



## ADULTS WITH COGNITIVE DISABILITIES PROGRAM

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

Community Bridge is a social and recreational program tailored for individuals aged 16 and older with cognitive disabilities. This program is dedicated to promoting community engagement and lifelong learning opportunities for its participants. Residents of Ramsey and Washington County are eligible to take part in this enriching experience.

### Sponsored by the Community Bridge Consortium

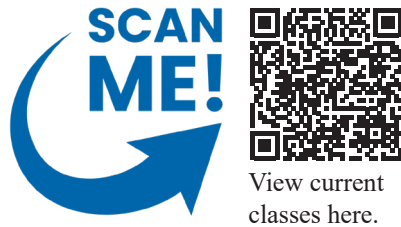
#### Coordinator

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#### Program Clerk

Nichole Price  
651-748-7250  
nprice@isd622.org

1945 Manton St  
Maplewood, MN 55109  
<https://communityeducation.isd622.org/adult/community-bridge>



### Our Facebook Group

Stay informed about Community Bridge by joining our online community! Get updates on events, classes, and tours, plus fun photos. Find us on Facebook or scan the QR code to join today!

### Social Media

We love sharing event photos on social media but never include names. If you'd prefer not to have your image shared, indicate this on the registration form or email [nprice@isd622.org](mailto:nprice@isd622.org). To respect privacy, please avoid sharing or tagging others in photos without their consent.



## Snow Ball Family Dance!



### CBNSE2

Dance the night away to your favorite tunes, indulge in a wide variety of delicious snacks, and enjoy the vibrant festive decorations! Capture lasting memories in our fun-filled photo booth, complete with playful props. Dressy casual attire is encouraged—think stylish jeans or slacks paired with a button-up shirt or a chic dress.

To help us plan for food, please be sure to register caregivers. Donations are welcome to help cover their costs!

**Friday, December 6** **6:30–8 p.m.**  
Gladstone Community Education Center  
Maplewood, Gym \$15

### Volunteers Needed!

Help us keep registration fees affordable by volunteering at our events! Most events are under 2 hours long, usually in the early evenings or occasionally on weekends—and they're always a lot of fun! If you're a family member attending an event and are interested in being an "official" volunteer, we would love to hear from you.

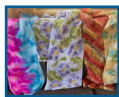
Volunteering involves helping with event setup, assisting during the event, and staying afterward to help with teardown. Your support ensures that everything runs smoothly!

If you have a friendly attitude and a passion for supporting incredible individuals with disabilities in our community, join us! Please reach out to Jordi Teillard-Cui at Community Bridge at (651) 748-7250, email [jteillardcui@isd622.org](mailto:jteillardcui@isd622.org), or chat with a CB staff member at any of our events. Can't volunteer but still want to help? Consider donating to our program! Your support will directly contribute to keeping our events accessible and affordable for everyone.

## October

### Alcohol Ink Silk Scarves – CBSA1

Explore the exciting world of alcohol inks and create two unique scarves! Use vibrant colors and watch the magic happen as you add alcohol to the inks. Perfect for a special gift or a treat for yourself. Let your creativity shine!



**Wednesday, October 2** 6:30–8:30 p.m.  
Lake Middle School  
Woodbury, Room A110 Art \$20

### Chair Yoga – CBNE1

Join us for a gentle and relaxing form of exercise, seated in a chair! Instructor Gil will lead participants through a series of breathing and stretching exercises. This exercise is suitable for individuals with mobility concerns and is enjoyable for all. Caregivers, please accompany those needing support.



**Thursday, October 10** 7–8 p.m.  
Gladstone Community Education Center  
Maplewood, Room 109 \$10

### Field Trip: Pine Tree Apple Orchard – CBWT1

Join us for a fun afternoon outdoors! Enjoy a wagon ride, donuts, apple cider, pumpkin and apple picking. Optional: visit the corn maze for \$3.00.



**Friday, October 11** 1–3 p.m.  
Pine Tree Apple Orchard  
White Bear Lake \$15 (including PAs)

### Afton Apple Orchard Hayride – CBSSE1

Join us for a fun hayride through the orchard to pick two apples and choose a small pumpkin! Our private tour will teach you about apple picking, the role of bees, and orchard care. Enjoy a 3 oz. cider sample. Dress for the weather. Meet at 14421 90th St S, Hastings, 55033 by 6:00 pm. Staff pays \$15 to join. The tour is not wheelchair accessible.



**Tuesday, October 15** 5:30–6:30 p.m.  
Afton Apple Orchard, Afton \$15

### Fused Glass-Decorating Stars – CBNA1

Decorate two fused glass star blanks with stringers, dots dichroic glass and other fun glass. The instructor will take them home and fuse them. Then add a wire hanger. Participants will need to make arrangements to pick up their pieces from the instructor's home.



**Wednesday, October 23** 6:30–8:30 p.m.  
Skyview Middle School  
Maplewood, Room 100 \$25

### Halloween Costume Dance Party – CBNSE1

Get ready for a “ghostly” good time at the Community Bridge Halloween Costume Dance Party! Wear your favorite costume and dance the night away as our favorite DJ plays “spooktacular” dance music! Get your picture taken at the photo booth, play games, win prizes, and enjoy “fang-tastic” snacks and treats!



**Friday, October 25** 6:30–8 p.m.  
Gladstone Community Education Center  
Maplewood, Gym \$15

### Halloween Bingo & Costume Contest – CBRR1

Will you come as a butterfly or a werewolf? Join us for a fun-filled night of costumes and bingo!



**Monday, October 28** 6–8 p.m.  
Appétu Téca Education Center  
Roseville, Room C123 \$9

## November

### Nature Wind Catchers and Mobiles – CBSA2

Create nature-inspired garden sculptures with grapevine wreaths, twigs, and colorful ribbons for a Boho touch.



**Monday, November 11** 6:30–7:30 p.m.  
District Program Center  
Cottage Grove, Rockwell Room \$5

### Thanksgiving Decorations – CBRA1



Create charming Thanksgiving table decorations by painting candle holders and crafting festive name tags.

**Tuesday, November 12** 6–8 p.m.  
Appétu Téca Education Center  
Roseville, Room C121 \$15

### Movie & Music Trivia Night – CBNR1



Join us for Trivia Night! Test your Disney, Pixar, movie, and music knowledge. Prizes and snacks provided.

**Thursday, November 14** 6–7 p.m.  
Gladstone Community Education Center,  
Maplewood, Room 105 \$10

### Alice by Heart—East Ridge H.S. Musical Performance – CBSSE2




“Alice by Heart,” set during the London Blitz, starts at 7:00 p.m. Join us by 6:45 p.m. Limited wheelchair spaces, please indicate if needed. Staff must purchase tickets.

**Friday, November 15** 7–9:30 p.m.  
East Ridge H.S. Auditorium, Woodbury \$15

### Turkey Bingo – CBRR2

Strut like a turkey to claim your prize after calling BINGO!



**Monday, November 18** 6–8 p.m.  
Appétu Téca Education Center  
Room C123, Roseville  \$9

### Hop on a Fire Truck, Learn Important Fire Safety Tips! – CBSS1



Tour the Cottage Grove Fire Station! Explore a fire truck, meet firefighters, and learn essential home safety tips.

**Tuesday, November 19** 6–7:30 p.m.  
Cottage Grove Fire Station \$5

### Cooking with Cheryl - Magnificent Muffins – CBNC1



Homemade muffins are tastier and easy to make. Practice reading recipes, measuring, and chopping as you bake from scratch.

**Thursday, November 21** 6:30–8 p.m.  
John Glenn Middle School,  
Maplewood, Room 284 \$15

### All About Owls – CBNR2



Discover owls at Maplewood Nature Center! Join a class on these raptors and take a night hike to call them. Caregivers register free.

**Sunday, November 24** 4:30–6 p.m.  
Maplewood Nature Center \$15

### Winter Joy – CBWA1



“Winter’s Joy” captures the season’s charm. Paint a snowman greeting a cardinal as you reflect on winter’s peaceful beauty.

**Monday, November 25** 6–7:30 p.m.  
White Bear Lake Area Senior Center \$15

**Cooking with Cheryl—Holiday Sweets – CBNC2**



When visions of “sugar plums” dance in your head, it’s time for Holiday Sweets! Shape, trim & decorate festive cookies & candies.

**Thursday, December 5** 6:30–8 p.m.  
John Glenn Middle School  
Maplewood, Room 284 \$15

**Holiday Gnome – CBRA2**



Get into the holiday spirit by painting a gnome and creating festive decorations.

**Monday, December 9** 6–8 p.m.  
Appétu Téça Education Center  
Roseville, Room C121 \$15

**Holiday Tree – CBWA2**



Create a holiday tree with colorful buttons and pins to add a personal touch to your space. Use various colors for a whimsical tree that reflects your personality. With patience and detail, your tree will dazzle! This project requires some finger dexterity.

**Tuesday, December 10** 6–7:30 p.m.  
White Bear Lake Area Senior Center \$15

**Let’s Meet for Dinner at Pizza Ranch! – CBSSE3**

Join us for a fun “white elephant” gift exchange, pizza, and new friends! Bring one or two wrapped items from home to give away—something enjoyable or funny. Expect an evening of laughter and connections! The buffet is \$16.99, so bring money for your dinner. Staff can attend for free but must register so we can plan accordingly.



**Monday, December 16** 6–7:30 p.m.  
Pizza Ranch, Cottage Grove \$5 (+ \$16.99 for the buffet)

**Holiday Bingo – CBRR3**

Take a break and enjoy a night with friends as you win prizes to keep for yourself or give as gifts.



**Tuesday, December 17** 6–8 p.m.  
Appétu Téça Education Center  
Roseville, Room C123 \$9

**Bingo Night—With Cool Prizes! – CBSR1**



**Monday, January 6** 6–7:30 p.m.  
District Program Center  
Cottage Grove, Rockwell Room \$5

**Cooking with Cheryl—Loaded Tot Skewers – CBNC3**

These Skewered Tator tots are loaded with gooey melted cheese, bacon bits and whatever else you want to put on them. Bring your appetite, you want to eat this scrumptious meal as soon as they are done.



**Thursday, January 9** 6:30–8 p.m.  
John Glenn Middle School  
Maplewood, Room 284 \$15

**Bingo – CBRR4**

Join us for fun and games—everyone leaves a winner!



**Tuesday, January 14** 6–8 p.m.  
Appétu Téça Education Center  
Roseville, Room C123 \$9

**Open Gym – CBNE2**

Meet your friends for fun and games at Open Gym night! Jordi will lead organized group games, or you can choose your own activity (indoor soccer, etc). A variety of sports equipment will be available for you to use. Healthy drinks



**Friday, January 17** 6–7 p.m.  
Gladstone Community Education Center  
Maplewood, Gym \$10

**Felt Wallet – CBWA3**

Unleash your creativity with a fun and easy felt wallet project! Learn basic sewing skills and customize your design with colorful felt, thread, and a snap closure. Perfect for carrying small essentials, this charming wallet is both functional and fashionable. Some finger dexterity required.



**Thursday, January 23** 6–7:30 p.m.  
White Bear Lake Area Senior Center \$15

**Hot Chocolate Bar and “Stained Glass” Art – CBSA3**

Join us for a fun night of creating “stained glass” art using markers, tin foil, and a page protector. Choose from various designs and enjoy crafting while sipping hot chocolate with fun toppings.



**Monday, January 27** 6:30–8 p.m.  
District Program Center  
Cottage Grove, Rockwell Room \$10

**Feedback Request**

Do you have feedback about the Community Bridge program? Please consider completing the evaluation form after each class or contact the Community Bridge office at [jteillardcui@isd622.org](mailto:jteillardcui@isd622.org) or (651) 748-7250

**Acknowledgments**

Thank you to the following organizations and individuals for partnering with Community Bridge! We appreciate all the ways you support our program and our participants!

*Knights of Columbus #4967, Kinney Family Foundation, Family and Friends of Chris Runtsch, Dennis and Connie De Lorme, Cheryl Gysbers*



- If your insurance is through UCare, you may be eligible for a discount of up to \$15 per class. Check your plan to see how many discounts you may use per year.
- If a class is less than \$15, you may take the class free.
- You must be a UCare member at the time of registration and throughout the duration of the class.
- **You must register by phone at 651-748-7250 or by mail to take advantage of the UCare discount.** You will need your UCare ID number when registering.



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



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

NON-PROFIT ORG  
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Register online at [isd622.ce.eleyo.com](http://isd622.ce.eleyo.com) or mail/drop off your form with payment at: 1945 Manton St, Maplewood, MN 55109, M-F 8 a.m. - 4 p.m.

### COMMUNITY BRIDGE REGISTRATION FORM

I agree to the cancellation policy at [isd622.ce.eleyo.com](http://isd622.ce.eleyo.com). Cancel at least three days before class for a refund, minus a \$5 fee. No refunds after that. All participants must register in advance for Community Bridge events; drop-ins are not allowed. Payment is required at registration.

*By registering for any Community Bridge course or event, participants and their caregivers assume all risks associated with participation and agree that neither Community Bridge, ISD 622, nor any member of the Community Bridge Consortium will be held liable.*

Name \_\_\_\_\_ Home/Group Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Group Home Name \_\_\_\_\_ Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Group Home Email \_\_\_\_\_  Uses a wheelchair  Requires one-to-one assistance

Medical, seizure, behavioral or other conditions instructor should be aware of: \_\_\_\_\_

| Class #   | Class Name | Participant Fee | Staff Attending                 |                 |
|---|------------|-----------------|---------------------------------|-----------------|
|   |            |                 | # attending                     | Total Staff Fee |
| _____   | _____      | \$ _____        | _____                           | \$ _____        |
| _____   | _____      | \$ _____        | _____                           | \$ _____        |
| _____   | _____      | \$ _____        | _____                           | \$ _____        |
| UCare Number _____ Total Participant Fee \$ _____ |            |                 | <b>Total Staff Fee \$ _____</b> |                 |

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

*Staff fee must accompany registration*

or Visa, MasterCard or Discover \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_ Total Charge \$ \_\_\_\_\_

Signature \_\_\_\_\_ Print Name on Card \_\_\_\_\_