



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

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

ART

Make a Cute Heart Puzzle Frame—Choose Your Color!

Crafting using random puzzle pieces! Make yourself a painted picture frame to keep or give as a gift. Choose our heart design or create your own. Wear clothing that is okay to get messy. All supplies included.



Mon, Feb 3 \$10
6-7:30 p.m. CBSA1
District 833 Program Center

Paint & Snack

Join us for a simple watercolor craft, snacks, and hanging out with friends. Feel free to bring a store bought treat to share!



Thu, Feb 20 \$10
6-7:30 p.m. CBWA1
White Bear Lake Senior Center

Clay Crafts

Come and create a clay storage jar and a winter snowperson.



Wed, Feb 26 \$15
6-8 p.m. CBRA1
Anpétu Tēča Education Center

Gourd Birdhouse

Create a stylish new home for birds using a hollowed-out gourd! Paint your gourd in any design and we'll seal the finished homes together during class. It's a fun, creative way to provide a cozy spot for our feathered friends.



Tue, Mar 25 \$15
6-7:30 p.m. CBWA2
White Bear Lake Senior Center



Discover Pottery

Join us for a fun and engaging workshop where you'll use hand-building techniques to craft unique decorative objects like vases, bowls, or whimsical animal figures. You'll also have the opportunity to glaze your creation, bringing it to life with color and shine. Come and unleash your artistic side!



Sat, Mar 29 \$25
10 a.m.-12 p.m. CBNA2A
John Glenn MS, 237 Art (east)



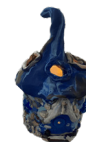
Sat, Apr 26 \$25
10 a.m.-12 p.m. CBNA2B
John Glenn MS, 237 Art (east)

Fairy House

Tinker Bell is looking for a new home, create a house for her and her friends.



Tue, Apr 15 \$15
6-8 p.m. CBRA2
Anpétu Tēča Education Center



May Day Baskets

Celebrate spring by crafting May Day Baskets from recycled greeting cards! It's a fun and eco-friendly way to welcome the season while repurposing materials into beautiful, festive baskets.



Wed, Apr 30 \$15
6-7:30 p.m. CBWA3
White Bear Lake Senior Center

Tin Can Wind Chimes

Relax to the sounds of your very own wind chime. Make upcycled tin can wind chimes for you to enjoy all summer long.



Tue, May 13 \$15
6-8 p.m. CBRA3
Anpétu Tēča Education Center



Explore Seashells—Decorate a Pendant and Picture Frame

Seashells come in a variety of shapes, sizes, textures and colors! Explore the daily life of marine animals that live in seashells and identify different types of shells. We'll make seashell pendants and seashell mosaic picture frames. All supplies are provided.



Thu, May 15 \$10
6:30-7:30 p.m. CBSA2
East Ridge High

MUSIC

Sip and Sing 'Round the Fireplace

Hot cocoa, cider and song will take the chill out of this winter evening as you gather around the large brick fireplace in the Katherine Abbott Park Center in Mahtomedi. Karen Hillmann and her guitar will be ready for your sing-along requests.



Thu, Mar 6 \$10
6-7:15 p.m. CBNM1
Katherine Abbott Park



EXERCISE

Swimming

The pool is kept at a nice 86 degrees. Lifeguards will be present. Caregivers are welcome to attend at no charge, space is limited.



Tue, Mar 11 \$15
6-7:30 p.m. CBRE1
Anpétu Tēča Education Center

Team-Building Games, Skills, Get-to-Know You Activities

Join us for fun activities to work on team-building skills. Wear comfortable clothing. We will provide a light snack and water.



Mon, Mar 24 \$5
6-7:30 p.m. CBSE1
District 833 Program Center

CULINARY

Cooking with Cheryl: Copycat Candy Bars

No more running to the store for your favorite candy bar. Measure, sift, stir and mix your way to candy heaven with these copycat candy bar recipes that may just taste better than the original!



Thu, Feb 27 \$15
6:30-8 p.m. CBNC1
John Glenn MS, 284 FACS

Cooking with Cheryl: Spring Sweets

Help the Easter Bunny fill your basket with goodies! Make and take these fancy sweets including the famous Community Bridge Marshmallow Peeps!



Thu, Apr 3 \$15
6:30-8 p.m. CBNC2
John Glenn MS, 284 FACS

Maple Syrup at Carpenter Nature Center (Minnesota Campus in Hastings)

Welcome spring by joining the CNC staff in making maple syrup. Hike to the "sugarbush" to learn about the structure and function of trees, tap maple trees, watch the process of turning sap into syrup, and sample the final product. The program starts indoors, but be ready for spring snow and mud over about 1 mile of paved and unpaved trails. Caregivers and staff are encouraged to attend at no cost. (Registration requested.)



Thu, Mar 20 \$10
6:30-7:30 p.m. CBSC1
Carpenter Nature Center

RECREATION

Bingo

Come for fun and collect your prize after calling



Anpétu Tēča Education Center

Feb 11	Tuesday	6-8 p.m.	\$9	CBRR1A
Mar 27	Thursday	6-8 p.m.	\$9	CBRR1B
Apr 29	Tuesday	6-8 p.m.	\$9	CBRR1C
May 28	Wednesday	6-8 p.m.	\$9	CBRR1D

Introduction to Pickleball

This game is a mix of ping pong, badminton, and tennis. Join your friends for an hour of pickleball fun, including instruction from a pickleball "pro." Bring your own paddle if possible or borrow one at Gladstone. Caregivers, please provide support as needed.



Wed, Feb 19 \$10
6-7 p.m. CBNR2
Gladstone CC, Gym

Pink's "Let's Get this Party Started" Line Dance—All Ages!

Learn a fabulous, fun and easy routine that captures the energy & joy of Pink's song! No partner needed for a night of fun. All ages are welcome to this family friendly activity! (Note: Children must register and be accompanied by a registered adult.



Thu, Feb 20 \$8
6-7 p.m. CBSR1
Oltman Middle School

Justin Timberlake's "Can't Stop the Feeling ... Just Dance, Dance, Dance" Line Dance—All Ages!

Get the feet moving and the body groovin! "Put some sunshine in your pocket" as you learn an easy routine to capture the joy of this iconic song! No partner needed for this night of fun.



Thu, Apr 10 \$8
6-7 p.m. CBSR2
Oltman Middle School

Campfire & Critters - Carpenter Nature Center

Join in around a campfire singing songs and learning about some of the animals that call the Nature Center home. Finish the program with some delicious campfire treats. Caregivers and staff are encouraged to attend at no cost. (Registration requested.)



Mon, Apr 21 \$10
6:30-7:30 p.m. CBSR3
Carpenter Nature Center

Beyonce's "All the Single Ladies" Line Dance—All Ages!

Get ready to strut your stuff on the dance floor with an easy routine to this classic song. Come and let your inner pop star shine! No partner needed for this night of fun.



Tue, May 20 \$8
6-7 p.m. CBSR4
Park HS

Pontoon Ride on White Bear Lake

Bear Boating will be our captain as we take in the beautiful scenery on White Bear Lake! Dress in layers as the temperature can change on the water. Also bring snacks and drinks. Life jackets will be available if you do not have one. All attendees must register and pay for these trips including PAs. *White Bear Lake VFW*

May 29	Thursday	9:45-11:45 a.m.	\$7	CBWR1A
May 29	Thursday	12:30-2:30 p.m.	\$7	CBWR1B
Jun 9	Monday	3:15-5:15 p.m.	\$7	CBWR1C
Jun 9	Monday	5:45-7:30 p.m.	\$7	CBWR1D

Uno Tournament

Attention card players! Challenge your Community Bridge friends to a few rounds of UNO! This for-fun, round-robin-style tournament will determine who will be the first to discard their way to victory and claim the title of UNO champ.



Thu, Apr 24 \$10
6-7:30 p.m. CBNR1
Gladstone CC, 107B

SPECIAL EVENTS

Beach Party Dance

Dance to the music of the Beach Boys, Hawaii Five-O theme song, and other beach party classics. The beach balls are inflated and the limbo sticks are ready—it's a beach party!



Fri, May 30 \$15
6:30-8 p.m. CBNSE3
Gladstone CC, Gym

Emma! A Pop Musical at Park High School

Emma, a senior at Highbury Prep, who is certain she knows what's best for her classmates' love lives is determined to find the perfect boyfriend for shy sophomore Harriet. Will Emma's relentless matchmaking get in the way of finding her own happiness? Based on Jane Austen's classic novel, this sparkling new musical features the hit songs of legendary girl groups and iconic female singers from The Supremes to Katy Perry.

Fri, May 2 \$10
7-9 p.m. CBSSE1
Park HS



St. Patrick's Day Dance

Whether you're Irish or simply Irish at heart, join us for a lively evening of fun and dancing! Groove to classic Irish tunes and enjoy a wide array of crowd-favorite hits from our DJ's full repertoire. Don't forget to wear your best green attire—it's the color of the night!



Fri, Mar 21 \$15
6:30-8 p.m. CBNSE2
Gladstone CC, Gym



Valentine's Dance

Whether you're struck by Cupid's arrow or simply looking for a fun night out with friends, dress in red and join us at Gladstone for this beloved dance. Capture the memories in our photo booth with candid snapshots of you and your crew!



Fri, Feb 7 \$15
6:30-8 p.m. CBNSE1
Gladstone CC, Gym

TEAM SPORTS

T-Ball/Softball League

Join one of the three Community Bridge Consortium very basic softball/t-ball teams. You will have an opportunity to hit the ball, run the bases, and play in-field positions! Each player will receive a T-ball shirt and a participation medal. Batters can hit from a batting "T" or a coach-pitched ball. The season includes practices, and scrimmages and concludes with a Saturday tournament on June 7.

Practices: Thu, May 8–June 5 (5 sessions), 6:30 – 8 p.m.

Cost: \$55

Tournament: Sat, Jun 7, 9:30 a.m. – 1:00 p.m., Lakewood Hills Park, 2110 Orchard Ln, White Bear Lake

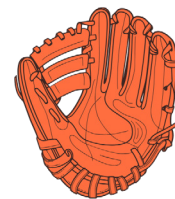
Scrimmages: Scrimmage schedule and locations will be handed out at the first practice.

CBNST1 North Saint Paul Team, Coach Taylor Broussard–Robinhood Park, 2039 Manton St, Maplewood

CBWTS White Bear Lake Area Team, Coach Amy Lewellen-Contras–Sunrise Park MS Fields, 2399 Cedar Ave, White Bear Lake

CBSTS1 South Washington County Team, Coach Judy Ptacek–Hemingway Field #41, Cottage Grove

Note: In case of poor weather or bad field conditions, the tournament will be held at North High School, 2416 11th Ave, North St. Paul, MN 55109. You will be notified if the tournament is moved to this location.



VOLUNTEER OPPORTUNITIES

Community Bridge welcomes volunteers! Our events are typically less than 2 hours, primarily early evenings and occasional weekends, and are a lot of fun!! No experience is needed, just a friendly attitude and a willingness to get to know and support amazing people with disabilities in your community! If you would like to become a volunteer, please reach out to Jordi Teillard-Cui with Community Bridge at (651) 748-7252 or jteillardcui@isd622.org



Eligible UCare members can use their Healthy Benefits+ Visa Card allowance toward community education classes.

Members must have active UCare insurance at the time of registration.

Limits and restrictions may apply; for questions about this benefit, please contact UCare directly.

If your Healthy Benefits+ balance is less than the class fee, call **651-748-7250** to register with a staff member.

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



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

NON-PROFIT ORG
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

Name _____ Home/Group Home Phone _____
Address _____ City _____ Zip _____
Group Home Name _____ Emergency Contact _____ Phone _____
Group Home Email _____ ☐ Uses a wheelchair ☐ Requires one-to-one assistance
Medical, seizure, behavioral or other conditions instructor should be aware of: _____

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Total Participant Fee \$		_____

Checks payable to: Community Bridge

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

Mailed checks will be handled as a one-time electronic fund transfer or draft.

or Health Benefits+ card # _____ Exp ____/____ Total Charge \$ _____

Visa, MasterCard or Discover _____ Exp ____/____ Total Charge \$ _____

Signature _____ Print Name on Card _____

Staff Attending

# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$	_____

Staff fee must accompany registration