



# Thompson Times



## Thompson Park Activity Center (TPAC) Serving Adults 55+

**Thompson Park Activity Center**  
1200 Stassen Lane, West St. Paul, MN 55118  
Open 9 am-4 pm, Mon-Thu.  
TPAC will be closed Jan 1, 20, & Feb 17

For Information or Registration:  
Call: 651-403-8300  
Online: [www.isd197.org/community/adults-55](http://www.isd197.org/community/adults-55)

### Special Events



#### Prairie Potluck Band

A Prairie Potluck performance brings out the joy of old time music. The storytelling within their songs evoke warm feelings as these musicians share their love of music from traditional bluegrass to contemporary country.

Members of Prairie Potluck include: Ruth on guitar, Mike on mandolin, Mark on banjo and guitar, Brent on bass, Michael on fiddle and dobro, Vicki on uke. Register by Jan 8.

Wed, Jan 15 1-2 pm  
1924-W25 1 session - \$10

#### "My Funny Valentine" featuring The Fairlanes



Get ready to fall in love with the timeless sounds of The Fairlanes! This dynamic four-part a cappella group has been captivating Twin Cities audiences for over 20 years. Their harmonies are spot-on and their joy for singing is contagious. Sing along to doo-wop, classic pop and R&B hits of the '50s and '60s.. Perfect for a Valentine's Day vibe, their repertoire includes sweet love songs and nostalgic favorites that will have you swooning. Don't miss this heartwarming performance. Register by Feb 5.

Wed, Feb 12 1-2 pm  
1925-W25 1 session - \$10

#### Tax Information

Trained volunteer income tax preparers will be doing tax returns free of charge for uncomplicated tax returns. Assistance will be provided to taxpayers with a special emphasis on taxpayers 55 and older. For more information, see page 8.

#### January Winter Wear Collection

Warm Winter Clothing Drive - see page 5



# LEARNING & 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 5 days in advance.  
*Instructor: Dick Milles, Metropolitan State University*

Wed, Jan 8-Feb 26 9:30-10:30 am  
1841-W25 J/F 8 sessions - \$48

## (New) 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.  
*Instructor: Dick Milles, Metropolitan State University*

Wed, Jan 8-Apr 30 10:45-11:45 am  
1903-W25 J/A 16 sessions - \$96

## Soup and Scoop with Joe Atkins: Dakota County Style

Did you know our county was once a hideout for some of our nation's most notorious gangsters? Or that the first steps in sending Americans to the moon took place here? One of Minnesota's nine original counties, Dakota County's rich history is filled with colorful characters and events. Get the scoop on local history with Commissioner Joe Atkins, a lifelong resident and historian, who will share with us the 10 Most Surprising Events in Dakota County History.  
*Presenter: Joe Atkins, Dakota County Commissioner*



Thu, Jan 9 11 am-12:30 pm  
1916-W25 1 session - \$8 soup fee

Join us **on-site at TPAC** for these tech classes. Nickie is a very engaging instructor who is passionate about teaching people basic technology at any age! She will be instructing **via Zoom** on our large TV. We will have tech helpers in person to help facilitate the class and answer questions.

## Tech-Savvy Survival in 60 minutes: Essential Skills for Everyday Life

In today's fast-paced, technology-driven world, being tech-savvy is no longer optional—it's essential. Equip yourself with the critical tech skills needed for everyday life. Expand your practical knowledge and confidence to navigate the digital landscape with ease.  
*Presenter: Nickie Welsh, Social Club Simple via Zoom*

Tue, Jan 7 12-1 pm  
1935-W25 1 session - \$29

## How to Use Venmo Safely

Learn all about Venmo, the popular mobile payment service. Pay friends and businesses securely, as well as receive money without the need for cash or checks. Gain a confident understanding to set up Venmo safely, avoid unnecessary fees, and apply it in real-world scenarios for you and your family. You'll be able to discuss the topic and understand the key terms! Join us to master Venmo and handle mobile payments with ease and security.  
*Presenter: Nickie Welsh, Social Club Simple via Zoom*

Thu, Feb 13 12-1 pm  
1936-W25 1 session - \$29

## Korean Cooking with Hyae Lee

Come discover the secrets to making authentic Kimbap—a beloved Korean dish! You'll learn step-by-step how to prepare this flavorful and visually stunning dish using fresh, high-quality ingredients. While store-bought versions exist, nothing compares to tasting Kimbap crafted before your eyes in this live demonstration. Come hungry and leave inspired! Register by Jan 16.  
*Presenter: Hyae Lee*

Mon, Jan 27 10 am-12 pm  
1934-W25 1 session - \$10

# LEARNING & DISCUSSION

## Nature Sense with Naturalist Eloise Dietz

### Out in the Cold - Animal Behaviors in Winter

Learn who is out and about, how feathers and fur help, and how animal behavior plays a part in winter survival.

Tue, Jan 28 1-2:15 pm  
1783-W25 Jan-Out in Cold 1 session - \$10

### Nature Connections

We have all had memorable encounters with nature throughout our lives. Let's share with each other the fun/scary/memorable stories, photos, travel adventures, nature books and maybe even poems that have furthered your connections and understanding of nature.

Tue, Feb 25 10-11:15 am  
1783-W25 Feb-Connections 1 session - \$10

## David Dyer-Bennet: Words Over Windows

In May 2020, after George Floyd's murder, turmoil engulfed both streets and hearts. Plywood protecting windows quickly became canvases, painting the city with expressions of layered pain, disbelief, hope and calls for racial justice. Join this discussion of a powerful movement and transformation of these wooden barriers into symbols of hope. His book will be available for purchase.

*Presenter: David Dyer-Bennet, author of Words over Windows*

Wed, Jan 29 1-2 pm  
1919-W25 1 session - \$5

## Computer Center

Get help with your technology questions every Monday morning. Come with your device and receive patient assistance. No appointment or registration needed.

Mondays 9 am-noon  
Free



## Rise to the Challenge: A Memoir of Politics, Leadership, and Love

Join us for an inspiring presentation and book talk with Marlene M. Johnson, Minnesota's first female lieutenant governor. Her memoir, *Rise to the Challenge*, intertwines personal and professional journeys, reflecting on her groundbreaking career in state government and the loving support of her late husband, Peter. Hear firsthand her story of leadership, dedication, and personal resilience. Books will be available for sale and autographs.

*Presenter: Marlene M. Johnson, former MN Lt. Governor*

Thu, Jan 30 1-2 pm  
1923-W25 1 session - \$5



## Nesting Dolls: The Matryoshka Doll in Russian Crafts

Join us as we delve into the rich folk tradition of Russian wood carving and craftsmanship. This presentation will explore the history and cultural significance of the beloved Matryoshka doll, tracing its evolution in style and artistic expression. Discover how this iconic souvenir fits into Russia's broader artistic heritage. Don't miss this unique opportunity! *Presenter: Carol Veldman Rudie, Education Outreach Coord, Museum of Russian Art*

Thu, Jan 30 10-11 am  
1928-W25 1 session - \$3

## The Museum of Russian Art Van Trip

We will arrive at The Museum of Russian Art in South Minneapolis where we will have a guided tour of the museum's current special exhibit: Matryoshka Dolls. Lunch following at Wise Acres at your own expense. Meet at TPAC at 9 am.

Thu, Feb 6 9 am-2 pm  
1929-W25 1 session - \$15 includes transportation/tour

# LEARNING & DISCUSSION

## Current Ecology/Climate Change Research

Join Sam Reed for a compelling talk on the pressing issues of ecology and climate change. Sam will share his innovative research on climate adaptation, offer insights into how personal and collective actions can help combat rising temperatures. Discover practical ways to reduce your environmental impact and how you can contribute to preserving nature. Be part of the solution.

*Presenter: Sam Reed, Postdoctoral Fellow, U of M Institute on the Environment*

Thu, Feb 13 10-11 am  
1932-W25 1 session - \$3



## Wildlife Rehabilitation Center of MN

This Center is one of the country's oldest wildlife hospitals and one of the world's busiest, treating 20K animals each year. WRC treats foxes with mange, turtles hit by cars, warblers that collide with windows, and everything in between. Brittney will share photos, patient cases, recovery stories, and how you can help local wildlife.

*Presenter: Brittney Yohannes, Comm and Dev Director, WRC MN*

Tue, Feb 18 10-11 am  
1918-W25 1 session - \$7

## Will I have Chronic Pain Forever?

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

*Instructor: Christie Amundson*

Mon, Feb 24 1:30-3 pm  
1917-W25 1 session - \$3

## Landmark Tours: See The World

Plan your next trip! TPAC collaborates with Landmark Tours, locally-owned, family-operated, and rooted in the community, Landmark can fulfill your travel dreams. Preview upcoming trips and learn about the ease of escorted travel. Catalogs available at TPAC.

Registration preferred.

*Presenter: John Lyons*

Tue, Feb 25 1:30-3 pm  
1592-W25 1 session - Free

## White Supremacy, Culture Warlords, and Digital Literacy

In these three sessions, you will uncover the history and cultural 'logics' of white supremacy and the rapid-moving radicalization of the internet era. Learn about tools that have been developed to help prevent radicalization, helping us navigate today's digital landscape as informed and critical readers.

*Presenter: Brandon Schorsch, Jewish Community Action*

Wed, Feb 26, March 5, 12 11 am-12 pm  
1927-W25 3 sessions - \$9

## Capital Bicycle: Am I Right for an E-Bike?

Join us for an exciting and informative class designed specifically

for seniors to explore e-bikes and recumbent bikes!

Whether you're looking to enhance your mobility, stay active, or simply enjoy the outdoors in comfort, this session will introduce you to these innovative, easy-to-ride bikes. Learn about their features, safety, and potential health benefits, while getting hands-on experience to see if they're the right fit for your lifestyle. No prior biking experience needed—come discover a fun, new way to get moving.

*Presenters: Capital Bicycle Staff*



Thu, Feb 27 10-11 am  
1931-W25 1 session - \$5

# GROUPS

- Groups that meet monthly pay \$10 per year. The year begins in September and ends the next August.
- Groups that meet weekly pay \$15 per trimester. The current trimester begins in January 1 and ends April 30.
- Keeping our fees low for everyone is important and those fees are also important to support programs at Thompson Park Activity Center. Discounts are not offered for days you cannot attend.

## 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 per month to share the status of current projects and discuss potential opportunities. Projects include working with AARP Wish of a Lifetime, several local organizations, and Days for Girls, a global effort. If this resonates with you, please join anytime during the year.

*Facilitator: Julie Weisbecker*

2nd Mon 10-11:30 am  
1599-F24 Free



## Mystery Book Club

Our mystery book club readers select a wide range of authors and locales. At our meetings, we enjoy stimulating discussions on our interpretations, speculations and theories of the book. It's truly amazing the wonderful insights each reader brings to the discussions!

*Facilitator: Joyce Wahlquist*

2nd Tue 10:30-11:30am  
1565-F24 Annually - \$10

## Great Decisions Group 2025

Dive into geopolitics, challenge your perspectives and broaden your horizons. Engage in conversations around US foreign policy and the evolving global landscape. Books available at [fpa.org](http://fpa.org). *Facilitator: Charles Happach*

2nd Mon 1-2:30 pm  
1296-W25 Annually - \$10

## Caregiver Support Group

Come together with trained facilitators to learn about topics relevant to caregiving.

*Sponsored by DARTS*

2nd Wed 1-2:30 pm  
1597-F24 Free

## TED Talks Discussion Group

TED Talks are short presentations on a wide range of topics. Recorded speakers share insights in 15 minute videos, followed by our discussion. Engage in conversations about science, technology, personal development and more. The group chooses topics.

3rd Tue 1-2:30 pm  
1607-F24 Annually - \$10

## Men's Topics & Toast

Join us for Toast and Topics on the last Monday of each month, a special time for men to visit and share their insights. Connect with new folks and contribute your thoughts. Even if you don't usually 'get involved', your participation and insights will be appreciated.

*Facilitator: Rob Meyer*

Last Mon 9-10 am  
1746-W25 Annually - \$10

## TPAC Out & About Group

Enjoy getting together with this social group for men and women for 1-2 outings a month. Lunch is often part of activities. After registering, information will be emailed to you by the Communications Coordinator.

Each member supports the group in these ways:

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

*Communications Coord: Dorothy Lea & Kathy Hansen*

Dates vary 1609-F24 Annually - \$10

# FITNESS & HEALTH

## 3X3 Fitness

Our exercise videos, alongside resistance bands/rings, is your secret weapon to building muscle tone and improving overall health. Elevate your health and fitness game with these chair-based, low-impact exercises.

Welcome a stronger, more vibrant you!

*Facilitator: Barb Erickson*

Tue/Thu 9:15-10 am  
1635-W25 \$15 Jan-Apr

## Tai Chi Chih for Health

For new and returning students alike, this 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 at least 5 days in advance.

*Instructor: Theresa May, nationally accredited instructor*

Wed, Jan 8-Feb 26 9:15-10 am  
1909-W25 Jan-Feb 8 sessions-\$49



## Fitness and Balance for Life

Make this part of your fitness journey! Naomi will gently guide you through these low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear.

Your path to better health awaits.

*Instructor: Naomi Marzinske*

Thu, Jan 2-Feb 27 10:30-11:30 am  
1317-W25 Jan-Feb 9 sessions - \$63

## Line Dancing

Line dancing is a fun way to exercise and can be as gentle or as energetic as you want. Increase your muscle tone and coordination, strengthen bones, and stay mentally fit. If you don't like the gym, join us on the floor to get moving. No partner is needed!

*Instructor: Margaret Christians*

Thu, Jan-Apr, dates tbd 9-10 am  
1615-F24 \$15

*No class Mar 27*

*Call 651-403-8300 for dates.*

## Foot Care

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

*Provided by: Katie Sikel, RN, CFCS*

2nd & 3rd Thu \$55  
Call 651-829-3944 for an appointment.

## Falls Screening

If you have fallen or feel frequent loss of balance, the Falls Prevention Program can help with strategies to keep you safe. Take part in a Falls Screening and with a few brief questions about your fall history, fears and risks around falling, you can easily determine if you are a good candidate to participate in a one-to-one Falls Prevention Program offered at DARTS. (The program is 6 sessions and can be done in person or by phone.) Screenings are brief and available at TPAC.

2nd Wed Call 651-403-8300 for appt

## Adult Lap Swim

If you haven't dipped your toes in the new District 197 Aquatic Center, fall is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim. 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. Registration is required.

Wed, Jan 29-Apr 30 6:30-8:30 pm  
6197-W25 Each Session - \$7

# CREATIVE ARTS

## Knitting Group

Come for fun and genuine moments of connection and creativity. Share your knitting, crocheting, or other hobbies in this warm, non-instruction peer group. Learn from one another while forming lasting bonds.

Mondays 1-3 pm  
1600-W25 \$15 Jan-Apr

## 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 2-part introductory series for those who are new to watercolor painting. Part 1 is a prerequisite for Part 2. These are a prerequisite for Watercolor I. Supplies will be provided by the instructor. A supply fee to the instructor is due at class: \$65-\$70.

*Instructor: Linda Stout*

Mondays 1491-W25 1-3 pm  
Jan 6-27 J/F Part 1 3 sessions - \$54 (no class Jan 20)  
Feb 3-24 J/F Part 2 3 sessions - \$54 (no class Feb 17)

## Watercolor I

Learn and improve your 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 1302-W25 1-3 pm  
Jan 7-28 4 sessions - \$72  
Feb 4-25 4 sessions - \$72

## 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 consent.

*Instructor: Linda Stout*

Wednesdays 1191-W25 1-3 pm  
Jan 8-29 4 sessions - \$72  
Feb 5-26 4 sessions - \$72

## Open Watercolor Painting

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

*Instructor: Art Thell*

Tuesdays 9:30-11:30 am  
1602-W25 \$15 Jan-Apr

## Crafting for a Cause

Spread joy by crafting heartfelt notes with fellow volunteers. These messages of kindness will be included in locally delivered meals and brighten someone's day! Join us to create a ripple of happiness. All materials are supplied.

*Facilitator: Pat Marshall*

2nd Tue 12-1 pm  
1598-W25 Free



## Colored Pencil Group

Work on your latest pencil project and have fun while doing it! All levels welcome, from novice to skilled. Staying inside the lines is your decision, but laughter and camaraderie develops naturally in this creative process. There is no instructor, but sharing your techniques is welcome! Bring your own pencils and art equipment.

1st & 3rd Wed 1-3 pm  
1595-W25 \$15 Jan-Apr

IDEA FOR  
A GROUP?

BRING YOUR IDEA TO BRENDA.  
651-403-8300

# GAMES

## Hand and Foot

Join us for an exciting card game merging canasta elements. Team up with two to six players, build melds, and score points by creating sets and runs.

Wednesdays 9:30 am-12:15 pm  
1735-W25 \$15 Jan-Apr

## Cribbage

Soon "15 two, four and a pair is six" will sound so familiar, it will be second nature! Learn the game and new strategies as you peg your way to victory!

Wednesdays 1-3 pm  
1856-W25 \$15 Jan-Apr

## Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards. The game originated in China. There are many versions, but at TPAC, we teach/play American Mah Jongg. Learn that luck is an aspect in every game and have fun playing with friends. All are welcome.

Thursdays 1-3:45 pm  
1613-W25 \$15 Jan-Apr

## Metro Dining Cards

Available while supplies last!  
Mon-Thu, 8 am - 4 pm  
\$30 per set  
(no returns or exchanges)



## Tax Information

Tax assistance will be provided to taxpayers with a special emphasis for taxpayers 55 years and older. Volunteer income tax preparers will be doing Federal and MN State income tax returns free of charge beginning February 2024. You must make an appointment for this service. These volunteers are trained to prepare uncomplicated income tax returns.

You must bring the following items to your appointment:

- Your 2023 tax return
- Social Security card for yourself, your spouse and all dependents listed on the return
- Copies of your 2024 W-2s, 1099 forms, and proof of other income received by you/your spouse
- RENTERS: bring your 2024 Certificate of Rent Paid (CRP) prepared and signed by your landlord
- HOMEOWNERS: bring a copy of your 2024 Property Tax Statement (mailed to you in March)

Appointments are for income tax returns. If you would also like your property tax returns / rent credit processed, schedule your tax appointment at a time when you will have the needed documents. Your income tax return must be filed first in order to process property tax returns / rent credit.

Appointment registration opens January 7. Space is limited. Call 651-403-8300 to schedule an appointment. Please do not leave multiple messages. Repeated calls slow down the call-back process. Your call will be returned in the order it is received. No messages will be accepted before 9 am, Jan 7th.

- Tue/Thu, Feb 4 - Apr 15 9:30 am - 1:30 pm



SCHOOL DISTRICT 197



2024-2025  
**65+ ACTIVITIES PASS**

SPONSORED BY TWO RIVERS HIGH SCHOOL  
AND THOMPSON PARK ACTIVITY CENTER

## Are You a Winter Local Sports Fan?

Passes available at Thompson Park Activity Center, Monday-Thursday, 9 am-4 pm. This pass allows you free entrance to any Two River High School home competitions and theatre productions.

Exclusions include hockey, fundraisers and playoffs.

# TRIPS & TOURS

## Trips & Tours Information

- Where you register is where you get on the bus.
- Arrive 15 minutes before scheduled departure.
- Check-in inside the building. We will load the bus together after checking everyone in.
- A \$10 service fee will be charged for cancellations.
- No refunds are issued after trip registration deadlines.
- Trips will fill when the maximum is reached, or at registration deadline.
- Trips are subject to change until the itinerary is posted.
- Spots will not be held without payment.
- Mailed registrations may not be guaranteed. Please call to check availability before mailing in your registration.
- You are responsible for your own mobility needs



## On the Road Again at Sidekick Theatre

Enjoy three decades of classic country music favorites in this concert at the Ives Auditorium Sidekick Theatre. Fantastic fiddling and lush harmonies will bring you back a few decades with music from Hank Williams, Patsy Cline, Johnny Cash and Willie Nelson. A buffet lunch of BBQ chicken breast, beer cheese mac, green beans, coleslaw, biscuit and dessert will begin at 11:30 am, followed by the show at 1 pm. If time allows, you may visit the Masonic Museum on the 2nd floor.

Thu, Mar 20      Depart TPAC 10:30 am/Return 4:15 pm  
\$95 per person      Register by Fri, Feb 14  
1896-WSP-W24

## The Mousetrap at Guthrie Theatre

An iconic murder mystery:

During a heavy snowstorm, newlyweds Mollie and Giles Ralston prepare to open Monkswell Manor for their first guests: a cast of characters from the nitpicky Mrs. Boyle to the young architect Christopher Wren and the roguish, unexpected guest Mr. Paravicini. As the snow proves impassable, Detective Sergeant Trotter arrives on skis with news that connects the manor to a mysterious murder in London. When the phone lines are cut, and a guest turns up dead, everyone becomes a suspect.

Lunch at the Hen House: cup of soup, chicken salad sandwich, beverage and cookie.

Wed, Apr 16      Depart TPAC 10:15 am/Return 4:15 pm  
\$105 per person      Register by Fri, Feb 7  
1898-WSP-W24



## MN Military History Museum - Camp Ripley, Little Falls

Nowhere in Minnesota are the experiences of military men and women so vividly captured and interpreted for the public. Discover the stories and contributions of Minnesota citizens who have served and sacrificed, from our state's earliest years to the present, in all branches of service and on the home front.

Lunch at the Black and White Restaurant in downtown Little Falls: soup & sandwich special, petite dessert, beverage. After lunch, take a few minutes to shop at nearby stores in Little Falls, established in 1848 and on the Downtown National Historic Register.

Thu, May 22      Depart TPAC 7:45 am/Return 5:15 pm  
\$96 per person      Register by Fri, Apr 18  
1910-WSP-S25

## TRIPS & TOURS



### Cemetery Tour Around Minneapolis

Explore the fascinating world of cemeteries around Minneapolis with Minnesota historian and our tour guide, Doug Ohman. Visit some of the earliest burial grounds to the most current, where the last visible vestiges of our past hold our history. Stops will be made depending on weather and burial services. Wear appropriate footwear for walking on unpaved, grassy areas. Possible visits include Fort Snelling National, St. Mary's, Pioneer and Soldier or Crystal Lake Cemeteries.

Lunch will be at Patrick's Bakery & Cafe for the soup & sandwich special: California chicken strip sandwich, minestrone soup, beverage and mini pastry.

Tue, June 24      Depart TPAC 9 am/Return 4:30 pm  
\$96 per person      Register by Fri, May 16  
1897-WSP-W24

### Bayfield and Apostle Islands Tour

Travel to the Bayfield, Wisconsin area for an Apostle Islands "Grand Tour" Cruise. Take the Madeline Island Ferry to LaPointe, tour the island and visit the Madeline Island Historical Museum. Stop at the Bayfield Winery, an apple orchard and Old Rittenhouse Inn. Most meals included. Call for further trip details 651-403-8300 or look online.

Tue-Thu, July 15-17      Depart TPAC 6:15 am / Return 6 pm  
\$765 per person with 2 per room  
\$965 per person with 1 per room  
Register by Fri, May 26  
1940-WSP-S25

## 55+ DRIVER'S DISCOUNT COURSE



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

The 55+ Driver Discount Program is a state approved accident prevention/ insurance discount course that is open to the public. A Precision Driving Center of Minnesota 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.

### 4-Hour Course Dates at Thompson Park Activity Center

12-4 pm	1 session - \$24
Jan 2	
Jan 16	
Feb 6	
Feb 20	
Mar 6	

# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

Online: <https://tridistrict.ce.eleyo.com>

By mail or in-person:

1200 Stassen Lane | West St. Paul, MN, 55118

*Registrations are taken on a first-come, first-served basis. Mail registrations will not be guaranteed due to transit time for mail.*

## Opportunities to Volunteer

- Technology Mentors
- Umbrella Projects
- Advisory Council
- Events Committee
- Office

## Services

- Free Memory Screening provided by DARTS:  
Call 651-403-8300 for an appointment
- Free Legal Services: Call 651-222-4731
- Free Health Insurance Counseling:  
Call 1-800-333-2433 for an appointment or  
[www.trellisconnects.org](http://www.trellisconnects.org).
- Free Falls Screening provided by DARTS:  
Call 651-403-8300 for an appointment.
- Foot Care: \$55, call 651-829-3944 for an appointment

## Fare for All

Affordable groceries for all. Dates are subject to change. Please confirm dates and details at [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org) or call 763-450-3880. Credit Cards preferred. No checks.

## Cancellations/Refunds

If TPAC cancels a class or activity, you will be notified by phone or email and given a refund.

Your cancellation and refund requests must be received by our office seven 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.

## Inclement Weather & Closures

If 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. Call 651-403-8300.

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## E-News

Sign up for TPAC email updates at [tridistrictce.org](http://tridistrictce.org) or call 651-403-8300 for assistance.

## Difficulty Hearing

If you have difficulty hearing during a presentation or class at TPAC, please see the front desk immediately so we can rearrange seating or have the presenter use a microphone.

## Suggestion Box

The TPAC Advisory Council welcomes your feedback about programming, policies, our services, operations, or the facility. A suggestion box is in the hall near the bulletin boards. If you include your contact information (optional), we can follow up with you.

## TPAC Advisory Council Opening

TPAC is looking for an Advisory Council Member to serve on our council that meets six times a year on Thursday mornings from 10-11:30 am. Our focus is to provide feedback on programming and leadership for the center. If you are interested, stop by the office to pick up an application.

## Fees for Groups & Clubs

All monthly and weekly groups, clubs, and activities require pre-registration and payment.

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-April / May-Aug / Sept-Dec



District 197 Community Education  
Thompson Park Activity Center  
1220 Stassen Lane  
West St. Paul, MN 55118

NON-PROFIT ORG  
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## Address Service Requested

Thank You Donors

**Contributions as of Nov 19th: \$2,918**

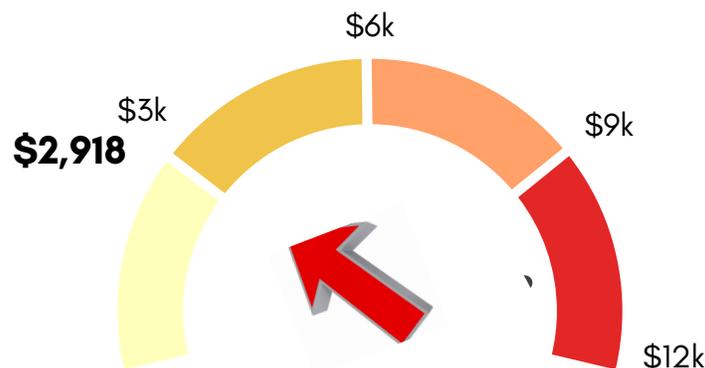
\$12,000 Goal July 1, 2024 - June 30, 2025

### Friend (\$25-49)

Anonymous

Carol Palacio, *in Memory of Guadalupe Herrera, a friend, a classmate and a true gentleman*

Thomas & Barbara Krawczewski, *in Honor of Lupe Herrera*



### Benefactor (\$50-99)

Anonymous

### Patron (\$100+)

The Reed Family, *in loving memory of Lupe Herrera, a very kind and giving man*