

DATELINE

Gladstone Community Education Center

Fall 2024 | communityeducation.isd622.org/adult/gladstone



Listen to Brasil - Sep 27

The Project "Dancing in the Community" presents the musical "Listen to Brasil". Immerse yourself in



Brazilian Popular Music (MPB). Enjoy listening, singing, dancing, and learning the history behind the lyrics.

Join us on a journey to "Copacabana beach" in Rio de Janeiro, and

experience the rhythms of Brazil with laughter and song.



The Día de Los Muertos Festival returns for its second edition with a captivating lineup honoring life and love. Learn more and register for the free event at isd622.ce.eleyo.com.

Community Fall Fest Friday, Oct 11 2:00 - 4:00 p.m.



Join us for the first **Community Fall Festival & Senior Resource Expo!** Enjoy food, art, live music by **Nathaniel Harris**, and more. Explore resources from vendors, including healthcare providers, social services, realtors, and senior communities.

Free to attend. Advanced registration is required to help us plan for attendance. Ages: 50+

Active Adults Day Trips

Enjoy comfortable school bus or motor coach rides to local destinations like theaters, riverboat tours, museums, and cultural sites. Day Trips are popular, and seating is limited.

If a trip is full, contact the office to join the waiting list. Learn more at isd622.ce.eleyo.com.



Oct 9 Cranberry Country Tour Leaving from Gladstone

Join us for a trip to **Warrens, Wisconsin!** Enjoy lunch at Discovery Cranberries & Cranberry Country Cafe, followed by a guided tour of the Discover Cranberries museum. Then, visit Wetherby Cranberry Marsh for the Berry Best Tour and shop for fresh cranberries.



Oct 15 Cemetery Tour Leaving from Mahtomedi

Join expert guide **Doug Ohman** to explore Minneapolis cemeteries, from early burial grounds to modern practices. Cemeteries preserve our history, offering clues to stories worth remembering. Stops depend on weather and burial services.



Dec 11 Bells Will Be Ringin' Leaving from Mahtomedi

Celebrate the season with **Sidekick Theatre's** heartwarming and funny holiday show! Featuring top Twin Cities vocalists and a dynamic band, this lively performance brings fresh energy to classic and modern holiday favorites, leaving you feeling merry and bright!

MONDAY

Pickleball Lessons

Location: Gladstone, Gym

Beginner

Mondays, Sep 16 - Oct 7

Advanced Beginner

Mondays, Oct 14 - Nov 4

Intermediate

Mondays & Fridays, Nov 11 - 22

Mondays & Fridays, Dec 9 - 20

4:00 - 5:30 p.m. \$70

If you are just beginning, returning, or progressing in pickleball there is a class for you!

Chair Yoga (Hybrid)

Location: Gladstone, 109 or Zoom

Monday, Sep 9 - Oct 21

Monday, Oct 28 - Dec 9

4:00 - 5:00 p.m. \$63



Enjoy gentle yoga using a chair for support, with no floor movements. Improve balance, flexibility, and strength. Join in person at Gladstone or online via Zoom. Age 18+.

Fused Glass Ornaments

Location: Skyview, Room 100

Monday, Nov 25

6:30 - 8:30 p.m. \$35 + \$20 supply fee



Make three fused glass ornaments: a Christmas tree, Santa Claus, and holiday wreath. Decorate with dichroic glass, stringers, and pebbles. All materials provided. No experience needed. Instructor fires pieces (7-10 days). Pick up at instructor's home. Age: 18+

TUESDAY

Essentrics®

Location: Gladstone, Gym

Tuesdays, Sep 17 - Oct 29

(No class Oct 1)

Tuesdays, Nov 12 - Dec 17

5:30 - 6:30 p.m. \$42

Full-body workout for all fitness levels. Combines stretching and strengthening, engaging all muscles. Improves flexibility and energy. Age: 50+

Easy Partner Dancing for All Occasions

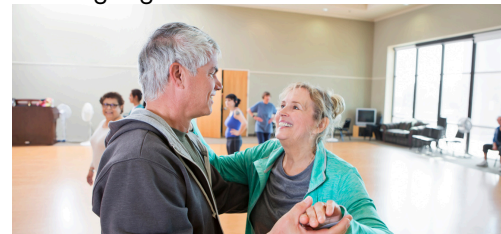
Location: Red Rock Elementary

Tuesdays, Oct 22 - Nov 19

(No class Nov 5)

7:00 - 8:30 p.m. \$69

Learn versatile dance moves for any occasion. Master mini-routines from classic ballroom styles, suitable for various music genres. Enhance relationships with fun, romantic dancing. Age: 18+



Best Bundt Cakes **NEW!**

Location: John Glenn MS, Room 284

Tuesday, Nov 12

6:30 - 8:30 p.m. \$45 (includes supply fee)

Learn to make popular Bundt cakes. Prepare, bake, and glaze various flavors. Take home four 5" cakes: lemon, triple chocolate, cherry cheesecake, and seasonal. Age: 18+

Cotton Creations

Location: John Glenn MS, Room 264

Tuesday, Oct 29

6:00 - 9:00 p.m. \$39 + \$10 supply fee*

Boost sewing confidence with simple projects. Choose from cotton fabrics to make cozies, oven mitts, gift bags, or pet bandanas. Suitable for basic machine users. Age: 18+

**Please see supply list when registering.*

WEDNESDAY

Fallproof! Workshop

Location: Gladstone, Room 105

Wednesday, Nov 20

9:30 - 11:00 a.m. \$25

Learn why fall risk increases with age and strategies to reduce it. Interactive workshop on fall prevention. Age: 50+

Tai Chi

Location: Gladstone, Room 109

Wednesdays, Sep 25 - Nov 13

12:00 - 1:00 p.m. \$59



Improve strength, flexibility, focus, and relaxation. Includes breathing, postures, and final relaxation. Adaptable for all abilities. Barefoot practice. In-person or Zoom options. Age: 18+

Essentrics® Aging Backwards

Location: Gladstone, Gym

Wednesdays, Sep 18 - Oct 30

(No class Oct 2)

Wednesdays, Nov 13 - Dec 18

9:30 - 10:15 a.m. \$42

Slow-paced stretching and strengthening to improve flexibility and mobility. Wear comfy clothes, nonslip socks or go barefoot. Bring water, mat, and towel. Age: 50+

**Monday classes available, see website or call Gladstone.*

651-748-7250



WEDNESDAY *Cont.*

Fused Glass Mandala Tray or Wall Hanging

Location: Skyview MS, Room 100

Wednesday, Oct 2

6:00 - 9:00 p.m. \$35 + \$20 supply fee

Create a 6-inch fused glass mandala plate or wall hanging. Decorate with frit, dichroic glass, stringers, and pebbles. All materials provided. No experience needed. Pick up finished piece 7-10 days after class at instructor's home. Age: 18+

New classes added monthly! See full list at isd622.ce.eleyo.com or Gladstone Office. Offerings listed here were valid at publication. Dates may change.

Mandala Art on Coffee Mugs

Location: Gladstone, Room 107A

Wednesday, Sept 25

5:30 - 7:30 p.m. \$45

Paint vibrant mandalas on two coffee mugs. Perfect for gifts or home decor. All supplies included. Age: 18+

Photo Organization - Print & Digital

Location: John Glenn MS, Room 263

Wednesday, Oct 30

6:30 - 8:30 p.m. \$20

Organize photos from all generations prints, slides, negatives, VHS, digital, and memorabilia. Learn about AI, scanners, cloud storage, digitizing, and restoration. Tailored for Millennials, Gen X, and Baby Boomers. Transform your photo chaos into an easily accessible system. Access any photo in seconds! Age: 18+



THURSDAY

Social Security: Timing is Everything

Location: Gladstone, Room 105

Thursday, Sep 19

7:00 - 8:00 p.m. \$20

Learn to support yourself in retirement. Optimize Social Security and assess other income sources. Understand your financial future. Age: 50+



Gentle Yoga (Hybrid)

Location: Gladstone, 109 or Zoom

Thursday, Sep 12 - Oct 24

(No class Oct 17)

Thursday, Oct 31 - Dec 12

(No class Nov 28)

6:00 - 7:00 p.m. \$54

How to Make a Decent Table Wine You Can be Proud of **NEW!**

Location: Skyview, Room 800

Thursday, Nov 7

6:30 - 8:30 p.m. \$35

Learn winemaking: a rewarding, patient process. Takes months but yields superior results. Bring pen for notes. Includes hands-on chemistry experience. Age: 18+

Classic French Macarons **NEW!**

Location: John Glenn MS, Room 284

Thursday, Nov 7

6:30 - 8:30 p.m. \$52

(includes supply fee)

French macarons are delicate and colorful confections. They are crisp on the outside and chewy in the middle, and they pair well with tea. They are perfect for holiday gifts. Age: 18+



FRIDAY

Holiday Tea and Music

Location: Gladstone, Gym

Friday, Dec 6

2:00 - 3:30 p.m. \$15

Enjoy artisanal teas and live music from **Robert Everest**, featuring carols, Christmas classics, and winter holiday stories from around the world. Ages 50+

Indoor Pickleball - Drop In

Location: Gladstone, Gym

Fridays, 1:00 - 3:00 p.m.

\$40 for 10 visits or \$5 per drop-in.

All levels welcome! Loaner equipment available. Ages 18+



Pickleball Clinics **NEW!**

\$50 per person

Join our 90-minute pickleball clinics for beginners and those looking to improve their skills.

Intro to the Game clinics are perfect for beginners to learn the basics.

Dates: Sept 13, Sept 20, or Oct 4.

Ages 18+

Step Up Your Game clinics are for players looking to level up. **Dates:**

Nov 25 or Dec 2. Sign up today—

spots are going fast! Ages 18+

SATURDAY

Pickleball Tournament **NEW!**

Location: Gladstone, Gym

Saturday, Oct 5

1:00 - 4:30 p.m. \$35 per person

Join us for a casual round-robin Pickleball Tournament for beginner and intermediate players. Check-in starts at 12:30 p.m. Ages 18+

Register for fee-based and free senior classes and activities at isd622.ce.eleyo.com, call 651-748-7250, or in person at Gladstone Community Education Center. For more information, visit communityeducation.isd622.org/adult/gladstone

Independent School District 622
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North St Paul MN 55109

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Gladstone Community Education Center
1945 Manton St Maplewood MN 55109
651-748-7250

Hours: Mon-Fri 7:30 a.m.-4:00 p.m.

(Closed Nov 5, 28 - 29,
Dec 23 - 31, Jan 1, 20)



Gladstone Meals on Wheels delivers affordable, nutritious meals on weekdays to homebound seniors in North St Paul, Maplewood, and Oakdale.

Free for some Veterans and Title III recipients. Private pay starts at \$5.80, with over 30 meal options, including diabetic-friendly and heart-healthy choices. Special diets like renal, gluten-free, vegetarian, and more are accommodated. Sign up online at communityeducation.isd622.org/adult/meals-on-wheels or call 651-748-7266 to start receiving your meals.

Senior Interest Groups

Senior Interest Groups are free and open to anyone 50+. They usually meet weekly at the Gladstone Community Education Center, **unless noted in purple**. **Registration is required for planning purposes.**

Monday

Tops 12:00 - 1:00 p.m. **Room 103**
500 card game 12:30 - 3:30 p.m. **Room 107B**

Tuesday

Cardio & Strength 8:00 - 9:00 a.m. **Gym**
Painting Pals 9:00 - 11:00 a.m. **Room 107A**
Dominoes 12:30 - 3:30 p.m. **Room 107B**
Woodcarving 1:00 - 3:00 p.m. **Room 107A**

Wednesday

Knitting 9:00 a.m. - 12:00 p.m. **Room 107B**
Foot Clinic **2nd & 3rd Wednesday**
9:00 a.m. - 4:00 p.m. **107A**
(by appointment only, call 651-748-7250)
500 card game 12:30 - 3:30 p.m. **Room 107B**

Thursday

Cardio & Strength 8:00 - 9:00 a.m. **Gym**
Mahjong 9:30 - 11:30 a.m. **Room 107B**
Bingo! 10:00 - 11:15 a.m. **1st Thursday**. **Room 107A**
Tops 10:30 a.m. - 12:00 p.m. **Room 103**
Restaurant Sampler Day 11:45 a.m. - 12:15 p.m. **Gym**
Hand & Foot 12:30 - 3:30 p.m. **Room 107B**
Six-handed 500 12:30 - 3:30 p.m. **Room 107B**

Friday

Pinocle 9:30 a.m. - 12:00 p.m. **Room 107B**
Cribbage 1:30 - 3:30 p.m. **Room 107B**

Let's Play Bingo!

Location: Gladstone, Room 107A
First Thursday of the month
10:00 - 11:15 a.m.

Bingo helps seniors to stay engaged while maintaining focus and mental acuity while providing the opportunity to socialize. Participants pay quarters to play. Ages 50+

Do you have UCare?

Eligible UCare members can get up to \$15 off most Minnesota community education classes. Provide your UCare ID at registration. Restrictions apply. **To receive the discount, register by phone, in person, mail, or fax—online registration is not available.**

Got (old) Glasses?

Senior programming is a collection site for the **MN Lions Club Eyeglass Recycling Program**. If you have an old pair of glasses or just the frames at home to donate, please bring them to the Community Education office in the Gladstone Community Education Center between 8 a.m. and 4 p.m., **Monday through Friday**.