fake) human skeleton to real animal bones. Learn how bones reveal stories and adaptations for survival. Discover the wonder of bones. Register by Oct 31.

Tue, Nov 5 10-11:15 am  
1783-F24 Nov 1 session - \$10

**Create a Holiday Grapevine Wreath!**

Enjoy weaving your own small to medium grapevine wreath, decorated with dried seeds, grasses, leaves, and more. All natural materials are provided. Bring pruners, glue guns, and glue sticks if you have them. Register by Nov 27.

Thu, Dec 5 10 am-12 pm  
1783-F24 Dec 1 session - \$35

**Creating your Retirement Income Blueprint**

Explore how retirement income influences your Social Security, Medicare premiums, and taxes in this comprehensive workshop. We'll dive into critical topics such as the 2025 tax break subset, its impact on your cash flow and steps you can take to minimize its effect. You will receive a detailed workbook/blueprint for crafting retirement income, offering timely strategies to maximize income sources. Designed for retirees (or approaching retirement) to make the most of your hard-earned money. Register in advance.

**Presenter: Terrie Amundson, CFP®**

Mon, Sept 30 10-11 am  
1901-F24 1 session - \$3

**Sports Writer: Jerry Zgoda**

Go inside the locker room with Jerry Zgoda, who published his first newspaper in crayon at age 6. He covered the Timberwolves, Twins, Vikings, Wild, Gophers athletics, and the long-gone North Stars. He did not get rich, but he did witness the greatness of Michael Jordan, Tiger Woods and Wayne Gretzky from arm's length. His soccer coach told him "experiences are riches too". Go behind the scenes with Jerry, award winner and friend of Sid Hartman. Register by Sept 25.

**Presenter: Jerry Zgoda, Star Tribune sports writer**

Mon, Sept 30 1:30-2:30 pm  
1894-F24 1 session - \$5

**Bear Aware: With the Traveling Naturalist**

Discover the majestic world of bears using clues from berries, small rodents and fish. These super-sized, furry animals are guardians of forests, mountains, and rivers. Black, brown, white, glacial blue, or Spirit-bear-cream – bears hold wide respect in native cultures. Learn how bears are misunderstood and why we all need bears to share our planet. Discover the Spirit Bear as a symbol of successful collaboration in protecting one of the rarest bears on Earth. Register by Sept 26.

**Presenter: Melanie Shipman, Lifelong Naturalist**

Tue, Oct 1 10-11 am  
1850-F24 1 session - \$8

**Minnesota's Unique Political history**

Between 1916 and 1944, many Minnesota farmers and workers joined together to create a unique political movement which they called "farmer-laborism." Join Peter Rachleff for an investigation into this rich, complex, and lately forgotten chapter in our state's history. Explore the roles played by immigrants, labor organizers, suffragettes, members of the grange, and co-operatives as this movement impacted state politics and gained national attention. Register by Sept 27.

**Presenter: Peter Rachleff, Macalester College history professor emeritus**

Thu, Oct 3, 10, 24 & 31 1-2 pm  
1901-F24 4 sessions - \$12

**Depolarizing Within Workshop: Braver Angels**

Much of our political division stems not from healthy disagreement over policies, but from dismissive comments we make about people with whom we disagree. This workshop is designed to help us identify how we stereotype others; and change how we view and talk about our fellow Americans. We are encouraged to constructively intervene with like-minded peers when our conversations veer into contempt for people who hold opposing political views. Minimum of 20 people for this workshop. Register by Oct 3.

**Presenter: Braver Angels Team**

Mon, Oct 7 9:30 am-12:30 pm  
1889-F24 1 session - \$3



**2nd Annual Costume RunWay Show**

Join your neighbors, who today may be runway models, as Twin Cities Costume puts us in a Halloween mood. New and vintage costumes from decades ago will be introduced and the history shared by TC Costume's own emcee, Jim Berg. His knowledge and love of costumes and magic are sure to bring a smile or scare to your face. When registering, indicate your willingness to be a costume model! (No experience required) Register by Oct 4.

**Presenter: Jim Berg, Twin Cities Magic & Costume**

Thu, Oct 10 10-11 am  
1784-F24 1 session - \$5

**Recycling: Believe It & Do It**

Recycling Exists! Some would have you believe that recycling doesn't work, but Courtney is here to share the good news about local recycling in Minnesota. The session will review recycling basics and provide information about how the system functions, what happens to recycled materials, and why Minnesota is a great place for giving our materials new life. Leave with a renewed love of recycling. Register by Oct 16.

**Presenter: Courtney Selstad, City of West St Paul Recycling Coordinator**

Mon Oct 21 10-11 am  
1902-F24 1 session - \$3

**What is New for Medicare in 2025?**

Join this educational seminar to learn about significant Medicare cost changes, program updates, and new options for the upcoming year. Whether you're curious about better plans, concerned about high prescription costs, or have had significant health or lifestyle changes, this seminar is for you. No sales involved—just bring your questions! Register in advance.

**Presenters: Shery Salloway Yarosh and Harvey Perle, licensed agents**

Mon, Oct 22 10-11 am  
1886-F24 1 session - \$3

**Discover Dough Gold: Premium Cookie Dough**

Small businesses help build communities. Dough Gold is a premium, small-batch, BIPOC, woman-owned cookie dough manufacturer based in Eagan. With a mission to provide delicious cookie dough from simple ingredients and no preservatives, this family is dedicated to bringing you the best available. Discover the journey, values, and commitment to quality that sets Dough Gold apart. Perfect for anyone passionate about clean eating and supporting local, minority-owned businesses. Samples will be served. Register by Oct 25.

**Presenter: Haroldly and Roy Smith**

Thu, Oct 31 10-11 am  
1891-F24 1 session - \$3

**I loved Winter 2023**

Get an in-depth analysis of last year's El Niño impact and "weather" we can expect similar conditions this year. The latest data and models help us understand the potential for snowfall, temperature fluctuations, and overall winter weather trends. Explore the science behind weather forecasting and get a sneak peek into what winter '24 might have in store. For snow lovers and snow birds, you'll get valuable information and appreciation for the complexities of our climate. Register by Oct 31.

**Presenter: Luigi Romolo, meteorologist**

Mon, Nov 4 10-11 am  
1893-F24 1 session - \$5

**10,000 Year Significance of Our Relative, the Bison**

Dakota people lived in the area now known as Minnesota for hundreds of years prior to European contact. Millions of free roaming bison grazed the Great Plains during that time. Find out how the relationship of Dakota people and Bison Oyate thrived for generations and how it is still relevant today. Register by Nov 1.

**Presenter: Tori Campbell, Prairie Island Indian Community**

Thu, Nov 7 10-11 am  
1892-F24 1 session - \$5



### Leya Hale: Storyteller, Documentary Filmmaker

Hear Leya's personal journey from the vibrant Native communities of Los Angeles to finding a sense of belonging in the Twin Cities. With impactful films including "The Electric Indian" and "Bring Her Home," Leya's upcoming talk promises insights into her latest project, "Medicine Ball," exploring the intersection of basketball and the history of boarding schools. Don't miss this opportunity to hear Indigenous stories that resonate and foster a deeper connection to the land we inhabit. Register by Nov 8.

**Presenter:** Leya Hale, Storyteller, Documentary Filmmaker, Producer TC PBS

Wed, Nov 13 10-11:30 am  
1899-F24 1 session - \$9

### Bystander CPR Class

Empower yourself with our Bystander CPR class for seniors! Learn life-saving skills in a hands-on, easy-to-follow session designed for older adults. Our certified instructors will guide you through CPR techniques, AED use, and emergency response. No prior experience needed. Join us to gain confidence and be prepared to save lives. Stay safe today. Register by Nov 8.

**Presenters:** South Metro Fire Rescue Team

Thu, Nov 14 10-11 am  
1888-F24 1 session - \$3

### Knife Safety and Maintenance Class

Join our expert-led class on knife safety, maintenance, and modern steels. Learn crucial handling techniques, the properties of various modern steels, and proper practices to keep your knives in top condition. Whether for the cook, hunter, fisher or knife enthusiasts, this is perfect for enhancing your skills and knowledge in knife care. For a fee, Stephen will have his grinder on site for those willing to wait; or send your knives to be sharpened at his studio. Register by Nov 13.

**Presenter:** Stephen, Tera Forge Knives

Mon, Nov 18 9:30-10:30 am  
1900-F24 1 session - \$3

### Change the Outcome: Combating the Fentanyl and Opioid Overdose Epidemic

Change the Outcome educates audiences on opioid use, addiction, and emerging drug trends; providing practical knowledge to save lives and combat the opioid epidemic. Senior citizens and grandparents need to understand the devastating impact these drugs have on our society. Since November 2017, this team has reached over 90,000 people, sharing real-life, heartfelt stories alongside crucial information. Don't miss this informative presentation. Register by Nov 26.

**Presenter:** Megan Wagner, MPS LADC, Director of Programming

Tue, Dec 3 10-11:30 am  
1890-F24 1 session - \$3

### MN Roller Derby

Discover the excitement of the Minnesota Roller Derby! Join us for an engaging presentation introducing our inclusive, skater-owned league based in St. Paul, founded in 2004 during the modern roller derby revival. This group empowers women, non-binary, and gender-expansive individuals through thrilling games and community involvement. Be part of our dynamic community and learn how you can support this thrilling sport and make a difference. Register by Dec 5.

**Presenters:** MN Roller Derby members

Tue, Dec 10 10-11 am  
1906-F24 1 session - \$5

### Where Does American Democracy Go From Here? with Prof. David Schultz

Explore the implications of the 2024 presidential election results. Delve into the future of democratic governance and engage in thought-provoking dialogue about America's evolving political landscape. This insightful discussion will provide a comprehensive analysis of where American democracy stands and the potential directions it may take. Deepen your understanding of our democracy's path forward. Register by Dec 13.

**Presenter:** David Schultz, Hamline Professor of Political Science

Thu, Dec 19 10-11 am  
1905-F24 1 session - \$5

### Metro Dining Cards Fundraiser

Metro Dining Club cards usually arrive at TPAC mid-September. Please call 651-403-8300 for price and to find out when they are available. Each set consists of 166 dining cards; one card for each restaurant and the cards are valid once per month. Different sets for different regions available. Discounts include BOGO Free meal or 50% off your entree. Use two or three times and the set pays for itself. They make great gifts. Stop by TPAC to pick up your set!

**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.

Mondays 9 am-12 pm  
 No registration needed Free  
 Closed Sept 2, Dec 23 & 30.



**Umbrella Projects Group**

If socializing with a purpose is on your bucket list, the Umbrella Project is for you!

Our mission is to make a difference through service. We meet once a month to share the status of current volunteer projects and discuss potential opportunities. Choose to help with what interests you or just come and listen. **Join us Sept 9** to learn more at our kick-off meeting with exhibits of all our current projects and some tasty treats!

**Facilitator: Julie Weisbecker**

Second Mondays 10-11:30 am  
 1599-F24 Free

**Great Decisions Group 2025**

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 around the intricacies of US foreign policy and the ever-evolving global landscape. Books may be purchased from TPAC or on your own at [www.fpa.org](http://www.fpa.org).

**Facilitator: Charles Happach**

Second Mondays 1 pm  
 1296-W25 Group \$10 annually, Jan-Dec  
 1296-W25 Book \$32, order deadline is Oct 31

**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-F24 \$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-F24 \$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 15 minute videos, followed by our discussion. These talks aim to inform, inspire, and spark meaningful conversations on issues ranging from science and technology to personal development and social issues.

**Facilitator: shared**

Third Tuesdays 1-2:30 pm  
 1607-F24 \$10 annually, Sept-June

**Men's Toast and Topic**

Join us for Toast and Topic on the last Monday of each month, a special time for men to visit and share their insights. Even if you aren't usually involved or don't feel you have a lot to offer, your participation will be valued and appreciated. Discuss various topics in a supportive and engaging environment. Don't miss this opportunity to connect and contribute—come and be part of our community.

**Facilitator: Rob Meyer**

Last Monday of each month 9-10am  
 1746-F24 \$10 annually, Sept-Aug



### Caregiver Support Group

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

**Sponsored by Darts**

Second Wednesdays                      1-2:30 pm  
1597-F24    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    \$10 annually  
1609-F24

### ARTS AND CRAFTS



### Join Our Greeting Card Making Class

Whether you're new to paper crafting or looking to enhance your skills, this class is for you! Create and assemble three beautiful homemade greeting cards, adding your own personal touches. Stacey will have all of the materials ready and waiting. You'll enjoy a cozy, hands-on experience with others who share this interest. Sign up today and craft something special.

**Instructor: Stacey Pangborn**

Oct 3                      10:30-11:30              Register by Sept 26.  
Nov 25                    10:30-12:30              Register by Nov 20.  
1777-F24                    1 session - \$24 per session

### Eileen's Cozy Felt Crafts and Tea Workshops

Experience the joy of crafting in our welcoming 4-session Felt Craft Class! Each session features a unique felt ornament kit: Fall craft in September, Halloween craft in October, Gratefulness craft in November, and Winter craft in December. Enjoy tea, cookies, and step-by-step guidance in a friendly atmosphere. Perfect for all skill levels. All materials provided. Embrace the happiness of crafting—because "Tea Time is Me Time." Register by Aug 28.

**Instructor: Eileen Gaede**

First Tuesday of the month                      1-3 pm  
1904-F24    4 sessions - \$32

### 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    1-3 pm  
1600-F24    \$15 Sept-Dec

### Watercolor Painting Introduction I & II

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 is a two-part Introductory series. Part I is a prerequisite for Part II.

These introductory classes are for those who are new to watercolor painting and are 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-F24  
Oct 7, 21, 28 - Part I                      3 sessions - \$54  
Nov 4, 18, 25 - Part II                      3 sessions - \$54

### Be an AARP Tax Preparer Volunteer!

The AARP Tax-Aide Program is looking for new volunteers to help provide high-quality income tax preparation services to senior citizens and low to moderate income people in our community. Prior tax preparation experience is not required, just a desire to learn and to help people.

This program is entirely staffed by volunteers. The commitment for volunteers is from Jan thru mid-April. You can be a Tax Preparer or Client Facilitator. If interested, go to <https://tinyurl.com/Create-Tax-Aide-Volunteer-Acct> to create an account in the AARP Volunteer Portal. Or for more information, email [taxaidejim@gmail.com](mailto:taxaidejim@gmail.com).

**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-F24
Sept 3-24		4 sessions - \$72
Oct 1-29		5 sessions - \$90
Nov 5-26		4 sessions - \$72
Dec 3-17		3 sessions - \$54

**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-F24
Sept 4-25		4 sessions - \$72
Oct 2-30		5 sessions - \$90
Nov 6-20		3 sessions - \$54
Dec 4-18		3 sessions - \$54

**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. No class Dec 24, 31.

**Facilitator: Art Thell**

Tuesdays	9:30-11:30 am
1602-F24	\$15 Sept-Dec

**Crafting for a Cause**

Craft heartfelt notes with fellow volunteers. These messages of kindness will be included in locally delivered Meals on Wheels and brighten someone's day! Join us to create a ripple of happiness. All materials are supplied for this act of kindness. Cardstock donations are appreciated.

**Facilitator: Pat Marshall**

Second Tuesdays	12-1 pm
1598-F24	Free

**Colored Pencils Group**

Join this fun group and work on your latest pencil project. All 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-F24	\$15 Sept-Dec

**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-F24	\$15 Sept-Dec



**Tai Chi Chih For Health**

Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated to improve balance, sleep, vitality, immune function, and weight management. Reduce stress, pain, inflammation, and normalize blood sugar and blood pressure levels. Register 5 days in advance.

**Instructor: Theresa May, nationally accredited instructor, teaching since 2001**

FREE Intro Class Sept 4	9:15-10 am
Wed, Sept 11-Oct 30	9:15-10 am
1909-F24	8 sessions - \$49

**Wednesday Walkers**

"Walk, talk, and gawk." Healthy exercise, nature and camaraderie will keep you motivated while you enjoy the sights at a new location each week. There is still time to join with two months left before the snow flies! Meet at the TPAC building and drive to the selected walking destination. Stay engaged and stay motivated.

**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! Low-impact exercises will enhance 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, Sept 5-Oct 31 10:30-11:30 am  
1317-F24 Sept-Oct 8 sessions - \$56  
No class Oct 17

Thu, Nov 7-Dec 19 10:30-11:30 am  
1317-F24 Nov-Dec 6 sessions - \$42  
No class Nov 28

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

### CARDS/GAMES

#### Cribbage

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, Sept-Dec 1-3 pm  
1856-F24 \$15 Sept-Dec



#### 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**

Wednesdays 9:30 am-12 pm  
1735-F24 \$15 Sept-Dec

#### Bocce Ball

Enjoy new and old friends and a little competition of Bocce Ball—a game that brings fun and health benefits. Simply aim to toss your bocce balls closer to the pallino (little white ball) than your opponents. Games are self-monitored. Gather around TPAC's patio for some outdoor enjoyment.

Mondays, Sept 9-Oct 28 9:45-10:45 am  
1596-F24 8 sessions - \$8

#### Bean Bag Toss

Bean Bag Toss, or 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.

Wednesdays, Sept-Oct 10-11:30 am  
1643-F24 Sept-Oct 9 sessions - \$8

#### Mah Jongg

Join our Mah Jongg adventure and discover the fun 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-F24 \$15 Sept-Dec  
No games Oct 17, Nov 28, Dec 26



SCHOOL DISTRICT 197



## 2024-2025 65+ ACTIVITIES PASS

Regular Season Admission to Two Rivers High School Home Activity Contests. Inquire at Thompson Park Activity Center.

*Exclusions: Hockey Games, Fundraisers, Playoff Games.*

Pick up your Gold Pass at TPAC Mon-Thu, 9 am-4 pm. This pass is good for FREE admission to regular season Home athletic contests at Two Rivers High School AND Theatre Productions!

\*Excludes hockey games, fundraiser competitions and playoff games.

## **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.

### **UPCOMING TRIPS:**

**March: Local Theatre TBD**

**April: St. Cloud Paramount Theater production of Mary Poppins**

**May: Military History Museum at Camp Ripley**

**June: Cemetery Tour with Doug Ohman**

### **American Swedish Institute**

Arrive at Ingebretsen’s Scandinavian Gifts and Foods. Shop for gift items, authentic clothing, baked goods, traditional Nordic foods, lutefisk and many more wonderful things. Then arrive at the American Swedish Institute. Spend time in the Bokhandel Gift Shop with Swedish Crystal and Glass, Art and Design, Crafts, Collectibles, Jewelry, Books, Music, Scandinavian Kitchen Items, decorations, candy and more. Enjoy a traditional Swedish lunch at the Institute: Smörgåsbord buffet is filled Beet salad, Cucumber Dill Salad, Assorted Bread and Butter, Lingonberries, Mashed Potatoes, Swedish Meatballs, Coffee, and Water. After lunch take a guided tour of The Turnblad Mansion, decorated for the holiday season.

Step back in time and experience the exquisite 33-room mansion and learn about the Swedish-American and Nordic culture.

Thu, Nov 14 \$98

Register by: Fri, Oct 11

Location	Departure	Return	Registration
TPAC	9:15 am	2:30 pm	1875-WSP-F24
SSP	9 am	2:45 pm	1698-SSP-F24
IGH	8:45 am	3:00 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>





### Christmas in Duluth - Glensheen Mansion & Bentleyville

Our first stop will be a 1:30 pm lunch at the Black Woods Grill: choose chicken pot pie or meatloaf. Afterwards, we'll continue to the famous Glensheen Mansion on the shore of Lake Superior, where the smaller rooms are decorated for the holiday season. This tour will include the family living and work spaces showcasing original interiors, including the basement, first and second floors (elevator not available).

Arrive at Bayfront Festival Park at 5 pm for the Bentleyville Tour of Lights. Volunteers spend weeks assembling this luminary legend. Walk through this outdoor display of lights, Christmas trees, music, gift shop and cozy fire pits. Enjoy complimentary hot cocoa, coffee, popcorn and marshmallows for roasting! Donations accepted.

Our drive includes brief comfort stops both ways in Hinckley.

Wed, Dec 4 \$110  
Register by: Fri, Nov 1

Location	Departure	Return	Registration
TPAC	10:45 am	9:30 pm	1870-WSP-F24
SSP	10:30 am	9:45 pm	1699-SSP-F24
IGH	10:15 am	10:00 pm	www.ighmn.gov/register



### Chanhasen Dinner Theater

Matinee performance: Irving Berlin's White Christmas - The Musical.

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages

Wed, Jan 22 \$110  
Register by Fri, Dec 13

Location	Departure	Return	Registration
TPAC	10 am	5:15 pm	1865-WSP-F24
SSP	10:15 am	5 pm	1876-SSP-W25
IGH	10:30 am	4:45 pm	www.ighmn.gov/register

### Mobsters In Minneapolis

Meet a local guide for the Mobsterland Bus Tour of Minneapolis - Hear the fascinating story of how prohibition in the 1920's and 30's propelled Minneapolis to form some of the most powerful mobs in the country. Learn how Mill City mob bosses like "Kid Cann" Blumenfeld and Irish godfather Tommy Banks controlled illegal booze, vice and gambling in Minneapolis for decades through murder, mayhem and manipulation. Find out why being a news editor, like Walter Liggett, was a deadly occupation. See where Public Enemy #1 John Dillinger lived, where the infamous Karpis/Barker gang committed their first of many bank robberies and where the city's most successful Madame ran her organization. Lunch at THE Local: Choice of Fish & Chips, Reuben or Shepherd Pie

Thu, Feb 20 \$94  
Register by Fri, Jan 17

Location	Departure	Return	Registration
TPAC	10:30 am	3 pm	1873-WSP-W24
SSP	10:15 am	3:15 pm	1621-SSP-W25
IGH	10:00 am	3:30 pm	www.ighmn.gov/register



## Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance discount course that is open to the public. A Precision Driving Center of Minnesota (formerly 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. Participants must complete 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.

### Central Square Community Center

Initial Eight Hour Course - \$28	
Oct 16 & 17	9 am-1 pm
Four Hour Refresher Course - \$24	
Sept 19	9 am-1 pm
Nov 21	9 am-1 pm
Dec 19	9 am-1 pm

### Veterans Memorial Community Center

Four Hour Refresher Course - \$24	
Tue, Sept 10	1pm
Wed, Sept 18	5pm
Tue, Oct 1	1pm
Wed, Oct 16	5pm
Tue, Nov 12	1pm
Tue, Dec 10	1pm

### Thompson Park Activity Center

Per recent Minnesota state legislation, effective July 1, 2024, the Initial Eight Hour Course is no longer required, and therefore no longer offered by Precision Driving Center of MN (formerly MNHSRC)..

Four Hour Refresher Course - \$24	
Thu, Sept 5	12-4 pm
Thu, Sept 19	12-4 pm
Thu, Oct 3	12-4 pm
Thu, Nov 7	12-4 pm
Thu, Nov 21	12-4 pm
Thu, Dec 5	12-4 pm
Thu, Jan 2, 2025	12-4 pm

Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. Participants must complete the four hour refresher class every three years to maintain the 10% discount.

## In-Person Driver's Education

Inver Grove Heights and South St. Paul 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 Sept 9-24 3300-F24A	3:45-6:45 pm 10 sessions - \$420
Mon-Thu Nov 6-21 3300-F24C	3:45-6:45 pm 10 sessions - \$420

### South St. Paul High School

Mon-Thu Sept 25-Oct 10 4300-F24A	2:45-5:45 pm 10 Sessions - \$420
Mon-Thu Dec 2-17 4300-F24B	2:45-5:45 pm 10 Sessions - \$420


### Two Rivers High School

District 197 Community Education is now partnering with Safeway Driving School. The class includes 30 hours of classroom instruction and six hours of behind the wheel.

Mon-Thu Sept 23-Oct 8 2302-Sept24	3:15-6:15pm 10 sessions \$420
Mon-Thu Oct 28-Nov 14 2302-Oct24	3:15-6:15pm 10 sessions \$420
Mon-Thu Dec 2-17 2302-Dec24	3:15-6:15pm 10 sessions \$420



## Virtual Courses

Mon-Thu 4-7 pm	Sept 9-24 F24OLB	
Mon-Thu 4-7 pm	Sept 25-Oct 10 F24OLC	
Mon-Thu 4-7 pm	Nov 6-21 F24OLD	
Mon-Thu 4-7 pm	Dec 2-17 F24OLE	

## ACT Prep Class

This in-person class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management.

Students who complete a course may repeat it as often as they wish in future offerings – free of charge. All class materials are included in the course fee.

Mon, Sept 23-Oct 21 2304-F24#222 Two Rivers HS, MH No class Oct 14	5:45-8:45 pm 4 sessions - \$180
Mon, Nov 4-Dec 2 3301-F24#323 Simley HS, IGH No class Nov 25	5:45-8:45 pm 4 sessions - \$180
Tue, Oct 29-Dec 3 4301-F24#333 Two Rivers HS, MH No class Nov 5 & 26	5:45-8:45 pm 4 sessions - \$180
Tue, Oct 29-Dec 3 4301-F24#341 Central Square CC, SSP No class Nov 27	5:45-8:45 pm 4 sessions - \$180



## Virtual ACT Prep Class with Live Instructor

This is an excellent alternative if you prefer the interaction with the instructor but cannot attend an in person class. This 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. An internet connection and a computer/tablet/smartphone is required.

Sat, Aug 3-24 S24#926	9 am-12 pm 4 sessions - \$180
Sat, Sept 21-Oct 12 F24#927 Virtual Live Zoom	9 am-12 pm 4 sessions - \$180
Sat, Nov 9-Dec 7 F24#928 No class Nov 30	9 am-12 pm 4 sessions - \$180



## Online ACT Prep Class

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.

Self Paced F24#777	Anytime \$80
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## 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-F24A 3:45-4:15 pm	Wed, Sept 18-Oct 30 7 sessions - \$59
4000-F24B 8-8:30 am	Sat, Sept 21-Oct 26 6 sessions - \$51

## 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-F24A 4-4:30 pm	Tue, Sept 17-Oct 29 7 sessions - \$71
4001-F24B 8:30-9:15 am	Sat, Sept 21-Oct 26 6 sessions - \$61
4001-F24C 9:15-10 am	Sat, Sept 21-Oct 26 6 sessions - \$61



## 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-F24A 4-5 pm	Tue, Sept 17-Oct 29 7 sessions - \$71
4013-F24B 11 am-12 pm	Sat, Sept 21-Oct 26 6 sessions - \$61

## Gymnastics - Mini Stars 2

Coach Approval Required

Further development of Mini Stars. We will focus on perfecting the skills progressions and development in Mini Stars 1 and continue working 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: footwork for the spring board and pop-ups.

4014-F24A 4-5 pm	Thu, Sept 19-Oct 24 6 sessions - \$61
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## Gymnastics - Beginners

4-14 years old

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

4002-F24A 3:30-4:30 pm	Mon, Sept 16-Oct 28 7 sessions - \$71
4002-F24B 4-5 pm	Thu, Sept 19-Oct 24 6 sessions - \$61
4002-F24C 11-11:50 am	Sat, Sept 21-Oct 26 6 sessions - \$61
4002-F24D 11:40 am-12:30 pm	Sat, Sept 21-Oct 26 6 sessions - \$61
4002-F24E 12:15-1:15 pm	Sat, Sept 21-Oct 26 6 sessions - \$61

**Online registration begins Aug 26**



## Gymnastics - Intermediate Beginners

### Coach Approval Required

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 techniques to create a strong foundation.

4009-F24A 6-7 pm	Tue, Sept 17-Oct 29 7 sessions - \$71
4009-F24B 7-8 pm	Thu, Sept 19-Oct 24 6 sessions - \$61

## Gymnastics - Advanced Beginners

### Coach Approval Required

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-F24A 6-7 pm	Thu, Sept 19-Oct 24 6 sessions - \$61
4003-F24B 1:15-2:15 pm	Sat, Sept 21-Oct 26 6 sessions - \$61

## Gymnastics - Flips

### Coach Approval Required

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-F24A 7-8:15 pm	Tue/Thu, Sept 17-Oct 29 13 sessions - \$129
4004-F24B 1:15-2:30 pm	Sat, Sept 21-Oct 26 6 sessions - \$62

## Gymnastics - MAGA Team 1

**NEW** The Gymnastics - MAGA Team program is open to all interested students who have achieved the required skills. The intention of the program is to prepare the gymnast for their high school gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability. Tryouts are required.

4023-F24A	Mon/Wed/Fri, Sept 16-May 30 5:30-8:30 pm (M & W), 4:30-7 pm (F) \$1980 full year or payment plan option of \$220 per month
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### Team Tryouts

Aug 26 & Aug 28 from 5-8 pm  
Central Square, SSP



## Gymnastics - MAGA Team 2

**NEW** The Gymnastics - MAGA Team program is open to all interested students who have achieved the required skills. The intention of the program is to prepare the gymnast for their high school gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability. Tryouts are required.

4024-F24A	Mon/Wed/Fri, Sept 16-May 30 4:30-6:30 pm (M & W), 4:30-7 pm (F) \$1935 full year or payment plan option of \$215 per month
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## Gymnastics - Open Gym

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

4005-F24A 10-11 am	Sat, Sept 21 1 session - \$10
4005-F24B 10-11 am	Sat, Sept 28 1 session - \$10
4005-F24C 10-11 am	Sat, Oct 5 1 session - \$10
4005-F24D 10-11 am	Sat, Oct 12 1 session - \$10
4005-F24E 10-11 am	Sat, Oct 19 1 session - \$10
4005-F24F 10-11 am	Sat, Oct 26 1 session - \$10

## 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-F24	1 hour - \$63 Days and times as scheduled with lead gymnastics instructor
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## Evening Floor Hockey (Grades: 2-4 & 5-6)

Come play floor hockey with former Somerset Elementary Physical Education teacher, Mr. Nilsen. Space is limited to 14 participants (two teams of seven). The last night is parents vs kids!

**Instructor: Seth Nilsen, Former Somerset Elementary PE Teacher**

Grades 2-4

Wed, Oct 23-Dec 11

2016-F24

Mendota Elementary, MH

No class Nov 27

5:45-6:45pm

6 sessions - \$59

Grades: 5-6

Wed, Oct 23-Dec 11

2016-Fall25

Mendota Elementary, MH

No class Nov 27

7-8pm

6 sessions - \$59



## Kung Fu (Ages: 5+)

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

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

Fri, Sept 27-Nov 15

6:15-6:45pm, Beginner

6:50-7:20pm, White-Purple Belt

7:25-7:55pm, Red-Black Belt

7 Sessions - \$95

Somerset Elementary, MH



## Evening Wizards of Chess, Chess Club! (Grades: 1-8)

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

Tue, Oct 1-Nov 19

6-7pm

2302-F25

7 sessions - \$75

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 a Digital Babysitter's Handbook. Please bring a nut free bag lunch.

**Instructor: Deb Gutzman**

Fri, Oct 18

4202-F24A

Central Square, SSP

9 am-12:30 pm

1 session - \$80

Fri, Dec 27

4202-F24B

Central Square, SSP

8-11:30 am

1 session - \$80

### 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, Oct 18 4204-F24A Central Square, SSP	1-3:30 pm 1 session - \$50
Fri, Dec 27 4204-F24B Central Square, SSP	1-3:30 pm 1 session - \$50

### 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, Oct 19 4205-F24 Central Square, SSP	9-11:30 am 1 session - \$45
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### Flag Football

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, Sept 16-Oct 7 4902-F24-grades K-5 Kaposia Edu Ctr, SSP	3:45-4:45 pm 4 sessions - \$80
Mon, Sept 16-Oct 7 4902-F24A ages 3-6 Kaposia Edu Ctr, SSP	5-5:45 pm 4 sessions - \$75

### 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.

**Instructor: DASH Sports**

Tue, Oct 1-22 4900-F24 Grades K-5 Kaposia Edu Ctr, SSP	3:45-4:45 pm 4 sessions - \$80
Tue, Oct 1-22 4900-F24 2-3 Y/O Kaposia Edu Ctr, SSP	5-5:30 pm 4 sessions - \$70
Tue, Oct 1-22 4900-F24 4-6 Y/O Kaposia Edu Ctr, SSP	5:45-6:30 pm 4 sessions - \$75



## Ultimate Sports Games Camp

DASH Sports Ultimate Sports Games Camps provide participants with a fun experience learning and playing your favorite sports games! Games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer, and more! Participants will learn teamwork, and values such as Respect, Hustle, & Pride, all in a fun environment while increasing athleticism and learning teamwork and gameplay. Campers should bring a water bottle, and athletic clothing/shoes. All other equipment is provided

Mon, Oct 14-Nov 4  
4910-F24-grades K-5  
Kaposia Edu Ctr, SSP  
3:45-4:45 pm  
4 sessions - \$80

Mon, Oct 14-Nov 4  
4910-F24B 3-6 Y/O  
Kaposia Edu Ctr, SSP  
5-5:45 pm  
4 sessions - \$75

## Floor Hockey Camp

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

Tue, Oct 29-Nov 19  
4906-F24-grades K-5  
Kaposia Edu Ctr, SSP  
3:45-4:45 pm  
4 sessions - \$80

Tue, Oct 29-Nov 19  
4906-F24 3-6 Y/O  
Kaposia Edu Ctr, SSP  
5-5:45 pm  
4 sessions - \$75

## Basketball Camp

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

Tue, Nov 26-Dec 17  
4904-F24-grades K-5  
Kaposia Edu Ctr, SSP  
3:45-4:45 pm  
4 sessions - \$80

Tue, Nov 26-Dec 17  
4904-F24 2-3 Y/O  
Kaposia Edu Ctr, SSP  
5-5:30 pm  
4 sessions - \$70

Tue, Nov 26-Dec 17  
4904-F24 4-6 Y/O  
Kaposia Edu Ctr, SSP  
5:45-6:30 pm  
4 sessions - \$75

## 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.

Wed, Sept 11-Oct 30  
4994-F24 5-9  
4-5 pm  
8 sessions - \$190

Wed, Sept 11-Oct 30  
4994-F24 5-13  
5-6 pm  
8 sessions - \$190

Wed, Sept 11-Oct 30  
4994-F24 8-13  
6:30-7:30 pm  
8 sessions - \$190

Wed, Nov 6-Dec 18  
4994-F24B 5-9  
4-5 pm  
6 sessions - \$140

No Class Nov 27

Wed, Nov 6-Dec 18  
4994-F24B 5-13  
5-6 pm  
6 sessions - \$140

No Class Nov 27



**SEE PAGE 55 FOR MORE INFO**

## Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve.

Our Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their ninja skills with over forty different obstacles! This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8). Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Sept 6-Oct 25 4-5 pm  
4995-F24 6-9YO 8 sessions - \$199

Fri, Sept 6-Oct 25 5-6 pm  
4995-F24 6-9YOB 8 sessions - \$199

Fri, Sept 6-Oct 25 6:15-7:15 pm  
4995-F24 8-13YO 8 sessions - \$199

Sun, Sept 8-Oct 27 9-10 am  
4995-F24 6-13YOB 8 sessions - \$199

Fri, Nov 1-Dec 13 4-5 pm  
4995-F24 6-9YOC 6 sessions - \$150  
*No Camps Nov 15 & Dec 13*

Fri, Nov 1-Dec 13 5-6 pm  
4995-F24 6-9YOD 6 sessions - \$150  
*No Camps Nov 15 & Dec 13*

Fri, Nov 1-Dec 13 6:15-7:15 pm  
4995-F24 8-13YOC 6 sessions - \$150  
*No Camps Nov 15 & Dec 13*

Sun, Nov 3-Dec 15 9-10 pm  
4995-F24 8-13YOD 6 sessions - \$150  
*No Camps Nov 17 & Dec 15*

## Piano Level 1 & 2 (Grades 2-5)

Join us for piano lessons using Yamaha's Music and Education Program. Piano is offered before school at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instructions and music during class. The music book is included in the fee.

**Instructor: Lori Lencowski**

Mon, Sept 16-Nov 25 7:50-8:50 am  
4500-F24A 11 Sessions - \$99

Kaposia Edu Ctr, SSP

Tue, Sept 17- Nov 26 7:10-8:10 am  
4500-F24B 11 Sessions - \$99

Lincoln Center, SSP

**LOOKING FOR MORE  
197 YOUTH  
ENRICHMENT  
CLASSES OR WANT  
TO REGISTER?  
SCAN THE QR**



## **NEW** Fall Fantasy: A Multi-Media Art Adventure!

KidzArt presents Fall Fantasy! This autumn art class is a whirlwind of creativity, where we'll explore different artistic techniques to capture the magic of fall! We'll embark on a journey into the world of chalk pastels, learning how to blend and layer colors to create a stunning portrait of a sly fox. Immerse yourself in the vibrant hues of fall foliage with a watercolor landscape painting. Use fall-themed stamps on Sculpey clay to create a festive garland.

Mon, Oct 7-21 2:30-3:30 pm  
3421-F24HT 3 sessions- \$54  
IGH Hilltop Elementary School

Tue, Sept 24-Oct 8 2:30-3:30 pm  
3421-F24PB 3 sessions- \$54  
IGH Pine Bend Elementary School

Wed, Sept 25-Oct 9 2:30-3:30 pm  
3421-F24SH 3 sessions- \$54  
IGH Salem Hills Elementary School

## **NEW** A Winter Art Extravaganza

KidzArt presents A Winter Art Extravaganza! Let's bundle up and dive into the beauty of winter with this exciting art class! We'll explore different artistic techniques to create a magical winter wonderland filled with adorable animals and cozy scenes. Draw a penguin parade on ice with a playful scene in markers and colored pencils, transform ordinary materials into an enchanting winter lantern that will illuminate your home, and we'll use textures to create a charming cabin nestled amidst a snowy landscape.

Mon, Nov 11-25 2:30-3:30 pm  
3422-F24HT 3 sessions - \$54  
IGH Hilltop Elementary School

Tue, Nov 12-26 2:30-3:30 pm  
3422-F24PB 3 sessions - \$54  
IGH Pine Bend Elementary School

Wed, Nov 13-27 2:30-3:30 pm  
3422-F24SH 3 sessions - \$54  
IGH Salem Hills Elementary School

## Grandmasters of Chess

New and returning students are invited. Learn, Practice, and Play chess in each class. The {YEL!} Teach It! Practice It! Play It!® method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. The class fee includes ChessKid.com membership for the session. Sign up today. Visit YELKids.com for more info.

Wed, Oct 23-Nov 27 2:30 - 3:30 pm  
3415-F24HT 6 sessions - \$90  
IGH Hilltop Elementary School

Mon, Oct 21-Nov 25 2:30 - 3:30 pm  
3415-F24PB 6 sessions - \$90  
IGH Pine Bend Elementary School

Tue, Oct 22-Nov 26 2:30 - 3:30 pm  
3415-F24SH 6 sessions - \$90  
IGH Salem Hills Elementary School



TENNIS | GOLF | ATHLETICS

## Tennis - with TGA Sports

Led by trained and vetted coaches, TGA Tennis camp uniquely combines athletics, academics, and life lessons to create a fun, active, and entertaining camp experience.

Program Highlights:

- Skill Development: Learn the fundamental skills of Tennis, including serving, volleying, and strategy.
- Character Building: Our Five Level TGA Playbook promotes valuable life skills such as sportsmanship, teamwork, and integrity.
- STEAM Lessons: Integrated STEAM labs connect the sport to academic subjects like physics and math, making learning multidimensional and enjoyable.
- Safety First: All sessions are supervised by certified TGA instructors.
- Equipment Provided: No need to purchase any equipment! All gear is provided by TGA.

Tue, Sept 24-Oct 22 2:30-3:30 pm  
3414-F24HT 5 sessions - \$125  
IGH Hilltop Elementary School

Wed, Sept 25-Oct 30 2:30-3:30 pm  
3414-F24PB 5 sessions - \$125  
IGH Pine Bend Elementary School

Thu, Sept 26-Oct 31 2:30-3:30 pm  
3414-F24SH 5 sessions - \$125  
IGH Salem Hills Elementary School

## Pickleball - with TGA Sports

Welcome to TGA's Junior Pickleball Enrichment Program, an exciting addition to our established lineup of youth sports programs! Created specifically for kids in grades K-5, this after-school program combines athletic skill development, fitness, and fun in a safe and nurturing environment. With pickleball's easy-to-learn rules and engaging gameplay, students of all skill levels can quickly jump in and enjoy the game.

Program Highlights:

- Skill Development: Learn the fundamental skills of pickleball, including serving, volleying, and strategy.
- Character Building: Our Five Level TGA Playbook promotes valuable life skills such as sportsmanship, teamwork, and integrity.
- STEAM Lessons: Integrated STEAM labs connect the sport to academic subjects like physics and math, making learning multidimensional and enjoyable.
- Safety First: All sessions are supervised by certified TGA instructors.
- Equipment Provided: No need to purchase any equipment! All gear, including paddles and balls, is provided by TGA.

Tue, Nov 12-Dec 10 2:30-3:30 pm  
4011-F24HT 5 sessions - \$125  
IGH Hilltop Elementary School

Wed, Nov 13-Dec 11 2:30-3:30 pm  
4011-F24PB 5 sessions - \$125  
IGH Pine Bend Elementary School

Thu, Nov 14-Dec 19 2:30-3:30 pm  
4011-F24SH 5 sessions - \$125  
IGH Salem Hills Elementary School

## Safe on My Own (9-11yrs)

This class will help prepare children ages 9-11 to be alone for short periods of time, before or after school, or while you run errands. Topics include getting ready for school, coming home from school, home safety, first aid, digital safety, phone skills, fire safety, escape plans, what to do in severe weather, healthy snack ideas, appropriate non-screen time activities, and more. We will also discuss when and who to call in an emergency. Program includes a workbook.

Mon, Sept 30 10-12 pm  
3204-F24 1 session - \$25  
IGH Middle School Flex Space

## American Red Cross Babysitter's Training (Ages 11+)

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. Certification and Babysitter's Handbook included. Please bring a bag lunch and a beverage.

Wed, Oct 16 8:30 am - 2:30 pm  
3210-F24 1 session - \$82  
IGH Middle School Flex Space

# FAMILY PROGRAMS



## Disney On Ice: Mickey's Search Party

Save the Date: Saturday, November 23, 3 pm show at the Xcel Energy Center

Call: 651-306-3632 for more information

## 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, Sept 7-Oct 26 9-10 am  
 7949-F24A 8 sessions - \$275  
 Second child add \$100

Sat, Nov 2-Dec 14 9-10 am  
 7949-F24B 6 sessions - \$205  
 Second child add \$75

No Class on Nov 30  
 Conquer Ninja Gym, 707 Commerce St, Woodbury

## Seed Mosaic: A Minnesota Tradition

Did you get to see the State Fair's seed mosaic displays this year? Learn about this great tradition and make one of your own!

**Instructor: Caponi Art Park**

Wed, Oct 2 6-7:30 pm  
 6001-F24 1 session - \$45 per  
 adult/child pair  
 Somerset Elementary \$15 per additional child

## Recycled Paper Collage

Collage art is a creative way to transform recycled materials into beautiful artwork for all to enjoy. Using shaped paper punches and collage techniques you will transform magazine pages and other recycled papers into colorful compositions.

**Instructor: Caponi Art Park**

Mon, Nov 11 6-7:30 pm  
 6002-F24 1 session - \$45 per  
 adult/child pair  
 Somerset Elementary 15 per additional child

## Mandala Rock Art

Discover the art of mandala rocks! Learn the techniques of mandala designs to create patterns using dots. You can display your rocks in your home or yard!

**Instructor: Caponi Art Park**

Mon, Dec 2 6-7:30 pm  
 6003-F24 1 session - \$45 per  
 adult/child pair  
 Somerset Elementary \$15 per additional child

## FREE FAMILY FUN!



## Tour de Rec

Embark on an exciting journey this fall 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.

6-7pm Free  
 Thu, Oct 3 Ooey Goey Slime Mendakota Park  
 Thu, Nov 7 Open Basketball Night Somerset Elementary  
 Thu, Dec 5 Ninja Night Mendota Elementary

### 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.

# SCHOOL AGE CARE

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

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

Where the FUN & LEARNING Never Ends!

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



### Encore SAC - Grades 5-8

Encore is a program that meets the unique needs of middle school students seeking independence while in a safe and caring environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center. Before school is held at Heritage and Friendly Hills.

### District 197 School Age Care

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



#### Hours:

Monday-Friday: 6:30 am - start of school day  
Monday-Friday: After school - 6 pm  
Non-School Days: 6:30 am - 6pm  
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 2024-25 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 (1st Ave S, SSP)  
Lincoln Center (357 9th Ave N, SSP)

#### 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



### 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.

### 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



Are you aware of the various credits available to help reduce your taxes or provide an additional refund?

## Reduce Your Taxes with Minnesota Tax Credits!

Don't Miss Out on these Valuable Opportunities



### Child Tax Credit

Offers additional financial support to families with children under 18 years old.

- Credit of up to \$1,750 per qualifying child
- No limit on the number of children claimed

### Working Family Credit

Provides a tax credit for working individuals and families whose income is below a certain level. This credit is similar to the Federal Earned Income Tax Credit (EITC).

### Credit for Qualifying Older Children

- \$925 for one qualifying older child
- \$2,100 for two qualifying older children
- \$2,500 for three or more qualifying older children

### K-12 Credit and Subtraction

Families with children in kindergarden through grade 12 qualify for two tax relief programs:

- The K-12 Credit helps reduce your state income tax or provides a refund for qualifying education expenses.
- The K-12 Subtraction allows you to subtract up to \$1,625 per child (grades K-6) and \$2,500 per child (grades 7-12) for educational expenses from your income.

### Renter's Income Tax Credit

- Renters: you may be eligible for a refund based on your income and the rent you pay.

Scan this QR code for more information on eligibility and how to claim these credits.



**mn** DEPARTMENT OF REVENUE



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

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

Visit [www.IGHSPARC.org](http://www.IGHSPARC.org) to sign up and learn more.

*Data based on the 2019 Minnesota Student Survey of 504 IGHMS 8th graders and Simley 9th and 11th graders.  
Funded by the Minnesota Department of Human Services Behavioral Health Division.*

## Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors, but all are welcome to join!

**Instructor: Kim Befort**

Tue, Sept 3-Oct 29 9800-F24A Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Sept 6-25 9800-F24B Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Sept 5-Oct 31 9800-F24C Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Nov 5-Dec 17 9800-F24D Central Square, SSP	10:30-11:15 am 7 sessions - \$48 adult, \$20 senior (65+)
Fri, Nov 1-Dec 27 9800-F24E Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Nov 7-Dec 26 9800-F24F Central Square, SSP	10:30-11:15 am 7 sessions - \$48 adult, \$20 senior (65+)

## Aqua Interval

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

**Instructor: Kim Befort**

Wed, Sept 4-Oct 30 9901-F24A Central Square, SSP	6-7 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Wed, Nov 6-Dec 18 9901-F24B Central Square, SSP	6-7 pm 6 sessions - \$42 adult, \$20 senior (65+)

## Lap Swim at Central Square

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

Punch Card 9012-24/25	10 admissions	\$40 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-24/25	30 admissions	\$80 adult (19-64 yrs) \$30 senior (65+)

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

## Daily Rate

\$5 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.

## Preschool Lessons (Ages 3-5 yr)

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

Sat, Sept 7-Dec 21  
4601-F24A  
Central Square, SSP

10:25-10:55 am  
8 sessions - \$85

No Class Sept 14 & 28, Oct 12 & 26, Nov 9, 23, & 30, Dec 14

## Learn-to-Swim Lessons: Level 1

**Ages 5 and up - Level 1 - Introduction to Aquatics Skills**

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

Tue/Thu, Sept 3-Oct 1  
4608-F24A  
Central Square, SSP  
No Class Sept 12

6:15-7 pm  
8 sessions - \$125

Tue/Thu, Sept 3-Oct 1  
4608-F24B  
Central Square, SSP  
No Class Sept 12

7:05-7:50 pm  
8 sessions - \$125

Sat, Sept 7-Dec 21  
4608-F24C  
Central Square, SSP  
No Class Sept 14 & 28, Oct 12 & 26, Nov 9, 23, & 30, Dec 14

9:30-10:15 am  
8 sessions - \$125

Tue/Thu, Oct 8-Nov 7  
4608-F24D  
Central Square, SSP  
No Class Oct 10 & Nov 5

6:15-7 pm  
8 sessions - \$125

Tue/Thu, Oct 8-Nov 7  
4608-F24E  
Central Square, SSP  
No Class Oct 10 & Nov 5

7:05-7:50 pm  
8 sessions - \$125

Tue/Thu, Nov 12-Dec 10  
4608-F24F  
Central Square, SSP  
No Class Nov 28

6:15-7 pm  
8 sessions - \$125

Tue/Thu, Nov 12-Dec 10  
4608-F24G  
Central Square, SSP  
No Class Nov 28

7:05-7:50 pm  
8 sessions - \$125

## Learn-to-Swim Lessons: Level 2

**Ages 5 & Older - Level 2 - Fundamental Aquatic Skills**

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

Tue/Thu, Sept 3-Oct 1 4607-F24A Central Square, SSP No Class Sept 12	6:15-7 pm 8 sessions - \$125
Sat, Sept 7-Dec 21 4607-F24B Central Square, SSP No Class Sept 14 & 28, Oct 12 & 26, Nov 9, 23, & 30, Dec 14	9:30-10:15 am 8 sessions - \$125
Sat, Oct 8-Nov 7 4607-F24C Central Square, SSP No Class Oct 10 & Nov 5	6:15-7 pm 8 sessions - \$125
Tue/Thu, Nov 12-Dec 10 4607-F24D Central Square, SSP No Class Nov 28	6:15-7 pm 8 sessions - \$125

## Learn-to-Swim Lessons: Level 3

**Ages 5 & Older - Level 3 - Stroke Development**

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

Tue/Thu, Sept 3-Oct 1 4604-F24A Central Square, SSP No Class Sept 12	7:05-7:50 pm 8 sessions - \$125
Sat, Sept 7-Dec 21 4604-F24B Central Square, SSP No Class Sept 14 & 28, Oct & Oct 26, Nov 9, 23, & 30, Dec 14	11-11:45 am 8 sessions - \$125
Sat, Oct 8-Nov 7 4604-F24C Central Square, SSP No Class Oct 10 & Nov 5	7:05-7:50 pm 8 sessions - \$125
Tue/Thu, Nov 12-Dec 10 4604-F24D Central Square, SSP No Class Nov 28	7:05-7:50 pm 8 sessions - \$125

## Learn-to-Swim Lessons: Level 4

**Ages 5 & Older - Level 4 - Stroke Improvement**

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

Sat, Sept 7-Dec 21 4610-F24A Central Square, SSP No Class Sept 14 & 28, Oct 12 & 26, Nov 9, 23, & 30, Dec 14	11-11:45 am 8 sessions - \$125
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## District 197 Aquatic Center Classes

**DISTRICT 197 AQUATIC CENTER**

JOIN OUR TEAM!

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

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

## 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, Dates TBD 6:30-8:30 pm  
6197-F25  
District 197 Aquatic Center, MH

Daytime dates and time TBD  
6197-F25  
District 197 Aquatic Center, MH

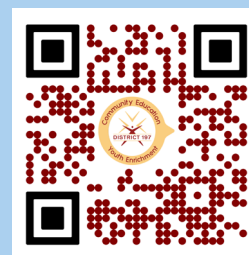
## Water Aerobics

This water aerobics class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strength of muscles, 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 Instructor**

Day of the week, dates, and times TBD  
6019-F25 1-10 sessions - \$10 per session  
District 197 Aquatic Center, MH

Day of the week, dates, and times TBD  
6016-F25 1-9 sessions - \$10 per session  
District 197 Aquatic Center, MN



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

# 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 all day, 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	651-306-3641
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, 2024)**

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, 2024)**

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, 2024)**

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

**ThreeSchool (Age 3 years by Sept 1, 2024)**

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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**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.

**ECFE**

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 24-25 school year will be published in our Way To Grow Brochure coming out in August.



Scan this code for more information!  
Or you can visit [isd197.org/schools](http://isd197.org/schools)



## 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 2024-2025 school year is now open! For more information, come to the Enrollment Center at 100 7th Ave N, SSP or call 651-457-9418.



SOUTH ST. PAUL PUBLIC SCHOOLS

# E.C.F.E.

Early Childhood Family Education



## Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.
- 24-25 ECFE registration begins Monday, August 12th at 8:00 am. Please call 651-457-9418 for more information

## 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

## New baby?

Free baby class & home visits

Scan here for ECFE Fall Classes!



## 3 Year Old Preschool

\$190/month - Must be 3 by Sept 1, 2024  
\$45 registration fee

### Kaposia Education Center

Morning - M/W/F  
9:10-11:55 am

Afternoon - M/W/F  
12:40-3:25 pm

### Lincoln Center

Morning - M/W/F  
8:30-11:15 am

Afternoon - M/W/F  
12-2:45 pm

Scholarships are available. 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

Mon-Fri - AM  
9:10-11:55 am

Mon-Fri - PM  
12:40-3:25 pm

Mon-Fri - All Day  
9:10 am-3:25 pm

### Lincoln Center

Mon-Fri - AM  
8:30-11:15 am

Mon-Fri - PM  
12-2:45 pm

Mon-Fri - All Day  
8:30 am-2:45 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-Friday 7:30-3:30



## 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. Learn more at our ECFE Open House on Tuesday, September 3, 4:30-6:30 pm.



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

## IGH Community Baby Shower

Join us Saturday, October 5, 10 am - 12 pm at the IGH Early Learning Center!

## 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 preschool 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 AQUI!**

**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 kindergarten 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 (1st Ave S, SSP)  
Lincoln Center (357 9th Ave N, SSP)

**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)



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

PASSIONATE LEARNERS POSITIVELY CHANGING OUR WORLD

## PACKER PATHWAYS: ACADEMIC STRATEGIC PLAN

- Build on the fundamentals that form the foundation of a student's academic journey
- Opportunities for students to explore and engage in potential career paths
- Hands-on experiences for students to continue growing their passions
- Talent Development focusing on personalized discovery and enrichment
- Culture of innovation, critical thinking, and development of a student's strength
- Unique learning opportunities for birth through adulthood

[www.sspps.org](http://www.sspps.org) | 104 5th Ave S. South St. Paul, MN 55075 | 651-457-9400



Learn more about Packer Pathways



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.



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.

# WHAT'S NEW IN COMMUNITY ED?

Follow our social media pages, visit our website, or join our email list for regular updates!

 @TRICOMMUNITYED

 @TRIDISTRICT\_COMMUNITYED

 TRIDISTRICTCE.ORG



Sign up for e-news letters on our website!

## TRIDISTRICT COMMUNITY EDUCATION ADVISORY COUNCIL

### VOLUNTEERS NEEDED



We're looking for your input!

TriDistrict Community Education Advisory Council members provide valuable input and feedback from the community perspective to advise staff on the development of activities, programs and services.

More Information :

Barb Pierce, Director of Community Education  
651-306-7867  
pierceb@isd199.org



## MAKERS MARKET CRAFT SHOW



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



## VENDORS WANTED

ALL PROCEEDS FROM VENDOR REGISTRATIONS SUPPORT COMMUNITY FAMILY PROGRAMS.

IN PARTNERSHIP:



# DEMOCRACY

## NAVIGATING THE POLITICAL DIVIDE



Where Does American Democracy Go From Here? with Prof. David Schultz (Page 39)

Depolarizing Within Workshop: Braver Angels (Page 38)

Democracy: Richard Painter (Page 36)



## 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:** Submit a facility use request at [www.isd197.org/community/facilities-rental](http://www.isd197.org/community/facilities-rental). You may also call 651-403-8520.

# 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**

# MAKERS MARKET CRAFT SHOW

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



## VENDORS WANTED

ALL PROCEEDS FROM VENDOR REGISTRATIONS  
SUPPORT COMMUNITY FAMILY PROGRAMS.

IN PARTNERSHIP:

