

South St. Paul

COMMUNITY EDUCATION (PAGES 7-23)

EARLY LEARNING/ECFE (PAGES 4-6)



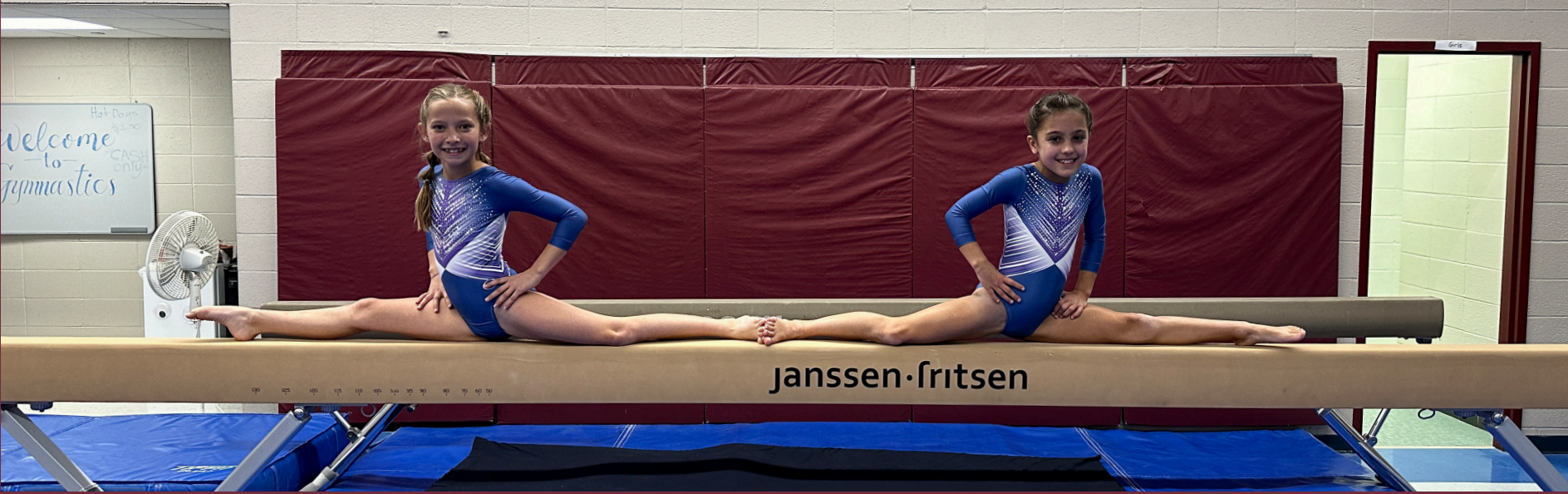
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REGISTER ONLINE OR
IN PERSON

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

ECFE INFORMATION
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SUMMER 2025 PROGRAM CATALOG

Questions? Give us a call or stop in!

COMMUNITY EDUCATION

(651) 306-3632
100 7th Avenue North, SSP

EARLY LEARNING

(651) 457-9418
104 5th Avenue South, SSP

SSP COMMUNITY EDUCATION

South St. Paul Community Education at Central Square Community Center (CSCC) is a place where our community can come together to learn, grow, and socialize! Come, explore, and see what CSCC has to offer!

Central Square Community Center

100 7th Avenue North, South St. Paul

Monday - Friday

5:00 am - 8:00 pm

Saturday

7:30 am - 2:00 pm

(651) 306-3632

<https://communityed.sspps.org>

DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

Jeanne Zehnder

COMMUNITY ED ADMINISTRATIVE ASSISTANT

Amy Trettel

COMMUNITY EDUCATION FACILITATOR

Linda Jacobs-Buse

ADULT EDUCATION COORDINATOR

Tom Umhoefer

SSP EARLY LEARNING

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

Family Education Center

104 5th Ave S, South St Paul

Office open during scheduled class times

All other times visit Central Square

ecfe@sspps.org

<https://earlylearning.sspps.org>

DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

Jeanne Zehnder

EARLY LEARNING COORDINATOR

Kristen Sammartano-Weeks

EARLY LEARNING ADMINISTRATIVE ASSISTANT

Lu Campbell

EARLY LEARNING CULTURAL LIAISON

Tere Castellanos

PARENT EDUCATOR

Eamon Whiteaker-Smith

EARLY CHILDHOOD TEACHER

Cathy Gieselman

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CENTRAL SQUARE COMMUNITY CENTER

PROGRAMMING AND REGISTRATION

All Community Education courses take place at Central Square Community Center unless otherwise noted.



Registration for courses can be done online at <https://tridistrict.ce.eleyo.com/> or at the Central Square front desk.

NOTARY SERVICE

Monday - Friday 7:30 am - 4:00 pm

FREE WI-FI

Wireless Internet access is available.
No password necessary.

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

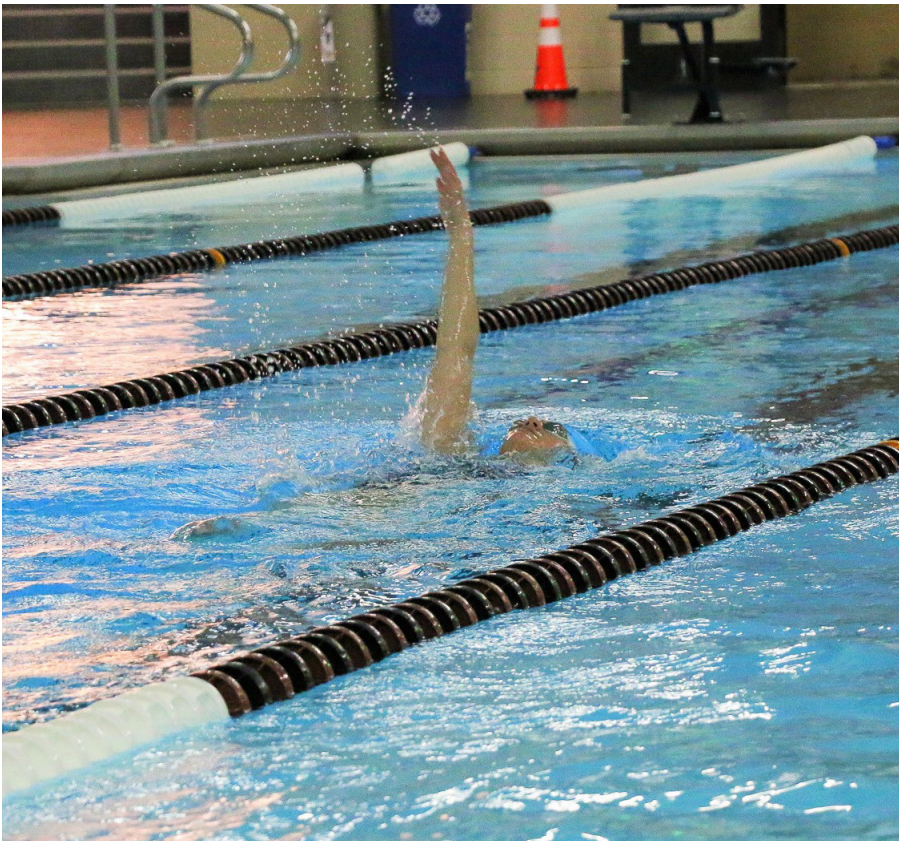
If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

VOLUNTEER OPPORTUNITIES

Adult Education Tutors - call Linda at 651-306-3632 or stop by the front desk for more information.

MEETING ROOMS

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.



FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

South St. Paul Community Education has partnered with Minnesota Central Kitchen, 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. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 1:30 pm while supplies last.

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/set.

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. Fare For All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, contact Central Square or visit fareforall.org.

One Tuesday each month from 4:00 - 6:00 pm:

- May 20
- June 24
- July 29
- August 26

SWIMMING POOL

Central Square features an indoor pool with a diving board, large open swim area, and a portable tot dock for younger children. The pool begins at a depth of 4 feet and has a maximum depth of 12 feet, length is 25 yards.

Punch card valid for 10 daily admissions (valid for use at CSCC pool only)

\$40 adult (19-64) \$15 senior (65+)

Punch card valid for 30 daily admissions (valid for use at CSCC pool only)

\$80 adult (19-64) \$30 senior (65+)

Daily Rate

\$5 adult (19-64) \$2 senior (65+)

Free lap swim for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3:00 pm

Sat from 7:30 am-2:00 pm

SOUTH ST. PAUL EARLY LEARNING

EARLY CHILDHOOD/FAMILY EDUCATION & PRESCHOOL



EARLY LEARNING OFFICE

Family Education Center

104 5th Ave S- Door 1, South St. Paul

Office open during scheduled class times

All other times, visit Central Square

651-457-9418

earlylearning@sspps.org

<https://earlylearning.sspps.org>



Director of Community Ed and Early Learning: Jeanne Zehnder

Early Learning Coordinator: Kristen Sammartano-Weeks

Administrative Assistant: Lu Campbell

Early Learning Cultural Liaison: Tere Castellanos

Parent Educator: Eamon Whiteaker-Smith

Early Learning Instructor: Cathy Gieselman

Early Childhood and Family Education

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

Program Goal

The goal for Early Childhood and Family Education is to strengthen families through education and support with research-based child development information. The foundation of early learning is building close relationships between caregivers and children. Creating a rich learning environment by talking to your child and allowing them to explore is essential to physical and mental growth.

ECFE Is...

- For all families in the South St. Paul School District with children from birth up to kindergarten, other district residents welcome, but SSPPS families will receive registration priority
- A fun, informal place to meet, learn and play with other children and parents
- Creative play and learning activities for all families
- Here to provide the best possible start for children and for you

Immunization Requirement

Minnesota requires all children entering child care, early childhood programs, and elementary or secondary schools (public or private), have up-to-date immunizations on file with the provider.

The school district will follow up on each child enrolled as required by law. You must bring your child's immunization record on or before the first day of class. Any child who does not have up-to-date immunizations on the first day will not be allowed to attend.

Class Cancellation and Refunds

- SSP ECFE wants every parent to have the opportunity to participate
- The program reserves the right to cancel classes or sibling care due to low enrollment; your fee will be refunded and you will be notified
- If you cancel a registration before class begins, a full refund will be made, less a \$10 handling fee
- If enrollment in your class choice is full and we are unable to fit you into another class, a full refund will be made
- No refunds are given after the first class is held
- Fees for cancelled days due to district closing, staff professional days, or emergencies are not refunded

SSPPS School Census

Have you registered your baby, toddler, or preschooler with SSPPS?

Having your child's name on the census helps us keep you informed of:

- Early childhood screenings and important milestones
- Registration information for Preschool and 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, changed your phone number, or had a new baby, you will need to update your census information.

Early Learning Advisory Council

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs: Community Preschool and ECFE. ELAC sponsors family events, community outreach programs, engages with local government, and raises funds that are used to purchase classroom supplies. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email earlylearning@sspps.org.

EARLY LEARNING

SPRING EARLY LEARNING CLASSES

STEM ADVENTURES

This STEM Adventures where curious young minds dive into the world of Science, Technology, Engineering and Mathematics. Through hands-on, age-appropriate activities that encourages exploration of creativity, and problem solving in a fun and engaging way.

Wed, April 9-June 11

12:00-2:00 pm

8250 Winter/Spring 25

Class has started, call 651-457-9418 for prorated price

CONSTRUCTION ADVENTURES

Construction is all about hands-on fun and learning while building! Kids will explore different types of building materials like blocks, large soft bricks, and other fun, safe and colorful building materials. Kids will use their imagination to create houses, towers, and other structures. The fun of learning shapes and sizes and get a sense of what it means to build something from scratch. Interactive activities like stacking, arranging, and fitting pieces together and playful challenges and storytelling.

Mon, May 5-19 *Three sessions*

5:30-7:00 pm

8248 Winter/Spring 25

\$15/child

TINY CHEF: NO-BAKE, NO-COOK CREATIONS FOR KIDS

Tiny Chef is a fun and interactive experience designed for young children to explore their creativity in the kitchen without any need for cooking or baking! Perfect for little- hands curious minds, this activity series focuses on simple, safe and mess-free-kitchen-themed crafts. Easy hands-on projects, and watch their confidence grow as they create their very own kitchen masterpieces without the heat of oven or stove.

Mon, June 2 & 9 *Two sessions*

5:30-7:00 pm

8249 Winter/Spring 25

\$10/child

SUMMER EARLY LEARNING

There are no scheduled ECCE summer drop-in plays for 2025. Scan the QR code to see what courses are currently open or upcoming. Be sure to check our social media sites and the TriDistrict website for any added summer ECCE activities.



EARLY LEARNING

EARLY CHILDHOOD SCREENING

Do you have a 3-year-old? Come and see us! Early Childhood Screenings are free and provide a valuable snapshot of your child's development as you begin to prepare for preschool or kindergarten. Our goal is to meet and get to know every family with young children in our district before they turn 4 years old. You can learn more about how your child is growing and developing, and go home with advice, support, and resources.

WHY IS THIS VISIT IMPORTANT?

- Every child is different. We can help your child build on their strengths to get ready for school learning.
- Children's brains grow the fastest in the first three years of life.
- The sooner we see you, the more we can offer!

HOW IT HELPS YOUR CHILD

- Get their hearing, vision, height, and weight checked.
- Find out more about how they play, talk, and develop.

MAKE YOUR EARLY CHILDHOOD SCREENING APPOINTMENT TODAY BY CALLING 651-306-3641

HELP ME GROW

There are several programs available to help children who are showing delays in understanding concepts, speech and language, motor development, vision or hearing, and social skills. Your child may be eligible for a developmental assessment and services designed to help him/her grow.



HelpMeGrowMN.org

1-866-693-4769

Ages Birth to Three: 651-306-3682

Ages Three to Six: 651-457-9497

LA EVALUACIÓN DEL DESARROLLO DEL NIÑO:

La evaluación se realiza entre los 3 ½ y 4 años de edad, antes de entrar al Kinder. Son gratis y se ofrece una variedad de horarios para las citas.

La evaluación consiste en los siguientes exámenes:

- Oído
- Vista
- Comunicación y lenguaje
- Desarrollo social y emocional
- Habilidad motriz
- Registro de Inmunizaciones

Recibirá información de:

- Desarrollo de su hijo(a)
- Cómo prepararlo para el Kinder
- Recursos para la escuela y para los padres

LLAME O ENVÍE UN CORREO ELECTRÓNICO PARA RESERVAR SU CITA, 651-306-3644

EARLY LEARNING

2025-26 SCHOOL YEAR INFORMATION

South St. Paul offers excellent preschool programs for children ages 3 years to kindergarten enrollment. **Enrollment is open!**

Our teachers strive to promote children’s love of learning and curiosity through an intentionally planned “hands-on” learning environment, designed to foster the development of the whole child. Young children learn best through active involvement, in order to learn about themselves, other people and the world around them.

Our preschool classrooms encourage active exploration, investigation, and play in a variety of learning centers, plus individual, small and large group activities. Children are guided to question, solve problems and express themselves. Teachers respect and understand the uniqueness of each child.



Kaposia Education Center

ALL DAY	9:10 am - 3:25 pm
HALF DAY AM	9:10 am - 11:55 am
HALF DAY PM	12:40 pm - 3:25 pm

Lincoln Center

ALL DAY	8:30 am - 2:45 pm
HALF DAY AM	8:30 am - 11:15 am
HALF DAY PM	12:00 pm - 2:45 pm

4-Year-Old Preschool

South St. Paul Public Schools Community Education offers 4-year-old Preschool for children who will be four by September 1, 2025. This includes both all-day and half-day options at both Lincoln and Kaposia. South St. Paul residents are given registration priority. Preschool may be free for some families depending on eligibility.

3-Year-Old Preschool

Monday, Wednesday, Friday- \$200/month*

For children who will be three years old by September 1, 2025
Monday, Wednesday, Friday half days, \$50 registration fee

**Class offerings and fees are subject to change*

Scholarships

A limited numbers of scholarships are available for 3-year-old Preschool.
For more information call: 651-457-9418.

Children must be fully toilet trained and independent in the bathroom in order to attend preschool.



HORARIOS Y TARIFAS DE PREESCOLAR

South St. Paul ofrece excelentes programas preescolares para niños desde los 2 años y medio hasta la inscripción al jardín de infantes.

Nuestros maestros se esfuerzan por promover el amor por el aprendizaje y la curiosidad de los niños a través de un entorno de aprendizaje “práctico” planificado intencionalmente, diseñado para fomentar el desarrollo del niño en su totalidad. Los niños pequeños aprenden mejor a través de la participación activa, para aprender sobre sí mismos, otras personas y el mundo que los rodea.

Nuestras aulas de preescolar fomentan la exploración activa, la investigación y el juego en una variedad de centros de aprendizaje, además de actividades individuales, en grupos pequeños y grandes. Los niños son guiados a cuestionar, resolver problemas y expresarse. Los maestros respetan y entienden la singularidad de cada niño.

Kaposia Education Center

TODO EL DÍA	9:10 am - 3:25 pm
MAÑANA	9:10 am - 11:55 am
TARDE	12:40 pm - 3:25 pm

Lincoln Center

TODO EL DÍA	8:30 am - 2:45 pm
MAÑANA	8:30 am - 11:15 am
TARDE	12:00 pm - 2:45 pm

Preescolar de 4 años

El Departamento de Educación Comunitaria de las Escuelas Públicas de South St. Paul ofrece preescolar para niños de 4 años que cumplirán cuatro años antes del 1 de septiembre de 2025. Esto incluye opciones de jornada completa y media jornada en Lincoln y Kaposia. Los residentes de South St. Paul tienen prioridad de inscripción. El preescolar puede ser gratuito para algunas familias, según sus requisitos.

Preescolar de 3 años

Lunes, Miércoles, Viernes - \$200/mes*

Para niños que cumplirán tres años antes del 1 de septiembre de 2025
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$50

**Class offerings and fees are subject to change*

Becas

Hay un número limitado de becas disponibles.
Para más información llame al: 651-306-3644

Los niños deben saber ir al baño por completo y ser independientes en el baño para poder asistir al preescolar.



YOUTH ENRICHMENT

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.

Tue, Jun 24 - Aug 5 *(No class July 8)*
8:30-9:00 am
4000-S25D
\$54

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.

Tue, Jun 24 - Aug 5 *(No class July 8)*
9:00-9:45 am
4001-S25D
\$62

Wed, June 25-Aug 6 *(No class July 9)*
3:15-4:00 pm
4001-S25E
\$62

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.

Mon, June 23-Aug 18
(No class July 7)
9:00-10:00 am
4013-S25C
\$82

Tue, June 17-Aug 19
(No class July 8)
4:15-5:15 pm
4013-S25D
\$92

Wed, June 25-Aug 20
(No class July 9)
9:00-10:00 am
4013-S25E
\$82

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.

Wed, June 25-Aug 20 *(No class July 9)*
12:00-2:00 pm
4014-S25B
\$164

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, Jun 24 - Aug 5 *(No class July 8)*
5:15-6:15 pm
4002-S25G
\$62

Tue, Jun 24 - Aug 5 *(No class July 8)*
6:00-7:00 pm
4002-S25H
\$62

Wed, June 25-Aug 6 *(No class July 9)*
4:00-5:00 pm
4002-S25I
\$92

Wed, June 25-Aug 6 *(No class July 9)*
5:00-6:00 pm
4002-S25J
\$92

Thu, June 26-Aug 7 *(No class July 10)*
11:00-11:50 am
4002-S25K
\$62

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, Jun 24 - Aug 5 *(No class July 8)*
6:00-7:00 pm
4009-S25C
\$62

Wed, June 25-Aug 6 *(No class July 9)*
6:00-7:00 pm
4009-S25D
\$62

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.

Tue, Jun 24 - Aug 5 *(No class July 8)*
7:00-8:00 pm
4003-S25C
\$62

Wed, June 25-Aug 6 *(No class July 9)*
7:00-8:00 pm
4003-S25D
\$62

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/Thu, June 24-Aug 7 *(No class July 8, 10)*
2:30-3:45 pm
4004-S25B
\$123





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 skills in a safe setting. Parents must accompany children ages 7 and younger.

Sat, June 14
10:00-11:00 am
\$10/gymnast

Sat, June 21
10:00-11:00 am
\$10/gymnast

Sat, July 19
10:00-11:00 am
\$10/gymnast

Sat, Aug 2
10:00-11:00 am
\$10/gymnast

Mini Camp

Participants will get an opportunity to explore the gym and discover the sport of gymnastics in a fun and encouraging environment over one Mini Camp. They will learn about floor, bars, beam, and vault. Participants will practice teamwork, endurance, and problem solving skills through group games and activities. No prior gymnastics experience is required. Please send a snack and a water bottle with your child.

Fri, June 13
8:00 am-3:00 pm
4030-S25A
\$70

Full Day Camp (Ages 5-14)

Come and explore the gym and discover the sport of gymnastics in a full day camp. Participants will learn about floor, bars, beam, vault and practice some of the basic elements of gymnastics such as leaps, jumps, and turns. No prior gymnastics experience is required. Please send two snacks, lunch, and water bottle with your child each day.

Mon-Wed, June 16-18
9:00 am-5:00 pm
4008-S25A
\$195

Mon-Thu, Aug 25-28
8:00 am-5:00 pm
4008-S25B
\$260

Private Lessons

Private lessons offer your child an opportunity to work on specific skills 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.

Email kaiatautges@gmail.com to schedule. 1-hour \$65

Uneven Bar Clinic

This Uneven Bar Clinic is a great way for gymnasts to grow their skills. We will provide an hour of instruction similar to regular classes, but we will have an emphasis on bars. We will review the basics: front support, casting, roll-downs, pullovers and basic swings. We will also review shapes such as hollow and arch, plank, tuck holds, pike holds, and shoulder shrugs. Every gymnast will be challenged to the level they are at. This clinic is open to Intermediate, Advanced, Flips, Pre-Team and Team.

Sat, July 19
9:00-10:00 am
4025-S25A
\$15

Floor Clinic

Participants will get an opportunity to explore the gym and discover the sport of gymnastics in a fun and encouraging environment over one Mini Camp. They will learn about floor, bars, beam, and vault. Participants will practice teamwork, endurance, and problem solving skills through group games and activities. No prior gymnastics experience is required. Please send a snack and a water bottle with your child.

Sat, Aug 2
9:00 am-10:00 am
4038-S25A
\$15

SSP Gymnastics- Competition Teams

Central Square is home to SSP Gymnastics Supernovas, Eclipse, and Cosmo competition teams. The teams compete under the Midwest Amateur Gymnastics Association (MAGA). Tryouts take place at the end of the summer. Once teams are placed, gymnasts will practice with their team 2-3 times per week, year round for a monthly fee. The competition season lasts from December through February with 5-6 competitions through out the season and if the team qualifies, the regional championship at the end of February.

For more information on Teams as well as the 2025-26 team placement tryouts, email kaiatautges@gmail.com.



SUPERNOVAS



ECLIPSE



COSMOS

YOUTH ENRICHMENT

ACT PREP

ACT Prep Class

This 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 the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit www.advantageprep.net.



Sat, Aug 2 - Aug 23
9:00 am-12:00 pm
4301-S25#932
\$180, Virtual



YOUTH ENRICHMENT

IMAGINE, AND DESIGN

Fun with Fondant (Grades 5-8)

Come have fun experiencing the beauty of fondant decorations. Each student will take home an 8" cake that they will frost with buttercream and decorate using flowers and cut outs from Fondant. \$12 supply cost has been added into the total. Instructor: Diana Hirte.

Wed, July 30
10:00-11:00 am
4450-S25
\$45, SSP High School

Summer Cupcake Fun (ages 12 and up)

Each student will make 12 summer themed cupcakes to take home. We will make campfires, ice cream sundaes, sunflowers and more. \$12 supply cost has been added into the total. Instructor: Diana Hirte.

Tue, Aug 19
10:00 am-12:00 pm
4451-S25
\$45, SSP High School

Intro to Sewing Class (Grades 3-8)

In this camp students will be learning the basic knowledge about sewing and we will create projects from scratch. We will be using hands and sewing machine techniques. All material included. Instructor: Nena Rivas.

Fri, Aug 22
9:00 am-12:00 pm
4454-S25
\$95



YOUTH ENRICHMENT

HEALTH AND SAFETY

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.

Fri, June 27
8:00-11:30 am
4202-S25
\$80

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.

Fri, June 27
12:00-2:15 pm
4204-S25
\$50

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, Aug 15
9:00-11:30 am
4205-S25
\$45



YOUTH ENRICHMENT

NINJA WARRIOR

Ninja classes take place at Conquer Ninja, 707 Commerce St, Woodbury

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.

Wed, June 11-July 2 4:00-5:00 pm 4994-S25A \$108	Wed, June 11-July 2 5:00-6:00 pm 4994-S25B \$108
Wed, July 9-Aug 27 4:00-5:00 pm 4994-S25C \$215	Wed, July 9-Aug 27 5:00-6:00 pm 4994-S25D \$215

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! Not only is Ninja one of the fastest growing sports, but it is also 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. The Conquer Rec Team is designed for youth of all experience levels and practices on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders, and more. This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8).

Fri, July 11-Aug 29 5:00-6:00 pm 4995-S25A \$225, 6-13 years old	Sat, July 12-Aug 30 9:00-10:00 am 4995-S25B \$225, 6-13 years old
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Ninja Summer Camps (6-13 years)

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances.

All camps run for four days from 9:00-11:00 am, \$175/each camp

Mon-Thu, June 9-12 4996-S25A	Mon-Thu, July 14-17 4996-S25E	Mon-Thu, Aug 11-14 4996-S25I
Mon-Thu, June 16-19 4996-S25B	Mon-Thu, July 21-24 4996-S25F	Mon-Thu, Aug 18-21 4996-S25J
Mon-Thu, June 23-26 4996-S25C	Mon-Thu, July 28-31 4996-S25G	Mon-Thu, Aug 25-28 4996-S25K
Mon-Thu, July 7-10 4996-S25D	Mon-Thu, Aug 4-7 4996-S25H	

YOUTH ENRICHMENT

SPORTS AND RECREATION

SSP Swim Club (ages 8-15)

Are you looking for a local opportunity to refine your strokes and build endurance for swim team? Want some game time in the water with other swimmers? Summer Swim Club at Central Square is just the place to keep up your swimming muscles and enjoy the water. Workouts will include water safety skills, building fitness as a swimmer and fundamentals of using the diving board. Skill requirement: Must be able to swim 25 yards front crawl and 25 yards backstroke.

Come prepared with a one-piece swimsuit, goggles, water bottle, towel and snack. Eat a hearty breakfast!Questions? Contact Monica at mschlemmer@sspps.org

Mon & Wed, Jun 16 - Aug 20, plus Fri Aug 15

(No Class Jun 23, 25, Jul 7, 9, 21, 23, Aug 11)

8:30 - 9:30 AM

Soccer Camp/MLS Go

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. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12 Mon-Wed, June 16-18 9:00 am - 12:00 pm 4900-S25 6-12 YO \$105	AGES 2-5 Mon-Thu, June 23-26 4:45-5:30 pm 4900-S25 Tykes \$69
MLS GO Mini League Mon-Wed, Aug 4-7 1:00-4:00 pm 4900-S25 6-12 MLS \$159	Mon-Thu, Aug 4-7 4:45-5:30 pm 4900-S25B Tykes \$69

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. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12 Mon-Wed, June 16-18 1:00-4:00 pm 4907-S25 6-12 YO \$105	AGES 2-5 Mon-Wed, June 16-18 4:45-5:30 pm 4907-S25 Tykes \$59
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Track & Field Camp (6-12 years)

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. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

Mon-Thu, June 23-26
9:00 am-12:00 pm
4908-S25
\$129

Jr. NBA Basketball Mini League/Basketball

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. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 9-12

Mon-Thu, June 30-July 3
9:00 am-12:00 pm
4904-S25 9-12 YO
\$159

AGES 2-4

Mon-Thu, June 30-July 3
4:45-5:30 pm
4904-S25 Tykes
\$69

AGES 5-8

Mon-Thu, June 30-July 3
1:00-4:00 pm
4904-S25 5-8 YO
\$159

AGES 6-12

Mon-Thu, Aug 4-7
9:00 am-12:00 pm
4904-S25B 6-12 YO
\$129

Multi-Sports Camp

DASH Sports Ultimate Sports Games Camps provide participants with a fun experience learning and playing your favorite sports games! Games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer, and more! Participants will learn teamwork, and values such as Respect, Hustle, & Pride, all in a fun environment while increasing athleticism and learning teamwork and gameplay. Campers should bring a water bottle, and athletic clothing/shoes. All other equipment is provided. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12

Mon-Thu, June 23-26
1:00-4:00 pm
4901-S25 6-12YO
\$129

AGES 6-12

Mon-Thu, Aug 11-14
9:00 am-4:00 pm
4901-S25B 6-12YO
\$239

AGES 2-5

Mon-Thu, Aug 11-14
4:45-5:30 pm
4901-S25 Tykes
\$69



Volleyball

DASH Sports Summer Volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced throughout the week. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game! The final day of camp ends with scrimmages and games for players to showcase their skills. Athletes should bring a water bottle and snack (knee pads optional). Balls are provided. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12

Mon-Thu, July 14-17
9:00 am-12:00 pm
4989-S25 6-12YO
\$129

Golf Squad

Golf Squad is an afterschool enrichment program that brings Golf Professionals from your local area to your school campus to give a golf lesson to the students. Golf Squad Professionals focus on teaching the fundamentals of the game of golf as well as valuable life lessons that help the students develop. Some fundamentals of the game that the students will learn include putting, chipping, full swing irons, full swing woods. They will also learn relationship building, proper etiquette, and rules of the game. The students will receive a book and a hat and the instructor will provide all equipment necessary. Students may bring their own golf clubs if they would like. Instructor: Golf Squad. Takes place at Lincoln Center 357 9th Ave N, SSP.

GRADES K-5

Mon-Thu, July 14-17
1:00-2:30 pm
4990-S25
\$150

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. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12

Mon-Thu, July 14-17
1:00-4:00 pm
4902-S25 6-12 YO
\$129

AGES 2-5

Mon-Thu, July 14-17
4:45-5:30 pm
4902-S25 Tykes
\$69

School of Fish

The ZEBCO School of Fish is a 2 1/2-hour kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and fishing Fishing the Midwest TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup.

Kids get:

- ZEBCO Rod & Reel
- School of Fish Hat or T-shirt
- Tackle box and tackle
- School of Fish full color workbook
- One adult is invited to attend with a child at no additional charge, provided they share one equipment packet.

Visit www.fishingthemidwest.com and hover/click the School of Fish icon at the top to learn more!

Fri, July 18
12:00-2:30 pm
7942-S25

Free to SSP Students on behalf of the SSP Education Foundation
\$60 Non-SSP Resident

Pickleball Camp

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. DASH Sports Summer Pickleball camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and game play. Key elements of serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with games on the final day. Participants should wear sunscreen and bring a water bottle and snack. Campers also should bring a pickleball paddle (if you don't have one, we will provide paddles). Balls and all other equipment are provided. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12
Mon-Thu, July 21-24
9:00 am-12:00 pm
4988-S25 6-12 YO
\$129



SNAG Golf Camp

DASH Sports SNAG Golf Summer camps provide participants instruction on golf fundamentals using the Starting New At Golf (SNAG) program. Putting, chipping, pitching, and driving the ball work with this adapted equipment developed with a youngster's height and small hands in mind, creating a fun learning and playing experience. Participants should wear sunscreen and bring water and a snack. All equipment is provided. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 5-9
Mon-Thu, July 21-24
1:00-4:00 pm
4987-S25 5-9YO
\$129

AGES 2-5
Mon-Thu, July 21-24
4:45-5:30 pm
4987-S25 Tykes
\$69

Lacrosse Camp

DASH Sports Summer Lacrosse camps provide participants a no-contact introductory experience to the game. Athletes will learn basic lacrosse fundamentals including stick handling, cradling, passing, and shooting all in a fun, non-checking environment. This is a non-contact camp, helmets, gloves, and mouthguards are not required, but can be brought with and worn. Sticks and safety lacrosse balls are provided. Participants should wear sunscreen and bring a water bottle and snack. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12
Mon-Thu, July 28-31
9:00 am-12:00 pm
4986-S25 6-12 YO
\$129

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. Instructor: DASH Sports. Takes place at Lincoln Center 357 9th Ave N, SSP.

AGES 6-12
Mon-Thu, July 28-31
1:00-4:00 pm
4906-S25 6-12 YP
\$129

AGES 2-5
Mon-Thu, July 28-31
4:45-5:30 pm
4906-S25 Tykes
\$69



SUMMER LEARNING

AT SOUTH ST. PAUL SCHOOLS

South St. Paul Public Schools has summer learning opportunities for all ages. Whether your student is going into a new school or you want to keep their brain stimulated during the summer months, there's a learning opportunity for your student. Click on the program below for the grade your student will be in during the 2025-26 school year. Visit www.sspps.org/enroll/summer to register.



KIDS' CHOICE

SCHOOL-AGE CARE

Now registering for the 2025-26 school year!

The South St. Paul Kids' Choice School-Age Care Program is a place where we create a safe atmosphere for youth to develop into self-confident, culturally enriched, compassionate leaders who embrace life-long learning and desire to make a positive change in the world. Kids' Choice operates during the school year at each of the elementary schools and switches between Lincoln Center and Kaposia Education Center during the summer (wherever summer programming is taking place). We offer programming before and after school, on non-school days and during the summer for youth in grades K-6. At Kids' Choice, students have a voice and we give them skills to become great leaders!

Register at: <https://tridistrict.ce.eleyo.com/>
Non-refundable registration fee of \$50 per child.



Kaposia Education Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:50 am	5 days	\$14 / day
Before School - Part-Time	6:30-8:50 am	1-4 days	\$17 / day
After School - Full-time	6:30-8:50 am	5 days	\$15 / day
After School - Part-time	3:35-6:00 pm	1-4 days	\$18 / day
Non-School Day Before Deadline	3:35-6:00 pm	--	\$44 / day
Non-School Day After Deadline	3:35-6:00 pm	--	\$48 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$22 / day
After School Drop-In	6:30 am-5:30 pm	--	\$24 / day

Lincoln Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:20 am	5 days	\$12 / day
Before School - Part-Time	6:30-8:20 am	1-4 days	\$14 / day
After School - Full-time	6:30 - 8:20 am	5 days	\$17 / day
After School - Part-time	3:00-6:00 pm	1-4 days	\$21 / day
Non-School Day Before Deadline	3:00-6:00 pm	--	\$44 / day
Non-School Day After Deadline	3:00-6:00 pm	--	\$48 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$20 / day
After School Drop-In	6:30 am-5:30 pm	--	\$26 / day

- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including covid related), or vacations.
- Fees are subject to change.

Elementary Summer Learning Academy

For students going into grades 1-5 in the fall of 2025.

Keep your kids engaged during break with hands-on learning, STEM projects, and of course summer fun! Students outside of a 1-mile radius of Lincoln are eligible for transportation. All students receive breakfast and lunch for free.

Monday-Thursday, June 23 - July 24

No class June 30-July 3

8:45 am - 12:45 pm

Free, at Lincoln Center Elementary

Packer Preview

For students going into grade 6 in the fall of 2025.

It will help your student ease some anxiety of the move to a new school, meet new friends, learn how to open lockers, start to learn the school layout and get an understanding of how different 6th grade is compared to elementary scheduling (multiple teachers, movement, etc.) plus have some fun! Transportation is provided for students who fall within the busing boundaries during the school year. All students receive breakfast and lunch for free.

Monday-Thursday

Session 1: June 23-26

Session 2: July 7-10

8:00 am - 12:00 pm

Free, at South St. Paul Secondary

Middle School Summer Learning Academy

For students going into grades 7-8 in the fall of 2025.

Keep your middle schooler engaged during break with hands-on learning and STEM projects. Students outside of a 1-mile radius of Lincoln are eligible for transportation. All students receive breakfast and lunch for free.

Monday-Thursday, July 7-24

8:00 am - 12:00 pm

Free, at South St. Paul Secondary

Kids' Choice Summer

For students going into grades K-6 in the fall of 2025.

2025 Summer Kids' Choice will take place at Lincoln Center for all registered students in the district. Full and half day options available as well as drop-in days. Students attending Elementary Summer Learning Academy can attend Kids' Choice before and after summer learning. Kids' Choice staff will bring students to and from class.

Learn more and register at:

<https://communityed.sspps.org/programs/kids-choice>

Or scan the QR code



FAMILY ENRICHMENT

RECREATION FOR ALL AGES

Ninja classes take place at Conquer Ninja, 707 Commerce St, Woodbury

Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sat, June 7-28 9:00-10:00 am 7949-S25A \$139 for parent and child add \$50 for a second child	Sat, July 5-Aug 23 9:00-10:00 am 7949-S25A \$275 for parent and child add \$100 for a second child
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Parents Day Out

No school - no problem! Drop off your kids at Conquer Ninja for 2 hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! During this 2-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active!

Fri, June 6 1:00-3:00 pm 7950-S25A \$40	Fri, July 11 1:00-3:00 pm 7950-S25B \$40	Fri, Aug 15 1:00-3:00 pm 7950-S25C \$40
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Fishing in Your Neighborhood: Family Fishing Clinic

Join the MN DNR's Fishing in the Neighborhood (FiN) program for a fun, family-friendly evening of fishing! Designed for ages 5 and up, each youth must be accompanied by an adult. No experience or equipment is needed—we've got you covered! Rain or shine, come dressed for the weather and enjoy a great outdoor adventure close to home. Rogers Lake fishing pier (<https://maps.app.goo.gl/TcretSCMp8GUQ5t27>)

Thu, July 31
5:00-7:00 pm
7940-S25
FREE, Rogers Lake Fishing Pier



ADULT EDUCATION

FREE CLASSES FOR ADULTS

English Language Levels- 6

Learners are placed in the appropriate class level according to their goals and skill levels. In each class, teachers offer students a variety of learning activities and experiences to enhance their literacy, writing, speaking, and listening skills based on life skills, civics, and work related content.

English Language Online-Conversation Class

Classes are leveled and meet twice a week. Students participate in large and small group conversations, work on their pronunciation, and gain confidence.

Citizenship

This free class helps non-native speakers prepare for the citizenship process. Areas include: developing English language skills, civic content knowledge, learning about the N-400 form, and the citizenship interview.

High School Equivalency Degree (HSE)

Adult learners are prepared for next steps based upon their goals when entering the program. Learners are tested to determine levels of readiness and are guided towards their goals which may include, but are not limited to, obtaining a HSE credential, entering college and training programs, securing a job and career advancement. Learners work closely with their teacher to complete the necessary steps to achieve their goal.

High School Equivalency Degree (HSE) Online

For students needing flexible study schedule options, this online class allows student to use free digital course materials to prepare for any one of the four HSE tests - language arts, mathematical reasoning, social studies, and science. Individuals are first tested to determine levels of testing readiness and attend an initial in-person orientation to determine goals, materials and to create an individual learning plan. Students study remotely and connect regularly with a teacher via in-person office hours, appointments or virtual conferencing.

TEAS (Tests of Essential Academic Skills) Preparation

We offer in-person and online class options to provide pre-nursing students, dually enrolled at Inver Hills Community College, with the skill-building opportunities necessary to master TEAS tests. Students have access to targeted learning materials to build skills in the areas of physiology, as well as testing strategies and practice.

IHCC Developmental Math Partnership

In collaboration with Inver Hills Community College (IHCC), we offer a pre-Algebra math course designed for students new to the college experience and/or needing additional support to master basic mathematical concepts. This class is co-taught by an Inver Hills instructor and an SSABE instructor. Our ABE instructor works closely with the IHCC instructor, and largely one-on-one with students to help students master the required concepts and skills. Students are tested at the start of the course to determine individual areas of strength and where additional support is needed. They are re-tested at the conclusion of the course to determine progress.

Family Learning in Partnership with ECFE

Family Learning is an educational program for parents and their children 2 1/2 to 5 years old. Family learning includes:

- **Adult Education:** build your skills in reading, math and writing; improve your English speaking and writing skills
- **Parent Education:** hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents
- **Children 2 1/2 to 5 years old:** explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities
- **Sibling care** is available on a limited basis

For more information call: 651-457-9418

55+ ENRICHMENT

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.

Learn more about the SSP Senior Center on the website at:
<https://communityed.sspps.org/programs/55-programming>

Become a Member

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+). Senior Board meetings take place at 9:30 am the second Wednesday of the month: May 14, June 11, Aug 13 (no July meeting).

You do not have to be a member to participate in all events.

Out and About Lunches

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. Lunches take place at 11:00 am.

May 14	Portillo's
June 11	Lone Oak Grill
July 9	Moose Lodge
August 13	Applebee's

Senior Socials

Free, but monetary donations are appreciated.
From 11:30 am - 1:00 pm

May 22	Tea Party
June 26	Banana Splits
July 24	Summer Cookout
August 14	National Sub Sandwich Day

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 begins at 12:00 pm.

May 1
June 12
July 3
August 28

Book Club

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. Bring a lunch or something to share. Pick up the book the last week of the previous month at the front desk.

Second Monday of the month from 12:30-2:30 pm

May 12: *The Beekeeper's Apprentice* by Laurie King
The book follows Mary Russell as she becomes Sherlock Holmes's apprentice in 1915. Together, they investigate kidnappings and assassination attempts, facing a deadly adversary in this historical mystery.

June 9: *The Minnesota Stories* of Sinclair Lewis
A collection of short fiction depicting Midwestern life with sharp social insight, humor, and critique of small-town values.

July 14: *Little Wolves* by Thomas Maltman
A story of a pastor's wife and a grieving father in rural Minnesota as they uncover dark secrets after a tragic shooting, blending mystery, folklore, and redemption.

Aug 11: *The Thursdays Murder Club* by Richard Osman
Four retirees investigate a real murder in their quiet village, using wit and charm in this clever and humorous mystery.

WEEKLY ACTIVITIES

Walk the Square

Come walk the Square – we're not big, but we are temperature controlled.
Monday - Friday (daily) 7:30 am - 3:30 pm

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 (daily) 8:30 - 11:00 am

Cribbage

The classic card/board game.
Mondays 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.
Mondays 1:00 - 2:30 pm

Woodcarvers

Woodcarvers Group at Central Square 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 9:00 - 11:00 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, pick up a pointer or two, and maybe even start a new hobby.
Tuesdays 1:00 - 3:00 pm

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.
Beginners 500- Wednesdays and Fridays 10:00-11:00 am
Wednesdays and Fridays 11:30 am - 2:00 pm

Hand & Foot Card Games

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 1:00 - 3:00 pm

Happy Feet

Happy Feet is scheduled the second Tuesday of the month from 9:00 am-4:00 pm. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. \$45 per session. Call to make an appointment: 763-346-3390: May 13, June 10, July 8, Aug 12.

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 catered by The Coop.

Wed, May 7
11:00 am-1:00 pm
\$20



55+ ENRICHMENT

TRIPS AND TOURS

If you would like to board the bus at Central Square, be sure to register for the SSP location. Arrive 15 min before scheduled departure for check-in. \$10 service fee will be charged for cancellations. No refunds issued after the trip registration deadline. Spots are only held with payment. Mailed registrations may not be guaranteed, call to check availability before mailing in registration.

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. Register by Fri, May 16.

Tues, June 24

Bus departs Central Square at 8:45 am

1631-SSP-S25

\$96/person, Includes transportation, lunch, and tour

Lumiere Circus Juventas

Arrive at Buca di Beppo in St. Paul for lunch - Pranzo Lunch Menu: Mixed Green Salad and Caesar Salad, Fresh-Baked House Bread, Spaghetti Marinara & Fettuccine Alfredo, Chicken Parmigian, Coffee, Tea, Soft Drink.

"Lumiere!" this is a 75-minute afternoon performance.

Circus Juventas is a youth performing arts circus school, serving youth throughout the Minneapolis–Saint Paul metropolitan area. The organization was founded in 1994 by Dan and Betty Butler, and offers circus arts training to young people ranging from 3 to 21 years old. Register by June 27

Wed, July 30

Bus departs Central Square at 10:30 am

1669-SSP-S25

\$95/person, Includes transportation, lunch, and show

Norwegian Sites in the Twin Cities

Set out on a riding tour with a tour guide, to discover the works of Norwegian entrepreneurs, architects, athletes and educators in the Twin Cities. Pass statues and impressive structures created by famous sculptors and architects. The tour will weave in other significant contributions by those whose roots reach back to Norway, including the Anderson Library, colleges, medical breakthroughs and prominent statesmen.

Go inside the Norwegian Lutheran Memorial Church "Minderkirken" - one of the last Norwegian speaking church congregations in the U.S. The Pastor will talk about the church's significance in the celebration of the first Norwegians to sail to America and the 2025 Bicentennial Celebration.

Walk next door to Norway House for coffee and a light lunch (included) at The Kaffebar Café. The Norway House is dedicated to connecting contemporary Norway and the United States through education and partnership. Visit the small museum, the gift area and the exhibits throughout the building. Register by Aug 22.

Thurs, Sept 25

Bus departs Central Square at 9:15 am

1671-SSP-F25

\$91/person, Includes transportation, lunch, and tours

Fall Migration Tour

THIS TOUR HAS A LOT OF WALKING

L.A.R.K. Toys in Kellogg, MN for self-serve coffee and muffin (included). Look around the toy store with specialty items and books.

Each year migration patterns change depending on food sources and weather conditions. Jim will make adjustments to the route in order to view species of waterfowl, raptors and shorebirds moving from their northern summer nesting areas to warmer southern wintering grounds. Spectacular tundra swans, majestic eagles, ducks and geese use this migration corridor. Stops along the route may extend into the La Crosse area. Bring your binoculars.

Lunch at the Blue Moon Restaurant in Onalaska, WI Sample Menu: Soup & Sandwich Special - A Cup of Soup and Club Sandwich - Thinly sliced Turkey, Ham and Bacon with Lettuce, Tomato, Onion and Mayonnaise on Sourdough Bread, Homemade Potato Chips, Beverage, Cookie.

Onalaska Upper Mississippi River National Fish & Wildlife Refuge Visitor Center. There is information about the seasonal sights and sounds on the refuge. View some interactive exhibits about the diverse wildlife and habitats. The River Walk exhibit allows you to "walk on water" and see what lies below the surface of the river. Another activity is to walk to the nearby Lake Onalaska Overlook. Register by September 26.

Thurs, Oct 30

Bus departs Central Square at 7:45 am

1660-SSP-F25

\$108/person, Includes transportation, tours, and lunch





55+ ENRICHMENT

SENIOR PROGRAMMING

Everything You Want to Know About Medicare

Are you finding no matter how well you watch what you eat or how much you exercise, weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain. Instructor: Janice Novak

Wed, May 21 6:30-8:00 pm 7146-S25A FREE	Wed, June 18 6:30-8:00 pm 7146-S25B FREE	Wed, July 16 6:30-8:00 pm 7146-S25C FREE
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Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance course that is open to the public. A MN Highway Safety & Research Center 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!

Participants will only be required to take a 4-hour course to receive the discount initially with their auto insurance partners. Moving forward there will not be a difference between initial and refresher classes and our courses will be known as the 55+ Driver Discount Program where any participant can take any 4-hour course, regardless of where they are in the journey.

Persons 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. 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. Pre-Registration is required.

May 15
June 26
Sept 18
Oct 16
Nov 20

9:00 am-1:00 pm
\$24

55+ ENRICHMENT

SENIOR FITNESS

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 related activity once 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 Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance. For example: Yoga Fusion, Aqua Interval, Silver & Fit Explore, etc. Or one free lap swim per day.

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes.

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, May 2-June 27 <i>(No class May 26)</i> 9:30-10:15 am 9803-S25A \$62 adult, \$22.50 senior	Fri, July 18-Aug 29 9:30-10:15 am 9803-S25B \$49 adult, \$20 senior
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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, May 6-June 24 9:30-10:15 am 9801-S25B \$55 adult, \$20 seniors	Tue, July 1-Aug 26 <i>(no class July 8)</i> 9:30-10:15 am 9801-S25C \$55 adult, \$20 seniors
Thu, May 1-June 26 9:30-10:15 am 9801-S25A \$55 adult, \$20 seniors	Thu, July 3-Aug 28 <i>(no class July 10)</i> 9:30-10:15 am 9801-S25D \$55 adult, \$20 seniors

Senior Circuit

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults. Instructor: Terie Hanson.

Mon, May 5-June 30 <i>(No class May 26)</i> 6:15-7:15 am 9802-S25C \$55 adult, \$20 seniors	Mon, July 14-Aug 25 6:15-7:15 am 9802-S25D \$49 adult, \$20 seniors
Wed, May 7-June 25 6:15-7:15 am 9802-S25A \$55 adult, \$20 seniors	Wed, July 2-Aug 27 <i>(no class July 9)</i> 6:15-7:15 am 9802-S25E \$55 adult, \$20 seniors
Thu, May 1-June 26 <i>(no class June 19)</i> 6:15-7:15 am 9802-S25B \$55 adult, \$20 seniors	Thu, July 3-Aug 28 <i>(no class July 10)</i> 6:15-7:15 am 9802-S25F \$55 adult, \$20 seniors



ADULT ENRICHMENT

GET FIT AT CENTRAL SQUARE

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes.

Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the #1 fitness programs in the world. We have been providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class. Instructor: Julia Jugovich. To register go to JAZZERCISE.COM and look for Central Square. Does not have drop-in class pricing.

Mon and Tues, 4:30-5:30 pm
Sat, 9:00-10:00 am
Class fee is \$59/month for unlimited Jazzercise classes

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, May 5-June 30 <i>(No class May 26)</i> 5:30-6:30 pm 9918-S25A \$55 adult, \$20 senior	Mon, July 14-Aug 25 5:30-6:30 pm 9918-S25B \$49 adult, \$20 senior
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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, May 5-June 30 <i>(No class May 26)</i> 6:30-7:30 pm 9902-S25A \$55 adult, \$20 senior	Mon, July 14-Aug 25 6:30-7:30 pm 9902-S25B \$49 adult, \$20 senior
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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, May 6-June 24 10:30-11:15 am 9800-S25A \$55 adult, \$20 senior	Tue, July 1-Aug 26 <i>(no class July 8)</i> 10:30-11:15 am 9800-S25D \$55 adult, \$20 senior
Thu, May 1-June 26 <i>(no class June 19)</i> 10:30-11:15 am 9800-S25C \$55 adult, \$20 senior	Thu, July 3-Aug 28 <i>(no class July 10)</i> 10:30-11:15 am 9800-S25F \$55 adult, \$20 senior
Fri, May 2-June 27 10:30-11:15 am 9800-S25B \$62 adult, \$22.50 seniors	Fri, July 18-Aug 29 10:30-11:15 am 9800-S25E \$49 adult, \$20 senior



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, May 6-June 24 5:15-6:15 am 9909-S25A \$55 adult, \$20 seniors	Tue, July 1-Aug 26 <i>(no class July 8)</i> 5:15-6:15 am 9909-S25E \$55 adult, \$20 seniors
Wed, May 7-June 25 4:30-5:30 pm 9909-S25B \$55 adult, \$20 seniors	Wed, July 2-Aug 27 <i>(no class July 9)</i> 4:30-5:30 pm 9909-S25F \$62 adult, \$20 seniors
Thu, May 1-June 26 <i>(no class June 19)</i> 5:15-6:15 am 9909-S25C \$55 adult, \$20 seniors	Thu, July 3-Aug 28 <i>(no class July 10)</i> 5:15-6:15 am 9909-S25G \$55 adult, \$20 seniors
Fri, May 2-June 27 6:00-7:00 am 9909-S25D \$62 adult, \$20 seniors	Fri, July 18-Aug 29 6:00-7:00 am 9909-S25H \$49 adult, \$20 senior

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, May 6-June 24 5:30-6:30 pm 9915-S25A \$55 adult, \$20 seniors	Tue, July 1-Aug 26 <i>(no class July 8)</i> 5:30-6:30 pm 9915-S25B \$55 adult, \$20 seniors
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Mat Pilates

This class uses both body weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class. Instructor: Jina Digaetano.

Tue, May 6-June 24 6:30-7:30 pm 9916-S25A \$55 adult, \$20 senior	Tue, July 1-Aug 26 <i>(no class July 8)</i> 6:30-7:30 pm 9916-S25B \$62 adult, \$22.50 seniors
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Aqua Interval

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.

Wed, May 7-June 25 6:00-7:00 pm 9901-S25A \$55 adult, \$20 senior	Wed, July 2-Aug 27 <i>(no class July 9)</i> 6:00-7:00 pm 9901-S25B \$62 adult, \$22.50 seniors
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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, May 1-June 26 <i>(no class June 19)</i> 5:30-6:30 pm 9908-S25A \$55 adult, \$20 senior	Thu, July 3-Aug 28 <i>(no class July 10)</i> 5:30-6:30 pm 9908-S25B \$55 adult, \$20 seniors
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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, May 1-June 26 *(no class June 19)*
6:30-7:30 pm
9911-S25A
\$55 adult, \$20 seniors

Thu, July 3-Aug 28 *(no class July 10)*
6:30-7:30 pm
9911-S25B
\$55 adult, \$20 seniors

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, May 3-June 21
8:00-9:00 am
9906-S25A
\$55 adult, \$20 seniors

Sat, July 19-Aug 30
8:00-9:00 am
9906-S25B
\$49 adult, \$20 senior

Pound®

Pound® is designed for all fitness levels and very easy to modify, Pound® Rockout Workout is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Using Ripstix® lightly weighted drumsticks engineered specifically for exercise, this workout transforms drumming into an incredibly effective way of working out. The workout sessions use each song to achieve interval peaks and fat burning sequences. This workout provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out. Please bring a water bottle and yoga mat. Instructor: Erin Donnelly.

Sat, May 3-June 21
11:00 am-12:00 pm
9966-S25A
\$55 adult, \$20 seniors

Sat, July 19-Aug 30
11:00 am-12:00 pm
9966-S25B
\$49 adult, \$20 senior

VIRTUAL FITNESS CLASSES

Visit the Central Square front desk or communityed.sspps.org for class schedules. All virtual fitness classes are hosted via ZOOM. Registration 9913-S25

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: 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.

Monthly 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




ADULT ENRICHMENT

HEALTH AND SAFETY

Seven Steps to Reverse or Prevent Diabetes (Online)


Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health. Instructor: Janice Novak



Tue, May 13
6:00-7:30 pm
7131-S25
\$35, Virtual

Posture & Osteoporosis Workshop: Building Better Bones (Online)


Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises. Instructor: Janice Novak



Mon, May 19
6:00-7:30 pm
7141-S25
\$35, Virtual

Women, Weight & Hormones (Online)

Are you finding no matter how well you watch what you eat or how much you exercise, weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain. Instructor: Janice Novak



Tue, June 3
6:00-7:30 pm
7142-S25
\$35, Virtual

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo (Online)

Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging key points on the body to stimulate energy flow which can offer great relief with no side effects. We will focus on the points that relieve and prevent migraines and headaches as well as nausea and vertigo. Instructor: Janice Novak.



Wed, June 4
6:00-7:30 pm
7132-S25
\$35, virtual

Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts! Presenter: Colleen Fitsch

Tue, July 15
10:30-11:30 am
7145-S25
FREE

Tue, Oct 14
10:30-11:30 am
7145-F25
FREE

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 is require. Wear comfortable clothing. Instructor: Deb Gutzman.

Thu, May 15
6:00-8:00 pm
7104-S25
\$85

Pediatric CPR/First Aid

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 is require. Wear comfortable clothing. Instructor: Deb Gutzman.

Sat, May 17
8:00 am-1:00 pm
7106-S25
\$85

CPR/AED for All Ages (Adult Class)

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, July 17
5:30-8:00 pm
7103-S25
\$65

ADULT ENRICHMENT

FINANCE AND REAL ESTATE

Savvy Social Security Planning

Learn what baby boomers should consider when coordinating their retirement income and social security. Do you know how to estimate your benefits? We discuss five factors to consider when applying for benefits. Does it make sense to delay or not? Also, might it be better to delay benefits and coordinate with your spouse? Other innovative strategies, as well as how to minimize taxes on benefits, are reviewed. Instructor: John Mazzara

Mon, May 5
6:00-8:00 pm
7715-S25
\$12, Free for Sr Center Members

NEW! 10 Really Important Reasons That Your Parent's Estate Plan is Important to You

In this class we will take an in-depth review of many issues (and problems) that may be faced from our parents estate plan (or lack thereof) such as: creating a difficult Probate, loss of assets to the Nursing Home, fighting amongst the children, senior care issues, guardianship, privacy, the continued life of the surviving parent, estate tax protection, fairness and equality, legacy assets and the flow of critical information between the generations. With our 30 years of experience, we will discuss actual Minnesota examples of all of the above challenges and how they can be avoided in advance with some simple planning and exchange of information. All questions will be answered in an open and friendly forum. Instructor: Steve Ledin Law PLLC

Wed, May 28
6:30-7:30 pm
7778-S25
\$12, Free for Sr Center Members

How to Retire From the Attorney's Perspective

You work your whole career with the goal of someday retiring. This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include: (i) Estate planning while working, during retirement and at the end of life, (ii) When to take your Social Security, (iii) Key financial products and services available in the market (Medicaid complaint annuities, Long Term Care Insurance, Life Insurance Long Term Care Riders), (iv) What to look for in a professional (Financial Advisor, CFP, RIA, Fiduciary)?, and (v) the final plans before the end – what can be too little too late? Please bring your questions, this class is an interactive forum. Instructor: Steve Ledin Law PLLC

Tue, June 3
6:30-7:30 pm
7819-S25
\$12, Free for Sr Center Members



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

Thu, July 3
6:00-8:00 pm
7720-S25
\$12, Free for Sr Center Members


The Baby Boomer’s Guide to Medicare Planning- Learn the Medicare Basics

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A and B and the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons to select the right option. The class is presented via PowerPoint with takeaway handouts and a reference guide. It is generic and educational. Optional one-on-one meetings are free for attendees to discuss specific options and available plans if so desired. Instructor: Steve Ledin Law PLLC

Wed, June 4
6:00-8:00 pm
7718-S25
\$12, Free for Sr Center Members

Four Successful Strategies to Protect the House, Farm, Cabin & More - Before and After Your Death (Online)

The concern: Our family has a cabin, homestead, hunting land, farm or second home: How do we protect this family legacy and move its use and enjoyment into the future? The problem: Various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, unequal resources of owners, the in-laws, and use and enjoyment equality. The answer: We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset. Instructor: Steve Ledin Law PLLC



Wed, July 9
6:30-7:30 pm
7780-S25
\$12, Free for Sr Center Members

Pre-Planning Cremation Seminar

We invite you to join us for a special informational seminar to learn how pre-planning for cremation services can help you protect your family in the future. Providing peace of mind ensures your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Protect loved ones from the burden of having to make uncomfortable financial decisions during a stressful and confusing time. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans’ funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes. Presenter: Danielle Gore with National Cremation Society.

Thu, July 31
6:30-7:30 pm
7150-S25B
\$12, Free for Sr Center Members

Thu, Aug 21
11:00 am-12:00 pm
7150-S25A
\$12, Free for Sr Center Members

How to Win With Investment Properties

Have you 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 things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting. Instructor: John Mazzara.

Wed, Aug 6
6:00-8:00 pm
7713-S25
\$12, Free for Sr Center Members

First Time 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.

Mon, Aug 25
6:00-8:00 pm
7719-S25
\$12, Free for Sr Center Members

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, Ledin Law PLLC.

Mon, Aug 25
6:30-7:30 pm
7818-S25
\$12, Free for Sr Center Members

ADULT ENRICHMENT

TECHNOLOGY

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: Kathleen Povolny

Mon, June 9
6:30-8:30 pm
7403-S25
\$29





ADULT ENRICHMENT

LIFESTYLE AND SPIRITUALITY

Past Lives Workshop

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Instructor: Lily McNamara.

Tue, May 20
6:00-8:00 pm
7445-S25
\$45

Intro to Healing Stones

There is a vast and wonderful world of healing stones and crystals all with different appearances and unique qualities that assist with physical, mental, emotional and spiritual health. In this class you will learn the basic healing characteristics of 20 different stones. As well as what specific shapes mean and how that will help you on your path. Experience the process of choosing the perfect stone for you with hands-on exercise. There are hundreds of stones to aid you in your life, the possibilities are endless. Instructor: Lily McNamara.

Tue, June 17
6:00-8:00 pm
7489-S25
\$45

Spiritual Shielding

Spiritual shielding is easier than you think and protects your peace of mind. How the different types can assist you in your daily life, special occasions and stressful situations. Learn different layers of protecting your energy, color, texture and how to strengthen them in the moment. Instructor: Lily McNamara.

Tue, July 15
6:00-8:00 pm
7490-S25
\$45

Astrology Charts

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. We will pull up each person's birth chart and go through the basics. Get hands-on experience in interpreting astrology and learn the difference between signs, houses and planets. Instructor: Lily McNamara

Tue, Aug 19
6:00-8:00 pm
7491-S25
\$45

ADULT ENRICHMENT

CREATIVITY

Unleash Your Inner Artist: Step-by-Step Paint & Sip

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, and the canvas will be pre-drawn and ready to paint! What to expect: step by step instruction, guidance: our friendly instructor will lead you through each stage, no experience needed, a relaxing atmosphere, take home your art at the end. Instructor: Linda Rinaldi.

Priced by canvas size/type: \$25- 8x10 Canvas Panel, \$35- 8x10 Stretched Canvas, \$45- 11x14 Stretched Canvas

Tue, May 6
6:00-8:00 pm
7548-S25 FlowersB

Wed, May 7
1:00-3:00 pm
7548-S25 FlowersA

Fri, June 6
1:00-3:00 pm
7548-S25 Hometown America A

Mon, June 9
6:00-8:00 pm
7548-S25 Hometown America B

Tue, July 22
1:00-3:00 pm
7548-S25 Impressionist Sailboats A

Wed, July 23
6:00-8:00 pm
7548-S25 Impressionist Sailboats B

Mon, Aug 4
1:00-3:00 pm
7548-S25 Floral Chicken A

Tue, Aug 5
6:00-8:00 pm
7548-S25 Floral Chicken B



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. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class. Instructor: Justine Reiss



Mon, June 2
6:30-8:30 pm
7543-W25
\$30, Virtual

Memoir Writing for Adults

Have you been thinking of writing some of your memories? Have family members asked you to write down your recollections? We all have stories and it can be challenging to get started. This course can help you develop some of your stories through guided lessons, with class time for writing. Perhaps you are already writing your memoirs, but need some structure and would benefit from interaction with others. This course is designed to make writing a rewarding experience, not a frustrating one! Join us and get started with your writing journey. Instructor: Susan Cook.

Tue, July 15-Aug 12
1:30-3:00 pm
7877-S25
\$49

Intro Sewing Class, 16+

In this class you will be learning the basic knowledge about sewing and we will create projects from scratch. We will be using hands and sewing machine techniques. All material included. Instructor: Nena Rivas

Sat, July 19
9:00 am-12:00 pm
7547-S25
\$95

Puzzle Competition

Join us for the SSP Community Education first Jigsaw Puzzle Competition.

How it works: Teams of single, two to four people are assigned a new, unopened 500-piece puzzle. Each team receives the same puzzle. A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins. Pre-registration is required as we only have space for 12 teams.

- Each team receives the same puzzle.
- No one gets to see the puzzle until the timer begins – the puzzle boxes are placed face down before the competition starts.
- Individuals or teams try to put the puzzle together the fastest.
- In the event of a tie, individuals or teams can be given an additional five minutes to work on the puzzle.
- There are no devices or outside assistance permitted while working on a puzzle.
- Two moderators help with the event – one to handle the timer and completion times, and another to observe and ensure that competitors are abiding by the rules.
- Individuals and teams are not allowed to distract or approach team tables when the competition is in progress.

Sat, Aug 9
Starts at 10:00 am
7545-S25
Individual- \$25, Pairs- \$35, Team (3-4)- \$45




ADULT ENRICHMENT

CULINARY ARTS


Mexican Tacos (Online)

Mexican tacos are as vast and diverse as the country. In this interactive online class, we'll start by making flour tortillas from scratch. We'll also make pan-grilled shrimp tacos with chipotle pepper sauce and chicken tacos with fresh tomato salsa. Instructor: Ploy Khunisorn.

 **Mon, May 5**
6:00-8:00 pm
7654-S25
\$35, Virtual


Korean Fried Chicken (Online)

Korean fried chicken is addictively delicious. It is also super easy to make at home. In this online interactive class, we'll learn how to make two styles of Korean fried chicken without deep-frying. We will make stir-fried Korean chicken served with steamed rice and baked chicken wings with an addictively delicious sauce. We will also make some delicious side dishes, including coleslaw and pickled vegetables. You will receive a list of suggested side dishes that you can grab from Asian grocery stores as well. Instructor: Ploy Khunisorn

 **Thu, June 5**
6:00-8:00 pm
7653-S25
\$35, Virtual


North Indian Cooking (Online)

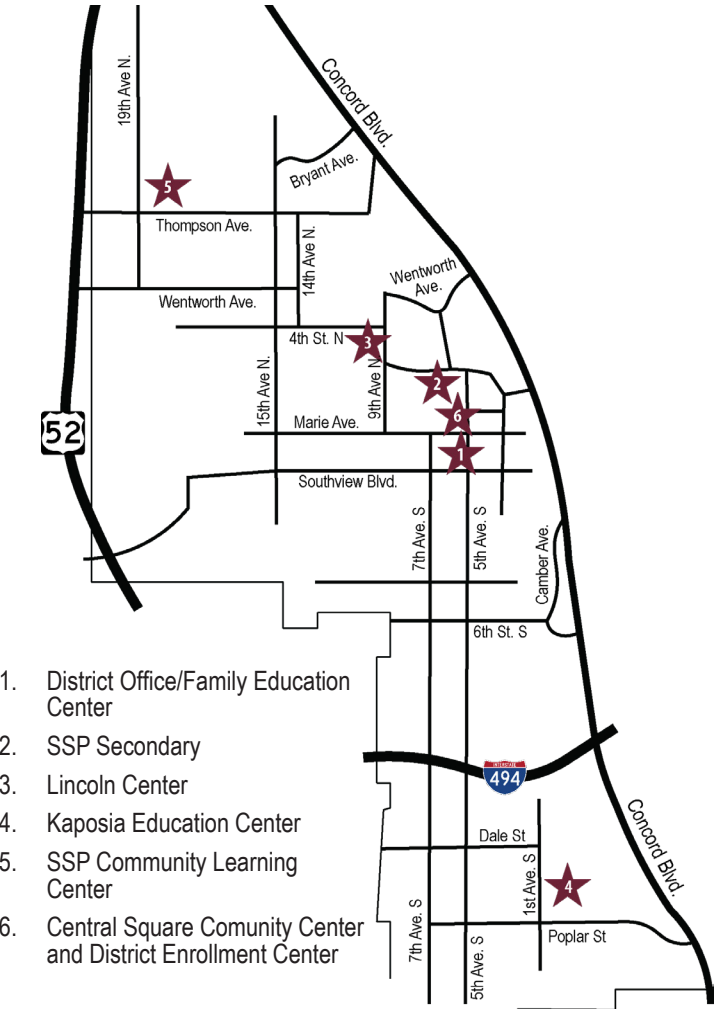
North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make chicken tikka masala, aloo masala, spiced rice, and tomato raita. Instructor: Ploy Khunisorn.

 **Thu, July 24**
6:00-8:00 pm
7652-S25
\$35, Virtual

French Macarons with Salted Caramel Buttercream and Chocolate Glaze (Online)

French macarons are not difficult to make at home. As long as you master all techniques, you will be able to master this masterpiece to show off to your families and friends. In this class, you'll learn step-by-step techniques to make macaron shells. We'll also make salted caramel buttercream and chocolate glaze. While we cook, we will discuss different ideas and how to make your macarons beautiful. We have options for almond, nut, and tree nut allergy. There is no option for egg allergy. Instructor: Ploy Khunisorn

 **Mon, Aug 11**
6:00-8:00 pm
7651-S25
\$35, Virtual



ECRWSS
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS

COMMUNITY EDUCATION AND EARLY LEARNING



Registration is open for 2024-25 Preschool!

Register now for the 2025-2026 school year to guarantee your 3 or 4 year old a spot in preschool!

South St. Paul Public Schools' Early Learning program offers preschool classes for 3 and 4 year-olds, emphasizing intellectual, emotional, and social development through a play-based curriculum.

Full and Half day options at both Lincoln Center and Kaposia Education Center!

Learn more on page 6 or scan the QR code to begin your enrollment.



Save the Dates for the Summer 2025 Senior Socials!

The South St. Paul Senior Center hosts monthly themed socials for members (or anyone 55+) to come enjoy company and eat some delicious food. The socials are free to attend, but monetary donations are appreciated to fund each month's gathering.

Socials take place from 11:30 am - 1:00 pm

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|-----------|---------------------------|
| May 22 | Tea Party |
| June 26 | Banana Splits |
| July 24 | Summer Cookout |
| August 14 | National Sub Sandwich Day |

For more information on SSP Senior Center Programming can be found on page 15 or scan the QR code to visit the website.

