



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 May 26, June 19 & 30

For Information or Registration:
Call: 651-403-8300
Online: www.isd197.org/community/adults-55

Special Events

NEW!
You're invited to our
HEALTHY AGING EXPO



- Wellness Fair
- Local Vendors
- Crafts & Hobbies
- Food & Refreshments
- Senior Resources
- Live Entertainment

THOMPSON PARK ACTIVITY CENTER
Wednesday, May 14th 10:00 AM-1:00 PM

Healthy Aging Expo

Join us at the Healthy Aging Expo, where seniors can explore, learn, and get expert advice from senior service providers to live a vibrant and active life at every stage of aging. Music, give-aways and prizes!

Wed, May 14 10 am-1 pm
Free

Annual \$upport Drive
See page 8 !



Flea Market

Discover treasures, unique finds and great deals at the TPAC Flea Market! Hidden gems or good bargains, this community event has something for everyone! Highlights:

- 25 indoor spaces, as well as 20 outdoor
- A variety of vendors: antiques, crafts, 2nd-hand items
- Delicious snacks/refreshments available for purchase
- A fun and relaxed atmosphere for the whole family

Thu, June 26 9 am-1 pm
No registration needed. Free

Interested in Being a Vendor?

Reserve your space early! **Registration required.**

Thu, June 26 7:15-8:30 am setup time
1687-S25 10% of sales up to \$25

Donations to Umbrella Flea Market Table

See page 5 for details for donating to the Umbrella Table.

LEARNING & DISCUSSION

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 Closed May 26 & June 30



Hearing Health including Aids

Join us for an informative session exploring key aspects of hearing health. Dr. Maerz will discuss how your hearing works, showcase examples of modern hearing aids and accessories, and introduce valuable resources for tinnitus treatment. She will also share details about the new balance testing available at her St. Paul office. This session offers valuable insights to help you stay informed and connected. Don't miss this opportunity to ask questions and gain expert guidance on hearing wellness.

Instructor: Dr. Melodie Maerz, Clinical Audiologist with Associated Hearing Care

Thu, May 1 10-11 am
1974-S25 1 session - \$3

Constitution Stress Test: Diagnosis Courtesy Richard Painter

An important presentation examining challenges facing the U.S. Constitution today. From threats to free speech and voting rights to concerns about executive power and judicial integrity, these key issues and so many more are testing our democracy. As seniors it's our duty to stay informed and engaged.

Presenter: Richard Painter, S. Walter Richey Professor of Corporate Law, Univ of MN Law School

Tue, May 6 9:30-11 am
1950-S25 1 session - \$9

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. Enjoy a stress-free, immersive experience using gestures and visuals for easy learning. Join this fun language journey.

Instructor: Dick Milles, Metropolitan State University

Wed, May 7-June 25 9:30-10:30 am
1841-S25 8 sessions - \$48

Explore Conversational Spanish - Level 2

This dynamic Level 2 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. Enjoy 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 Instructor, Metropolitan State University

Wed, May 7-Aug 27 10:45-11:45 am
1903-S25 16 sessions - \$96

Semiquincentennial on July 4, 2026

250 Years! On July 4, 1776, the United States declared their independence from British rule. Through a war and multiple attempts at establishing a government, the framework was set, and the United States was formed. The U.S. will recognize the Semiquincentennial (250th) on July 4, 2026. This conversation with attendees includes a brief summary of our history and a discussion on how we can actively and authentically commemorate this event in Dakota County.

Facilitator: Matthew Carter, Dakota Co Historical Society

Thu, May 8 10 am-12 pm
1776-S25 1 session - \$5

LEARNING & DISCUSSION

Write Your Own Living Will or Healthcare Directive with Andy Lehner

Have you heard of a Health Care Directive or "Living Will"? These are critically important documents that afford you the option to decide who you would like to advocate for you if you ever become unable to do so for yourself. It also allows you to state your preferences in healthcare. You can leave with directives in place!

Instructor: Andrew M. Lehner, Attorney

Thu, May 15 9:30-10:30 am
1970-S25 1 session - \$5

Nature Sense with Naturalist Eloise Dietz

Spring Birding

Join fellow bird enthusiasts on a guided hike through the woodlands, around the lake, and across nearby grasslands at Thompson Park. Look for early spring migratory birds in their natural habitats. Bring your favorite field guides and binoculars if you have them!

Tue, May 20 9-10:30 am
1783-S25 1 session - \$10

Plants Alive

How much do you really know about plants? Discover surprising facts and answer intriguing questions during this engaging, station-based activity that takes place both indoors and outdoors.

Tue, June 24 9:30-10:45 am
1783-S25 1 session - \$12

Muffins with the Mayor

Join a lively chat with West St. Paul Mayor David Napier. We'll converse, share ideas, and discover how you can be the change that matters in our community. Enjoy delicious muffins and hot coffee as we connect and have a good time together. Let's make civic engagement as sweet as muffins!

Tue, May 27 10-11 am
1583-S25 1 session - \$3



Author Marcia Rendon: Reading and Q&A

Marcie R. Rendon, member of the White Earth Nation, author of several notable works, including award-winning novel *Girl Gone Missing* and compelling mystery series featuring Cash Blackbear. Her writing explores identity, resilience, and the complexities of contemporary Indigenous life. Rendon will share insights from her literary journey, discuss the importance of representation in storytelling, and explore the intersection of culture and creativity. Look forward to an engaging conversation highlighting Marcia's experiences and the significance of her work in today's literary world.

Presenter: Marcie R. Rendon, author & playwright

Tue, May 20 11 am-12 pm
1965-S25 1 session - \$9

(Grand)Parents with Littles: Your Tech Safety Toolbox

Navigating the digital world can be challenging for parents and grandparents with young children ages 0-5. This practical training class is designed to equip you with essential tools and knowledge to keep little ones safe in an increasingly connected world. Gain practical tips. Join us in person at TPAC with our instructor on Zoom or Zoom from home. Please specify when registering.

Instructor: Nickie Welsh, Social Club Simple

Tue, May 27 12-1 pm
1952-S25 1 session - \$29

LEARNING & DISCUSSION

Discover Your Roots: A Family Tree & Ancestry Workshop

Join us for a hands-on journey into your family history! Meet fellow genealogy enthusiasts, create your own family tree with large draft sheets, and explore online research tools. Learn about DNA testing, photo digitization, and ancestry websites. Bring your laptop if you research online. Coffee, tea, and friendly conversation included.

Instructor: Eileen Gaede

Tue, May 27
1955-S25

1-3 pm
1 session - \$9

Experience the Adventure: Joe Schmidt's Life-Changing Trip to Uganda

Join beloved local sports broadcaster Joe Schmidt as he shares the unforgettable story of his family's African safari adventure. Travel with him through vivid accounts of breathtaking landscapes and up-close encounters with majestic Mountain Gorillas in the mountains of Uganda. This once-in-a-lifetime journey will inspire and amaze you, offering a glimpse into the wonders of wildlife and the beauty of Uganda's natural world. Don't miss this captivating event. Books available for purchase following presentation.

Presenter: Joe Schmidt

Wed, May 28
1966-S25

1-2 pm
1 session - \$9

Lose Weight, Feel Great: Pain-Friendly Strategies for Fat Loss

Struggling with weight loss due to pain? This uplifting class is designed for seniors looking to shed pounds, boost energy, and feel their best—without harsh diets or strenuous exercise. Learn simple, science-backed strategies that work with your body to improve health, ease discomfort, & enhance well-being in a supportive way.

Instructor: Christie Amundson, PT, DPT, QNRT Practitioner

Mon, June 2
1957-S25

1:30-3 pm
1 session - \$5

Turn Your Recyclables into Art

Join us for Collaging With Recycled Materials, a fun, hands-on class where you'll transform everyday scraps into stunning artwork! Over five weeks, explore creative themes like self-portraits, bottles, and boxes. Bring your unique paper scraps to the first class—glue, glue guns, and base paper provided. Let's create and connect.

Instructor: Suzanne Downs

Tue, June 3-24
1951-S25

2-3 pm
4 sessions - \$44

Navigate with Uber: Achieve Transportation Freedom

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so that you can travel with confidence, as well as for appointments and errands. Open up your travel options with this fun and engaging class. Join us in person at TPAC with our instructor on Zoom or Zoom from home. Please specify when registering.

Instructor: Nickie Welsh, Social Club Simple

Thu, June 12
1953-S25

12-1 pm
1 session - \$29

Discover the Growing World of Crop Art

Explore the history and creative process behind this unique art form, famously showcased at the MN State Fair. Learn how artists transform seeds into intricate designs and learn about the cultural significance of crop art. Teresa has been entering the competition for 21 years, with 29 pieces and 12 blue ribbons. Enjoy slides illustrating the wild world of crop art. Perfect for art lovers and history buffs.

Instructor: Teresa Anderson

Mon, June 23
1956-S25

10-11:30 am
1 session - \$5

Landmark Tours: See the World

Plan your next voyage! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company to fulfill your travel dreams. Learn about the ease of escorted travel. *Instructor: John Lyons*

Tue, June 24
1592-S25

1-2:30 pm
1 session - Free



GROUPS



Umbrella Projects Group

If socializing with a purpose is on your radar, the Umbrella Project is for you! Mission: make a difference through service. We meet monthly to discuss current projects and new opportunities. Projects are often with local organizations; or broader, such as our annual Days for Girls sewing event (shown above). *Facilitator: Julie Weisbecker*

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

Donations to the Umbrella Flea Market Table:

Limit 2 bags per person, small household items, etc.
No furniture. No clothing. Drop off June 25 or 26.

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

May 12: *International Climate Cooperation in an Era of Geopolitical Turmoil*

June: *No meeting*

Mystery Book Club

We select a wide range of authors and locales, and 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

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

June 10: *Feared* by Lisa Scottoline

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

- Groups that meet monthly pay \$10 per year. The year begins in Sept and ends the following August.
- Groups that meet weekly pay \$15 per trimester. The current trimester begins in May 1 and ends Aug 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. Join Us!

Facilitator: Fran Megarry

May: *Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker

June: *Empress of the Nile: The Daredevil Archaeologist Who Saved Egypt's Ancient Temple from Destruction* by Lynne Olsen

1st Thu 1-2:30 pm
1946-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, May 1-Aug 28

1635-S25

No class June 19.

9:15-10 am

\$15 May-Aug



Tai Chi Chih for Health

Join Theresa May to learn the benefits of Tai Chi Chih. 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, May 7-June 25

1909-S25

9:15-10 am

8 sessions - \$56

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

Call 651-829-3944 for an appointment.

No footcare June 19.

\$65

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 2.5 miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inclement weather. Members take turns choosing a destination for walking. Season begins with potluck breakfast on May 14, ending with a potluck lunch on Oct 29. Exercise, friendship, and nature keep this group engaged and motivated!

Facilitator: JoAnn Ellingboe

Wed, May 14-Oct 29

1610-S25

9 am-noon

\$15 per season (May-Oct)

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, May-June 26

1317-S25

No class June 19.

10:30-11:30 am

8 sessions - \$56

Line Dancing

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

Instructor: Margaret Christians

Thu, May 1-June 26

1615-S25

No class June 19.

9-10 am

8 sessions - \$56

Thank You
for the Coffee & Supply Donations!

Carol Slater

CREATIVE ARTS

Card Creations with Stacey Pangborn

Get ready for a fun, hands-on class where you'll create 3 beautiful, handmade greeting cards! In May, we'll focus on get-well, sympathy, and thanks; while August's class will highlight kid and adult birthdays. Each card is thoughtfully designed and prepped by Stacey, so you can relax and let your creativity flow. All supplies are provided—just bring your enthusiasm! All skill levels welcome.

Mon, May 5 9:30 am-12 pm
1959-S25 1 session - \$25

Soap Making with John "Bob Ross" Hanson

Join John Hanson to learn how to make soap using the cold process method that has existed for thousands of years. John has been called the "Bob Ross" of soap-making, which he considers an honor. You will receive a copy of his teaching manual full of soap-making information AND three bars of soap to take home. This is a demonstration/lecture class (as lye is used in making soap).

Instructor: John Hanson, owner Longfellow Soap Co.

Mon, June 2 9:30 am-12 pm
1962-S25 1 session - \$50

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-S25 \$15 May-Aug

Watercolor Painting Introduction

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.

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
May 5-19 3 sessions - \$54
June 2-30 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.

Prereq: Intro to Watercolor or instructor consent.

Instructor: Linda Stout

Tuesdays 1302-S25 1-3 pm
May 6-27 4 sessions - \$72
June 3-24 4 sessions - \$72

Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies.

Prereq: Intro to Watercolor or instructor consent.

Instructor: Linda Stout

Wednesdays 1191-S25 1-3 pm
May 7-28 4 sessions - \$72
June 4-25 4 sessions - \$72

Open Watercolor Painting

Join other artists and enjoy music and conversation.

There is no instructor, so paint what inspires you and share ideas. Bring your own supplies. *Instructor:* Art Thell

Tuesdays 9:30-11:30 am
1602-S25 \$15 May-Oct

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!

Materials are provided. *Facilitator:* Rita Schnoor

2nd Tue 12-1 pm
1598-F24 Free

Colored Pencil Group

Work on your latest pencil project and have fun while doing it! All levels welcome, from novice to skilled. There is no instructor, but sharing your techniques is welcome!

Bring your own pencils and art equipment.

1st & 3rd Wed 1-3 pm
1595-S25 \$15 May-Aug

GAMES

Bocce Ball

Spring is the perfect time to enjoy a game of Bocce Ball. A little camaraderie and competition outdoors is good for your health. Simply aim to place your bocce balls closer to the pallino (little white ball) than anyone else. Games are self-monitored, gathering around TPAC's patio for some outdoor enjoyment.

Mon, May 5-19 9:45-10:45am
1596-S25 3 sessions - \$5

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-S25 \$15 May-Aug

Home Before Dark Bridge

Call 651-403-8300 for details and availability, as we need to coordinate groups of four. *No bridge May 26 or June 30.*

Mondays 3-5:30 pm
1612-S25 \$20 Apr-Oct

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-S25 \$15 May-Aug

Mah Jongg

Join our Mah Jongg adventure and discover the thrill of strategy, matching tiles, and a little bit of luck. This ancient Chinese game with a modern twist will have you stacking tiles and having a blast in no time!

Thursdays 1-3:45 pm
1613-S25 \$15 May-Aug

No games June 19.

TPAC Annual Support Drive

TPAC depends on contributions as a significant part of our operating budget. Please consider donating to support the quality and variety of programming that you expect and enjoy.

Mail or drop off your check written to "ISD 197 - TPAC", call with credit card, or donate online at: tridistrict.ce.eleyo.com; key word "Donations".

We genuinely Thank You for your support,

Brenda Myran, Coordinator
TPAC Advisory Council Members



Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Would you like your name listed in the Thompson Times? **Yes / No** (Please circle for donations greater than \$25)

Mail to: Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul, MN 55118

55+ DRIVER'S DISCOUNT COURSE



Pre-registration is required.
To register, call toll free 1-888-234-1294
or visit www.driverdiscountprogram.com

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

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

4-Hour Course Dates at Thompson Park Activity Center

12-4 pm	1 session - \$24
May 1	
May 15	
June 5	
June 26	

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 board 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 10
 1941-W25

TRIPS & TOURS



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 Register by Fri, May 16
1897-WSP-S25

Gull Lake Cruise

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, Caesar salad, caprese tomato salad, garlic bread sticks, lemon bars, coffee, water. Cash bar in the main level, and one on the upper deck.

Tue, Aug 19 Depart TPAC 8:15 am/Return 5:30 pm
\$125 Register by Fri, July 11
1975-WSP-S25

Lumiere! at Circus Juventas

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.

Show begins at 1:00.

Lunch will precede the show at Buca di Beppo. Menu: mixed green salad and caesar salad, bread, spaghetti marinara and fettuccine alfredo, chicken parmigiana.

Wed, July 30 Depart TPAC 10:45 am/Return 2:45 pm
\$95 Register by Fri, June 27
1947-WSP-S25

Norwegian Tour in Minneapolis

This guided tour explores the Norwegian influence in the Twin Cities. Discover the lasting impact of Norwegian entrepreneurs, architects, athletes, and educators as you pass statues and landmarks designed by renowned sculptors and architects.

Go inside the Norwegian Lutheran Memorial Church "Minderkirken", one of the last Norwegian-speaking congregations in the US. The Pastor will share insights into the church's role in celebrating the first Norwegians to sail to America in the upcoming 2025 Bicentennial Celebration.

Visit the Norway House, where you will enjoy a light lunch.

Thu, Sept 25 Depart TPAC 9:30 am/Return 4 pm
\$91 Register by Fri, Aug 22
1976-WSP-F25

Fall Migration

Visit LARK Toys in Kellogg, MN, before meeting your Wildlife Interpreter, Jim Nissen. View species of waterfowl, raptors and shorebirds moving from the northern summer nesting areas to warmer southern wintering grounds. Bring your binoculars.

Blue Moon Restaurant for lunch: Soup & Sandwich Special. Then visit the Onalaska Upper Mississippi River National Fish & Wildlife Refuge Visitor Center.

Thu, Oct 30 Depart TPAC 7:30 am/Return 6 pm
\$108 Register by Fri, Sept 26
1978-WSP-F25

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.
- 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 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 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 April 4th: \$7,730

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

Friend (\$25-49)

Anonymous
Judy Adamson
Jan Blaiser
Linda Borovansky
Elaine Eitel
Lynn Jacobson

Lucille Johnson
Vicki Larson
Aggie Puariea
Betty Roche
Marlys Rose
Douglas Whorton

Patron (\$100+)

Anonymous
Richard Cruz
Barb Erickson
Christine Fischer
Joann Nissen
Linda Olson
Mary Jo Roth

Benefactor (\$50-99)

Anonymous
Barbara Eschle
Tom & Lorri Evans
Karen Jorgensen

Verna Miller
Paul Rohowetz
Debra & Dewey Smith
Patty Stewart

