



# Thompson Times



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

**Thompson Park Activity Center**  
1200 Stassen Lane, West St. Paul, MN 55118  
Open 9 am-4 pm, Mon-Thu.  
**TPAC will be closed March 24-28**

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

### Special Events



#### 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. Dessert included. Register by Apr 16.

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



Cupid Crew: Julie, Barbara, Dee, Rita, Karen, JoAnn, Joan

#### Umbrella Project Cupid Crew

A surprise awaited residents of Southview Acres on Valentine's Day! The Umbrella Project Group delivered roses and handmade Valentine cards to residents. Each rose was in a small vase so that the roses could be enjoyed all through the week. This is the second year the Umbrella Project has volunteered as part of Cupid Crew. The roses are provided by Cupid Crew, Wish of a LifeTime (AARP).



# LEARNING & DISCUSSION

## Explore Conversational Spanish for Absolute Beginners - Level 1

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers; no prior Spanish experience required. Our instructor ensures a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey. Register 5 days in advance.

*Instructor: Dick Milles, Metropolitan State University*

Wed, Mar 5-Apr 30 9:30-10:30 am  
1841-W25 Mar-Apr 8 sessions - \$48  
No class Mar 26.

## 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; creating community networks capable of providing the same resources, services and support that returning service members & their families would receive on an active duty installation. Learn about programs that support our National Guard Veterans, as well as active duty military persons in MN.

*Instructor: Beyond the Yellow Ribbon representative*

Mon, Mar 3 10-11 am  
1930-W25 1 session - \$3

## Parkinson's Foundation



What can you expect as Parkinson's Disease progresses? What are the signs and symptoms of each stage? Although the loss of dopamine is universal for people with PD, each experiences a unique combination of movement and non-movement symptoms and disease progression. Join us to 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

## Computer Center

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

Every Monday 9 am-noon  
Free



*Butterflies swarm the Rocky Mountain Blazing Star plants at Thompson Park in the fall of 2022.*

## 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 in our state 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 of your own.

*Instructor: Amy Waananen, Researcher, UofM Institute on the Environment*

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

## Nature Sense with Naturalist Eloise Dietz

### 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

# LEARNING & DISCUSSION

## Mount Rushmore: Carving an Icon

NEW!

Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, 400 workers, 450,000 tons of rock, nearly one million dollars: Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting.

*Presenter: David Jones*

Tue, Mar 18  
1938-W25

11 am-12 pm  
1 session - \$9

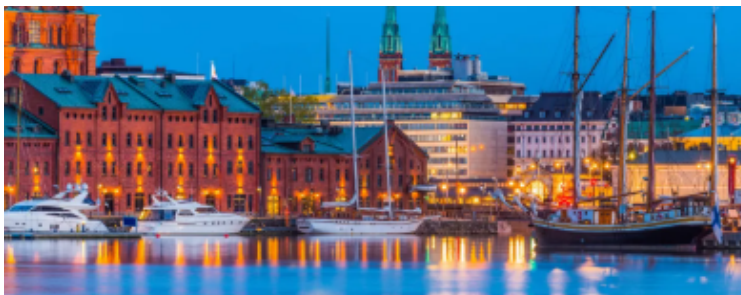
## Urban Roots: One of those Programs that Make You Feel Good!

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  
1933-W25

11 am-12 pm  
1 session - \$3



## Finland: Why It's Considered the Happiest Place to Live

NEW!

Uncover why Finland consistently ranks as the happiest place on earth! Discover the unique cultural, environmental and social factors that contribute to Finland's world-renowned quality of life. Learn how you can bring some of these practices into your own life for greater happiness.

*Presenter: Karina Horsti, Visiting Professor, U of M Dept of Communication & Global Studies*

Thu, Apr 3  
1939-W25

9:30-11 am  
1 session - \$5

## 6th Annual Days for Girls Project

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. A light lunch will be provided. Registration is required - space is limited! Only a few sewing spaces remain.

*Facilitator: Julie Weisbecker*

Sat, Apr 5  
1419-W25

9 am-2 pm  
1 session - Free



## 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. For carpooling, meet at TPAC 9:15 am

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

Mon, Apr 7  
1921-W25

10 am-12 pm  
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, Apr 21  
1624-W25

10-11:30 am  
1 session - \$3

# LEARNING & DISCUSSION



## Otterly Wonderful Otters with the Traveling Naturalist **NEW!**

Playful, furry, amusing and uniquely adapted to their watery home; that's otters for you! Learn more about these entertaining and clever furry friends through a program full of facts and stories about river and sea otter history, anatomy, adaptations, lifestyles, key role in Alaskan history, and essential role in keeping our oceans and rivers healthy.

*Presenter: Melonie Shipman, Lifelong Naturalist*

Tue, Apr 22  
1937-W25

10-11 am  
1 session - \$9

## Korean Cooking

**NEW!**

Join us for a hands-on cooking demonstrations to learn the secrets of delicious, classic Korean dishes.

*Instructor: Hyaee Lee*

### **Bibimbap:** Korea's iconic mixed rice dish!

Watch as we prepare a vibrant bowl filled with seasoned vegetables, savory protein, and a flavorful gochujang sauce. Perfectly balanced and endlessly customizable, Bibimbap is as delicious as it is nutritious. Don't miss this chance to elevate your cooking skills.

Mon, Mar 31  
1944-W25 Bibimbap

10 am-noon  
\$10

### Learn to make mouthwatering **Korean Short Ribs (Galbi)!**

Learn the secrets to creating tender, flavorful ribs marinated in a savory-sweet blend of soy sauce, garlic, and sesame. Perfect for grilling or broiling, this classic Korean dish is sure to impress. Come for the flavors, stay for the culinary inspiration!

Mon, Apr 21  
1945-W25 Short Ribs

10 am-noon  
\$10



# GROUPS

**THANK YOU**

WE HAD A WONDERFUL RESPONSE FOR THE WARM CLOTHING DRIVE!  
ITEMS HAVE BEEN DONATED TO THE FRIDAY NIGHT STREET TEAM.

COLLECTION TOTALS:

MITTENS & GLOVES: 74	SNOW PANTS: 3
SOCKS: 144	BOOTS & SHOES: 7
HATS & SCARVES: 175	PILLOWS & BLANKETS: 50
COATS: 29	MISCELLANEOUS: 21
SWEATERS & SWEATSHIRTS: 43	



## Umbrella Projects Group

If socializing with a purpose is on your bucket list, the Umbrella Project is for you! Our mission is to make a difference through service. We meet once per month to share the status of current projects and discuss potential opportunities. Projects include working with AARP Wish of a Lifetime, several local organizations, and Days for Girls, a global effort. If this resonates with you, please join anytime during the year.



*Facilitator: Julie Weisbecker*

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

## Great Decisions Group 2025

This engaging conversational group around US foreign policy and global issues is currently full. Discussion topics are below. *Facilitator: Charles Happach*

March: *U.S.-China Relations*  
April: *India: Between China, the West, and the Global South*

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

## 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*

March: *The Family Chao* by Lan Samantha Chang  
April: *Rafferty's Last Case* by Larry Millett

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

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

## Nonfiction Book Club

**NEW!**

As our friends at the Wentworth Library undergo an exciting renovation, we are happy to host this Nonfiction Book Group at Thompson Park Activity Center beginning in April. Join Us!

1st Thu 1-2:30 pm  
1607-F24 Annually - \$10

## 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. Come together with trained facilitators to learn about topics relevant to caregiving. *Sponsored by DARTS*

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



## Men's Topics & Toast

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

*Facilitator: Rob Meyer*

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

# FITNESS & HEALTH

## 3X3 Fitness

Our exercise videos and resistance bands/rings are the secret to improving muscle tone and flexibility. These chair-based, low-impact exercises allow you to enjoy conversation while you gain the benefits of exercise.

Facilitator: Barb Erickson

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

## Tai Chi Chih for Health

For new and returning students alike, this 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.

Instructor: Theresa May, nationally accredited instructor

Wed, Mar 5-Apr 30 9:15-10 am  
1909-W25 Mar-Apr 7 sessions-\$42.87  
No class Mar 26 or Apr 2.



Some of the Wednesday Walkers take a fun break at MOA!

## Wednesday Walkers

**Walk TALK Gawk:** Meet at TPAC parking lot every Wednesday at 9 am to carpool to a specially selected walking path usually about 2 ½ miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inclement weather. Members take turns choosing destinations for walking. Season begins with potluck breakfast on May 14, ending with a potluck lunch on October 29. Exercise, friendship, and nature keeps this group engaged and motivated!

Facilitator: JoAnn Ellingboe

Wed, May 14-Oct 29 9 am-noon  
1610-S25 \$15 per season (Jan-Oct)

**NEW!** Save the date! ✓

FREE Senior Expo highlighting resources, education and professionals serving our local community!



Stay tuned!

## Fitness and Balance for Life

Improve flexibility and overall well-being! Naomi will gently guide you through these low-impact exercises, enhancing your range, strength, balance, and coordination. We supply the gear: 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, Mar 6-Apr 24 10:30-11:30 am  
1317-W25 Mar-Apr 7 sessions - \$49  
No class Mar 27.

## Foot Care

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

Provided by: Katie Sikel, RN, CFCS

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

## Memory Screening

Everyone forgets things, but when is it a concern? If you would like a screening for your memory, DARTS can do that for you. Screenings are brief and available at TPAC.

2nd Thur Call 651-403-8300 for appt

## Adult Lap Swim

Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim. Open for anyone ages 18+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity. Registration is required.

Wed, Feb 12-Apr 30 6:30-8:30 pm  
6197-W25 Each Session - \$7

# CREATIVE ARTS

## Knitting Group

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

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

## Watercolor Painting Introduction I & II

Dive into the vibrant world of watercolors in our beginner's class! Unleash your creativity as you discover the magic of materials and fundamental techniques, while learning about color theory and the art of mixing pigments. This is a 2-part introductory series for those who are new to watercolor painting. Part 1 is a prerequisite for Part 2. Supplies will be provided by the instructor. A supply fee to the instructor is due at class: \$65-\$70.

*Instructor: Linda Stout*

Mondays 1491-W25 1-3 pm  
Mar 3-31 Part 1 (no class Mar 24) 4 sessions - \$72  
Apr 7-28 Part 2 4 sessions - \$72

## Watercolor I

Learn and improve your skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Introduction to Watercolor, or instructor consent.

*Instructor: Linda Stout*

Tuesdays 1302-W25 1-3 pm  
Mar 4-18 3 sessions - \$54  
Apr 1-29 5 sessions - \$90

## Open Watercolor Painting

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

*Instructor: Art Thell*

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

## Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. Prerequisite: Introduction to Watercolor, or instructor consent.

*Instructor: Linda Stout*

Wednesdays 1191-W25 1-3 pm  
Mar 5-19 3 sessions - \$54  
Apr 2-30 5 sessions - \$90

## Crafting for a Cause

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

*Facilitator: Rita Schnoor*

2nd Tue 12-1 pm  
1598-W25 Free

## Colored Pencil Group

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

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

## Paint Like Bob Ross

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.

Thu, Apr 24 9 am-1 pm  
1783-W25 1 Session - \$50

# GAMES

## Hand and Foot

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

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

## Cribbage

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

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

## Mah Jongg

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

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

## Bridge

We have two bridge group options. Call 651-403-8300 for details and availability, as we need to coordinate groups of four.

Home Before Dark - Mondays, 3-5:30 pm, Apr-Oct  
1st Tuesday Bridge - 1st Tues, 12:30-3:45 pm

# 55+ DRIVER'S DISCOUNT COURSE



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

The 55+ Driver Discount Program is a state approved accident prevention/ insurance discount course that is open to the public. A Precision Driving Center of Minnesota certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone!

Persons aged 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. Participants must complete the four hour refresher class every three years to maintain the 10% discount.

**THANK YOU**

**FOR DONATING  
TO OUR COFFEE & CANDY SUPPLY!**

**CAROL SLATER  
KATHERINE BARTELL  
ANONYMOUS**

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

12-4 pm 1 session - \$24  
Mar 6  
Apr 3  
Apr 17  
May 1  
May 15



# AROUND TPAC



## Puzzle Library at TPAC

*NEW!*

Puzzles are fun to do and fun to share, which is why the Advisory Council suggested this newest edition to Thompson Park Activity Center. Similar to our book library, we're keeping it simple. If you'd like a puzzle, you are welcome to take one. If you'd like to donate a puzzle, you're welcome to bring one. Setup and initial donations graciously provided by Sue Doffing, Karen Jones, and Karen Hauschild.

## Volunteer Opportunities at TPAC

We have a variety of volunteer opportunities. Call if you have questions or are interested.

- office sub
- sparkle table display
- Advisory Council
- maintain puzzle library
- computer jobs
- event greeting

## Two Rivers Performances

Upcoming performances at Two Rivers High School:

Theatre: *Mean Girls*

Apr 24-26, May 1-2: 7 pm; May 3: 2pm, 7 pm

Choir: Spring Concert, May 19, 7 pm

Band: Spring Concert, May 15, 7 pm

Orchestra: Spring Concert, May 22, 7 pm

## THANK YOU EVENT VOLUNTEERS!

ELLEN SMITH	CAROL BEAVES
PATTY STEWART	NORMA LEE
CAROL THOMPSON	EVA NOVAKCYK
COLLEEN TITUS	JUDY O'DONNELL

# TRIPS & TOURS

## Trips & Tours Information

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



## 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, vegetables, garden salad, rolls, dessert, coffee tea.

Wed, May 29      Depart TPAC 10:45 am/Return 4 pm  
\$92 per person      Register by May 1  
1941-W25

# TRIPS & TOURS

## MN Military History Museum: Camp Ripley

See the experiences of MN military men and women so vividly captured and interpreted for the public. Discover the stories and contributions of MN 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 actual equipment, weapons, uniforms, and memorabilia. Gain a glimpse into the life of those "who were there." Lunch at the Black and White Restaurant downtown Little Falls for the Soup & Sandwich Special, petite dessert & beverage. Shop briefly at nearby stores.

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



## Cemetery Tour Around Minneapolis with Doug Ohman

Explore the fascinating world of cemeteries around Minneapolis with MN 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. Cemeteries hold the stories worthy of remembrance by honoring those who have gone before. Stops will be made, depending on weather and burial services. Dress for walking on unpaved, grassy areas. Possible cemetery visits: Fort Snelling National, St. Mary's, Pioneer and Soldier. Lunch at Patrick's Bakery & Cafe for the Soup and Sandwich Special: California chicken strip sandwich (baked chicken strips, roasted red peppers and lettuce on walnut raisin bread & honey Dijon dressing); minestrone soup, coffee, tea, milk and mini pastry.

Tue, June 24      Depart TPAC 9 am/Return 4:30 pm  
\$96 per person      Register by Fri, May 16  
1897-WSP-S25

## Lumiere! at Circus Juventas

*Registration for this trip opens Mar 31 -*

Be amazed at Lumiere! as this summer show highlights the best of contemporary circus arts, with a strong blending of circus, dance, and theater, a transformative experience from the moment you walk into the arena. In this 75 minute original, a ghostbuster-style gang of teens stumbles upon an abandoned, decaying hotel once steeped in the glitz and glamour of Old Hollywood. Intrigued by the paranormal, the crew attempts to solve the mystery of a vanished starlet who disappeared from the red carpet at her first film premiere. In the race against time, they learn that true beauty and value lie not in fame or status, but in the defining moments revealing what is truly important when everything else fades.

1:00 show

Lunch will precede the show at Buca di Beppo for Pranzo lunch menu: mixed green salad and caesar salad, fresh-baked house bread, spaghetti marinara and fettuccine alfredo, chicken parmigiana, coffee, tea, soda.

Tue, July 30      Depart TPAC 10:45 am/Return 2:45 pm  
\$96 per person      Register by Thu, June 27  
1947-WSP-S25

## Gull Lake Cruise

*Registration for this trip opens Mar 31 -*

The boat departs from the dock at Cragun's for an unmatched view of the Brainerd Lakes area. The beautiful landscape makes this the perfect way to experience true Northwood's. Glide through the scenic waters of Gull Lake - one of the area's largest lakes in Cass County. A luncheon is served buffet style. Menu: Grilled Chicken Pasta Primavera, Vegetarian Lasagna, Mediterranean Vegetable Blend, Parmesan Cheese, Caesar Salad, Caprese Tomato Salad, Garlic Bread sticks, Lemon Bars, Coffee, Water. [There is a cash bar in the Main Salon level, and one on the Upper Deck.]

Tue, Aug 19      Depart TPAC 7:45 am/Return 6pm pm  
\$125 per person      Register by  
1667-WSP-S25

# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

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

By mail or in-person:

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

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

## Opportunities to Volunteer

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

## Services

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

## Fare for All

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

## Cancellations/Refunds

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

Your cancellation and refund requests must be received by our office seven days prior to the first class session.

A \$10 service charge will be applied to your refund.

No refunds are issued after the first session or trip registration deadline.

## Inclement Weather & Closures

If District 197 is closed due to inclement weather or cold temperatures, TPAC will also be closed. TPAC's voicemail will be updated by 7 am. Call 651-403-8300.

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## E-News

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

## Difficulty Hearing

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

## Suggestion Box

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

## TPAC Advisory Council Opening

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

## Fees for Groups & Clubs

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

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-April / May-Aug / Sept-Dec



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

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
TWIN CITIES MN  
PERMIT #2015

# Address Service Requested



**Contributions as of Feb 19th: \$3,343**

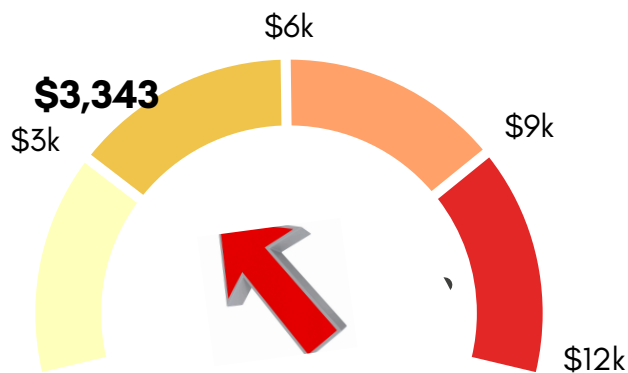
\$12,000 Goal July 1, 2024 - June 30, 2025

## Friend (\$25-49)

Anonymous

## Benefactor (\$50-99)

Barbara Eschle  
Mary Lou Sabin  
Arthur Thell



## Patron (\$100+)

Anonymous  
Richard Cruz  
Janice P. Sheldon