



# WINTER-SPRING 2025

JANUARY - APRIL

**LOOKING FOR FUN AND FITNESS? TRY  
OUR DANCE CLASSES ON PAGE 8**



**INSIDE: PROGRAMS AND  
ACTIVITIES FOR ALL AGES**

**IT'S NEVER TOO LATE TO LEARN! START THE NEW YEAR  
WITH FREE HSE & ELL CLASSES. SEE PAGES 19 & 56**

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

## ADULT ENRICHMENT

Creative Arts.....	4-5
Culinary Arts .....	5-7
Dance & Fitness.....	8-9
Money .....	9-12
Technology .....	12
Wellness, Health & Safety .....	12-16
Language.....	16
Get Fit at Central Square.....	17-18

## ADULT EDUCATION (ABE) **19**

### ADULTS WITH DISABILITIES

Access Project .....	20-21
----------------------	-------

### ADULTS 55+

Central Square Community Center .....	22-25
IGH Veterans Memorial Center.....	26-27
Thompson Park Activity Center .....	28-36
Drivers Safety .....	37
Trips and Tours.....	38-39

## YOUTH PROGRAMS

SSP Gymnastics.....	40-41
Activities.....	42-46
Drivers Education & ACT Prep .....	48

## FAMILY PROGRAMS **47**

## SCHOOL AGE CARE **49**

## AQUATICS **50-51**

### EARLY LEARNING PROGRAMS

IGH, District 197, SSP .....	52-55
------------------------------	-------

## EDUCACIÓN PARA ADULTOS **56**

## SCHOOL AGE CARE - ESPAÑOL **57**

## GENERAL INFORMATION

Locations, Facilities.....	61
Registration .....	62-63

### 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

# FEATURED COURSES

## NEW THIS WINTER

Glorious Garlic ..... Page 5  
Line Dance: Taylor Swift's "Shake It Off" ..... Page 8  
Reiki I ..... Page 14  
Rise to the Challenge ..... Page 30

### For Youth:

Sports Camps ..... Pages 43-44

## OLD FAVORITES

Four Famous Ethnic Cookies ..... Page 5  
Let's Tap Dance 1 & 2 ..... Page 8  
Open Art Lab ..... Page 20  
Understanding Probate ..... Page 32  
Knitting Studio ..... Page 4  
Write Your Own Will ..... Page 9

## SAVE THE DATE

### Jul 15-17:

Bayfield & Apostle Islands Tour ..... Page 39

### Feb 7:

Friday Fun Night Valentines Party ..... Page 21

### Apr 23:

Music with Loren Wolfe ..... Page 29

### Apr 16:

Healthy Living Fair ..... Page 26

## ONLINE FROM HOME

Sushi for Beginners ..... Page 7  
Intro to Medical Terminology ..... Page 15  
How to Use Venmo Safely ..... Page 30  
Health & Wellness with Janice Novak ..... Page 15



## 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

## Knitting Studio

Join our winter 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, Jan 7-Feb 4 6:30-8:30 pm  
6101-W25 Jan 5 Sessions - \$35  
Two Rivers HS, MH

Tue, Feb 11-Mar 18 6:30-8:30 pm  
6101-W25 Feb/Mar 5 Sessions - \$35  
Two Rivers HS, MH  
No class Feb 18

Tue, Apr 8-May 6 6:30-8:30 pm  
6101-W25 Apr 5 Sessions - \$35  
Two Rivers HS, MH



## Knitting Technique Series: Pickett Winter Accessories

Look stylish this winter with a set of hand knit accessories. In two stand alone classes you will learn to knit mittens and/or a hat or headband. This year's selection features cables and knitting in the round. They are made with bulky yarn and large needles so they knit up quickly. Full class descriptions available online.

**Instructor: Suzanne Ross**

Thu, Jan 9-23 6:30-8:30 pm  
6106-W25 Hat 3 Sessions - \$35  
Two Rivers HS, MH

Thu, Feb 6-27 6:30-8:30 pm  
6106-W25 mittens 4 Sessions - \$44  
Two Rivers HS, MH

## Knitting Project: Anything, Anywhere Bag

This bag can go to the market, beach, gym, library and just about anyplace you need to go. Easy to knit with cotton yarn, it can be made in a variety of sizes. Basic knitting skills are required for class. Yarn and needles recommendations will be emailed prior to first class.

**Instructor: Suzanne Ross**

Thu, Mar 20-Apr 3 6:30-8:30 pm  
6105-W25 2 Sessions - \$24  
Two Rivers HS, MH

## 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 paint with acrylic paint on canvas.

**Instructor: Linda Rinaldi**

\$25 8x10 Canvas Panel  
\$35 8x10 Stretched Canvas  
\$45 11x14 Stretched Canvas  
Central Square, SSP

Thu, Jan 9 1-3 pm  
7548-W25 Deer in WoodsA

Fri, Jan 17 6-8 pm  
7548-W25 Deer in WoodsB

Wed, Feb 12 6-8 pm  
7548-W25 Bird in BirchB

Mon, Feb 21 1-3 pm  
7548-W25 Bird in BirchA

Tue, Mar 4 1-3 pm  
7548-W25 Cherry Blossoms A

Tue, Mar 4 6-8 pm  
7548-W25 Cherry Blossoms B

Tue, Apr 1 6-8 pm  
7548-W25 At the BeachB

Wed, Apr 2 1-3 pm  
7548-W25 At the Beach A



## Voiceover... Now is Your Time

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. 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. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class.

**Instructor: Caitlin Deese**

Tue, Feb 18 6:30-8:30 pm  
7543-W25 1 Session - \$30



### Introduction to Journaling: A Beginner's Guide

Journaling is simply recording your thoughts, feelings and insights in a written, drawn or typed format. It's a low cost way to improve your mental health, reduce stress, and improve self-awareness. Learn how to kick-start self reflection and self discovery while tracking your personal personal growth and progress through the 10 most popular types of journaling. Downloadable handouts are included.

**Instructor:** LeeAnne Krusemark

Fri, Mar 7  
6837-W25  
4-6 pm  
1 Session - \$34

### 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

Tue, Mar 18  
6100-W25 Mountain Cabin  
Two Rivers HS, MH  
5:30-8:30 pm  
1 Session - \$65

### Colorful Glass Mosaic Window or Table Lamp

Explore the vibrant world of glass mosaic art in our two-day class. Choose from a 20"x25" window or smaller lamps for your canvas. Work with pre-cut glass and stencils or let your creativity shine. Day one is all about crafting your masterpiece, discovering your creative side, and having fun. On day two, we'll dive into grouting, so bring some old towels. Join us for a delightful journey into the colorful realm of mosaic artistry! All supplies are included.

**Instructor:** Lindsey Guetter

Thu, Apr 10-17  
6107-W25  
6-9 pm  
2 Sessions - \$119 window:  
\$69 8x8 lamp

Two Rivers HS, MH



### Container garden Like A Pro

Learn the art of creating stunning, healthy and colorful container gardens with professional gardener and photographer Michelle Mero Riedel. Discover fast-growing, high quality plants for season long beauty. With a showcase of beautiful garden combinations, a colorful handout and time spent answering questions this is a perfect class to to beat the winter blues and plan your summer garden with a friend!

**Instructor:** Michelle Mero Riedel

Wed, Mar 19  
6840-W25  
7-8:30 pm  
1 Session - \$34

### 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. There is an additional \$14 supply fee due at class.

**Instructor:** Laurel Severson

Fri, Jan 3  
7691-F24B  
South St. Paul HS, SSP  
6-9 pm  
1 Session - \$29

### Glorious Garlic!

Discover the wonders of garlic in this class! Learn about its rich history, culinary uses, and powerful health benefits, including boosting immunity, improving heart health, and reducing inflammation. Create irresistible recipes, like the famous Chicken with 40 Cloves of Garlic, that use or highlight this wonderful bulb. Full menu online. All supplies included.

**Instructor:** Laurel Severson

Tue, Mar 4  
6207-W25  
Two Rivers HS, MH  
6-9 pm  
1 Session - \$49



### Marvelous Macarons

They are beautiful and so fun to make! Your instructor will show you some simple tricks to make the process easy. We will make three different kinds: lovely blueberry, lemon, and pink cherry or strawberry. There will also be some chocolate macarons for you to sample. Students will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies! Supply Fee of \$13 per student payable to the instructor in class.

**Instructor:** Nancy Burgeson

Thu, Mar 6  
7695-W25  
South St. Paul HS, SSP  
6-9 pm  
1 Session - \$29

## Basic Cake Decorating

Decorate an 8" celebration cake to take home. Students will learn skills in shell boarders, writing, and stars and rosettes. There will be starter kits available to take home for an additional \$12. There is an additional \$12 supply fee due at class. Appropriate for ages 16 to Adult.

**Instructor:** *Diana Hirte*

Tue, Mar 25 6:30-8:30 pm  
7878-W25 1 Session - \$35  
South St. Paul HS, SSP



## Oh, You Beautiful Cake!

What could be better than chocolate, caramel, pecans, and more? In this class, you will mix, bake, and assemble a decadent 3-layer cake. With guidance from Nancy, each student will create and take home a deliciously gooey chocolate masterpiece, perfect for sharing with family and friends—if you can resist keeping it all for yourself! Supply Fee of \$16 per student payable to the instructor in class.

**Instructor:** *Nancy Burgeson*

Tue, Apr 22 6-9 pm  
7685-W25 1 Session - \$29  
South St. Paul HS, SSP

## Korean Street Food

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with chicken bulgogi, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce.

**Instructor:** *Ploy Khunisorn*

Mon, Jan 27 6-8 pm  
7676-W25 1 Session - \$35



## Breakfast Meal Prep

Need new make-ahead breakfast recipes to start your day in a healthy way? Join Kirsten live online from her kitchen where she'll demonstrate Air Fryer Poached Eggs, Instant Pot Steel-cut Oats, Chimichanga Breakfast Burritos, Overnight Breakfast Grain Bowls, Egg Bites 3 Ways, and more! Additional make ahead breakfast recipes included in the handout, and class is recorded so you can re-watch at your convenience.

**Instructor:** *Kirsten Madaus*

Tue, Jan 28 6:30-8 pm  
7888-W25 1 Session - \$29

## Classics Soups and Famous Stews

Beat the winter chill with some homemade hot soup and stew! Create a variety of soups from New England Clam Chowder to Corn Bisque with Rosemary. View the full menu online. What could be better for an easy meal during the cold weather! All supplies are included.

**Instructor:** *Laurel Severson*

Fri, Jan 31 6-9 pm  
6206-W25 1 Session - \$49  
Two Rivers HS, MH



## Kick-Off Kitchen! Soft Pretzels with Beer Cheese Dip & Italian Meatball Sliders

No one will even care about the game with these TOUCHDOWN scoring snacks on the table! Learn to make soft pretzels with beer cheese dip & italian meatball slider sandwiches from scratch. Crowd pleasing goodness during the game or any time of the year Hands-Down! Full class description online.

Fri, Jan 31 5-7:30 pm  
6832-W25 1 Session - \$39



## Sweethearts' Delights: Elegant Eclairs & Paczki

Valentine's Day is most celebrated with sweets and chocolates gifted as an expression of love. Learn to make two dreamy mouthwatering sweets to share or give to your sweetheart, family, friends or loved ones on Valentine's day this year! You will be guided by a step-by-step process to make professional looking and tasting desserts in this engaging online class. View the full class description online.

Sat, Feb 1 4-6:30 pm  
6833-W25 1 Session - \$45

## Truffles Ooh La La! Candies

You've tried the rest, now try the best truffles of all! You will learn how to make five different recipes in class and each student will take home a nice box of truffles. Plus we'll sample some other chocolate-dipped treats in class. All supplies are included. Optional: purchase a truffle/candy kit for \$20 - paid to instructor.

**Instructor:** *Nancy Burgeson*

Tue, Feb 4 6-9 pm  
6205-W25 1 Session - \$45  
Two Rivers HS, MH



### Valentine Sugar Cookie Fun

Come join us to make sweet Valentine's Day Cookies. Each student will decorate 12 Valentine themed cookies to take home. There is an additional \$12 supply fee due at class. Appropriate for ages 16 to Adult.

**Instructor:** Diana Hirte

Tue, Feb 4 6:30-8:30 pm  
7877-W25 1 Session - \$35  
South St. Paul HS, SSP



### Sushi for Beginners

We'll have fun creating this art of sushi rolls in this online interactive class. You will learn every step from making sushi rice and cutting sushi components. We'll talk about the history of culture behind this long Japanese tradition while we roll out three styles of sushi maki including futomaki, spicy salmon maki, and temaki (hand-rolled sushi).

**Instructor:** Ploy Khunisorn

Mon, Feb 10 6-8 pm  
7692-W25 1 Session - \$35



### Air Fryer Seafood

Transform your kitchen into a seafood haven with the convenience of an air fryer! In this live online class Kirsten will use air fryers to demonstrate Glazed Salmon 3 Ways, Gnocchi with Shrimp and Tomatoes, Mini Tuna Casseroles, and more! You'll also explore creative sauces that complement your seafood creations perfectly. Handout includes additional recipes for inspiration, and class will be recorded so you can watch again at your convenience.

**Instructor:** Kirsten Madaus

Tue, Feb 25 6:30-8 pm  
7889-W25 1 Session - \$29



### Vietnamese Street Food

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this online interactive cooking class, we'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken.

**Instructor:** Ploy Khunisorn

Mon, Mar 3 6-8 pm  
7693-W25 1 Session - \$35



### Fast Family Meals

Bring the family together around the dinner table with quick and satisfying meals. Perfect for busy nights, these dishes are packed with flavor and made with simple, everyday ingredients. In this live online class Kirsten will demonstrate Creamy Taco Soup in a pressure cooker, Turkey Stuffed Peppers or Vegetable Lasagna in an air fryer, and more! Handout will include additional recipes for inspiration, and class will be recorded so you can rewatch at your convenience. Join Kirsten and unlock the secrets to creating fast family meals that are as quick to prepare as they are to disappear from the plate!

**Instructor:** Kirsten Madaus

Tue, Mar 4 6:30-8 pm  
7890-W25 1 Session - \$29



### Marry Me Gnocchi with Chicken & Breadstick Bliss

Spring is in the air and nothing says "I love you" more than a handcrafted from-scratch meal like Tess's Marry Me Gnocchi with Chicken and Breadsticks. Learn to create this lavishly delicious memorable meal for your family then sit back and enjoy the compliments. Or if you are single and serve this to your partner, you won't be single for long! View the full menu and class description online.

**Instructor:** Tess Georgakopoulos

Fri, Mar 28 5-7:30 pm  
6834-W25 1 Session - \$45



### Spring Roll Symphony: Homemade Wrapper Crispy & Fresh Spring Rolls

No need to look beyond your own kitchen for restaurant quality spring rolls where everything from the wrapper to the filling and sauce is made from scratch! Whether you are looking to host a memorable Dim Sum get-together or simply want to create something fresh and bright to welcome in the spring, this is the class for you. View the menu and full class description online

**Instructor:** Tess Georgakopoulos

Sat, Mar 29 4-6:30 pm  
6835-W25 1 Session - \$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

Mon, Apr 7 6-8 pm  
7694-W25 1 Session - \$35

## 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, Jan 15-May 21 6:45-7:45 pm  
7207-W25 18 Sessions - \$146  
Central Square, SSP  
No class Mar 5

## 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, Jan 15-May 21 5:30-6:30 pm  
7208-W25 18 Sessions - \$146  
Central Square, SSP  
No class Mar 5

## Swing Dance: One Night of Fun

One day! One dance! A lifetime of fun! Now is the perfect time to try swing dancing. Learn easy swing patterns you can use for years to come. Couple only please.

**Instructor: Monica Mohn**

Thu, Jan 16 6:30-8:30 pm  
5800-W25 1 Session - \$34 per couple  
Simley HS, IGH

## Two Left Feet: Dance Workshop

Convinced that you have 2 left feet and dancing is not meant for you? Or someone you know? This class is for you! Just one night and geared for beginners; you'll learn fun moves with simple tips to have you out on the dance floor in no time! Perfect for special events or just plain fun. Couples only please.

**Instructor: Monica Mohn**

Mon, Mar 3 6:30-8:30 pm  
5801-W25 1 Session - \$34 per couple  
Simley HS, IGH

## Romantic Dance for Two: Dance Workshop

Add a touch of romance to your week and a bit of spice to winter. With simple, easy romantic moves you'll be spinning, turning and twirling together before you know it. By the end of the night you will feel comfortable in any setting..and you won't want to let go! Is there a better way to stay warm? Couples only please.

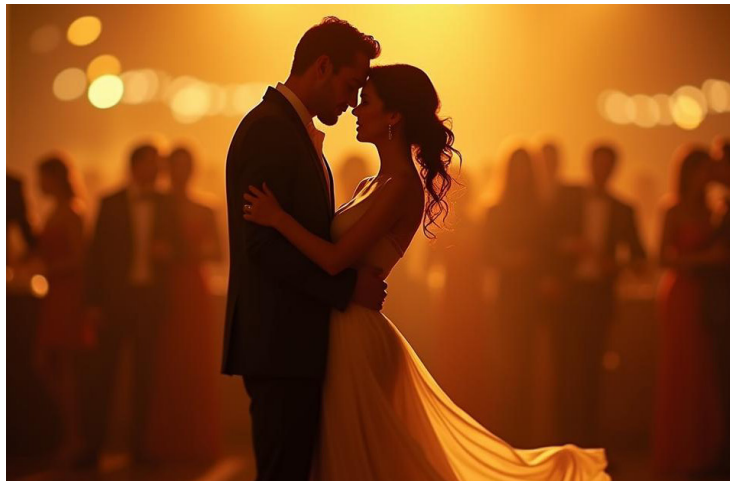
**Instructor: Monica Mohn**

Mon, Feb 3 6:30-8:30 pm  
6307-W25 1 Session - \$34 per couple  
Somerset Elementary, MH

## Line Dance: Taylor Swift's "Shake It Off"

Taylor Swift's fun, sassy song invites you to move your feet, sing along and..."Shake it off"! So grab some friends and enjoy an hour of fun that will have you dancing the night away! No Partner needed for a night of fun!

Wed, Apr 16 6-7 pm  
6309-W25 1 Session - \$15  
Somerset Elementary, MH



## Wedding Dance

You thought about it! You wanted to! But where did the time go? Not to worry. Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction" will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Feel free to bring your special song! Couples only please.

**Instructor: Monica Mohn**

Wed, Apr 16 7-9 pm  
6308-W25 1 Session - \$34 per couple  
Somerset Elementary, MH

## 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 Gertjeanssen, Ph. D, with Chōchō Daiko Dance Studios**

Thu, Jan 16-Feb 20 7-8 pm  
6302-W25 6 Sessions - \$149  
Heritage MS, 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. Four 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.

**Instructor:**

Mon, Jan 27-Apr 21 6:30-8:30 pm  
 6006-W25 Mon 10 Sessions - \$70  
 Somerset Elementary, MH  
 No class Feb 17, Mar 17, 24

Thu, Feb 6-Apr 24 6:30-8:30 pm  
 6006-W25 Thu 9 Sessions - \$63  
 Somerset Elementary, MH  
 No class Feb 20, Mar 20, 27

### How to Win with Investment Properties

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and what to put in a lease. We will review all aspects of becoming a landlord from buying, selling, and renting.

**Instructor: John Mazzara**

Wed, Jan 29 6-8 pm  
 7713-W25 1 Session - \$12  
 Central Square, SSP

### Writing Your Own Will

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, Feb 4 6-8:30 pm  
 5736-W25 1 Session - \$50  
 Inver Grove Heights MS, IGH

### Write Your Own Power of Attorney & Healthcare Directive

Everyone should have a health care directive and a power of attorney whether you are 18 or 80. Without these important documents, it can be difficult for your loved ones to get health care information, make health care decisions on your behalf or handle your financial affairs if you should become incapacitated. Gain valuable information and tools to organize your affairs. Receive instructions and professionally prepared forms, and have access to witnesses and a notary public. Must bring your driver's license for identification. This class is a great supplement to the Writing your Own Will class.

**Instructor: Kristin Davis**

Tue, Mar 4 6-9 pm  
 5100-W25 1 Session - \$50  
 Inver Grove Heights MS, IGH



### Questions and Answers with a MN Will and Trust Planning Attorney

Get expert advice in this open-forum seminar with a seasoned Will & Trust attorney. Learn about avoiding Probate, the role of Wills and Trusts, asset protection, nursing home considerations, and more. Discover how to choose the right estate plan, manage separate assets, and deal with death taxes. Ensure a smooth legacy for your children and gain insights into managing retirement assets. Your questions, including Transfer-On-Death Deeds, will be answered in this relaxed and friendly session. Join us for essential estate planning insights!

**Instructor: Steve Ledin**

Wed, Feb 5 6:30-8 pm  
 7818-W25 1 Session - \$12  
 Central Square, SSP

Tue, Apr 1 6:30-8pm  
 6410-W25 1 session - \$12



## First Generation Home Buyers

We will review the process of buying a home from A-Z and discuss unique funding that is only available to YOU- a first-time buyer. With one program, it is possible to buy a home for as little as \$1000 of your own funds. You are generally a first-time buyer if you have not owned a home in the past 3 years.

**Instructor:** John Mazzara

Tue, Jan 28 6-8 pm  
7719-W25 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**

Mon, Jan 6 6-7:30 pm  
6407-W25 1 Session - \$12  
Somerset Elementary, MH

## 10 Secrets & Tips for Successfully Buying or Selling a Home or Investment Property

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for getting your offer accepted in multiple offers, and different ways to cover closing costs and mortgage insurance. We explore Twin Cities housing market data, an overview of loan programs- including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property. Making updates such as paint, carpet, light fixtures, and decluttering. An opportunity for a no obligation price evaluation of your home by the instructor is included with class tuition.

**Instructor:** John Mazzara

Wed, Mar 26 6-8 pm  
7712-W25 1 Session - \$12  
Central Square, SSP

## Empowered Homeowner

Decipher your insurance policy and identify key coverage details. Understand the claims process, including documentation and deadlines. Effectively communicate with insurance adjusters and contractors. Navigate the new "Good Faith Estimate" law to protect your rights. Create a strong claim with clear expectations and documentation leave this workshop with practical tools and a sample claims process flowchart to guide you through the often overwhelming process of repairing your home.

**Instructor:** Sarah Baso

Tue, Feb 11-25 6:30-8 pm  
7739-W25 3 Sessions - \$35  
Central Square, SSP

## Intro to Senior Housing

Aging often involves transitioning to different housing. The process involves coordinating financial and physical health considerations and frequently downsizing a home. We review these aspects so you can plan. Housing discussed- buying & renting-subsidized and elderly waivers, market-rate apartments, 55+, CCRC, independent/ assisted living age in place, memory care, cooperatives, condo/ townhouses. Explore alternatives to just single-family living. Come with your questions to decide what will work best for you and what are your next steps?

**Instructor:** John Mazzara

Wed, Feb 12 6-8 pm  
7720-W25 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: Vaughn Kavlie

**Instructor:** Marcia Loeslie

Tue, Feb 11 10-11:30 am  
7737-W25 1 Session - \$12  
Central Square, SSP

## How to Pay for the Nursing Home: An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties.

**Instructor:** Steve Ledin

Wed, Jan 8 6:30-8:30 pm  
7817-W25 1 Session - \$12  
Central Square, SSP



### 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**

Tue, Mar 11 6:30-7:30 pm  
7819-W25 1 Session - \$12

### 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, Feb 12 6-7:15 pm  
5002-W25 1 Session - FREE

Inver Grove Heights MS, IGH

Tue, Apr 8 6-7:15 pm  
6400-W25 1 Session - FREE

Somerset Elementary, 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**

Tue, Apr 22 6:30-8:30 pm  
6401-W25 1 Session - FREE

### 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, Mar 20 6:30-7:30 pm  
6405-W25 1 Session - \$12  
Two Rivers HS, MH

### Will Taxes Affect Your Retirement

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. In this seminar, attendee learn: How future tax changes may create the potential for higher taxes. Ways to create tax-free retirement income. How social security is taxed. How to work efficiently within current tax brackets.

**Instructor: Kevin Schwartz**

Tue, Apr 8 6:30-7:30 pm  
6409-W25 1 Session - \$12  
Two Rivers HS, MH

### 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. Participants will 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**

Thu, Apr 10 6-7:30 pm  
5407-W25 1 Session - \$12  
Inver Grove Heights MS, IGH

## Why You Can't Always Trust Your Trust

The trust is a very popular component and tool to be used in our Estate Planning. There are a variety different Trust options to be used and the question arises: Am I using the right Trust for my needs and goals? Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. One common problem that often needs addressing is the over-utilization of the Living Trust for goals or problems that it does not resolve. The Irrevocable Trust and the Testamentary Trust each have their strengths and weaknesses as well. Learn about the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts.

**Instructor:** Steve Ledin

Wed, Apr 23 6:30-7:30 pm  
7777-W25 1 Session - \$12  
Central Square, SSP

## 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. This class is designed to equip you with the critical skills needed for everyday life. Expand your practical knowledge and confidence to navigate the digital landscape with ease.

**Instructor:** Nicke Welsh, Social Club Simple

Tue, Jan 7 12-1 pm  
6828-W25 1 Session - \$29

## YouTube Channel Starter Kit: Launch in 60 Minutes

Learn how to create and launch your very own YouTube channel in this fun and engaging beginner class! Discover how to share your hobbies, advice, tutorial, talents and more with the world on the largest media platform. Through a step-by-step process, you will have all the tools and knowledge to get started. Dive in and start building your YouTube presence today!

**Instructor:** Nickie Welsh, Social Club Simple

Thu, Jan 16 12-1 pm  
6829-W25 1 Session - \$29

## One-Hour Instagram Mastery: Grow Your Business Today

Curious about how Instagram can drive significant growth for your customer base and sales? This engaging beginner-level class has the answers you need to grow your business with Instagram. Discover the key steps to boost your company's bottom line. Plus, learn to create irresistible content and have fun along the way!

**Instructor:** Nickie Welsh, Social Club Simple

Tue, Jan 21 12-1 pm  
6830-W25 1 Session - \$29



## Parenting with Littles: Your Technology Safety Toolbox

Navigating the digital world can be challenging for parents with young children. This class equips busy parents with essential tools and strategies to manage technology use, protect privacy, and ensure a safe digital environment for young children. Learn practical tips to navigate the connected world and build your family's tech safety toolbox.

**Instructor:** Nickie Welsh, Social Club Simple

Thu, Mar 13 12-1 pm  
6831-W25 1 Session - \$29

## 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, Mar 18 6:30-8:30 pm  
6600-W25 1 Session - \$29  
Two Rivers HS, MH

## 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:**

Wed, Jan 8 6-8 pm  
2500-W25 1 Session - \$29  
Inver Grove Heights MS, IGH

### Pounds and Pain: Winning the Battle on Both Fronts

Is your New Year's resolution to lose weight but you're feeling stuck and frustrated that exercise worsens your pain? In this seminar, explore why the typical "eat less" may not be effective for you. Gain insight into effective, pain-friendly strategies to burn fat and boost your health.

**Instructor: Christie Amundson: DPT, PRC, FDN-P and Certified QNRT Practitioner**

Wed, Jan 15 6-7:30 pm  
 6705-F25 1 Session - \$12  
 Two Rivers HS, MH

### Declutter Your Mind

Stop wasting energy on worries beyond your control! Learn to identify and eliminate these draining worries by developing awareness of what you can influence and what you cannot. Break the cycle of feeling overwhelmed.

**Instructor: Valerie Petit**

Mon, Jan 13 6-7 pm  
 5701-WS25 1 Session - \$29  
 Inver Grove Heights MS, IGH

### Less Overwhelm, Better Results: Winning Against Decision Fatigue.

Ever feel stressed and tired from making too many choices? Learn how beating Decision Fatigue brings less stress and better choices. Feel more relaxed, make smarter decisions!

**Instructor: Valerie Petit**

Mon, Feb 10 6-7 pm  
 5702-WS25 1 Session - \$29  
 Inver Grove Heights MS, IGH

### Breaking Through: What's Holding You Back?

Ever feel stuck, like life isn't quite working out the way you want it? Explore the unseen barriers holding you back. Uncover, understand, and break down these barriers with easy simple steps so you can start turning things around.

**Instructor: Valerie Petit**

Mon, Feb 24 6-7 pm  
 5703-WS25 1 Session - \$29  
 Inver Grove Heights MS, IGH

### Infusing Fun: Which Parts of Your Life Need Playfulness Back

Wondering where the joy went? Explore which areas of your life are craving playfulness. Rediscover the art of joy, one playful step at a time. Experience enhanced well-being and relationships, increased positivity, and a revived sense of fulfillment.

**Instructor: Valerie Petit**

Mon, Mar 10 6-7 pm  
 5704-WS25 1 Session - \$29  
 Inver Grove Heights MS, IGH

### Basic CPR/AED for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing.

**Instructor: Deb Gutzman**

Thu, Jan 16 5-7:30 pm  
 7103-W25A 1 Session - \$60  
 Central Square, SSP

Thu, Mar 13 5-7:30 pm  
 7103-W25B 1 Session - \$60  
 Central Square, SSP



### Pediatric CPR/First Aid Blended Learning Skills Check

This class is similar to the Adult/Child/Infant CPR/AED Class with First Aid with the main focus being on children. The class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED & First Aid course will include; an online link to all of the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting and 2 year certification. This class meets "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. \*\* NO WRITTEN TEST REQUIRED - wear comfortable clothing

**Instructor: Deb Gutzman**

Sat, Feb 1 8-10 am  
 7104-W25 1 Session - \$85  
 Central Square, SSP

## Red Cross First Aid and Adult CPR/AED-Blended Learning

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies, injuries and illnesses involving adults. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a certificate for First Aid and Adult CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

**Instructor: Barb Pierce**

Wed, Jan 29 6-8:30 pm  
5112-W25 1 Session - \$79  
Inver Grove Heights MS, IGH



## Red Cross Pediatric CPR and First Aid-Blended Learning

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies involving children and infants. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class. Upon successful completion of this course you will receive a certificate for Pediatric CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

**Instructor: Barb Pierce**

Thu, Feb 20 6-8:30 pm  
5110-W25 1 Session - \$89  
Inver Grove Heights MS, IGH

## Experience Spiritual Practice

In this class we will practice using our spiritual gifts and reading tarot cards. (Please have taken Discover Spiritual Gifts, Tarot 101 or know your own gifts before class). Walking through different techniques to practice and hone your intuition. Taking home exercises to assist you in growing your gifts!

**Instructor: Lily McNamara**

Tue, Jan 21 6-8 pm  
7477-W25 1 Session - \$45  
Central Square, SSP

## Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention.

**Instructor: Lily McNamara**

Tue, Feb 18 6-8 pm  
7481-W25 1 Session - \$45  
Central Square, SSP

## Foundation of Spiritual Health

Building a solid foundation is essential for your spiritual health. To do this you must first learn how to ground and centered in yourself. The next step is a basic knowledge of protection, shielding and warding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life.

**Instructor: Lily McNamara**

Tue, Mar 18 6-8 pm  
7482-W25 1 Session - \$45  
Central Square, SSP

## Reiki I

Do you want to learn how energy works? The ancient art of reiki teaches you how to use energy, move it and even the subtleties of healing. In this all day workshop you'll learn the basics of Reiki and complete Reiki level I including activation.

**Instructor: Lily McNamara**

Sat, Apr 26 9 am-2 pm  
7483-W25 1 Session - \$99  
Central Square, SSP



## Coping with Kids

Youth often express stress differently than adults. Learn about the developmental responses youth may have to stress as we discuss 5 mental health tips for families to cope with challenging behaviors as well as resources you can access within our community.

**Instructor: Beth Lovre**

Tue, Feb 4 6:30-7:30 pm  
6838-W25 1 Session - \$12



## Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field or to simply to understand your family's medical visits. You will leave with a solid foundation of this highly specialized language as well as basic medical billing and coding terminology. After submitting and passing the open-book exam, you will earn a Certificate of Completion. Workbook included.

**Instructors:** LeeAnne Krusemark and Vanessa Grinnell, RRT

Mon, Mar 3  
6836-W25

6-9 pm  
1 Session - \$49



## 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 Michael Motzenbecker

Sat, Apr 26  
6700-W25

9-11 am  
1 Session - \$45

Cottage Grove Ravine Regional Park

## 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

Tue, Apr 29  
7013-W25

6-9 pm  
1 Session - FREE

Central Square, SSP

## Online with Janice Novak!

### Acupressure for Sinus Relief, Headaches & More

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Mon, Mar 10  
7127-W25

6-7:30 pm  
1 Session - \$35

### Just Breath! Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. This powerful technique for optimum health of mind and body is free and literally right under your nose.

Mon, Mar 24  
7128-W25

6-7:30 pm  
1 Session - \$35

### De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You'll learn simple, easy strategies to help your brain stay healthy and alert.

Tue, Apr 8  
7129-W25

6-7:30 pm  
1 Session - \$35

### Mudras: The Ancient Art of Hand Yoga

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can be used to relieve anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.

Tue, Apr 15  
7130-W25

6-7:30 pm  
1 Session - \$35



## 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**

Tue, Jan 21-Feb 25 7-8:30 pm  
6808-W25 6 Sessions - \$75

Wed, Apr 9-May 14 7-8:30 pm  
6808-SP25 6 Sessions - \$75

## American Sign Language (ASL) Level 2

A continuation of American Sign Language 1. Students will continue learning basic vocabulary, grammar, history, fingerspelling, numbers, terminology, and Deaf culture. This class is appropriate for those with some previous experience with ASL.

**Instructor: Suzanne Downs**

Mon, Jan 27-Mar 31 6:30-8 pm  
6901-W25 8 Sessions - \$80

Somerset Elementary, MH  
No class Feb 17 & Mar 24

## American Sign Language (ASL) Level 3

Continuing ASL 1 and 2 with new lessons and adding additional vocabulary and sentence structures unique to ASL. The course will include grammar, Deaf history, numbers and fingerspelling.

**Instructor: Suzanne Downs**

Mon, Apr 14-Jun 9 6:30-8 pm  
6902-W25 8 Sessions - \$80

Somerset Elementary, MH  
No class May 26



## 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 - Juliann Hoffman**

Tue, Feb 18-Mar 25 6-7 pm  
6801-W25 B 6 Sessions - \$120

Wed, Feb 19-Mar 26 6-7 pm  
6801-W25 C 6 Sessions - \$120

Mon, Feb 24-Apr 7 6-7 pm  
6801-W25 A 6 Sessions - \$120  
No class Mar 31



## 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 - Juliann Hoffman**

Tue, Feb 18-Mar 25 6-7 pm  
6802-W25 B 6 Sessions - \$120

Mon, Feb 24-Apr 7 6-7 pm  
6802-W25 A 6 Sessions - \$120  
No class Mar 31



## Adult Conversational Spanish: Intermediate Part 2

¿Hablas un poquito español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities. Delve into real life scenarios in an interactive learning environment where you will learn more complex vocabulary as well as participating in culture discussions related to music, dance and famous people in Spanish speaking countries. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish participants.

**Instructor: Futura Languages - Juliann Hoffman**

Wed, Feb 19-Mar 26 6-7 pm  
6804-W25 6 Sessions - \$120



## Adult Conversational Spanish: Advanced Part 2

Expand your skills learning complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the nuances of subjunctive verbs in Spanish. Applicable to students who completed Advanced Spanish Part 1 or have more than two years of the Spanish language.

**Instructor: Futura Languages - Juliann Hoffman**

Thu, Feb 20-Mar 27 6-7 pm  
6806-W25 6 Sessions - \$120



**Virtual Fitness Classes - 9913-W25**

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: Dana Schulte, 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, Jan 3-Feb 28	6:30-7:30 pm
9903-W25A	9 sessions - \$62 adult,
Central Square, SSP	\$22.50 senior (65+)
Fri, Mar 7-Apr 25	6:30-7:30 pm
9903-W25B	8 sessions - \$55 adult,
Central Square, SSP	\$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, Jan 7-Feb 25	5:30-6:30 pm
9915-W25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Mar 4-Apr 29	5:30-6:30 pm
9915-W25B	9 sessions - \$62 adult,
Central Square, SSP	\$22.50 senior (65+)

**Drop-in - \$8 adult, \$4 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, Jan 7-Feb 25 9909-W25A Central Square, SSP	5:15-6:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Wed, Jan 8-Feb 26 9909-W25B Central Square, SSP	4:30-5:30 pm 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Jan 2-Feb 27 9909-W25C Central Square, SSP	5:15-6:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Jan 3-Feb 28 9909-W25D Central Square, SSP	6-7 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Mar 4-Apr 29 9909-W25E Central Square, SSP	5:15-6:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Wed, Mar 5-Apr 30 9909-W25F Central Square, SSP	4:30-5:30 pm 8 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Mar 6-Apr 24 9909-W25G Central Square, SSP	5:15-6:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, Mar 7-Apr 25 9909-W25H Central Square, SSP	6-7 am 8 sessions - \$55 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, Jan 4-Feb 22 9906-W25A Central Square, SSP	8-9 am 8 sessions - \$55 adult, \$20 senior (65+)
Sat, Mar 1-Apr 26 9906-W25B Central Square, SSP	8-9 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, Jan 2-Feb 27 9908-W25A Central Square, SSP	5:30-6:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Mar 6-Apr 24 9908-W25B Central Square, SSP	5:30-6:30 pm 8 sessions - \$55 adult, \$20 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, Jan 2-Feb 27 9911-W25A Central Square, SSP	6:30-7:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Mar 6-Apr 24 9911-W25B Central Square, SSP	6:30-7:30 pm 8 sessions - \$55 adult, \$20 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, Jan 6-Feb 24 9918-W25A Central Square, SSP No class Jan 20 & Feb 17	5:30-6:30 pm 6 sessions - \$42 adult, \$20 senior (65+)
Mon, Mar 3-Apr 28 9918-W25B Central Square, SSP	5:30-6:30 pm 9 sessions - \$62 adult, \$22.50 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, Jan 6-Feb 24 9902-W25A Central Square, SSP No class Jan 20 & Feb 17	6:30-7:30 pm 6 sessions - \$42 adult, \$20 senior (65+)
Mon, Mar 3-Apr 28 9902-W25B Central Square, SSP	6:30-7:30 pm 9 sessions - \$62 adult, \$22.50 senior (65+)

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

## 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
- HSE/Academic Skills
- Online HSE
- HyFlex HSE (in-person/online)
- Work/Career Readiness Skills
- Healthcare Career/TEAS Test Prep
- College Entrance Placement Test Prep
- Northstar Digital Literacy
- Family Learning in partnership with ECFE



**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)

## 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, Registration, Scholarships & Fee Assistance 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

## ARTS AND CRAFTS

### Wine Cork Snowflakes

Join us as we make unique snowflake ornaments out of recycled wine corks. Not only are these ornaments beautiful, but they are good for the earth as well. We will glue corks together, paint and apply glitter. Whether they are hanging from your tree, or in your window they are a sure way to make everyone smile.

Mon, Jan 6 6-7 pm  
1004-W25 1 session - \$6  
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, Jan 23 6-7 pm  
1000-W25 Jan 1 session - \$6  
Thu, Mar 20 6-7 pm  
1000-W25 Mar 1 session - \$6  
Branch Out Building

## Guided Drawing with Access Staff

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!

Thu, Feb 20 6-7 pm  
1007-W25 Feb 1 session - \$6

Thu, Apr 17 6-7 pm  
1007-W25 Apr 1 session - \$6

Branch Out Building

## Bookmark Creations

Do you like to read? Do you like art? Come where we join these two passions together. Join us for a night of creating personalized bookmarks. We will have all you need to make beautiful book marks all your own.

Mon, Feb 3 6-7 pm  
1005-W25 1 session - \$6

Branch Out Building

## Paint A Tote

Join our fun and creative class to paint your own unique tote bag! Explore colors, patterns, and techniques to design a personalized, stylish accessory. No experience needed—just bring your creativity and excitement!

Tue, Apr 1 6-7 pm  
1006-W25 1 session - \$6

Branch Out Building

## CULINARY

### Chex Mix

Have you ever wondered how you make Chex Mix? Now you can learn how. Join us for an evening of fun, where you will learn to make this easy, tasty and fun peanut/nut free recipe.

Tue, Jan 14 6-7:15 pm  
1024-W25 1 session - \$9

Branch Out Building

### Peanut Butter Blossom Cookies

Bake delicious peanut butter blossom cookies in this hands-on class! Learn the secrets to creating soft, chewy cookies topped with a perfect chocolate kiss.

Wed, Feb 12 6-7:30 pm  
1025-W25 1 session - \$9

Branch Out Building

### Blueberry Muffins in a Mug

Learn to make quick and tasty blueberry muffins in a mug! In this fun class, you'll create a single-serve treat in minutes, perfect for a snack or breakfast.

Mon, Mar 3 6-7 pm  
1026-W25 1 session - \$9

Branch Out Building

### Personal Pizza Night

Come create your own personal size pizza. We will offer a variety of toppings and easy to follow recipes to make your own specialty pizza. Enjoy eating dinner and socializing with peers.

Tue, Apr 29 6-7:30 pm  
 1027-W25 1 session - \$9  
 Branch Out Building

### EDUCATIONAL



#### Wolf Pup Virtual Tour

Ever wondered what it's like to grow up as a wolf? Step into the shoes of our wolf care staff and follow our ambassador wolves through their first year of life. You will learn all about the stages of pup development and what it takes to raise wolves here at the International Wolf Center!

Wed, Mar 12 4-5 pm  
 1082-W25 1 session - \$5

### SOCIAL



### 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, Jan 27 6-7:15 pm  
 1041-W25 Jan 1 session - \$5  
 Mon, Feb 24 6-7:15 pm  
 1041-W25 Feb 1 session - \$5  
 Mon, Mar 17 6-7:15 pm  
 1041-W25 Mar 1 session - \$5  
 Mon, Apr 21 6-7:15 pm  
 1041-W25 Apr 1 session - \$5  
 Branch Out Building

### 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, Jan 10 6-8:30 pm  
 1040-W25 Jan 1 session - \$8  
 Fri, Mar 14 6-8:30 pm  
 1040-W25 Mar 1 session - \$8  
 Fri, Apr 11 6-8:30 pm  
 1040-W25 Apr 1 session - \$8  
 Branch Out Building



#### Karaoke

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.

Fri, Feb 28 6-7:15 pm  
 1042-W25 1 session - \$5

### SPECIAL EVENTS

#### Class Registration Open House

Curious about what Access Project offers or want help signing up? Come join us for a night of fun while we socialize, enjoy a snack and register for new classes we have available for winter session. A staff member will help you register and tell you a bit about the classes we are offering.

Thu, Jan 2 5:30-7:30 pm  
 1063-W25 Free  
 Branch Out Building

#### Friday Fun Valentine's Party

Celebrate friendship at our Valentine's Day party! Enjoy fun games, delicious treats, and creative crafts in a festive atmosphere. Bring your loved ones for an evening filled with laughter, joy, and sweet memories!! Pre-registration is appreciated for ordering pizza.

Fri, Feb 7 6-8:30 pm  
 1064-W25 1 session - \$8  
 Branch Out Building

#### Two Rivers Musical: Mean Girls

MEAN GIRLS is a hilarious hit musical where a teenage girl moves from Kenya to suburban Illinois and soon learns you can't cross the Queen Bee without getting stung! Join Access as we watch talented Two Rivers High School students put on this humorous production. Registration is required.

Sat, Apr 26 Meet at 1:45 pm  
 1083-W25 1 session - Free  
 Two Rivers High School

**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: Jan 21, Feb 18, Mar 25, Apr 22 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-W25**

Visit the Central Square front desk or [www.sspps.org/centralsquare](http://www.sspps.org/centralsquare) 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: Dana Schulte, 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, Jan 3-Feb 28 9803-W25A	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Mar 7-Apr 25 9803-W25B	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, Jan 7-Feb 25 9801-W25B	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Jan 2-Feb 27 9801-W25A	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Mar 4-Apr 29 9801-W25C	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Mar 6-Apr 24 9801-W25D	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)

**Senior Circuit**

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

*Instructor: Terie Hanson*

Wed, Jan 8-Feb 26 9802-W25A	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Jan 2-Feb 27 9802-W25B	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Mon, Jan 6-Feb 24 9802-W25C	6:15-7:15 am 6 sessions - \$42 adult, \$20 senior (65+)
No class Jan 20 & Feb 17	
Mon, Mar 3-Apr 28 9802-W25D	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Wed, Mar 5-Apr 30 9802-W25E	6:15-7:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Mar 6-Apr 24 9802-W25F	6:15-7:15 am 8 sessions - \$55 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 at Central Square**

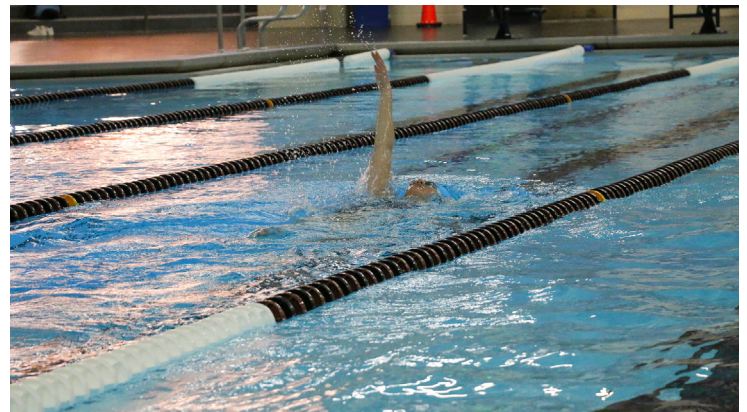
Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 10 admissions \$40 adult (19-64 yrs)  
9912-24/25 \$15 senior (65+)

Punch Card 30 admissions \$80 adult (19-64 yrs)  
9912-24/25 \$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

**Spring Fashion Show**

Hosted by the Senior Center, the annual Spring 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 from The Coop followed by dessert.

Wed, May 7 11 am-1 pm

**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  
Jan 14 \$45 per session

Feb 11

Mar 11

Apr 8

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, Jan 8

Wed, Feb 12

Wed, Mar 12

Wed, Apr 9

**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, Jan 8

North Pole

Wed, Feb 12

B-52

Wed, Mar 12

Bldv Tavern

Wed, Apr 9

Machine Shed

**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, Jan 23

Chinese New Year Orange  
Chicken over White Rice

Thu, Feb 27

Wild Rice Soup

Thu, Mar 13

Cornbeef & Cabbage

Thu, Apr 24

Tomato Soup & Grilled  
Cheese Sandwich

**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 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$35 per set.

**Movie and Popcorn**

Join us for a monthly movie matinee with popcorn at Central Square! We'll feature a different film once a month. Movie viewing is from 12-3 pm (depending on movie length)

Thu, Jan 30

Thu, Feb 13

Thu, Mar 6

Thu, Apr 10

**Book Club**

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. We will meet on Mondays from 12:30-2:30 pm. Bring a lunch or something to share. Pick up the book the last week of the previous month at the front desk.

**January: *In the Lake of the Woods* by Tim O'Brien**

John and Kathy Wade, whose marriage has been built on mutual deception, visit a Minnesota lake to sort things out, a difficult process made more so by Kathy's disappearance.

**February: *The Red Tent* by Anita Diamant**

The story of Dinah, a tragic character from the Bible whose great love is killed by her brother, leaving her alone and pregnant.

**March: *Shadow on the Mountain* by Margi Preus**

In Nazi-occupied Norway, fourteen-year-old Espen joins the resistance movement, graduating from deliverer of illegal newspapers to courier and spy.

**April: *Saturday Night at the Lakeside Supper Club* by Stradal J. Ryan**

This novel is the story of Mariel and Ned, a couple from two very different restaurant families in rustic Minnesota, and the legacy of love and tragedy, of hardship and hope, that unites and divides them.

**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, Jan 8

10-11:30 am

7146-W25A

1 session - Free

Wed, Feb 19

10-11:30 am

7146-W25B

1 session - Free

Wed, Mar 19

10-11:30 am

7146-W25C

1 session - Free

**City of Inver Grove Heights Parks & Recreation**  
Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077  
Phone number: 651-450-2480

**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**

**Peripheral Neuropathy**

**Wednesday, January 8 • Free**

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and quality of life naturally! Reduce the symptoms of your neuropathy or reverse it without the use of medications, injections or surgery. Identify the three biggest mistakes people make when treating neuropathy so you can avoid them and have success. Dr. Cody Rodewald has treated over 3000 neuropathy and spinal cases. He received his Doctor of Chiropractic from Palmer College of Chiropractic and his Board Certification in Chronic Pain and Neuropathy from the American College of Physical Medicine. Offered in cooperation with ALIGN Integrated Health.

**Time:** Noon      **Location:** VMCC, Community Room 1  
**Code:** AS-W0108      **Register by:** Wednesday, January 1

**Make the Most of Your Medicare Plan!**

**Wednesday, January 15 • Free**

I have a great plan...now how do I use it? Medicare can be confusing, frustrating and overwhelming. It can also be really great if you know how to make the most of the benefits available to you! We'll be discussing: fitness benefits, over-the-counter allowances, reward programs and much more! Presented by local insurance agent Katie Roloff.

**Time:** 10 am      **Location:** VMCC, Community Room 1  
**Code:** AS-W0115      **Register by:** Wednesday, January 8

**Steps from Death to Cremation and Burial**

**Wednesday, January 29 • Free**

A death has occurred... now what? Who do I call? Who should my family call? Do you have to have the person embalmed? Can you be placed in a cemetery if choosing cremation? Navigating the steps involved with the passing of a loved one can be difficult. Join us for a discussion and dialogue about the next steps after the final days. Presentation by Roselawn Cemeteries.

**Time:** 10:30 am      **Location:** VMCC, Community Room 1  
**Code:** AS-W0129      **Register by:** Wednesday, January 22

**Registration for speakers is required for planning purposes.**

**Northern Lights Senior Transitions**

**Thursday, March 13 • Free**

The process of moving and downsizing can be overwhelming. Experienced and passionate Care Managers from Northern Lights will discuss and help walk you through the steps of relocation, downsizing, home clean out, online estate sales, home staging and sale readiness.

**Time:** 1 pm      **Location:** VMCC, Community Room 1  
**Code:** AS-W0313      **Register by:** Thursday, March 6

**On the Road to Safer Driving**

**Thursday, April 24 • Free**

As we age our bodies change. These changes affect our driving. Joan Somes RN, a retired emergency room nurse, will describe these changes and provide tips and actions that can be taken to counteract these age-related changes. She will also cover ways to be safer in your vehicle and when out on the road.

**Time:** 10:30 am      **Location:** VMCC, Community Room 2  
**Code:** AS-S0424      **Register by:** Thursday, April 17

**Landmark Tours Travel Show**

**Tuesday, February 11 • Free**

Come check out the exciting travel opportunities offered by Landmark Tours! A local, family-owned tour operator, Landmark's exclusive packages features round trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional tour manager. If you can't attend the presentation, call for a catalog 612-230-204 or visit [www.GoWithLandmark.com](http://www.GoWithLandmark.com)

**Time:** 1 pm      **Location:** VMCC, Community Room 1  
**Code:** AP-W0211      **Register by:** Tuesday, February 4

**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 are not accepted, please call 763-346-3390 to set up an appointment.

**INVER GROVE HEIGHTS PARKS & RECREATION**

**Free!**

**Healthy Living FAIR**



**Wednesday • APRIL 16**  
**10 a.m.–1 p.m.**

**VETERANS MEMORIAL COMMUNITY CENTER**  
National Guard Gymnasium, 8055 Barbara Avenue, IGH

Attend fitness classes, presentations, and visit vendor booths with information on adult health and wellness.

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

# 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!

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

**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.**

**January 20 • No Charge:** For planning purposes, registration is required • Potluck

**February 17 • \$18:** Swedish meatballs on egg noodles, buttered carrots, salad and buns • BINGO

**March 17 • \$18:** Corned beef and cabbage, cauliflower, broccoli, carrot medley with baby red potatoes, salad, rolls, cookie • Entertainment: TBD

**April 21 • \$20:** Roast turkey with cole slaw, green beans, salad, roll and brownies • BINGO

## 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)



## BOOK CLUBS

Drop-in • No registration required • Free

### Non-Fiction Book Club

**Mondays • 10 am • VMCC**

Meets on the fourth Monday of the month at the VMCC Legion Room. Questions: contact Linda Scharlatt at [linda.scharlatt@gmail.com](mailto:linda.scharlatt@gmail.com).

**Jan. 27** *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* by Dan Buettner

**Feb. 24** *The Road to Character* by David Brooks

**March 24** *Brave Companions* by David McCullough

**April 28** *The Daughters of Yelta* by Catherine Katz

**May 19** *The Florist's Daughter — A Memoir* by Patricia Hampl

### 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.

**Jan. 14** *When Minnehaha Flowed with Whiskey* by Karen E. Cooper

**Feb. 11** *The Storyteller's Secret: A Novel* by Sejal Badani

**March 11** *The Faith Club* by Ranya Idliby, Suzanne Oliver and Priscilla Warner

**April 8** *The Lake House* by Kate Morton

**May 13** *The Life We Bury* by Allen Eskens

## Contemporary Line Dancing

**Tuesdays, January 14–February 18 • Cost: \$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 will be a two-hour, progressive beginner class that will move up to slightly more challenging steps, reviews and dances as the hours progress and as people are ready. New steps and older classic dances will be taught weekly.

**Time:** 1:15 pm

**Location:** VMCC, Fitness Studio

**Code:** AP-W0114

**Register by:** Tuesday, January 7

## Guitars For Vets

Guitars for Vets (G4V) has refined a guitar instruction program aimed at providing Veterans struggling with PTSD and other emotional distress a unique therapeutic alternative. G4V pursues its mission to share the healing power of music by providing free guitar instruction at VMCC. Structured program is run by qualified volunteers. Contact Mr. Mark Shirk at [mn.minneapolis@guitarsforvets.org](mailto:mn.minneapolis@guitarsforvets.org)



**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 Jan 1, 20, Feb 17 and Mar 24-28

**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 Jan-Apr programming. Annual fees cover Sept 2024 to Aug 2025.*



Available at TPAC while supplies last. \$30 per set.

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, dessert included

**“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, dessert included

**Fireside Chat with Dr Michael Osterholm**

We are incredibly fortunate to have Dr. Michael Osterholm, one of the most prominent figures in infectious disease epidemiology, speak to our group. His expertise in global disease preparedness and antimicrobial stewardship is unmatched. This is a rare opportunity to engage with one of Minnesota's most influential local heroes and leaders in public health in a relaxed Fireside Chat and Q&A session. Register by Mar 12.

*Presenter: Dr. Michael Osterholm, Director of Center for Infectious Disease Research & Policy*

Wed, Mar 19 1-2 pm  
1926-W25 1 session - \$10, dessert included

**Music From the World’s Greatest Generation with Loren Wolfe**

Experience a captivating journey through American music history with Loren Wolfe as he performs "Music From the World's Greatest Generation." Spanning the 1920s to the 1960s, Loren’s show features iconic tunes from the Great Depression, WWII, big bands, and early country music; all enriched by engaging historical insights of the artists and eras that shaped them. Register by Apr 16.

Wed, Apr 23 1-2 pm  
1912-W25 1 session - \$10, dessert included

LEARNING AND DISCUSSION

**Technology Help**

TPAC volunteer mentors assist with technology questions, both hand-held and home-based. Come with your device and receive patient 1-to-1 assistance. Whether you want to learn to send a text or change your settings, no question is too small or too big - we'll give it our best shot to help!

Mondays 9 am-12 pm  
No registration needed Free  
Closed Jan 20, Feb 17, Mar 24

**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 before first class.

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

Wed, Jan 8-Feb 26 9:30-10:30 am  
1841-W25 J/F 8 sessions - \$48  
Wed, Mar 5-Apr 30 9:30-10:30 am  
1841-W25 M/A 8 sessions - \$48

**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, former Spanish Teacher, Metropolitan State University*

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

**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. This class is designed to equip you 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. You will discover how to securely pay friends and businesses, 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

*We will have the Apple TV receive the classes and allow those gathered the ability to interact together as well as with the instructor via Zoom Chat. A TPAC staff or Tech volunteer will be onsite to assist.*

**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. Come 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 pm Q & A  
Soup 12-12:30  
1916-W25 1 session - \$8 soup fee

**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. Experience the techniques, traditions, and love that go into this Korean favorite in a live demonstration. Come hungry and leave inspired!

**Presenter: Hyae Lee**

Mon, Jan 27 10 am-12 pm  
1934-W25 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 David Dyer-Bennet as he discusses this powerful movement and the 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

**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. Marlene's story is one of resilience, leadership, and dedication. Don't miss this opportunity to hear firsthand about her powerful story of leadership, dedication, and personal resilience. Books will be available for sale and autographing.

**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. This presentation promises to offer deep insights into one of Russia's most recognizable art forms. Don't miss this unique opportunity!

**Presenter: Carol Veldman Rudie, Ed Outreach Coordinator, 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. Following the tour, we will have lunch at Wise Acres. Lunch at your own expense. Meet at TPAC parking lot at 9 am.

Thu, Feb 6 9 am-2 pm  
1929-W25 1 session - \$15 for van ride/museum tour

## 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, offering insights into how personal and collective actions can help combat rising global temperatures. Discover practical ways to reduce your environmental impact and learn how you can contribute to preserving nature. Be part of the solution and join this enlightening discussion.

**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 20,000 animals each year. WRC treats foxes with mange, turtles hit by cars, warblers that collide with windows, and everything in between. Brittney Yohannes will share photos, patient cases, recovery stories, and discuss how you can help local wildlife.

**Presenter:** Brittney Yohannes, Communications and Development Director, WRC of 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 in order 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

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, 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

## Beyond the Yellow Ribbon

Minnesota's Beyond the Yellow Ribbon program began with a vision to synchronize community resources in support of service members and military families. The objective was to create community networks capable of providing the same resources, services, and support that returning service members and their families would receive on an active-duty installation. Join us as we learn about programs which support our National Guard Veterans, as well as active military men and women in MN.

**Presenter:** Beyond the Yellow Ribbon representative

Mon, Mar 3 10-11 am  
1922-W25 1 session - \$3

**Register early; register one week or more in advance.**

**Parkinson Foundation**

What can you expect as Parkinson’s Disease (PD) progresses? What are the signs and symptoms of each stage? Although the loss of dopamine is universal for people with PD, each person experiences a unique combination of movement and non-movement symptoms and disease progression. Join us as we discuss the different stages and strategies for living well.

*Instructor: Amanda Elliott, PT, DPT, TRIA Physical Therapy*

Thu, Mar 6 9:30-11 am  
1930-W25 1 session - \$5

**Amazing Beauty and Function: Pollinators & Prairie Flowers**

Join us for an engaging talk and visual dictionary on the vital role of native pollinators and plants in Minnesota’s ecosystems. Learn about the diversity of bees, butterflies and other pollinators that call our state home and how to attract and support them in your own gardens. We’ll explore native plants that thrive in our climate, enhancing your garden’s beauty and its ecological health. Leave with practical tips and be inspired to create a thriving habitat for our essential pollinators.

*Instructor: Amy Waanan, U of M Institute of the Environment Researcher*

Mon, Mar 17 10-11:30 am  
1920-W25 1 session - \$3

**Urban Roots: One of those Programs that Make You Feel Good!**

Join us for a "Feel Good" presentation to learn about Urban Roots' paid youth internship program! Hear how 60 young people, ages 14-21, gain job experience in gardening, conservation and cooking while developing career skills, healthy habits and a passion for community. Discover how this dynamic program is shaping the future of Saint Paul's East Side.

*Presenter: Urban Roots Staff*

Mon, Mar 31 11 am-12 pm  
1933-W25 1 session - \$3

**Pasque Flowers Blooming at Goat Prairie Remnant in Bloomington**

Interested in seeing Pasque Flowers in bloom in the metro area? Visit the Goat Prairie Remnant in Bloomington, 2201 West 108th Street. Please note: date is subject to change based on blooming timeframe.

*Instructor: Dave Hanson Assistant Director, Parks and Natural Resources, Bloomington Park and Rec Dept*

Mon, April 7 10 am-12 pm  
1921-W25 1 session - \$3

For carpooling, meet at TPAC 9:15 am

**Fraud & Scams Targeting Seniors**

Worried that you could be (or have been) a victim of fraud? This presentation will teach you how to detect a variety of fraud activities, including Medicare fraud and what to do if fraud is suspected. We’ll discuss the top scams currently being directed towards older adults and highlight why seniors are specifically targeted. Tips will be offered on how to avoid falling victim to scams and where to get help.

*Presenter: Trellis*

Tue, April 15 10:30 am-12 pm  
1795-W25 1 session - \$3

**Understanding Probate**

Do you know what probate is or how to avoid it? If you are unsure of the answers to these questions, you need this class! Explore the different options available as you make plans for the possessions you will leave to loved ones. The probate laws change from time to time, so come hear the latest if you think you want your estate to avoid probate.

*Instructor: Andrew M. Lehner, Attorney*

Mon, April 21 10-11:30 am  
1624-W25 1 session - \$3

**Nature Sense with 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

*Looking for Spring Hike*

Maybe you will need to wear boots or a raincoat, or winter-wear still, but we are heading out on Thompson Park trails in search of early signs of spring. Will March come in like a lamb or go out like a lion? Whatever, there will be signs of spring and we will find them!

Tue, Mar 18 10-11:15 am  
1783-W25 Mar-Spring Hike 1 session - \$10

*April Foolery*

This program is all about nature facts, fiction, trivia and maybe even attempts at stumping the naturalist. Let's have some laughs!

Tue, Apr 29 1-2:15 pm  
1783-W25 Apr-Foolery 1 session - \$10



Register early; register one week or more in advance.

### 6th Annual Days for Girls Event: We are Working to Keep Girls in School Worldwide

Join us for a rewarding day with Days for Girls. We're making colorful drawstring bags to hold reusable menstrual hygiene products for girls in developing countries, ensuring they don't miss school during their periods. No sewing skills needed! Socialize while cutting, measuring, ironing, sewing, or inserting pull-strings. Bring your granddaughter (age 14+; must register). Sign up as a Sewer, Serger (bring your machine), or for general jobs. A light lunch will be provided. Registration is required - space is limited!

Facilitator: Julie Weisbecker

Sat, Apr 5 9 am - 2 pm  
Register by Mar 8th

### 37 Postcards Production at DayTrippers Dinner Theatre

Purely for the laughter, we've planned this trip to 37 Postcards. Written like a 1930's screwball comedy, young Avery Sutton and his fiance return after eight years in Europe only to find his already eccentric family has gone certifiably insane! The house is on a tilt, the dog is feral, his grandmother (presumed dead) is alive and kicking!

Oh, the Suttons are a quirky, funny, loving family. So the couple has to either accept their oddities or leave them behind. They discover that you can, in fact, go home again. You just never know what you'll find!

Buffet lunch includes chicken, lasagna, mashed potatoes, Tuscan vegetables, garden salad, rolls, dessert, coffee & tea.

Wed, May 7 \$98  
Register by Apr 10 Depart TPAC 10:45 am  
Return 4 pm

### 2025 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

### GROUPS

Groups that meet monthly pay \$10 per year. The year begins in September and extends through the next August.

Groups that meet weekly pay \$15 per trimester. This trimester begins in January and extends through April.

Fees are important to supporting TPAC programming. Discounts are not offered for days that 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

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

**WARM WINTER CLOTHING DRIVE**



BRING NEW OR GENTLY-USED HATS, GLOVES, SOCKS OR COATS TO THOMPSON PARK ACTIVITY CENTER.

DONATIONS ACCEPTED MON-THURS, 9 AM-4 PM, JANUARY 6-31.

DONATIONS WILL GO TO THE FRIDAY NIGHT STREET TEAM FOR THOSE EXPERIENCING HOMELESSNESS.

**GREAT DECISIONS**  
1918 • FOREIGN POLICY ASSOCIATION 2025 EDITION



**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 at [www.fpa.org](http://www.fpa.org).

**Facilitator:** Charles Happach

Second Mondays 1 pm  
1296-W25 Group \$10 annually, Jan-Dec

**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

Second Tuesdays 10:30 am-11:30 pm  
1565-F24 \$10 annually, Sept-Aug

**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. The group chooses the TED topics for discussion.

**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. Discuss various topics in an engaging environment. Take this opportunity to 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 Monday of each month 9-10 am  
1746-W25 \$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**

Enjoy getting together with this social group for men and women 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, Sept-Aug  
1609-F24

**CREATIVE ARTS**

**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, 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. Part 1 is a prerequisite for Part 2. These introductory classes are for those who are new to watercolor painting and 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 1-3 pm  
1491-W25  
Jan 6-27 Part 1 3 sessions - \$54  
No class Jan 20  
Feb 3-24 Part 2 3 sessions - \$54  
No class Feb 17  
Mar 3-31 4 sessions - \$72  
No class Mar 24  
Apr 7-28 4 sessions - \$72

### 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: Watercolor Introduction or instructor consent.

**Instructor:** Linda Stout

Tuesdays 1302-W25	1-3 pm
Jan 7-28	4 sessions - \$72
Feb 4-25	4 sessions - \$72
Mar 4-18	3 sessions - \$54
Apr 1-29	5 sessions - \$90



### 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: Watercolor I or instructor approval.

**Instructor:** Linda Stout

Wednesdays 1191-W25	1-3 pm
Jan 8-29	4 sessions - \$72
Feb 5-26	4 sessions - \$72
Mar 5-19	3 sessions - \$54
Apr 2-30	5 sessions - \$90

### Open Watercolor Painting

Join other artists while enjoying music and conversation. There is no instructor for this group, so paint what inspires you. Bring your own supplies. No class Mar 25.

**Facilitator:** Art Thell

Tuesdays 1602-W25	9:30-11:30 am \$15 Jan-Apr
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### Crafting for a Cause

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

**Facilitator:** Pat Marshall

Second Tuesdays 1598-F24	12-1 pm Free
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### Colored Pencils 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.

First and Third Wednesdays 1595-F24	1-3 pm \$15 Jan-Apr
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### Paint Like Bob Ross

Have you ever wanted to paint like Bob Ross? Now you can. Join me and learn the simple techniques to create your own masterpiece. No painting experience needed. During this four hour class, learn step-by-step how to paint using the wet on wet technique. All materials provided. Treat yourself to a fun relaxing day of painting. Remember, "There are no mistakes, just happy little accidents".

**Instructor:** Valarie Namen

Thu, April 24 1783-W25	9 am-1 pm 1 session - \$50
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**FITNESS**

**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



**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

Thu, Mar 7-Apr 24 10:30-11:30 am  
1317-W25 Mar-Apr 7 sessions - \$49

No class Mar 27.

**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**

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

Wed, Mar 5-Apr 30 9:15-10 am  
1909-W25 Mar-Apr 8 sessions - \$49

**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.

**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

**CARDS/GAMES**

**Cribbage**

Soon "15 two, four and a pair is six" will sound so familiar, it will be second nature! Learn the game cribbage and new strategies as you joyfully peg your way to victory. Enjoy a dash of friendly competition and fun.

Wed, Jan-Apr 1-3 pm  
1856-W25 \$15 Jan-Apr  
No games Mar 26.

**Hand & 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. Whether you love the game or want to learn, come join the fun!

**Facilitator: Laura Palodichuk**

Wednesdays 12 pm-12:15 pm  
1735-W25 \$15 Jan-Apr  
No games Mar 26.

**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. You will learn a new skill, learn luck is an aspect of every game, and have fun playing with new friends. All are welcome.

**Facilitator: Carol Beaves**

Thursdays 1-3:45 pm  
1613-W25 \$15 Jan-Apr  
No games Mar 27.



**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 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**

Four Hour Course - \$24

Feb 20	9 am-1 pm
Mar 13	9 am-1 pm
Apr 17	9 am-1 pm
May 15	9 am-1 pm

**Veterans Memorial Community Center**

Four Hour Refresher Course - \$24

Tue, Jan 7	1 pm
Wed, Jan 15	5 pm
Tue, Feb 4	1 pm
Wed, Feb 12	5 pm
Tue, Mar 4	1 pm
Wed, Mar 12	5 pm
Tue, Apr 8	1 pm
Wed, Apr 16	5 pm

**Thompson Park Activity Center**

Four Hour Refresher Course - \$24

Thu, Jan 2	12-4 pm
Thu, Jan 16	12-4 pm
Thu, Feb 6	12-4 pm
Thu, Feb 20	12-4 pm
Thu, Mar 6	12-4 pm
Thu, Apr 3	12-4 pm
Thu, Apr 17	12-4 pm
Thu, May 1	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.

## Trips & Tours Registration Information

### 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

- Register where you want to board the bus.
- Boarding and drop-off only at three locations listed.
- 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.

### On The Road Again at Sidekick Theatre

Enjoy three decades of classic country music favorites in this "On the Road Again" 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, Willie Nelson, and Waylon Jennings.

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 \$95.00  
Register by: Fri, Feb 14

Location	Departure	Return	Registration
TPAC	10:30 am	4:15 pm	1896-WSP-W25
SSP	10:45 am	4:00 pm	1896-SSP-W25
IGH	11:00 am	3:45 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>



### The Mousetrap at The Guthrie Theater

An iconic murder mystery - During a heavy snowstorm, newlyweds Mollie and Giles Ralston prepare to open Monkswell Manor for their first guests: the nitpicky Mrs. Boyle; the cagey Miss Casewell visiting from abroad, the young architect Christopher Wren; the good-natured Major Metcalf; 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. Will the killer be discovered in time? Discover why this Agatha Christie classic is the longest-running play in the world, Lunch at The Hen House: Cup of Soup, Chicken Salad Sandwich, Beverage and a Cookie.

Wed, Apr 16 \$105.00  
Register by: Fri, Feb 7

Location	Departure	Return	Registration
TPAC	10:15 am	4:15 pm	1898-WSP-W25
SSP	10:00 am	4:30 pm	1622-SSP-W25
IGH	9:45 am	4:45 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

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

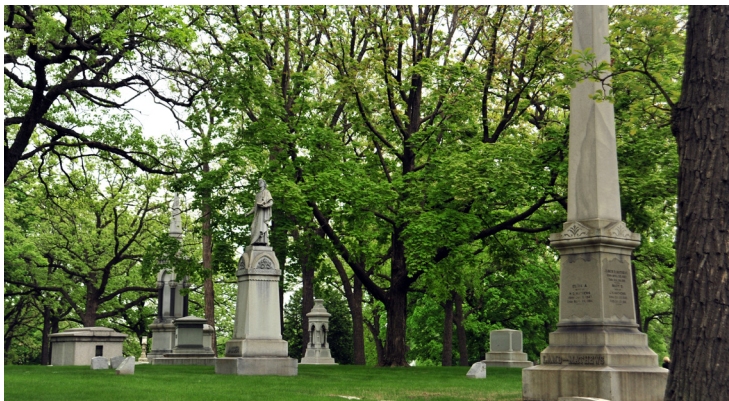
Nowhere in Minnesota are the experiences of military men and women so vividly captured and interpreted for the public. Discover the stories and contributions of Minnesota citizens who have served and sacrificed, from our state's earliest years to the present, in ALL branches of service and on the home front. See the actual equipment, weapons, uniforms, and memorabilia that bear witness to history. Gain a glimpse into what life was like for those "who were there."

Lunch at the Black and White Restaurant in downtown Little Falls. Menu: Soup & Sandwich Special, Petite Dessert, Beverage.

After lunch take a few minutes to shop at nearby stores. The town was established in 1848, and is on the Downtown National Historic Register. See murals by artist Frank Gosiak, depicting the logging era and main street Little Falls in the early 1900's.

Thu, May 22 \$96.00  
Register by: Fri, Apr 18

Location	Departure	Return	Registration
TPAC	7:45 am	5:15 pm	1910-WSP-S25
SSP	7:30 am	5:30 pm	1630-SSP-S25
IGH	7:15 am	5:45 pm	www.ighmn.gov/register



### 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. Some possible visits may include Fort Snelling National, St. Mary's, Pioneer and Soldier or Crystal Lake Cemeteries.

Lunch will be at Patrick's Bakery and Cafe for the Soup and Sandwich Special: California chicken strip sandwich, minestrone soup, as well as coffee, tea or milk and a mini pastry for dessert.

Tue, June 24 \$96  
Register by: Fri, May 16

Location	Departure	Return	Registration
TPAC	9 am	4:30 pm	1897-WSP-S25
SSP	8:45 am	4:45 pm	1631-SSP-S25
IGH	8:30 am	5 pm	www.ighmn.gov/register



### Bayfield and Apostle Islands Tour

Day 1 – Travel to Bayfield, WI. Lunch included before the Apostle Islands "Grand Tour" Cruise. Dinner included at the Legendary Waters Resort. Day 2 – Breakfast included, then take the Madeline Island Ferry to LaPointe. Tour the island, lunch included, visit the Madeline Island Historical Museum, return to Bayfield to visit the Bayfield Winery, and have dinner included back at the resort. Day 3 – Breakfast included, then hear about the historic village of Bayfield, visit an apple orchard, have a Victorian luncheon at the Old Rittenhouse Inn, and return to the Twin Cities by early evening.

Tue-Thu, July 15-17  
\$765 (per person with 2 per room)  
\$965 (per person with 1 per room)

For complete details, please go online.  
Register by Fri, May 26

Location	Departure	Return	Registration
TPAC	6:45 am	6 pm	XXXX
SSP	6:30 am	6:15 pm	1666-SSP-S25
IGH	6:15 am	6:30 pm	www.ighmn.gov/register

### UPCOMING TRIPS:

August: Gull Lake Cruise

September: Norwegian Sites in the Twin Cities

October: Swan Migration Wi



**Online registration begins Dec 24.**

## Gymnastics - Mini Stars 2

### Coach Approval

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.

Mon, Jan 6-Mar 10  
4014-W25A  
No class Jan 20 & Feb 17

5:15-6:15 pm  
8 sessions - \$82

## 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.

Sat, Jan 11-Mar 15  
4000-W25A  
No class Feb 15  
8-8:30 am  
9 sessions - \$78

Sat, Jan 11-Mar 15  
4000-W24B  
No class Feb 15  
8:35-9:05 am  
9 sessions - \$78

## 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.

Sat, Jan 11-Mar 15  
4001-W25A  
No class Feb 15  
8:30-9:15 am  
9 sessions - \$92

Sat, Jan 11-Mar 15  
4001-W25B  
No class Feb 15  
9:15-10 am  
9 sessions - \$92

## 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.

Wed, Jan 8-Mar 12  
4013-W25A  
5:15-6:15 pm  
10 sessions - \$102

Sat, Jan 11-Mar 15  
4013-W25B  
No class Feb 15  
9:30-10:30 am  
9 sessions - \$92



## 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.

Tue, Jan 7-Mar 11  
4002-W25A  
No class Feb 4  
6:30-7:20 pm  
9 sessions - \$92

Sat, Jan 11-Mar 15  
4002-W25B  
No class Feb 15  
10-11 am  
9 sessions - \$92

Sat, Jan 11-Mar 15  
4002-W25C  
No class Feb 15  
11 am-12 pm  
9 sessions - \$92

Sat, Jan 11-Mar 15  
4002-W25D  
No class Feb 15  
1-2 pm  
9 sessions - \$92



## Gymnastics - Intermediate Beginners

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. Coaches approval required!

Tue, Jan 7-Mar 11                      5:30-6:30 pm  
4009-W25A                              9 sessions - \$92  
No class Feb 4

Sat, Jan 11-Mar 15                      12-1 pm  
4009-W24B                              9 sessions - \$92  
No class Feb 15



## Gymnastics - Flips

*Coach Approval*  
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.

Tue, Jan 7-Mar 11                      7-8:15 pm  
4004-W25A                              9 sessions - \$92  
No class Feb 4

Sat, Jan 11-Mar 15                      1-2:15 pm  
4004-W25B                              9 sessions - \$92  
No class Feb 15

## Gymnastics - Advanced Beginners

*Coach Approval*  
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.

Sat, Jan 11-Mar 15                      12-1 pm  
4003-W25A                              9 sessions - \$92  
No class Feb 15

## 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 or to freely practice gymnastics skills in a safe setting. Parents must accompany children ages 7 and younger.

Fri, Jan 10                                      5-6:30 pm  
4005-W25A                              1 session - \$15

Fri, Jan 17                                      5-6:30 pm  
4005-W25B                              1 session - \$15

Fri, Jan 24                                      5-6:30 pm  
4005-W25C                              1 session - \$15

Fri, Feb 14                                      5-6:30 pm  
4005-W25D                              1 session - \$15

Fri, Feb 21                                      5-6:30 pm  
4005-W25E                              1 session - \$15



## 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.

Days and times as scheduled with lead gymnastics instructor  
4007-W25A                              1 hour - \$65

**All classes take place at Central Square in SSP**

## 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**

Sat, Feb 8  
4202-W25A  
Central Square, SSP  
8-11:30 am  
1 session - \$80

Fri, Apr 25  
4202-W25B  
Central Square, SSP  
8-11:30 am  
1 session - \$80



## 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 program includes a student workbook and hands-on activities. 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**

Fri, Jan 3  
4205-W25A  
Central Square, SSP  
9-11:30 am  
1 session - \$45

Sat, Mar 8  
4205-W25B  
Central Square, SSP  
9-11:30 am  
1 session - \$45



## 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**

Sat, Feb 8  
4204-W25A  
Central Square, SSP  
12-2:30 pm  
1 session - \$50

Fri, Apr 25  
4204-W25B  
Central Square, SSP  
12-2:30 pm  
1 session - \$50

## 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. Conquer Ninja Gym, 707 Commerce St, Woodbury

Wed, Jan 8-Feb 26  
4994-W25A  
8 sessions - \$190

Wed, Jan 8-Feb 26  
4994-W25B  
5-6 pm  
8 sessions - \$190

Wed, Jan 8-Feb 26  
4994-W25C  
6:30-7:30 pm  
8 sessions - \$190

Wed, Mar 5-Apr 23  
4994-W25D  
4-5 pm  
8 sessions - \$190

Wed, Mar 5-Apr 23  
4994-W25E  
5-6 pm  
8 sessions - \$190

Wed, Mar 5-Apr 23  
4994-W25F  
6:30-7:30 pm  
8 sessions - \$190

## 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, Jan 10-Feb 28 4995-W25A 6-9YO	4-5 pm 8 sessions - \$199
Fri, Jan 10-Feb 28 4995-W25B 6-9YO	5:15-6:15 pm 8 sessions - \$199
Fri, Jan 10-Feb 28 4995-W25C 8-13YO	6:30-7:30 pm 8 sessions - \$199
Sun, Jan 5-Feb 23 4995-W25D 6-13YO	9-10 am 8 sessions - \$199
Fri, Mar 7-Apr 25 4995-W25E 6-9YO	4-5 pm 8 sessions - \$199
Sun, Mar 2-Apr 20 4995-W25F 6-13YO	9-10 am 8 sessions - \$199

## 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, May 5-June 2 4902-W25-Grades K-5 Kaposia Edu Ctr, SSP	3:45-4:45 pm 4 sessions - \$80
Mon, May 5-June 2 4902-W25 3-5 Y/O 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**

Mon, Apr 7-28 4900-W25 Grades K-5 Kaposia Edu Ctr, SSP	3:45-4:45 pm 4 sessions - \$80
Mon, Apr 7-28 4900-W25 2-3 Y/O Kaposia Edu Ctr, SSP	4:55-5:25 pm 4 sessions - \$70
Mon, Apr 7-28 4900-W25 4-6 Y/O Kaposia Edu Ctr, SSP	5:30-6:00 pm 4 sessions - \$75
Mon, Apr 9-30 4900-W25 LC Grades K-5 Lincoln Ctr, SSP	3-4 pm 4 sessions - \$80



## Track & Field Camp

DASH Sports Summer Track & Field camps provide participants with practice in several areas including: Sprinting, throwing, relay running, jumping and distance running. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall track and field performance. Campers should bring a water bottle, snack, and wear athletic shoes.

Tue, May 6-27 4908-W25-Grades K-5 Kaposia Edu Ctr, SSP	3:45-4:45 pm 4 sessions - \$80
Tue, May 6-27 4908-W25-3-5 Year old Kaposia Edu Ctr, SSP	5-5:45 pm 4 sessions - \$75
Wed, May 7-28 4908-W25 LC K-5 Lincoln Ctr, SSP	3-4 pm 4 sessions - \$80



## 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, Jan 14-Feb 4 3:45-4:45 pm  
4906-W25-Grades K-5 4 sessions - \$80  
Kaposia Edu Ctr, SSP

Tue, Jan 14-Feb 4 5-5:45 pm  
4906-W25 3-6 Y/O 4 sessions - \$75  
Kaposia Edu Ctr, SSP

## Baseball/T-Ball Camp

DASH Sports summer T-ball/Baseball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and baserunning 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, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

Tue, Apr 8-29 3:45-4:45 pm  
4907-W25-Grades K-5 4 sessions - \$80  
Kaposia Edu Ctr, SSP

Tue, Apr 8-29 5-5:30 pm  
4907-W25- 2-3 Year Olds 4 sessions - \$70  
Kaposia Edu Ctr, SSP

Tue, Apr 8-29 5:45-6:30 pm  
4907-W25 4-5 Year Olds 4 sessions - \$75  
Kaposia Edu Ctr, SSP

## 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, Feb 25-Apr 1 3:45-4:45 pm  
4904-W25 Grades K-5 4 sessions - \$80  
Kaposia Edu Ctr, SSP

Tue, Feb 25-Apr 1 4:55-5:25 pm  
4904-W25 2-3 Y/O 4 sessions - \$70  
Kaposia Edu Ctr, SSP

Tue, Feb 25-Apr 1 5:30-6 pm  
4904-W25 4-6 Y/O 4 sessions - \$75  
Kaposia Edu Ctr, SSP

## Art and Imagination Fabric Constructions

We will use our imagination to create a variety of fabric constructions. There will be four stations every Saturday to create four fabric constructions in one month. 1st class: Unweaving and reweaving with burlap. 2nd class: Weaving a small bag on a cardboard loom. 3rd class: Stitchery on burlap and attaching a button or more. 4th class: Tie-dye and/or wax resist. I will give demonstrations and instructions to start each project.

**Instructor: Jane Spaulding, M.A.**

Sat, Jan 4 9-11 am  
4440-W25 4/6G1 1 session - \$35  
Central Square, SSP

Sat, Jan 4 12-2 pm  
4440-W25 1/3G1 1 session - \$35  
Central Square, SSP

Sat, Jan 11 9-11 am  
4440-W25 4/6G2 1 session - \$35  
Central Square, SSP

Sat, Jan 11 12-2 pm  
4440-W25 1/3G2 1 session - \$35  
Central Square, SSP

Sat, Jan 18 9-11 am  
4440-W25 4/6G3 1 session - \$35  
Central Square, SSP

Sat, Jan 18 12-2 pm  
4440-W25 1/3G3 1 session - \$35  
Central Square, SSP

Sat, Jan 25 9-11 am  
4440-W25 4/6G4 1 session - \$35  
Central Square, SSP

Sat, Jan 25 12-2 pm  
4440-W25 1/3G4 1 session - \$35  
Central Square, SSP



## Virtual Reality Coding (Grades 3-6)

Design, develop, and create 3D Virtual Reality environments and characters to make your own 3D games and other virtual reality projects with CoSpaces. CoSpaces is an incredibly fun and stimulating way to learn STEM! VR programs can be viewed on most mobile phones, and VR Systems like oculus or google cardboard. You only need a laptop/computer to get started.

Additional Technical Requirement:

- CoSpaces Edu (login information provided during class)
- PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones
- To view VR, you must have phone-compatible VR glasses. But worlds can be viewed on normal PC/Phones/Tablets in 3D.

**Instructor: Tech Academy**

Sat, Apr 5 & 12  
4486-W25

10:30 am-12:30 pm  
2 sessions - \$75



## Code Championship Tournament Series | Virtual Computer Coding Competition (Grades 3-9)

Build a computer bot to compete against other coders! Whether you're new or experienced, this is the perfect way to explore competitive coding. No previous coding experience is necessary. The Code Championship Series is four online tournaments hosted on Google Meet. If you have a modern browser, no download is required. Players must be able to navigate the internet. The Google Meet link will be emailed two days before the tournament.

Sat, Apr 19-May 10  
4487-W25

9-11 am  
4 sessions - \$75

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

Group piano lessons are at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instruction and music book.

**Instructor: Lori Lencowski**

Mon, Mar 3-Apr 28  
4500-W25A  
Kaposia Edu Ctr, SSP  
No class Mar 24

7:50-8:50 am  
8 sessions - \$105

Tue, Mar 4-Apr 29  
4500-W25B  
Lincoln Center, SSP  
No class Mar 25

7:10-8:10 am  
8 sessions - \$105

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

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. 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, Jan 14-Mar 4  
2302-W25  
Mendota Elementary, MH

6-7 pm  
7 session - \$75

Tue, Apr 8-May 20  
2302-SP25  
Mendota Elementary, MH

6-7 pm  
7 session - \$75

## Evening Floor Hockey (Grades: 1-3)

Invite your friends and come play some floor hockey on Wednesday evenings with former Somerset Physical Education Teacher Mr. Nilsen. Class is capped at 14 kids, 7 kids on each team. Register soon! \* Last night is parents vs kids!

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

Wed, Apr 2-May 21  
2016-25SP  
Mendota Elementary, MH

5:45-6:45 pm  
8 session - \$69

## Evening Floor Hockey (Grades: 4-6)

Invite your friends and come play some floor hockey on Wednesday evenings with former Somerset Physical Education Teacher Mr. Nilsen. Class is capped at 14 kids, 7 kids on each team. Register soon! \* \* Last night is parents vs kids!

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

Wed, Apr 2-May 21  
2016-SP25  
Mendota Elementary, MH

7-8 pm  
8 session - \$69

## Kung Fu Friday Nights! (Ages 5+)

This is a great parent/child class! Learn kicking, punching, self-defense skills and build muscle, power, flexibility and agility. Improve your awareness, self-esteem and confidence. Join a FUN, progressive, full-participation class and learn skill building exercises that will strengthen the mind and body.

**Instructor: National Treasure Kung Fu, Inc.**

Fri, Jan 31-Mar 14  
2784-W25  
Belt  
Red-Black Belt  
Somerset Elementary, MH

6:15-6:45 pm, Beginner  
6:50-7:20 pm, White-Purple  
7 sessions-\$95 7:25-7:55 pm,

Fri, Apr 11-May 23  
2784-SP25  
Belt  
Red-Black Belt  
Pilot Knob Elementary, EA

6:15-6:45 pm, Beginner  
6:50-7:20 pm, White-Purple  
7 sessions-\$95 7:25-7:55 pm,

## One-Day Certified Babysitter's Training (Grades: 4-8)

Discover the essential universal skills and techniques every babysitter should have. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more. We encourage both young men and women to attend this skill building course.

**Instructor: Allison Curtis, EMT**

Friday, Apr 25 9 am-3 pm  
 2089-April25 1 session - \$89  
 Mendota Elementary, MH

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




## Safe on My Own (9-11 yrs)-Segura/o Por Mi Cuenta.

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.

Mon, Apr 7 10 am-12 pm  
 3204-W25 1 Session - \$25  
 IGH Middle School

## 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.

Fri, Mar 7 8:30 am-2:30 pm  
 3210-W25 1 Session - \$82  
 IGH Middle School

## Cool Vibes & Totally Awesome Screen-Free Creativity!

Let the kiddos bring the creativity and photos and the kit will bring the rest! This kids 8x8 paper scrapbooking album kit is jam-packed with the supplies kids will love for creating their own scrapbook masterpiece! Cool stickers, super-fun stamps, glistening glitter gel pens, perfectly patterned papers and a jumbo adhesive pen for a FUN time creating an album that's completely their own.

Mon, Mar 3-10 2:30-3:30 pm  
 3501-W25HT 2 Sessions - \$60  
 Hilltop Elementary, IGH

Tue, Mar 4-11 2:30-3:30 pm  
 3501-W25PB 2 Sessions - \$60  
 Pine Bend Elementary, IGH

Wed, Mar 5-12 2:30-3:30 pm  
 3501-W25SH 2 Sessions - \$60  
 Salem Hills Elementary, IGH

## Pickleball- with TGA sports

Welcome to TGA's Junior Pickleball Enrichment Program. Created specifically for kids in grades K-5, this 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.

Tue, Feb 4-Mar 4 2:30-3:30 pm  
 4011-W25HT 5 Sessions - \$125  
 Hilltop Elementary, IGH

Wed, Feb 5-Mar 5 2:30-3:30 pm  
 4011-W25PB 5 Sessions - \$125  
 Pine Bend Elementary, IGH

Thu, Feb 6-Mar 6 2:30-3:30 pm  
 4011-W25SH 5 Sessions - \$125  
 Salem Hills Elementary, IGH

## {YEL!} 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.

Mon, Feb 3-Mar 17 2:30-3:30 pm  
 3415-W25PB 6 Sessions - \$98  
 Pine Bend Elementary, IGH  
 No class Feb 17

Tue, Feb 4-Mar 11 2:30-3:30 pm  
 3415-W25SH 6 Sessions - \$98  
 Salem Hills Elementary, IGH

Wed, Feb 5-Mar 12 2:30-3:30 pm  
 3415-W25HT 6 Sessions - \$98  
 Hilltop Elementary, IGH

# FAMILY PROGRAMS

## 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, and Rebecca will be available for questions after the course as well.

**Instructor: Rebecca Ruprecht-Barrett**

Tue, Jan 14 6-7:30 pm  
7653-W25 1 Session - \$15  
Central Square, SSP



## What to Know When Planning a Disney Vacation

A trip to Walt Disney World will create so many memories. This course will go over different things 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, and Rebecca will be available for questions after the course as well.

**Instructor: Rebecca Ruprecht-Barrett**

Tue, Feb 4 6-7:30 pm  
7654-W25 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, and we will be available for questions after the course as well.

**Instructor: Rebecca Ruprecht-Barrett**

Wed, Feb 19 6-7:30 pm  
7652-W25 1 Session - \$15  
Central Square, SSP



**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, Jan 9 Sports Spectacular	West St. Paul Sports Dome
Thu, Feb 6 Sledding	Friendly Hills Middle School
Thu, Mar 6 St. Patty's Day Cookies	Harmon Park
Thu, Apr 3 Game & Play Stations	Garlough Elementary
Thu, May 1 Sports Spectacular	West St. Paul Sports Dome

## Children's Theatre Company's production of Disney's Frozen The Broadway Musical

Disney's Frozen sweeps into Minnesota as Children's Theatre Company premieres its original production of the hit Broadway musical. Sing along with Elsa, Anna, and the whole cast as they encounter magic that's out of control, weather that's fearsome, and Olaf, a snowman who melts your heart. Will Elsa be able to restore the balance between summer and winter? Will she and Anna ever be close again? Settle in for some hygge, a little bit of jolking, and a whole lot of letting go....

Bus will pick up families from the Early Learning Center Parking Lot (3203 68th street E, IGH MN 55076) at 1:30PM and return around 6PM. All attending must purchase a ticket.

Sat, Apr 26 1-6 pm  
5906-WS25 \$75 per person  
Bus pick up: Early Learning Center, IGH

## 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.

Wed, Feb 5-26 2304-Feb25 Two Rivers HS, MH	6-9 pm 4 sessions-\$180
Tue, Feb 11-Mar 4 3301-W25 Simley HS, IGH	6-9 pm 4 Sessions - \$180
Thu, Feb 13-Mar 6 4301-W25#417 South St. Paul HS, SSP	6-9 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, Jan 25-Feb 22 W25#929	9 am-12 pm 4 sessions - \$180
Sat, Mar 8-29 W25#930	9 am-12 pm 4 sessions - \$180
Sat, Apr 26-May 17 W25#931	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 W25#888 2300-SY24/25	Anytime 1 session - \$80 1 session-\$80
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## 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, Jan 27-Feb 11 3300-W25A	3:45 - 6:45 pm 10 Sessions - \$420
Mon-Thu, Mar 31-Apr 15 3300-W25B	3:45 - 6:45 pm 10 Sessions - \$420
Mon-Thu, Apr 30-May 15 3300-W25C	3:45 - 6:45 pm 10 Sessions - \$420

### South St. Paul High School

Feb 18-Mar 6 4300-F23A	2:45-5:45 pm 10 Sessions - \$420
Apr 14-29 4300-W25B	2:45-5:45 pm 10 Sessions - \$420

### Two Rivers High School

School District 197 Community Education is now partnering with Safeway Driving School. This course includes 30 hours of classroom instruction and 6 hours of Behind the Wheel instruction.

Mon-Thu Jan 27-Feb 11 2302-Jan25	3:15-6:15 pm 10 sessions \$420
Mon-Thu Apr 7-22 2302-April25	3:15-6:15 pm 10 sessions \$420
Mon-Thu May 5-20 2302-May25	3:15-6:15 pm 10 sessions \$420



## Virtual Courses

Mon-Thu W25OLA W25OLB W25OLC Feb25Virtual W25OLD W25OLE W25OLF W25OLG	4-7 pm Jan 6-22 Jan 27-Feb 11 Feb 18-Mar 6 Feb 18-Mar 6 Mar 10-25 Mar 26-Apr 10 Apr 14-29 Apr 30-May 15
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## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA



### Extra Innings School Age Care - Grades K-4

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 - 6 pm  
Summer Hours: 7 am - 6 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

## 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, Jan 7-Feb 25 9800-W25A Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, Jan 3-Feb 28 9800-W25B Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Thu, Jan 2-Feb 27 9800-W25C Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Tue, Mar 4-Apr 29 9800-W25D Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Mar 7-Apr 25 9800-W25E Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Mar 6-Apr 24 9800-W25F Central Square, SSP	10:30-11:15 am 8 sessions - \$55 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, Jan 8-Feb 26 9901-W25A Central Square, SSP	6-7 pm 8 sessions - \$55 adult, \$20 senior (65+)
Wed, Mar 5-Apr 30 9901-W25B Central Square, SSP	6-7 pm 9 sessions - \$62 adult, \$22.50 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 9912-24/25	10 admissions	\$40 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9912-24/25	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.

## Learn-to-Swim Lessons: Level 4

**Level 4 (Ages 5 & Older) - 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.

Tue, Jan 7-Feb 25  
4610-W25A  
Central Square, SSP

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

Sat, Jan 18-May 3  
4610-W25B  
Central Square, SSP

11:05-11:50 am  
8 sessions - \$125

No class Jan 25, Feb 8, Feb 22, Mar 8, Mar 22, Mar 29, Apr 12, Apr 26

Tue/Thu, Mar 4-Apr 3  
4610-W25C  
Central Square, SSP

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

No class Mar 25 & Mar 27

Tue/Thu, Apr 8-May 1  
4610-W25D  
Central Square, SSP

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

## Learn-to-Swim Lessons: Level 3

**Level 3 (Ages 5 & Older) - 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, Jan 7-Feb 25  
4604-W25A  
Central Square, SSP

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

Sat, Jan 18-May 3  
4604-W25B  
Central Square, SSP

11:05-11:50 am  
8 sessions - \$125

No class Jan 25, Feb 8, Feb 22, Mar 8, Mar 22, Mar 29, Apr 12, Apr 26

Tue/Thu, Mar 4-Apr 3  
4604-W25C  
Central Square, SSP

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

No class Mar 25 & Mar 27

Tue/Thu, Apr 8-May 1  
4604-W25D  
Central Square, SSP

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

## Learn-to-Swim Lessons: Level 2

### Level 2 (Ages 5 & Older) - 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, Jan 7-Feb 25 4607-W25A Central Square, SSP	6:15-7 pm 8 sessions - \$125
Tue, Jan 7-Feb 25 4607-W25A2 Central Square, SSP	7:05-7:50 pm 8 sessions - \$125
Sat, Jan 18-May 3 4607-W25B Central Square, SSP	9:30-10:15 am 8 sessions - \$125
<i>No class Jan 25, Feb 8, Feb 22, Mar 8, Mar 22, Mar 29, Apr 12, Apr 26</i>	
Tue/Thu, Mar 4-Apr 3 4607-W25C Central Square, SSP	6:15-7 pm 8 sessions - \$125
<i>No class Mar 25 &amp; Mar 27</i>	
Tue/Thu, Mar 4-Apr 3 4607-W25C2 Central Square, SSP	7:05-7:50 pm 8 sessions - \$125
<i>No class Mar 25 &amp; Mar 27</i>	
Tue/Thu, Apr 8-May 1 4607-W25D Central Square, SSP	6:15-7 pm 8 sessions - \$125
Tue/Thu, Apr 8-May 1 4607-W25D2 Central Square, SSP	7:05-7:50 pm 8 sessions - \$125

## Learn-to-Swim Lessons: Level 1

### Level 1 (ages 5 and up) - 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, Jan 7-Feb 25 4608-W25A Central Square, SSP	6:15-7 pm 8 sessions - \$125
Sat, Jan 18-May 3 4608-W25B Central Square, SSP	9:30-10:15 am 8 sessions - \$125
<i>No class Jan 25, Feb 8, Feb 22, Mar 8, Mar 22, Mar 29, Apr 12, Apr 26</i>	
Tue/Thu, Mar 4-Apr 3 4608-W25C Central Square, SSP	6:15-7 pm 8 sessions - \$125
<i>No class Mar 25 &amp; Mar 27</i>	
Tue/Thu, Apr 8-May 1 4608-W25D Central Square, SSP	6:15-7 pm 8 sessions - \$125

## District 197 Aquatic Center Classes



### District 197 Lap Swim (Ages: 18+)

School District 197 Aquatic Center is hosting adult lap swim. Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Registration is required and space is limited.

Wed, Jan 29-Apr 30 6197-W25	6:30-8:15 pm 1-11 sessions- \$7 per session
<i>No class Feb 26, March 26, April 2</i>	

### 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. Exercises performed in the deep water utilize a waist flotation belt to suspend the participant, allowing optimal joint movement and preventing joint impact. You will need an aqua fitness flotation belt. These are available online and at sporting goods stores. Taught by Mary Ellen, Mary Ellen is certified with AEA (Aquatic Exercise Association).

Wed, April-May  
Dates and Time To be Determined

### School District 197 Spring Private Swim Lessons (Ages: 4-17)

These are 30-minute sessions to work on water safety, stroke enhancement or specific skills that need work. This is a great option for kids that need 1:1 time with an instructor or prefer a quieter environment. Registration will open April 15 at 8am.

Wed, May 14-Jun 4  
2910-SP25  
Times will vary



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





# SCHOOL DISTRICT 197

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
----------	------------	--------------------



## 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 fall 2025-2026 Preschool begins on Tuesday, January 28 online. For more information 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.
- 25-26 ECFE registration begins Monday, January 6th 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 Winter/Spring Classes!



## 3 Year Old Preschool

\$200/month - Must be 3 by Sept 1, 2025  
\$50 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 through Pathways. For a scholarship packet or more information please call 651-457-9418. En Espanol - 651-306-3644

## 4 Year Old Preschool

FREE - Must be 4 by Sept 1, 2025

### 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.

South St. Paul Residents are given first priority.

## Why Inver Grove Heights Preschool?

- Four-start Parent Aware rating, the highest possible rating by Minnesota’s quality rating system for early education
- Highly trained staff. Our licensed teachers use proven best practices
- Curriculum: Conscious Discipline & Frogstreet
- For children age 3 or age 4 on Sept 1, 2025

*Little Spartans Preschool is committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond. Your child will:*

- Experience a welcoming, stimulating, and playful environment where they can explore, discover, and grow
- Build confidence through participation in activities and experiences designed to set the stage for future academic success and a lifetime love of learning
- Develop core life skills that enrich self-worth and nurture the development of caring connections with others

*Preschool Registration for 2025-2026 opens Wed, Feb 19*

[www.isd199.org/schools/early-learning/preschool](http://www.isd199.org/schools/early-learning/preschool)

## Open House for Little Spartans Preschool 2025-2026

Visit classrooms, meet the staff, and learn more about preschool and early learning scholarships on Thursday, Jan 9, 4:30-6 PM.

Location: Hilltop, Pine Bend, or Salem Hills (age 4 on Sep 1, 2025), OR the IGH Early Learning Center (age 3 on Sep 1, 2025)

### Little Spartans Preschool 2025-2026

Age 4 on Sept 1, 2025	Hilltop	Pine Bend	Salem Hills
Mon-Fri AM 7:50-10:30	X	X	X
Mon-Thu PM 11:45-2:30	X	X	X
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sept 1, 2025	Early Learning Center		
Mon-Wed-Fri AM 8:15-11:45		X	
Tue & Thu AM 8:15-11:45		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.



## 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)

## 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.

*Registration for new ECFE classes opens Mon, Dec 16*

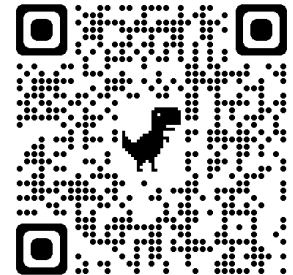
## New baby?

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.



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



## 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  
HSE/habilidades académicas  
HSE en línea  
HyFlex HSE  
Estudios en Linea  
Preparación para el examen TEAS/  
carrera en el cuidado de la salud  
Alfabetización digital de Northstar  
Aprendizaje Familiar en colaboración con  
ECFE



### 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 kindergarteb 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 2:00-5:00/5:30 pm
- \$16.89/hr plus hourly stipend of \$2+, some conditions apply

### QUESTIONS

- Necole.Berglund@isd197.org
- 651-403-8054



### 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.

# OUR STUDENTS OUR FUTURE

Inver Grove Heights Schools



## THANK YOU FOR YOUR SUPPORT, INVER GROVE HEIGHTS!

Find out more about our next steps at [www.isd199.org](http://www.isd199.org)



Do you participate  
in TriDistrict  
Community  
Programs?

Are you a key  
stakeholder?

Or a community  
education  
enthusiast?

Join our  
Advisory Council!

Scan this code to  
find out more.



**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.



## 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

## 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.

## 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

### *Branch Out Building*

150 Marie Avenue East, 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

# 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 or email.

### 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 honored.

## 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**

*Adult Education*  
**TESTIMONIAL**



**Kelly** ★★★★★

"My ABE teacher was great. She went above and beyond to give me one on one personal time, which really helped me understand the material. I am now at a higher paying job that I know I wouldn't have gotten without my GED. I really like what I am doing and feel confident I'll be able to keep moving up."

Scan the QR code to learn more about our FREE HSE & ELL classes!

