



FALL 2025

SEPTEMBER - DECEMBER

**DREAM IT. LEARN IT. ACHIEVE IT - FREE
GED & ELL CLASSES THIS FALL! PG 23**



FALL INTO LEARNING!

**PARA OBTENER INFORMACION EN
ESPANOL, VAYA A LAS PAGINAS 23, 53**

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

TRIDISTRICT COMMUNITY EDUCATION

ADULT ENRICHMENT

Creative Arts.....	4-5
Culinary Arts	6-8
Dance & Fitness.....	9-10
General Interest.....	10-12
Health, Safety & Wellness	12-14
55+ Drivers Safety.....	15
Money	15-18
Technology	19
Get Fit at Central Square.....	20-22

ADULT EDUCATION (ABE)

23

ADULTS WITH DISABILITIES

Access Project	24-25
----------------------	-------

ADULTS 55+

Central Square Community Center	26-29
IGH Veterans Memorial Center.....	30-31
Thompson Park Activity Center	32-41
Trips and Tours.....	42-43

YOUTH PROGRAMS

Drivers Education & ACT Prep	44
SSP Gymnastics.....	45-47
IGH, SSP, District 197 Activities	45-50

FAMILY PROGRAMS

50

SCHOOL AGE CARE

52

SCHOOL AGE CARE - ESPAÑOL

53

AQUATICS

54-55

EARLY LEARNING PROGRAMS

IGH, District 197, SSP	56-59
------------------------------	-------

GENERAL INFORMATION

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

Para traducción en español llame a:

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH: Patricia Nix	651-306-7862
SSP: Tere Castellanos	651-306-3644
WSP	651-403-8520



IDENTIFIES AN ONLINE CLASS



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan Area, and South St. Paul school districts.

WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.



Follow us on:



@TRICOMMUNITYED



@TRIDISTRICT_COMMUNITYED

Email updates for new classes

Sign up for our E-news online at
www.tridistrictce.org to get information
on upcoming classes and events.

FEATURED COURSES

NEW THIS FALL

Halloween Sugar Cookies.....	Page 7
Salsa Dance Workshop	Page 9
Using AI to Augment the Novel Writing Process.....	Page 11
Intro to Bitcoin, Blockchain, DeFi: What are these?	Page 19
Tai Chi for Beginners.....	Page 22

OLD FAVORITES

Crafty Cards with a Chance of Chocolate!	Page 4
Holiday Cookie and Candy Make & Take.....	Page 7
Medicare Basics	Page 16
Writing Your Own Will	Page 18

SAVE THE DATE

Thu, Sep 18	
Ready to Ride: Safe and Easy Transportation Skills with GoDakota	Page 25
Sat, Nov 8	
Makers Market.....	Page 11
Wed, Nov 19	
DoNut Forget the Music	Page 29
Mon-Fri, April 13-17, 2026	
Adult 55+ Trip: Graceland and Memphis, TN	Page 43

ONLINE FROM HOME

Korean Kitchen.....	Page 8
Empowered Aging: Take Control of Your Health	Page 13



CONTACT US

Adult Enrichment & Family Programming

IGH	651-306-7530
SSP	651-306-3632
ISD197	651-403-8331

Adults 55+

VMCC, IGH ...	651-450-2585
CSCC, SSP	651-306-3632
TPAC, WSP	651-403-8300

Adult Education (ABE)

Linda	651-306-3632
-------------	--------------

Adults with Disabilities

TriDistrict.....	651-403-8331
------------------	--------------

Early Learning

IGH	651-306-7503
SSP	651-457-9418
ISD197	651-403-8390

School Age Care

IGH	651-306-7530
SSP	651-306-3631
ISD197	651-403-8054

Youth

IGH	651-306-7502
SSP	651-306-3632
ISD197	651-403-8522

CREATIVE ARTS

Crafty Cards with a Chance of Chocolate!

In this class you will create a variety of handcrafted themed and all-occasion cards and eat chocolate! You can design and decorate your own one-of-a-kind cards, use card kits, or both. Card making supplies, tools, techniques, and chocolate will be provided. This class is a relaxing way to spend time with friends, family or have time for yourself. Come have fun, meet other creative people, and take home your own handcrafted cards to share. No prior experience needed.

Instructor: Lynn Waska

Thu, Sep 25	6:30-8:30 pm
2452-F25 – Fall Themes	1 Session - \$40
Inver Grove Heights MS, IGH	
Tue, Nov 4	6:30-8:30 pm
2453-F25 – Holiday Themes	1 Session - \$40
Inver Grove Heights MS, IGH	

Colorful Glass Mosaic Suncatcher or Candle Lantern

Learn to design a colorful suncatcher mosaic or table lamp with beautiful precut glass, and stencils (if needed) in two fun evenings with some homework. The 8"x8"x3" square lamp is \$30, the 4"x9" rectangle lamp is \$40. Diameter suncatchers range from 6" (\$18), 7" (\$20) or 10" (\$25). These additional supply fees are due at class.

Instructor: Lindsey Guetter

Wed, Oct 1-8	6-9 pm
5001-F25	2 Sessions - \$50
Inver Grove Heights MS, IGH	

**Glass Mosaic: Table or Sign**

Glass mosaic sounds like a fancy and difficult art form, however, you will learn how it can be fun and easy while creating a tabletop or sign! Look through the idea book, browse the patterns and stencils, then choose from dozens of colors and precut glass. The first evening involves creative input and the second evening is all about the grout. Table is 16"x16"x16" tall. All supplies included in price.

Instructor: Lindsey Guetter

Thu, Oct 2-9	6-9 pm
6108-F25	2 Sessions - \$65 sign
Two Rivers HS, MH	\$115 table

**How to Publish Your Book and Not Go Broke**

So, you've written a book. Now what? Whether you've written the great American novel to share with the world or a memoir to pass on to family and friends, this class is for you. In four online sessions, learn how to prepare your manuscript for publishing, the business of selling your book as well as tips on marketing and promotion. Class fee includes a guidebook that will be emailed to you.

Instructor: June Anderson

Wed, Oct 22-Nov 12	6:30-8:30 pm
6818-F25	4 Sessions - \$65

**Instant Guitar for Hopelessly Busy People**

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Learn some basic chords that will get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. For ages 13+.

Instructor: Craig Coffman

Tue, Dec 2	6:30-9 pm
6827-F25	1 Session - \$60

**Instant Piano for Hopelessly Busy People**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is fun and dramatically easier to learn. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is partly hands on instruction and partly lecture. Ages 13+.

Instructor: Craig Coffman

Mon, Dec 1	6:30-9:30 pm
6826-F25	1 Session - \$60

Knit a Holiday Stocking

Create a festive knit stocking using one or more colors of worsted weight yarn! Perfect for confident beginners, this class covers shaping, stripes, and includes a full pattern. Basic knit, purl, and cast-on skills required. Supply details provided in advance.

Instructor: Suzanne Ross

Thu, Oct 30-Nov 20	6:30-8:30 pm
6104-F25	4 Sessions - \$39.00
Inver Grove Heights MS, IGH	

Learn to Knit

If this is your first venture into knitting or you want to get back into this fun and creative craft then this is the class for you. Learn the basics of knitting such as casting on, knit and purl stitches, and binding off. Use your new skills to make a set of cotton dish cloths. The yarn for your first dish cloth is provided. Bring a pair of size 8 needles to the first class to get started.

Instructor: Suzanne Ross

Thu, Sep 18-Oct 9
6102-F25
Two Rivers HS, MH
6:30-8:30 pm
4 Sessions - \$35

Knitting Studio

Join our knitting workshops to relax and work on any project, get advice, and enjoy time with fellow knitters. So grab those unfinished projects or patterns and come knit! Open to all skill levels.

Instructor: Suzanne Ross

Tue, Sep 16-Oct 14
6101-F25 Sep/Oct
Two Rivers HS, MH
Tue, Nov 11-Dec 16
6101-F25 Oct/Dec
Two Rivers HS, MH
No class: Nov 25
6:30-8:30 pm
5 Sessions - \$35



Unleash Your Inner Artist: A Fun, Step-by-Step Paint and Sip Experience!

Are you looking to explore your creative side in a relaxed and welcoming environment? Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas. You will receive step by step instruction, no experience needed. Take home a beautiful piece of art.

Instructor: Linda Rinaldi

\$25
\$35
\$45
8x10 Canvas Panel
8x10 Stretched Canvas
11x14 Stretched Canvas

Central Square, SSP

Tue, Sep 30
7548-F25Sep
Fri, Dec 12
7548-F25Dec
6-8 pm
1 Session
6-8 pm
1 Session



Journaling & Watercolor for Self-Discovery

Discover the art of self-expression through journaling and watercolor. Create a laminated journal cover and bookmark, explore therapeutic journaling techniques, and leave with a personalized journal and ideas to begin writing. No personal sharing or therapy will be involved. All supplies included.

Instructor Vicki Reeck

Tue, Oct 7
7431-F25
Central Square, SSP
Tue, Nov 11
6105-F25
Two Rivers HS, MH
Tue, Dec 2
5431-F25
Inver Grove Heights MS, IGH
7-8:30 pm
1 Session - \$29
7-8:30 pm
1 Session - \$29
7-8:30 pm
1 Sessions - \$29

Landscape Oil Painting like Bob Ross

Come learn the wet-on-wet painting technique that Bob Ross made popular in his PBS series "The Joy of Painting" and create your own 20x16 landscape painting. Geared for beginners, the instructor will guide you through the step-by-step procedure as you learn in a relaxed atmosphere. All painting supplies are provided. Appropriate for ages 13 and up.

Instructor: Mike Tischendorf

Tue, Oct 28
6100-F25 Desert Sunset
Two Rivers HS, MH
5:30-8:30 pm
1 Session - \$65

Mandala Rock Art

Discover the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala designs and practice techniques to create patterns using dots. You will combine this knowledge to paint your own mandala art on rocks.

Instructor Erin Stahl with Caponi Art Park

Wed, Dec 3
6106-F25
Two Rivers HS, MH
6:30-8 pm
1 Session - \$34

CULINARY ARTS

Crepes: The "Do Ahead" Wrap

Crepes are an easy, impressive do-ahead dish. We will prepare: Chicken Divan, Cheese Blintzes with apricot sauce, Mushroom Crepes with Sherry sauce, Orange Crepe Suzette, Cannolis, Flaming Crepes and other desserts will round out our selection. And...each participant will have lots of experience in "making perfect crepes" including flipping them! All supplies included.

Instructor: Laurel Severson

Thu, Oct 2 6:02-F25 Two Rivers HS, MH
6-9 pm
1 Session - \$55

**Appetizers-Quick, Easy and Enticing**

We'll create over 20 appetizers that require less than 20 minutes, from start to finish! You can serve these appetizers as a first course or as a snack for family and friends. You could even create a complete buffet. Our selections will include recipes for spreads, hearty appetizers, dips, dippers, nibbles, hot appetizers and more! Enjoy the selections during the class or take your samples home. You'll also learn special tips to create an appetizer party. A \$16 food fee is due to the instructor at class.

Instructor: Laurel Severson

Thu, Oct 16 7683-F25 South St. Paul HS
6-8 pm
1 Session - \$35

Basic Cake Decorating

Decorate an 8" celebration cake to take home and gain skills in shell borders, writing, stars, and rosettes. There will be starter kits available to take home for an additional \$12. We do have a supply fee of \$12 payable to the instructor the night of class.

Instructor: Diana Hirte

Tue, Sep 30 7677-F25 South St. Paul HS
6:30-8:30 pm
1 Session - \$35

Marvelous Macarons

They are beautiful and so fun to make! Nancy will show you some simple tricks to make the process easy. We will make three different kinds, all set for the holidays. You will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk at the party when you serve these little delicacies! A \$13 supply fee is paid to the instructor the night of class.

Instructor: Nancy Burgeson

Tue, Sep 23 7681-F25 South St. Paul HS
6-9 pm
1 Session - \$35

Advanced Cake Decorating

Get more skills in cake decorating in this class. We will learn how to make buttercream roses, leaves, borders and writing to decorate an 8" cake to take home. Students should have either taken Basic Cake Decorating or have some experience in cake decorating. There is a supply fee of \$12 payable at class.

Instructor: Diana Hirte

Tue, Oct 14 7678-F25 South St. Paul HS
6:30-8:30 pm
1 Session - \$35

**Best Bundt Cakes**

Bundt Cakes have become very popular. Learn tips and tricks as we prepare, bake and glaze several types of bundt cakes in class. Students will take home four boxed 5" bundt cakes. We will make Lemon, Triple Chocolate, Cherry Cheesecake and one seasonal flavor cake. There is a supply fee of \$12 per student in this class.

Instructor: Diana Hirte

Wed, Nov 5 7679-F25 South St. Paul HS
6:30-8:30 pm
1 Session - \$35

Chocolate, Chocolate and More Chocolate!

Just in time for the holidays to create memorable chocolate desserts and thoughtful gifts. Create, taste and take home many rich samples of decadent chocolate recipes such as a cute chocolate mouse, easy truffle variations, hot fudge sauces, and coffee flavored chocolate mousse. Full menu online. All supplies are included in price.

Instructor: Laurel Severson

Tue, Nov 11 6203-F25 Two Rivers HS, MH
6-9 pm
1 Session - \$55



Mile High Apple Pie

Fall is in the air! With that comes apple season. This is the time of year to make the very best apple pie. If you say, "I can't make pies" then this class is for you. Nancy will take you through all the steps from making the crust, to preparing all the filling for your pie using the freshest apples. You will be surprised how easy it is! Everyone will leave class with a hot apple pie to share with family and friends. Boxes will be provided. Please bring a rolling pin, if you have one. A \$15 supply fee paid to instructor at class.

Instructor: Nancy Burgeson

Tue, Oct 21	6-9 pm
7682-F25	1 Session - \$35
South St. Paul HS	

Halloween Sugar Cookies

Get into the Halloween spirit by decorating hauntingly beautiful sugar cookies! In this hands-on class, you'll learn how to work with marshmallow fondant and royal icing to create festive, edible masterpieces that are almost too cute to eat—almost. No tricks here, just sweet treats and spooky fun! Decorate and take home 10 cookies. All supplies included.

Instructor Diana Hirte

Thu, Oct 23	6:30-8:30 pm
6204-F25	1 Session - \$40
Two Rivers HS, MH	

Lovely Lefse

This wonderful Norwegian delicacy is made for banquets, holidays, weddings and all special occasions. If you are Norwegian and missed recording Grandma's recipe, tips and techniques—this is the class for you! Note: other nationalities find lefse delicious too! A \$10 food fee is due to the instructor at class.

Instructor: Laurel Severson

Wed, Nov 19	6-8 pm
7684-F25	1 Session - \$35
South St. Paul HS	

Four Famous Ethnic Cookies

Learn to bake traditional Scandinavian and Italian cookies! Master Krumkakers, rolled Norwegian cookies with cream, butter, and cinnamon or vanilla. Discover Italian Pizzelles, thin, waffle-like cookies flavored with anise or vanilla. Create chewy, almond Swedish Sandbakkelse, baked in tiny tins. Finally, perfect deep-fried, delicate Scandinavian Rosettes dusted with confectioners' sugar. Gain valuable baking tips and recipes. Please bring containers; a \$15 food fee is due at class.

Instructor: Laurel Severson

Thu, Dec 18	6-9 pm
7685-F25	1 Session - \$35
South St. Paul HS	

Holiday Cookie and Candy Make & Take

Students will participate as a group making cookies and candies for the holidays. Favorites like Russian Teacakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread Cookies, Chocolate Fudge and Pretzel Rods dipped in caramel and chocolate. Each student will go home with 10 dozen boxed holiday treats. All packaging is supplied. There is a supply fee of \$25 per student.

Instructor: Diana Hirte

Fri, Dec 5	6:30-8:30 pm
7680-F25	1 Session - \$40
South St. Paul HS	
Tue, Dec 16	6:30-8:30 pm
7680-F25B	1 Session - \$40
South St. Paul HS	



Thai Street Food

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

Instructor: Ploy Khunisor

Mon, Sep 22	6-8 pm
7654-F25	1 Session - \$35



Ramen Revival: Transforming a Pantry Staple into a Gourmet Feast

Ramen noodles may be humble, but with a little creativity and flair, they can be taken to a whole new level being transformed into a restaurant-worthy meal. In this fun filled cook-along class, discover cooking techniques for layering ingredients and the flavors to create depth, texture, and visual appeal in every serving. Whether you are a busy home cook or a curious foodie, you will walk away with serious ramen inspiration. Full description online.

Instructor Tess Georgakopoulos

Fri, Sep 26
6831-F25

5:30-7:30 pm
1 Session - \$39



Handcrafted Ravioli Workshop!

Discover the joy of making fresh, handcrafted ravioli from start to finish! Join Chef Tess in a cook-along class where you will learn to make delicate pasta dough from scratch, roll it and fill it with two mouthwatering fillings. Regardless of your culinary background, this class will empower you with the artistry and assurance to create exquisite, homemade ravioli. Full class description online.

Instructor Tess Georgakopoulos

Fri, Oct 10
6832-F25

5:30-8 pm
1 Session - \$45 per household



Chinese Steamed Bao

Steamed buns (Bao) are a popular street food in many countries in East and Southeast Asia especially in China. They are easy to eat and provide complete nutrients in one bite. In this online interactive class, we'll make cha shu chicken bao with pickled vegetables and cabbage bao. We'll also make the dough from scratch.

Instructor: Ploy Khunisorn

Mon, Oct 27
7653-F25

6-8 pm
1 Session - \$35



Korean Kitchen

One of the most healthful of the Asian cuisines, delicious Korean cuisine features mainly vegetables and harmonized sauces. In this online interactive class, we will make delicious kimchi stew (kimchi jjigae) and stir-fried sweet potato noodles with beef (japchae). We will finish up the class with Korean apple tea with ginger and cinnamon (SujeongGwa).

Instructor: Ploy Khunisorn

Mon, Nov 3
7652-F25

6-8 pm
1 Session - \$35



Building a Festive Mediterranean Mezze Charcuterie Board

Learn how to bring warmth, color, and the flavors of the Mediterranean to your fall winter gatherings with this festive Mediterranean mezze cook-along class where Chef Tess will guide you through creating a stunning mezze-style charcuterie board, perfect for sharing or seasonal entertaining any time of the year. Full class description and menu online.

Instructor Tess Georgakopoulos

Sat, Nov 22
6833-F25

4-6:30 pm
1 Session - \$49



Japanese Miso Ramen from Scratch

This class is not about instant ramen. In fact, we will be making Japanese miso ramen from scratch. We will start with making ramen noodles from scratch. Then, we'll braise cha shu chicken and make miso broth. We will serve our ramen with marinated soft-boiled eggs and different toppings.

Instructor: Ploy Khunisorn

Mon, Dec 8
7651-F25

6-8 pm
1 Session - \$35



Gingerbread House Bake & Build

Gather the whole family and join in the fun of baking and building of your very own show-stopping gingerbread house from scratch during this festive family bake-along experience. Receive a professionally made pdf packet with recipes and template patterns to use as guidance when building your gingerbread house. Whether you are starting a new family tradition, or continuing a beloved one, everyone will leave smiling! Full class description online.

Instructor Tess Georgakopoulos

Fri, Dec 19
6834-F25

5:30-7:30 pm
1 Session - \$34 per household

DANCE & FITNESS

Line Dance for Weddings and Parties

Just in time for the weddings & party season! No need to sit and watch any more: step into the party with this workshop of the popular line dances like Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

Instructor: Monica Mohn

Wed, Sep 10 6-7 pm
5521-F25 1 Session - \$15
Simley HS, IGH

**Thriller Line Dance**

Get into the spirit of fall and Halloween with this fun line dancing version of Thriller, a dance that still inspires us all! Learn popular steps and routines set to catchy music, perfect for beginners and seasoned dancers alike. No partner needed but why not gather friends and family for a thrilling night of fun? Ages 13+

Instructor: Monica Mohn

Wed, Oct 8 6-7 pm
5523-F25 1 Session - \$15
Simley HS, IGH

A "Wicked" Line Dance: What is this Feeling

Step into the magical world of Wicked and experience the rivalry, drama, and fun of the hit song What is the Feeling! This line dance will have you channeling your inner Glinda or Elphaba as you groove to the song's playful beats...perfect for fans of the story and newcomers alike.

Instructor Monica Mohn

Tue, Oct 21 6-7 pm
6312-F25 1 Session - \$15
Mendota Elementary, MH

Dancing Queen Line Dance

ABBA's classic song just invites you to move your feet and sing along! Learn popular steps and routines set to catchy music, perfect for beginners and seasoned dancers alike. So grab some friends and enjoy an hour of fun that will have you dancing the night away!! No partners needed.

Instructor: Monica Mohn

Thu, Nov 20 6-7 pm
7211-F25 1 Session - \$15
South St. Paul HS

Line Dance: Texas Hold'Em by Beyonce

Get ready to kick up your heels and join the fun as we dance to Beyoncé's latest hit with a country twist! No partner needed - just bring your enthusiasm for a night full of fun, rhythm, and new moves!

Instructor Monica Mohn

Tue, Dec 9 6-7 pm
6313-F25 1 Session - \$15
Mendota Elementary, MH

Let's Tap Dance 1 & 2

Dance is a top rated exercise because it stimulates us socially, physically, mentally artistically and is lots of fun. Participants will learn and/or review basics and complete dance routines. Wear comfortable clothing and don't forget your tap shoes. (Any hard leather soled shoes are okay to get started) Let's Tap 1: If you took dance as a child, taken a few classes along the way or if you've always wanted to tap and you're new to the whole thing-welcome. Let's Tap 2: If you have mastered the basics of tap dance, have been working on time steps and are ready for a faster pace with more challenging choreography, this is the class for you.

Instructor: Stephanie Stockton

Mon, Sep 8-Dec 8 10-11 am
7207-F25A 14 Sessions - \$140
Central Square, SSP

Mon, Sep 8-Dec 8 11 am-12 pm
7207-F25C 14 Sessions - \$140
Central Square, SSP

Wed, Sep 10-Dec 10 5:30-6:30 pm
7207-F25D 13 Sessions - \$135
Central Square, SSP
No class: Nov 26

Wed, Sep 10-Dec 10 6:45-7:45 pm
7207-F25B 13 Sessions - \$135
Central Square, SSP
No class: Nov 26

**Wedding Dance**

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

Instructor: Monica Mohn

Wed, Sep 10 7-9 pm
5520-F25 1 Session - \$34 per couple
Simley HS, IGH

Two Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? This workshop takes your old swing and sway and spices it up with simple, easy, and fun moves. You'll be spinning, turning, and twirling together before you know it to feel comfortable in any setting. Couples only please.

Instructor Monica Mohn

Wed, Oct 8 7-9 pm
5522-F25 1 Session - \$34 per couple
Simley HS, IGH

Salsa Dance Workshop

Add spice to your week with a bit of Salsa! Sassy spins, flirty moves and a close hold creates a fun night. So much fun you may not want to let go by the end of class! Couples only please.

Instructor Monica Mohn

Tue, Oct 21 7-9 pm
6314-F25 1 Session - \$34 per couple
Mendota Elementary, MH



Swing Dance: One Night of Fun

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

Instructor: Monica Mohn

Thu, Nov 20 7-9 pm
7210-F25 1 Session - \$34 per couple
South St. Paul HS

Ballroom Blast!

Experience one magical night of dance in this dance workshop. By the end of the night you'll find yourself whirling to Waltz, rotating to the romantic Rumba and floating across the floor with the fiery Foxtrot! Weeknights have never held such possibilities. Couples only please.

Instructor: Monica Mohn

Tue, Dec 9 7-9 pm
6306-F25 1 Session - \$34 per couple
Mendota Elementary, MH

Pickleball: Open Gym

Have you been wanting to try the increasingly popular sport of pickleball, or want to continue your game? Here's your chance. Courts will be tapped off with pickleball dimensions. This is open house style, so you may arrive at any time. Players are encouraged to rotate through, or pair up with others so everyone has a chance to play in a timely fashion. Nets are provided, but limited paddles and balls are available. Please bring your own equipment if you have it.

Wed, Sep 17-Nov 26 6:30-8:30 pm
6006-F25 Wed 9 Sessions - \$63

Somerset Elementary, MH
No class: Oct 8, Nov 5

Mon, Sep 22-Nov 24 6:30-8:30 pm
6006-F25 Mon 10 Sessions - \$70

Somerset Elementary, MH

Tue, Sep 23-Nov 25 6:30-8:30 pm
6006-F25 Tue 10 Sessions - \$70

Heritage MS, WSP

Open Basketball

Enjoy friendly competition and stay active at our Adult Open Basketball Gym. Whether you're here to shoot hoops, scrimmage, or work on your skills, all levels are welcome. Come anytime during open gym hours. Appropriate for ages 17+. Must register ahead of time, no drop-ins.

Tue, Sep 23-Nov 18 6:30-8:30 pm
6005-F25 8 Session - \$56

Heritage MS, WSP

No class: Nov 11

GENERAL INTEREST



Minnesota Medal of Honor Recipients

In honor of Veterans' Day, learn the stories of some of the 72 Minnesota men who have been awarded the Medal of Honor from the Civil War to the Vietnam Conflict. Meet an Anoka hometown hero that smothered a grenade and lived to tell the tale, a School master who took his students to war, a Hungarian Freedom Fighter, and a host of other brave men who fought and died for their country.

Instructor: June Gossler Anderson

Mon, Nov 10 7-8 pm
6821-F25 1 Session - \$15

Using AI To Augment The Novel Writing Process

Do you have a great idea for a novel but would like help from an AI too to get started? This course will help you build a synopsis with AI in mind. This Synopsis will be used to create a draft novel using AI tools. We'll cover what AI tools can and can't do, AI as a writing coach, and provide AI tool suggestions. A copy of Joe's Second Novel, "Ruby Red Flaws," is included. Please note: AI will not write your novel, but it will make the process easier and faster. Previous experience with AI tools is helpful.

Instructor: Joseph Golemo

Wed, Oct 15 6-9 pm
5617-F25 1 Session - \$49
Inver Grove Heights MS, IGH



Voiceover... Now is Your Time

This online webinar offers an introductory guide to breaking into the voice-over industry. A professional voice coach will reveal unique strategies for using your speaking voice in commercials, films, and videos. The class highlights the flexibility and low overhead of voice-over work, which can be done on your own terms. Participants will also receive a 1-on-1 script read and voice evaluation via phone the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class.

Instructor: Will Kamp

Wed, Sep 24 6:30-8:30 pm
7543-F25 1 Session - \$30
Thu, Nov 20 6:30-8:30 pm
7543-F25B 1 Session - \$30

From Good to Gorgeous: Makeup Tips & Techniques for Women 40+

Have you ever wondered "How did that happen overnight?" Would you like to look like the very best version of yourself and feel more confident? Makeup routines we used in our 20s and 30s don't work for us anymore, but what does? This class will offer demonstrations of makeup techniques for women 40+ and answer your questions. You will receive a comprehensive hand-out and leave knowing the techniques and types of products that will help you look your very best.

Instructor: Elise Marquam-Jahns

Tue, Oct 14 6-8 pm
7888-F25 1 Session - \$49
Central Square, SSP

Your Personalized 10 Minute Out-the-Door Beautiful Makeup Routine for Women 40+

Create a 10 minute personalized makeup routine that will help you look your very best. You will assess your facial features and learn the four most important research-proven steps you can incorporate into your makeup routine. Learn the makeup techniques you can use now to create your most beautiful look in the least amount of time. A hand-out will be provided that will guide you through the entire process.

Instructor: Elise Marquam-Jahns

Tue, Nov 4 6-8 pm
7889-F25 1 Session - \$45
Central Square, SSP



Know Your Muslim Neighbor

This class is focused on providing information about community members who practice Islam. Class covers the basic Islamic belief system and educates about commonalities and differences. It is geared toward honest discussion with ample time for Q & A. There is often curiosity about the lifestyle of Muslims but no platform to ask and learn. This class strives to fill that gap. Importance of family and community will be towards the end of the day and light food will be served. Feel free to bring your own beverage.

Instructor: Building Blocks of Islam

Wed, Oct 8 6:30-9 pm
7146-F25 1 Session - FREE
Central Square, SSP

MAKERS MARKET

TWO RIVERS HIGH SCHOOL
1897 DELAWARE AVE. MENDOTA HEIGHTS, MN 55118

SATURDAY, NOV 8
9 AM - 3 PM





VENDORS WANTED
SCAN TO REGISTER




FOR MORE INFORMATION CALL:
651-403-8331

IN PARTNERSHIP:







Chinese Language: Beginner 1

Experience a new language! Learn basic Mandarin Chinese through fun, interactive in-person lessons. Develop essential vocabulary, pronunciation, and conversation skills for everyday situations all while learning about Chinese culture. All materials are included.

Instructor Youmei Hou

Thu, Sep 18-Oct 23 6:30-8:30 pm
6904-F25 6 Sessions - \$120
Two Rivers HS, MH

American Sign Language (ASL) Beginner

Learn the basics of American Sign Language (ASL) in this interactive beginner course. You'll master the alphabet, numbers, common phrases, and essential vocabulary. Through engaging activities and practice sessions, you'll build foundational skills in finger spelling, facial expressions, and basic grammar, enabling effective communication with the Deaf community. No prior experience needed.

Instructor: Suzanne Downs

Mon, Oct 13-Dec 1 6:30-8 pm
6900-F25 8 Sessions - \$80
Somerset Elementary, MH



Adult Conversational Spanish: Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! You'll focus on conversational skills, greetings, numbers, food, clothing and grammar. Engage in small Spanish conversations and gain cultural insights, including word origins, dialects and names. Start your Spanish journey today!

Instructor: Futura Languages

Mon, Oct 20-Dec 1 6-7 pm
6801-F25 Mon 6 Sessions - \$120
No class: Nov 24
Tue, Oct 21-Dec 2 6-7 pm
6801-F25 Tue 6 Sessions - \$120
No class: Nov 25
Wed, Oct 22-Dec 3 6-7 pm
6801-F25 Wed 6 Sessions - \$120
No class: Nov 26



Adult Conversational Spanish: Beginner Part 2

Learning a language is a lifelong journey and now you are on your way! Keep the momentum in Beginner Spanish Part two. Continue to learn with practical conversational components and build phrases in Spanish to carry on small conversations. Explore grammar components related to weather, seasons, months, and days as well as cultural discussions with an importance of food, family and friendship.

Instructor: Futura Language

Mon, Oct 20-Dec 1 6-7 pm
6802-F25 Mon 6 Sessions - \$120
No class: Nov 24
Tue, Oct 21-Dec 2 6-7 pm
6802-F25 Tue 6 Sessions - \$120
No class: Nov 25



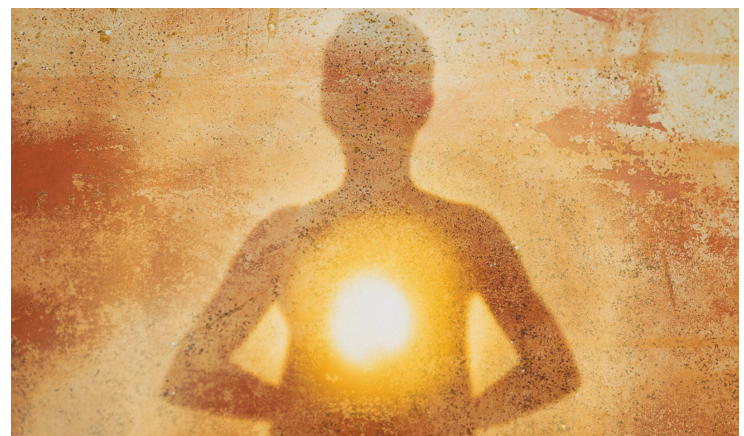
Adult Conversational Spanish: Intermediate Part 1

¿Hablas un poquito español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Along with improving grammar and vocabulary concepts you will learn about Spanish cultural traditions and celebrations. Applicable to new students and previous Beginner Spanish Part 1 and 2 participants.

Instructor: Futura Languages

Wed, Oct 22-Dec 3 6-7 pm
6803-F25 6 Sessions - \$120
No class: Nov 26

HEALTH, SAFETY & WELLNESS



Corner Stones of Spiritual Health

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

Instructor: Lily McNamara

Tue, Sep 16 6:30-8:30 pm
7450-F25 1 Session - \$45
Central Square, SSP

Wellness Online with Janice Novak**Just Breathe! Techniques to Calm, Center & Balance**

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

Mon, Sep 15 6-7:30 pm
7176-F25 1 Session - \$35

Empowered Aging: Take Control of Your Health

Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! This means every second is an opportunity to make every system in your body healthier. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! We'll discuss simple steps you can take now to help make every system in your body as healthy as possible.

Mon, Sep 29 6-7:30 pm
7177-F25 1 Session - \$35

Abdominal Strengtheners That Won't Stress Your Back/Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints.

Mon, Oct 6 6-7:30 pm
7175-F25 1 Session - \$35

Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

The experience is relaxing and you are fully conscious and in control at all times. Dress comfortably and bring a pillow or blanket. You may sit or lay down for part of the session. Stop cravings for sweets, bread and greasy foods. Stop snacking and overeating. Stop smoking/chewing without weight gain or withdrawal.

6 pm - Introduction for Both
7 pm - Weight Loss Hypnosis
8 pm - Stop Smoking/Chewing Tobacco Hypnosis

Fee also includes reinforcement cd and a lifetime membership for free future classes if desired. Part of the fee is donated to the American Lung and Heart Association.

Instructor: Mary F Fischer

Tue, Sep 23 5:30-8:30 pm
7111-F25 1 Session - \$60 One Topic
Central Square, SSP \$120 Two Topics

The Art of Aging Well: Peel Years Off Your Bio Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or bio age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally.

Wed, Oct 29 6-7:30 pm
7174-F25 1 Session - \$35

Soothe Those Achy Joints

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

Tue, Nov 11 6-7:30 pm
7173-F25 1 Session - \$35

Acupressure to Assist Weight Loss

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Mon, Dec 1 6-7:30 pm
7172-F25 1 Session - \$35

Revitalize and Restore: Yamuna Ball Rolling

Yamuna Body Rolling is a guided self-care technique using specially designed balls to release tension, improve alignment, and enhance flexibility. By gently working muscles and fascia, it promotes relaxation and restores balance throughout the body. Through Yamuna, participants can relieve pain, improve posture, enhance flexibility and mobility and boost circulation and muscle health. This unique practice leaves you feeling lighter, energized, and ready to move freely! Please bring your yoga mat to class and dress in comfortable clothes that are not bulky (ability to tuck in shirts as needed).

Instructor: Christine Pulkrabek

Wed, Sep 24-Oct 15 6:30-7:30 pm
6311-F25 4 Sessions - \$40
Moreland Elementary, WSP



Tarot 101

Always wanted to learn the magic of tarot? Here's your chance! Learn the difference between the major and minor arcana. The characteristics of the suits. Why tarot is a great tool for clarity AND meditation! This is a great place to start. Bring a Rider-Waite Tarot Deck if you have one or borrow one from Lily.

Instructor: Lily McNamara

Tue, Oct 21 6:30-8:30 pm
7451-F24 1 Session - \$45
Central Square, SSP

Will I have Joint Pain Forever?

Explore beyond conventional treatments for chronic pain and fibromyalgia! If medications and surgeries haven't brought the relief you seek, this class is your game-changer. Uncover why these approaches may fall short and explore a multi-faceted, non-invasive path to reclaiming your life. Walk away empowered with multiple actionable steps to implement in order to take back your life.

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

Wed, Sep 17 6:30-8:30 pm
6701-F25 1 Session - \$12
Two Rivers HS, MH

Astrology

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. Learn the 12 different zodiac signs from Aries to Pisces. What the Big Three are and why they rule so much of your life. How the planets and houses interact with your birth chart. Get the basics and watch the patterns of your life become clear.

Instructor: Lily McNamara

Tue, Nov 18 6:30-8:30 pm
7452-F25 1 Session - \$45
Central Square, SSP

Visualize Your Best Year

Learn the techniques to attract and manifest your best year yet. Finding the powerful words that will shape your time and make decisions easier. Writing a letter to yourself with an easy to use template for best outcome. And a meditation to see your future just as you want it.

Instructor: Lily McNamara

Tue, Dec 16 6:30-8:30 pm
7453-F25 1 Session - \$45
Central Square, SSP

First Aid and CPR/AED Classes

Pediatric and Adult/Child/Infant CPR/AED & First Aid classes focus on lifesaving skills for all ages. Courses are offered in an in-person or blended learning format. Blended learning combines online learning with an in-person skills session. Participants receive a two-year certificate and unlimited digital access to the student workbook. Participants will practice CPR, AED use, choking care, and first aid. Pediatric classes meet the "Pediatric CPR/AED & First Aid requirement for MN Child Care Licensing. No written test is required. Please wear comfortable clothing.

CPR/AED for All Ages

Thu, Sep 11 5-7:45 pm
7103-F25A 1 Session - \$65

Central Square, SSP

Thu, Nov 13 5-7:45 pm
7103-F25B 1 Session - \$65

Central Square, SSP

Pediatric CPR/First Aid Blended Learning with In Person Skills Check

Sat, Sep 20 8-9:30 am
7104-F25A 1 Session - \$85

Central Square, SSP

Sat, Nov 15 8-9:30 am
7104-F25B 1 Session - \$85

Central Square, SSP

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

Mon, Nov 17 6-8:30 pm
5112-F25 1 Session - \$89

Inver Grove Heights MS, IGH

Red Cross Pediatric CPR and First Aid -Blended Learning

Thu, Oct 9 6-8:30 pm
5110-F25 1 Session - \$95

Inver Grove Heights MS, IGH



Trauma Reimagined: Exploring Modern Solutions for Healing

Do you want to show up as your best self? You will be introduced to innovative approaches and practical techniques designed to help you overcome unconscious negative thought patterns. Whether you're interested in personal growth or looking to overcome emotional challenges, this seminar provides clear, actionable insights to help you achieve deeper healing and lasting resilience.

Tue, Oct 21 6:30-8:30 pm
5750-F25 1 Session - \$12

Inver Grove Heights MS, IGH



Driver Safety Courses

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

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

To register, call toll free 1-(888)-234-1294 or visit www.driverdiscountprogram.com.
PRE-REGISTRATION IS REQUIRED.

Thompson Park Activity Center

Four Hour Program - \$24

Thu, Sep 11	12-4 pm
Thu, Sep 18	12-4 pm
Thu, Oct 2	12-4 pm
Thu, Oct 23	12-4 pm
Thu, Nov 6	12-4 pm
Thu, Nov 20	12-4 pm
Thu, Dec 4	12-4 pm

Central Square Community Center

Four Hour Program - \$24

Thu, Sep 18	9 am-1 pm
Thu, Oct 16	9 am-1 pm
Thu, Nov 20	9 am-1 pm

Veterans Memorial Community Center

Four Hour Program - \$24

Tue, Sep 9	1-5 pm
Wed, Sep 17	5-9 pm
Tue, Oct 7	1-5 pm
Wed, Oct 15	5-9 pm
Tue, Nov 18	1-5 pm
Tue, Dec 9	1-5 pm

MONEY



Start Your Own Online Business: A Beginner's Guide

Learn how to turn your ideas or handmade products into income with this online business startup class. Explore niche markets, build a website, market effectively, and create multiple income streams. Includes handouts. Includes valuable handouts. Full description online.

Instructor LeeAnne Krusemark

Thu, Oct 2 6-8 pm
6851-F25 1 Session - \$34



How to Start Any Home Business + 250 Home Business Ideas!

Turn your skills and hobbies into income with this comprehensive home business startup workshop. Learn about 250+ legitimate ideas, legal requirements, marketing tips, and tax deductions in this engaging live online class. Includes valuable handouts.

Instructor LeeAnne Krusemark

Sat, Oct 4 2-4 pm
6852-F25 1 Session - \$34

How to Win with Investment Properties

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

Instructor John Mazzara

Tue, Nov 25 6-8 pm
7713-F25 1 Sessions - \$12*
Central Square, SSP



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, Sep 22 6-8 pm
7719-F25 1 Session - \$12*

Classes marked with a * are free
for Central Square Senior 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

Tue, Dec 9 6-8 pm
7720-F25 1 Session - \$12*
Central Square, SSP



Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable.

Instructor: John Mazzara

Mon, Oct 13 6-8 pm
7714-F25 1 Session - \$12*
Central Square, SSP

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

Sat, Sep 20 10 am-12 pm
7715-F25 1 Session - \$12*
Central Square, SSP

Classes marked with a * are free
for Central Square Senior Members

Medicare Basics

Medicare is very complicated and confusing for most people. Learn about Medicare Parts A,B,& D. Medicare does not cover all medical costs, so you will learn how a Medicare Supplement Plan and Part C can help! There will be time at the end to answer individual questions. Due to a significant contribution we are able to offer this class for free. Registration is still required to attend.

Instructor Jordan Draper

Wed, Sep 10 6-7:15 pm
5002-F25 1 Session - FREE

Inver Grove Heights MS, IGH

Wed, Oct 8 6-7:15 pm
5002-F25 Zoom 1 Session - FREE

Tue, Dec 16 6-7:15 pm
6400-F25 1 Session - FREE

Two Rivers HS, MH



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: John Mazzara

Sat, Nov 22 10 am-12 pm
7718-F25 1 Session - \$12*

Central Square, SSP

MNSURE Assister Help

If you buy your health coverage through MNSure Health Exchange and have questions, then sign up for this class! Discuss and learn about Premium Tax Credit and income thresholds as well as MinnesotaCare and the impacts it could have on your finances. Plus, a look at off exchange health plan strategies when you don't qualify for a subsidy.

Instructor: Amy Nielsen


Wed, Nov 5 6:30-7:30 pm
6401-F25 1 Session - FREE

Two Rivers HS, MH

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

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

Instructor Steve Ledin

Tue, Oct 28	6:30-8:30 pm	
6817-F25	1 Session - \$12	
Tue, Oct 28	6:30-8:30 pm	
7816-F25	1 Session - \$12*	
Central Square, SSP		

Taxes and the "Widow's Penalty"

Discover how to combat the "Widow's Penalty" in our dynamic workshop. Learn practical tools to reduce higher taxes, and navigate impacts on Social Security and Medicare after losing a spouse. Equip yourself with resources during this challenging transition. Join us and turn financial challenges into opportunities for stability and peace of mind.

Instructor: Kevin Schwartz

Mon, Nov 3	6:30-7:30 pm
6405-F25	1 Session - \$12
Two Rivers HS, MH	



So You're Thinking About Leaving Minnesota: An Attorney's Perspective

A vital part of every retirement or resettlement discussion involves the roadmap of issues that help us decide where we want to call home! Is it Taxes, the Political Landscape, the Weather, the location of Family assets, Debt or Income concerns in Retirement, Cost of Living, Health Concerns or...our friends are already there! Did you know many States do not tax Social Security, Pensions or other Qualified Retirement Income sources? Which are the worst states for Estate Taxes? How do we establish Domicile? How about the quality of medical resources and retirement facilities? Questions are encouraged.

Instructor: Steve Ledin

Wed, Sep 17	6:30-7:30 pm
7817-F25	1 Session - \$12*

Creating Your Estate Planning Blueprint for 2025 And Beyond

With new IRS regulations, planning for your legacy is more important than ever. In this informative workshop we'll discuss: How to protect your family when you're no longer here. Strategies to pass on more than just your assets and leave a lasting legacy. How powerful tools like Roth Conversions minimize taxes for your loved ones. Participants will receive a workbook to guide in building a tax-efficient estate plan. Designed for retirees, this workshop will provide tools to protect your wealth and secure your legacy.

Tue/Thu, Sep 30-Oct 2	6-7:30 pm
5217-F25	2 Sessions - FREE
Inver Grove Heights MS, IGH	



The Special Needs Trust: Estate Planning for Families with Special Needs Members

Discover the balance between formal planning and family dynamics for caring for a loved one with special needs. Learn how to safeguard assets without impacting benefits in this insightful class. Explore various options, including special needs trusts, to ensure a secure future. Join us to navigate estate planning intricacies and make informed decisions for your family's well-being.

Instructor: Steve Ledin

Mon, Dec 22	6:30-7:30 pm
5503-F25	1 Session - \$12



Foundation for Retirement

This course is designed specifically for MN residents who are looking to retire within the next decade. In an era of uncertainty around taxes, inflation and market volatility, come learn all the critical decisions you must make as a current and future retiree. We will focus in on planning for inflation in the current environment, how existing and potential tax laws impact you and your estate plan. Take home a copy of the course book.

Instructor Joel Baumgarten

Tue, Oct 21-28	6:30-9 pm
6408-F25 Tue	2 Sessions - \$49 per household
Two Rivers HS, MH	
Thu, Oct 23-30	6:30-9 pm
6408-F25 Thu	2 Sessions - \$49 per household
Two Rivers HS, MH	



Senior Housing Should I Stay or Should I Go?

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risk OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give up the tools to make educated decisions.

Instructor: Vaughn Kavlie

Tue, Sep 30 10-11:30 am
7820-F25 1 Session - \$12*
Central Square, SSP

Why You Can't Always Trust Your Trust

Understanding trusts in estate planning is crucial. This class will clarify various trust options like Living, Testamentary, and Irrevocable Trusts, each serving distinct purposes. We'll address the common issue of misusing Living Trusts, for example, for Medicaid or nursing home asset protection—which they typically don't provide. Discover the strengths and weaknesses of different trust types, determining which best aligns with your specific goals. This session encourages questions to help you make informed decisions about your estate plan.

Instructor: Steve Ledin

Thu, Dec 4 6:30-7:30 pm
7814-F25 1 Session - \$12*
Central Square, SSP

Thu, Dec 4 6:30-7:30 pm
6849-F25 1 Session - \$12



The 10 Important People You Need For Your Estate Plan To Work

Prepare for aging by identifying ten crucial people in your life. This class clarifies the roles, responsibilities, and time commitments for positions like Attorney-In-Fact, Health Care Agent, and Estate Executor. Learn how to select ideal candidates, avoid pitfalls, and provide guidance for these distinct, vital roles that benefit you. This interactive session encourages questions, providing essential answers for thoughtful planning.

Instructor: Steve Ledin Law PLLC

Mon, Nov 10 6:30-7:30 pm
5502-F25 1 Session - \$12



Mon, Nov 10 6:30-7:30 pm
7815-F25 1 Session - \$12*
Central Square, SSP

Writing Your Own Will

Without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Prior to class, information will be sent to you for review. During class, learn the background on estates and wills, then prepare a legal will on a professionally prepared form. The will is then notarized with a witness at class. This class is appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Each participant must register separately. Bring an appropriate ID for notary and a pen to class.

Instructor: Kristin Davis

Tue, Oct 21 6:30-8:30 pm
7821-F25 1 Session - \$50
Central Square, SSP



Write Your Own Power of Attorney & Healthcare Directive

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

Instructor: Kristin Davis

Thu, Dec 4 6-8 pm
7822-F25 1 Session - \$50
Central Square, SSP

*Classes marked with a * are free
for Central Square Senior Members*

TECHNOLOGY

Intro to Bitcoin, Blockchain, DeFi: What are these?

Curious about Bitcoin, Blockchain, and DeFi? This course clarifies these concepts and explores how blockchain technology is reshaping financial services. Build on your existing knowledge and gain a clearer understanding of how these advancements could impact your life and the future of finance.

Instructor Jim McKie

Thu, Sep 25 6:30-8:30 pm
6601-F25 1 Session - \$15
Two Rivers HS, MH

**Photo Organization: Print & Digital**

Having organized photos assures peace of mind. Learn about a system to once and for all get every printed photo, digital photo and your memorabilia organized. Learn about scanning for slides, movies, prints... backing up cloud storage & scanners. We will also demonstrate easy ways to repair old photos. You'll leave with a plan for a system that allows you to access every photo you own in literal seconds!

Instructor: Kathy Povolny

Thu, Oct 30 6:30-8:30 pm
5316-F25 1 Session - \$29
Inver Grove Heights MS, IGH

**How to Use Uber for Transportation Independence**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn the basics and gain the knowledge on how to use Uber at major airports as well as other appointments and errands. Open up your travel options with this fun and engaging class!

Instructor: Nickie Welsh, Social Club Simple

Thu, Oct 9 12-1 pm
6813-F25 1 Session - \$29

**How to Use Venmo Safely!**

Holidays are coming up and using Venmo to shop at local craft fairs, businesses or pay friends is an ever popular form of payment. Discover how to securely pay as well as receive money without the need for cash or checks. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios with this mobile payment option.

Instructor: Nickie Welsh with Social Club Simple

Thu, Nov 6 12-1 pm
6823-F25 1 Session - \$29

**Unlocking the Power of ChatGPT for Marketing Success**

This workshop is designed for marketers who are familiar with ChatGPT and want to learn how to effectively leverage its capabilities for marketing success. In this fast paced, practical session, you'll discover the potential of ChatGPT and gain hands on experience crafting effective prompts to generate compelling marketing content. Full description online.

Instructor Nickie Welsh Social Club Simple

Thu, Nov 13 12-1 pm
6824-F25 1 Session - \$29

Deep Dive into Bitcoin, Blockchain, and DeFi!

Expand your foundational knowledge with a deeper exploration of Bitcoin, Blockchain, and DeFi. Building on introductory concepts, this class introduces advanced topics and offers guidance for those asking, "How do I get involved in the crypto world?"

Instructor Jim McKie

Mon, Tue, Oct 13-14 6:30-8:30 pm
6602-F25 2 Session - \$29
Two Rivers HS, MH

**Canva for Awesome Beginners**

Open up a world of design potential with Canva, the free, easy-to-use tool for creating stunning designs from scratch or templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures or more, you'll leave this class with confidence and skills to use Canva effectively and creatively.

Instructor: Nickie Welsh, Social Club Simple

Thu, Dec 18 12-1 pm
6810-F25 1 Session - \$29

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

GET FIT AT CENTRAL SQUARE

Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to JAZZERCISE.COM and look for Central Square.

**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, Sep 2-Oct 28	5:30-6:30 pm
9915-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Nov 4-Dec 30	5:30-6:30 pm
9915-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

New to the community?
TriDistrict classes and
activities are a great way
to meet new friends. Sign
up today!

Virtual Fitness Classes - 9913-F25

Visit the Central Square front desk or communityed.sspps.org for class schedules.

Central Square Virtual Fitness Class Schedule

Mon	Strength Cardio at 8:30 am Senior Yoga at 9:30 am
Wed	Strength Cardio at 8:30 am & 6 pm Senior Yoga at 9 am Yoga at 5 pm
Thur	Yoga at 8:30 am Senior Strength Cardio at 9:30 am
Fri	Strength Cardio at 5:30 pm
Sat	Strength Cardio at 8 am Yoga at 9 am

**Strength Cardio**

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

Instructors: Terie Hanson and Rita Wurm

Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system, and reduce stress.

Instructor: Terie Hanson

Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

Instructor: Terie Hanson

Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

Instructor: Terie Hanson

Fees

1 time per week - \$25 per month
2 times per week - \$35 per month
3 times per week - \$45 per month
Unlimited - \$60 per month

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, Sep 2-Oct 28	5:15-6:15 am
9909-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Sep 3-Oct 29	4:30-5:30 pm
9909-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Sep 4-Oct 30	5:15-6:15 am
9909-F25C	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Fri, Sep 5-Oct 31	6-7 am
9909-F25D	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Nov 4-Dec 30	5:15-6:15 am
9909-F25E	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 5-Dec 17	4:30-5:30 pm
9909-F25F	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 6-Dec 18	5:15-6:15 am
9909-F25G	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 27	
Fri, Nov 7-Dec 26	6-7 am
9909-F25H	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 28	



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, Sep 2-Oct 28	6:30-7:30 pm
9916-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Nov 4-Dec 30	6:30-7:30 pm
9916-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

Kettlebell-TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility, and balance while combining cardio drills and kettlebells.

Instructor: Michelle Richter

Sat, Sep 6-Oct 25	10-11 am
9906-F25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Sat, Nov 1-Dec 27	10-11 am
9906-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a one stop body shock-just what you're looking for!

Instructor: Rita Wurm

Thu, Sep 4-Oct 30	5:30-6:30 pm
9908-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 6-Dec 18	5:30-6:30 pm
9908-F25B	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 27	



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

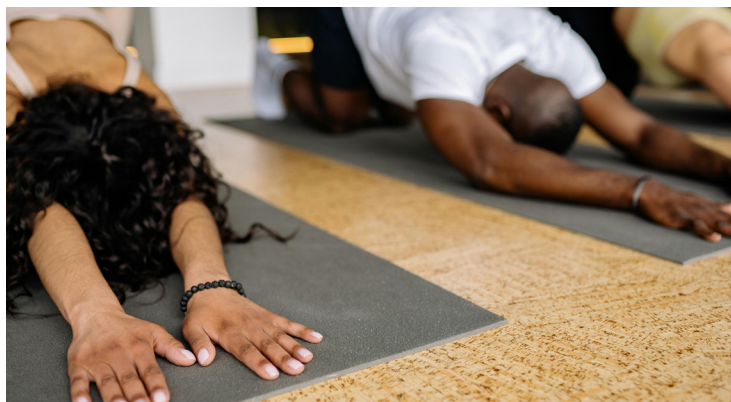
Thu, Sep 4-Oct 30	6:30-7:30 pm
9911-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 6-Dec 18	6:30-7:30 pm
9911-S25B	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 27	

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, Sep 8-Oct 27	5:30-6:30 pm
9918-F25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 3-Dec 29	5:30-6:30 pm
9918-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

**Yoga Fusion**

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results.

Instructors: Rita Wurm/Jina Digaetano

Mon, Sep 8-Oct 27	6:30-7:30 pm
9902-F25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 3-Dec 29	6:30-7:30 pm
9902-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

POUND®

POUND® is designed for all fitness levels and is easy to modify. It is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercise, this workout transforms drumming into an incredibly effective way of working out. The sessions use each song to achieve fat burning sequences. The drumming helps with timing, coordination, speed, agility, endurance and musicality. Please bring a water bottle and yoga mat.

Instructor: Erin Donnelly

Sat, Sep 6-Oct 25	11 am-12 pm
9966-F25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Sat, Nov 1-Dec 27	11 am-12 pm
9966-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

Tai Chi for Arthritis & Fall Prevention

Developed by Dr. Paul Lam with Tai Chi and medical colleagues, this program utilizes Sun style Tai Chi for its ability to improve balance, strength, flexibility, and overall well-being, while also helping to prevent falls.

Instructor: Bobbie Drew

Mon, Sep 8-Oct 27	8:30-9:30 am
9967-F25A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Sep 3-Oct 29	8:30-9:30 am
9967-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 3-Dec 29	8:30-9:30 am
9967-F25C	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 5-Dec 17	8:30-9:30 am
9967-F25D	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

**Tai Chi for Beginners**

Tai Chi for Beginners introduces the foundational principles and movements of this mind-body practice. Through this program, you will learn the first 6 forms of Yang style Tai Chi. This class is designed to help improve flexibility, balance and confidence while using gentle movements, focused intention, and deep breathing.

Instructor: Bobbie Drew

Wed, Sep 3-Oct 29	9:45-10:45 am
9968-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 5-Dec 17	9:45-10:45 am
9968-F25B	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

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

IT'S NEVER TOO LATE TO LEARN! NUNCA ES TARDE PARA ESTUDIAR

Adult Education (ABE) provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. **All classes are FREE!**

Educación para adultos (ABE) proporciona a los adultos en el condado de Dakota del Norte oportunidades educativas para adquirir y mejorar la alfabetización a fin de convertirse en empleados, miembros de familia y ciudadanos autosuficientes y orgullosos. **Todas las clases son GRATIS.**

AREAS OF STUDY • AREAS DE ESTUDIO

- English Language Learners (ELL)
Aprendices del idioma Ingles (ELL)
- Online Conversation Course (ELL)
Clases de Conversación en línea (ELL)
- Online Citizenship Prep
Preparación para ciudadanía en línea
- HSE/Academic Skills
HSE/habilidades académicas
- Online HSE
HSE en línea
- In-person/Online HyFlex
HyFlex en persona/en línea
- Work/Career Readiness Skills
Habilidades de preparación para el trabajo/carrera
- College Entrance Placement Test Prep
Preparación para el examen de ingreso a la universidad
- Family Learning in partnership with ECCE
Aprendizaje Familiar en colaboración con ECCE



Classes take place at • Las clases son en

Central Square Community Center
100 7th Ave N
South St. Paul, MN 55075

**YOU COULD BE HERE!
¡TU PUEDES ESTAR AQUI!**

**Call Linda at • Llame a Linda al
651-306-3632**



South Suburban
Adult Education

communityed.sspps.org/programs/ae



Scan QR code for more info!
¡Escanee el código QR para más información!



Welcome to Access Project Program for Adults with Disabilities

The Access Project program is designed to provide a wide array of activities and classes for adults with disabilities to expand their horizons, cultivate new skills, engage in stimulating activities and foster friendships in a welcoming and supportive environment. You are invited to participate in any of our classes regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver
- There is no cost for caregivers to assist unless otherwise noted
- Transportation is not included unless noted
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before listed start time. Prompt pick up is expected at the end of time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class
- All Access Project activities are alcohol and tobacco-free.

Contact, Registration, & Fee Assistance Information:

Phone: 651-403-8331

Online: tridistrict.ce.eleyo.com. Click on Access Project.

Mail: Access Project Program
Karyn Solseng
1200 Stassen Lane
West St. Paul, MN 55118

ARTS AND CRAFTS**Open Art Lab**

Whether you're a seasoned creator or just starting out, get inspired as we dive into various mediums, techniques, and styles as you unleash your imagination. Join us for a vibrant journey of self-expression and artistic discovery!

Tue, Sep 16	6-7:30 pm
1000-F25 Sep	1 session - \$6
Tue, Nov 4	6-7:30 pm
1000-F25 Nov	1 session - \$6

Masquerade Mask Creations

Join us for a fun night of creating masquerade masks. Learn how to plan the design, pick colors and materials, paint and assemble. Let your creativity shine!

Thu, Oct 2	6-7:30 pm
1002-F25	1 session - \$6

Guided Drawing with Access Staff

Join us for a night of drawing fun. One of our skilled instructors will guide you through an easy and fun drawing step by step. Make it your own by adding color to it.

Tue, Oct 14	6-7 pm
1007-F25	1 session - \$6

Popsicle Stick Snowflakes

This class provides a fun and easy craft activity for making snowflake ornaments using popsicle sticks. Learn how to create a snowflake design, choose paint color, and decorate them with various embellishments glitter. You can make it as a gift or keep it for yourself.

Tue, Dec 2	6-7:15 pm
1001-F25	1 session - \$6

CULINARY**Apple French Toast Bake**

Do you like French toast? Do you like Apples? Join us for a fun class where these two classics come together in a delicious breakfast bake. Come socialize and learn how to make this delicious meal. See you there!

Wed, Sep 10	6-7:30 pm
1020-F25	1 session - \$9

**Rainbow Pasta Salad**

Come to a hands-on culinary experience where you will learn to create delicious and versatile pasta salads. This class focuses on incorporating a variety of fresh ingredients to create a healthy and tasty dinner side dish.

Wed, Nov 19	6-7 pm
1021-F25	1 session - \$9

Puppy Chow

Join us for a fun, engaging and hands-on activity. You can learn to make this easy 5 ingredient tasty treat while socializing with peers. Bring home a bag to save for later or gift it to a friend.

Tue, Dec 9	6-7 pm
1022-F25	1 session - \$9

Pumpkin Spice Protein Balls

Pumpkin spice equals fall time fun. Join us as we learn to make these delicious treats and socialize with our peers. Pumpkin Spice Protein Balls are a delicious and healthy no-bake dessert or snack to enjoy in fall.

Thu, Oct 23 6-7:15 pm
1023-F25 1 session - \$9

WELLNESS

Just Dance

Get ready to groove to classic tunes while learning fun choreography. Perfect for dancing fans of all ages, this high-energy class teaches dance moves that will make you a hit at all the dance parties!

Fri, Sep 26 6-7 pm
1080-F25 Sep 1 session - \$5
Tue, Nov 25 6-7 pm
1080-F25 Nov 1 session - \$5

Yoga

Yoga is a fun, social way to relax the mind and body while building strength, flexibility, and balance. It's a fun way to calm our bodies and minds while promoting relaxation and reducing anxiety. Poses can be adapted for all abilities. Join us and explore Down Dog, Cat, Cow, Warrior, Cobra and Tree. Bring your own mat and wear comfortable clothing.

Instructor Debra Lee

Thu, Oct 30 - Dec 11 6:15-7:15 pm
1081-F25 Sep 6 sessions - \$30
Moreland Elementary Dance Studio
No class Nov 27.

SOCIAL

Friday Fun Night

Join us for a night of fun with friends, games, crafts, movies, and pizza. This is a relaxed, casual activity where you get to choose what you want to do! Pre-registration is not required but helpful in ordering pizza. We will do a special Karaoke Friday Fun Night in December!

Fri, Sep 5 6-8:30 pm
1040-F25 Sep 1 session - \$8
Fri, Nov 14 6-8:30 pm
1040-F25 Nov 1 session - \$8
Fri, Dec 12 6-8:30 pm
1040-F25 Karaoke 1 session - \$8

Bingo Jamboree

Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

Mon, Sep 22 6-7:15 pm
1041-F25 Sep 1 session - \$5
Mon, Oct 20 6-7:15 pm
1041-F25 Oct 1 session - \$5
Mon, Nov 17 6-7:15 pm
1041-F25 Nov 1 session - \$5
Mon, Dec 15 6-7:15 pm
1041-F25 Dec 1 session - \$5

Karaoke

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

Tue, Oct 28 6-7:15 pm
1042-S25 1 session - \$5

SPECIAL EVENTS

Ready to Ride: Safe and Easy Transportation Skills with GoDakota

GoDakota connects people to communities by training on how to use public and private transportation services. Enjoy drinks and snacks as we learn what is available for transportation independence, how to use public transportation and ride-sharing, and how to pay. Bonus: At the end you can sign up for a free one on one or small group training session where you get to practice your skills.

Thu, Sep 18 6-7 pm
1061-F25 Sep 1 session - free



Friday Fun Night Monster Mash Party

We're "Monster" mashing our costume party with Friday Fun Night! We'll have pizza, Halloween inspired crafts and games, a halloween movie, and a dance floor to Monster Mash to some favorite tunes. Come in costume for a wicked night of fun! Pre-registration is appreciated for ordering pizza.

Fri, Oct 10 6-8:30 pm
1060-F25 1 session - \$8

Winter Registration Open House

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

Wed, Dec 17 5:30-7 pm
1063-F25 1 session - Free

All Access Project classes take place in the Branch Out Building, unless otherwise specified.

Scan to see our
current programs.



Central Square

100 Seventh Ave. N., SSP
651-306-3632
Mon-Fri, 5 am-8 pm
Sat, 7:30 am-2 pm

Linda Jacobs-Buse,

Community Education Facilitator
ljacobs-buse@sspps.org

Services

Refunds

Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

Cancellations

You will be notified by phone or email and given a refund if Central Square cancels a class or activity.

Inclement Weather

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

Free Wi-Fi

Wireless internet access is available anywhere in the building. No password necessary.

Notary Service

Mon-Fri from 7:30 am - 4 pm

Room Rental

Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

Senior Center Hours

Monday-Friday: 7:30 am - 3 pm

About the Senior Center

The South St. Paul Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632.

Become a Member for Only \$12/Year

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+).

Opportunities to Volunteer

Adult Education Tutors - call Linda at 651-306-3632 for more information.

Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness class or activity per day that will be covered by insurance. For example: Aqua Fitness, Total Body, Yoga, etc. Or one free lap swim per day. Silver & Fit® members may take two fitness classes free per week that will be covered by insurance. For example: Yoga Fusion, Aqua Interval, Silver & Fit Explore®, etc. Or one free lap swim per day.

Fare For All

The Fare For All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Everyone is welcome to use Fare For All. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit fareforall.org

Tuesdays: Sep 16, Oct 21, Nov 18, Dec 16

Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Kitchen Coalition, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

What: FREE meals - either single serve or family style (serves 4)

Where: Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday and Tuesday. Meals can be picked up Mondays and Tuesdays after 3 pm and are available through Friday at 3 pm while supplies last.

Virtual Fitness Classes - 9913-F25

Visit the Central Square front desk or www.sspps.org/centralsquare for class schedules.

Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

Instructors: Terie Hanson and Rita Wurm

Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system, and reduce stress.

Instructor: Terie Hanson

Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

Instructor: Terie Hanson

Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

Instructor: Terie Hanson

Fees

- 1 time per week - \$25 per month
- 2 times per week - \$35 per month
- 3 times per week - \$45 per month
- Unlimited - \$60 per month

Silver & Fit® Explore

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join!

Instructor: Kim Befort

Fri, Sep 5-Oct 31	9:30-10:15 am
9803-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$22.50 senior (65+)
Fri, Nov 7-Dec 26	9:30-10:15 am
9803-F25B	7 sessions - \$49 adult
Central Square, SSP	\$20 senior (65+)
No class Nov 28	

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

Silver Sneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Instructor: Kim Befort

Tue, Sep 2-Oct 28	9:30-10:15 am
9801-F24B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Sep 4-Oct 30	9:30-10:15 am
9801-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Nov 4-Dec 30	9:30-10:15 am
9801-F24C	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 6-Dec 18	9:30-10:15 am
9801-F24D	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 20	

**Senior Circuit**

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

Instructor: Terie Hanson

Wed, Sep 3-Oct 29	6:15-7:15 am
9802-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Sep 4-Oct 30	6:15-7:15 am
9802-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Sep 8-Oct 27	6:15-7:15 am
9802-F25C	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 3-Dec 29	6:15-7:15 am
9802-F25D	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 5-Dec 17	6:15-7:15 am
9802-F25E	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 6-Dec 18	6:15-7:15 am
9802-F25F	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No Class Nov 27	

Senior Center

Ongoing Activities (pre-registration is not required)

SSP Buzz

Join your neighbors for a cup or two of joe and get your local buzz of what's happening around the community.

Monday-Friday 8:30-11 am

Walk the Square

Come walk the square - we might not be big, but we are temperature controlled.

Monday-Friday 7:30 am-3:30 pm

Penny Bingo

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It's a fast paced, easy card game that everyone will enjoy! It's very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays 1-2:30 pm

Cribbage

Is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Mondays 12-2:30 pm

Woodcarvers

Come check out the Woodcarvers Group at Central Square! This is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies.

Tuesdays 9-11 am

Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed.

Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters and maybe pick up a pointer or two, maybe even start a new craft.

Tuesdays 1-3 pm

Beginner 500 Cards

What to learn Five Hundred? Come join us to learn this game. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays 10-11 am

500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays & Fridays 11:30 am-2 pm

Hand & Foot Card Game

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays 1-3 pm

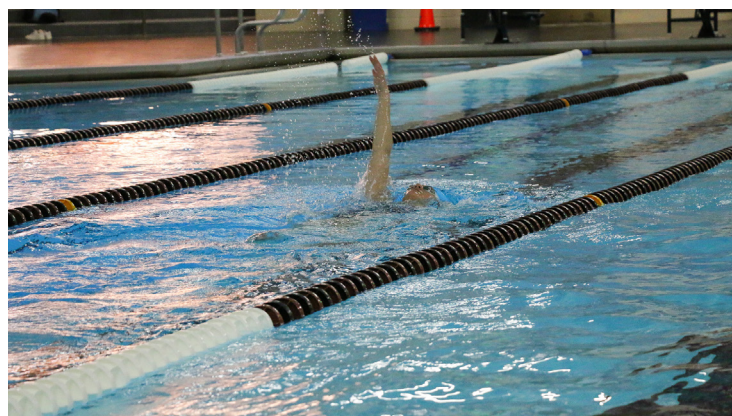
Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. communityed.sspps.org/programs/swimming-pool

Punch Card	10 admissions	\$40 adult (19-64 yrs)
9912-25/26		\$15 senior (65+)

Punch Card	30 admissions	\$80 adult (19-64 yrs)
9912-25/26		\$30 senior (65+)

Scan here for
the lap swim
schedule at
Central Square



Daily Rate

\$5 adult (19-64 yrs)

\$2 senior (65+)

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

Mon-Fri from 7:30 am-3 pm

Sat from 7:30 am-1:30 pm

Schedule is subject to change.

UPCOMING EVENTS

Happy Feet

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage.

Second Tuesday of the month 9 am-4 pm
 Sep 9 \$45 per session
 Oct 14
 Nov 11
 Dec 9

Call to make an appointment: 763-346-3390

Senior Board Meetings

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

Second Wednesday of the month - 9:30 am
 Wed, Sep 10
 Wed, Oct 8
 Wed, Nov 12
 Wed, Dec 10

Senior Out and About Lunches

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby!

Second Wednesday of the month - 11 am
 Wed, Sep 10 Pizza Pub
 Wed, Oct 8 5&8 Club
 Wed, Nov 12 Wayback Burgers
 Wed, Dec 10 No out to lunch in December

**Senior Socials at Central Square**

Join us at Central Square for a social get together! Come for food, conversations, music, and friends! Monetary donations accepted.

11:30 am-1 pm
 Thu, Sep 25 Walking Tacos
 Thu, Oct 23 Beer & Brats
 Thu, Nov 13 Turkey Dinner
 Thu, Dec 11 Potluck

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

DoNot Forget the Music!

Join us for a sweet time with live music by Vinnie Rose, who will take you on a musical journey through the decades - featuring swing, rock, country, pop, blues and more! Don't miss out - come for the music, stay for the donut!

Wed, Nov 19 1-2 pm
 7123-F25 1 session - \$10
 Central Square, SSP

Movie and Popcorn

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

Thu, Sep 11
 Thu, Oct 9
 Thu, Nov 6
 Thu, Dec 18

Book Club

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. We will meet on the second Monday of the month from 12:30-2:30 pm. Bring a lunch or something to share. You can pick up a book at your local library, bookstore or online.

Sep 8

The Maid by Nita Prose

Oct 13

The Bohemian Flats by Mary Relindes Ellis

Nov 10

The Seed Keeper by Diane Wilson

Dec 8

Vacationland by Sarah Stonich

Everything You Want to Know About Medicare

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan as well as those currently enrolled in Medicare.

Instructor: Greg De Keuster

Wed, Sep 10 10-11:30 am
 7146-F25A 1 session - Free
 Central Square, SSP
 Tue, Nov 18 1-2:30 pm
 7146-F25B 1 session - Free
 Central Square, SSP

City of Inver Grove Heights Parks & Recreation
Veterans Memorial Community Center (VMCC)
8055 Barbara Avenue, Inver Grove Heights, MN 55077

Program Registration

For programs registration: visit ighmn.gov/ActiveAdults55
or call: 651-450-2480

To view the current Scoop/IGH Parks and Recreation
brochure visit ighmn.gov/CurrentBrochure

EDUCATIONAL PROGRAMS

**Panel Discussion: Preparing for the Future—Home
Care & Assisted Living**

Wednesday, September 17 • Free

Join us for an informative conversation about planning ahead
and navigating the transition from home care to assisted living.
Whether you're planning for yourself or helping a loved one, you'll
walk away with practical insights to support informed, confident
decisions. Panelists include representatives from Home Instead, Good
Samaritan, and Next Step Senior Solutions.

Time: 1 pm **Location:** VMCC, Community Room 3
Code: AP-F0917 **Register by:** Wednesday, September 10

Peripheral Neuropathy

Wednesday, September 24 • Free

Reduce the symptoms of your neuropathy or reverse it without the use
of medications, injections or surgery. Dr. Cody Rodewald has treated
over 3,000 neuropathy and spinal cases. Offered in cooperation
with ALIGN Integrated Health.

Time: Noon **Location:** VMCC, Community Room 1
Code: AS-F0924 **Register by:** Wednesday, September 17

Death Cafe

October 3 • November 8 • December 8 • Free

Death Cafes are informal gatherings that provide a safe space for
open and honest discussions about death, dying, and life. They are
designed to be inclusive, non-judgmental, and free from any agenda,
allowing participants to explore their thoughts and feelings about
mortality in a comfortable and supportive setting. Your guide Christin
Ament is a Nurse Practitioner that has been working in palliative care
and hospice for a decade. Tea and cake will be provided

Session 1: Fri, Oct 3, 4 pm **Code:** AP-F1-1003
Session 2: Sat, Nov 8, 4 pm **Code:** AP-F2-1108
Session 3: Mon, Dec 8, 1 pm **Code:** AP-F3-1208
Location: VMCC **Register one week prior to date.**

Landmark Tours Travel Talks

Tuesday, October 7 • Free

Come check out the exciting travel opportunities with all-inclusive
packages that include round-trip airfare, quality accommodations in
great locations, deluxe motor coach transportation and the services
of a professional tour manager.

Time: 10 am **Location:** VMCC, Community Room 3
Code: AP-F1007 **Register by:** Tuesday, September 30

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

**The Emotional Eating Paradox: It's Not You,
It's Your Brain**

Tuesday, October 14 • Free

Are you struggling with emotional or binge eating? Learn why
willpower isn't the answer and how your brain drives cravings.
This workshop offers practical tools to break habit loops, reduce
emotional eating, and shift your mindset for a healthier relationship
with food. Sponsored by Jessica Guerrero, M.S., RN, NBC-HWC

Time: 10:30 am **Location:** VMCC, Community Room 1
Code: AS-F1014 **Register by:** Tuesday, October 7

Toxins and Your Health

Wednesday, October 22 • Free

Everyday toxins—from the food we eat to the products we use—can
build up in the body and impact our health. Learn how these toxins
may be contributing to your symptoms, how to reduce exposure,
and safe ways to support your body's natural detoxification. This
class will be led by Theresa McCahey, Certified Regenerative Health
Practitioner and owner of Vibrantly Well.

Session 1: 10:30 am **Code:** AP-F1-1022
Session 2: 6 pm **Code:** AP-F2-1022
Location: VMCC, Community Room 1
Register by: Wednesday, October 15

Advanced Care Directive Workshop & Five Wishes

Thursday, October 23 • Thursday, November 20 • Free

An advanced care plan with a focus on the Five Wishes to help
individuals understand and facilitate discussions about end-of-life
wishes. It uses the framework to guide these conversations, ensuring
they address what matters most. This workshop will help individuals
complete their advanced care directive guided by a medical
professional from The Bardo.

Session 1: Oct 23, 10:30 am **Code:** AP-F1023
Session 2: Nov 20, 10:30 am **Code:** AP-F1120
Location: VMCC, Community Room 1
Register one week prior to start date

**Beyond the Will — Essential Documents for your
Future**

Monday, December 8 • Free

You may have a basic will in place, but that's just the beginning of
what you need to plan for in the event of death or incapacity. Have
you considered your financial accounts, insurance policies, medical
directives, or what happens if you're divorced or own a business? In
this informative workshop, you will learn about the 25 key documents
that experts recommend you collect and maintain to ensure your
family isn't left scrambling during difficult times. Join Jeff Litfin,
Certified Estate Planner with Generations Legal Services, to discover
the steps you can take today for peace of mind tomorrow.

Time: 10:30 am **Location:** VMCC, Community Room 1
Code: AS-F1208 **Register by:** Monday, December 1



Fall Fest
at the Farmers' Market

**Sunday, Sept. 28
10 a.m.–noon
Veterans Memorial
Community Center**

Join us for crafts,
music, magic show
and other fun
fall activities!

ighmn.gov/Events

IGH Senior Club

Join for the camaraderie and enjoy
a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

2025 Membership: \$20 per person. The Senior Club is managed by a board and in partnership with IGH Parks & Recreation.

All Senior Club payments for membership and registration for the monthly luncheons are paid to the Senior Club. Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes are provided at the drop box location.

All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month from noon to 2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

SEPTEMBER 15

- Beef ribs, au gratin potatoes, salad and roll from Tinucci's
- Entertainment by Darlene and the Boys
- \$16

OCTOBER 20

- Pulled pork, coleslaw, beans, au gratin potatoes from The Coop
- Senior Club Board nominations.
- BINGO
- \$13

NOVEMBER 17

- Choice of pie and ice cream or salad
- Elections and BINGO
- Free (still must register)

FRIDAY, DECEMBER 5 HOLIDAY LUNCHEON

Please note this is on a Friday and will not be held on the third Monday of December

- Steak, baby red potatoes, glazed carrots, salad, dessert from Trophy House
- Entertainment
- \$15

Monthly Card Game Schedule

Join in the fun and games hosted by the Inver Grove Heights Senior Club. All experience levels are welcome. No registration required — just come! Questions? Contact Gary Altendorf: 612-598-0160 or email club55igh@gmail.com.

Location: VMCC, Senior Center

500: Mondays • 1 pm (except the third Monday of the month)

Cribbage: Tuesdays • 1 pm

Bridge: Wednesdays • 12:30 pm

Euchre: Thursdays • 1 pm

Hand & Foot: Fridays • 12:30 pm

ACTIVE AGING WEEK

SLOW DOWN

& Shine
MINDFUL LIVING

October 6–10

 ighmn.gov/Events

VETERANS MEMORIAL COMMUNITY CENTER

JOIN US!

Craft Activity
Wisdom & Wellness

Landmark Tours
Mindful Movement
Fitness Classes

Connect, Moments
that Matter
BINGO

BOOK CLUBS

Drop-in • No registration required • Free • VMCC
Room location will be posted in the VMCC on day of club.

Non-Fiction Book Club: Fourth Monday • 10 am

- Sept. 22** Narrative of Sojourner Truth Edited and with an Introduction by Margaret Washington
- Oct. 27** Sicking Clock: Behind the Scenes by Ira Rosen
- Nov. 24** The Book of Hope: A Survival Guide for Trying Times by Jane Goodall

Fiction Book Club: Second Tuesday • 1 pm

- Sept. 9** The Women by Kristin Hannah
- Oct. 14** One True Loves by Taylor Jenkins Reid
- Nov. 11** The Hotel Nantucket by Elin Hilderbrand
- Dec. 9** The Perfect Marriage by Jeneva Rose

Contemporary Line Dancing

Line dancing is an excellent way to increase coordination, balance and enrich memory and it's FUN! No partner is needed.

Register by: one week before class start date

Location: VMCC, Fitness Studio Cost: \$45

Session 1: Tuesdays, September 23–October 28

Beginner: 12:15–1:15 p.m. Code: AP-F0923B

Adv. Beginner: 1:30–3 p.m. Code: AP-F0923A

Session 2: November 11–December 16

Beginner: 12:15–1:15 p.m. Code: AP-F1111B

Adv. Beginner: 1:30–3 p.m. Code: AP-F1111A

Pickleball

Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband.

View the schedule: ighmn.gov/Pickleball

Register for Fall lessons at ighmn.gov/Register



IGH Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.



For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email avandehoef@ighmn.gov

Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Office Hours: Mon - Thu, 9 am-4 pm

TPAC will be closed Sep 1, Oct 16, Nov 27, Dec 23-31, 2025, and Jan 1, 2026.

Contact and Registration Information:

TPAC Phone: 651-403-8300

Online: tridistrict.ce.eleyo.com and click on Adults 55+

Registrations are taken on a first-come, first-serve basis. Mailed registrations cannot not be guaranteed. There is a five day registration deadline for all TPAC classes and a one week registration deadline for events.

TPAC Groups and Clubs

Registration required. Monthly groups: \$10 annually per member, renewed each September. Weekly groups: \$15 per trimester/member, Jan-Apr / May-Aug / Sep-Dec. Refunds are not given for single session cancellations of a monthly or weekly group.

Scholarships & Fee Assistance

Call 651-403-8303 for details.

Refunds

Requests for cancellations and refunds must be received seven days prior to the first class session or trip deadline. A \$10 service charge will be applied to your refund. Refunds are not issued after the first session or after trip registration deadlines. For groups, see above.

Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity. Refunds are not issued for single sessions of repeating monthly or weekly groups.

Inclement Weather and TPAC Closures

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

E-News

Sign up for email updates from Thompson Park Activity Center at isd197.org/community/adults-55 or call TPAC at 651-403-8300.

Opportunities to Volunteer - Call TPAC for more information

Technology Mentors
Umbrella Project
Office Attendant
Advisory Council



Foot Care

Foot Care Services are available at TPAC. Call 651-829-3944 to schedule your appointment. Fee is \$65.

Free Services

Memory Screening - Provided by DARTS. Call TPAC 651-403-8300 for an appointment.

Legal Services - Call 651-222-4731.

Health Insurance Counseling - Call the Senior LinkAge Line at 1-800-333-2433 or go to trelisconnects.org/get-help/medicare for an appointment.

Fare For All

Affordable groceries for all. Dates are subject to change last-minute. Details at www.thefoodgroupmn.org or call 763-450-3880. Credit Cards preferred. No checks.

Difficulty Hearing our Presenters?

If you have difficulty hearing during a presentation or class, please let us know immediately so we can rearrange seating or have the presenter use a microphone.

Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, services, operations, or the facility. Fill out a form, located near the suggestion box in the hall near the bulletin boards to share your thoughts. If you include your contact information (optional), we can follow up with you.

If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover Sep-Dec programming. Annual fees cover Sep 2025 to Aug 2026.

SPECIAL EVENTS

The Dollys

Get ready to be charmed by The Dollys, a polished vocal trio specializing in lush harmonies across classic country, folk, swing, and timeless pop genres. Their rich, melodic blend and warm stage presence make for an unforgettable afternoon—tapping toes, humming along, or swaying in your seat. The Dollys deliver professional, heartfelt performances that evoke nostalgia and joy. Treat yourself to a delightful musical experience. Dessert included.

Wed, Sep 24 1-2 pm
1980-F25 1 session - \$12

**Anthony Shore's Elvis Tribute Show**

Step into the world of Rock 'n' Roll royalty as Anthony Shore brings Elvis Presley's legendary performance to life. At the age of 3, Anthony received his first Elvis record, and his love of the legend was born. Before relocating to the United States in 2011, Anthony toured Europe, performing to sell-out audiences. Along with guitarist Jack Mansk, this show promises a thrilling homage to the King of Rock 'n' Roll and the essence of Elvis's legendary performances. Dessert included.

Wed, Oct 22 1-2 pm
1982-F25 1 session - \$10

Riverside Unplugged Acoustic Trio

Come to enjoy Riverside Unplugged as they take all your requests for this hour of entertainment. This acoustic trio performs everything from Johnny Cash and Frank Sinatra to Whitney Houston, The Rolling Stones, Adele, and hundreds more. See if you can stump the band. Mark your calendar. Dessert included.

Wed, Nov 19 1-2 pm
1983-F25 1 session - \$12

Snowflake Soiree: Buffet and Concert

Don't miss this special winter buffet lunch and uplifting holiday concert with Minneapolis singer-songwriter Bjorn Briell! Known for his powerful voice, heartfelt originals, and fresh takes on classic genres, Bjorn has performed worldwide and on national TV. From hit songs like "Make Me a Sandwich" to tributes like "We Stand Strong," his music moves and inspires. Join us for a soul-stirring performance that blends piano, guitar, and storytelling—perfect for the season!

Tue, Dec 16 Lunch 12-12:45 pm,
Concert 1-2 pm
1984-F25 1 session - \$29

Metro Dining Cards

Dine out with savings! Each set contains over 150 discount cards; one for each restaurant and valid once per month. Different regions available. Discounts include BOGO Free meal or 50% off your entree. Use two or three times and the set pays for itself. Great gifts. Available at TPAC Mon-Thu, 9 am-4pm. All sales are final. No returns or exchanges. Call 651-403-8300 for price.

LEARNING & DISCUSSION

All the World's a Stage, or Is It?

In this friendly, discussion-based course for seniors, retired sociologist Scott Chazdon guides you through key chapters of Erving Goffman's classic *The Presentation of Self in Everyday Life*. Using the metaphor of theater, Goffman explores how we manage impressions, define situations, and reveal ourselves differently in public and private. With monthly readings and guiding questions, we'll reflect together on how these mid-20th century ideas still shape our social lives today—even in a post-social media world.

Facilitator: Scott Chazdon, PhD

First Tuesdays, Sep 2-Dec 2 1-2 pm
1989-F25 4 sessions - \$12

**Explore Conversational Spanish for Absolute Beginners - Level 1**

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

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

Wed, Sep 3-Oct 29 9:30-10:30 am
1841-S25 Sep/Oct 9 sessions - \$72
Wed, Nov 5-Dec 17 9:30-10:30 am
1841-S25 Nov/Dec 7 sessions - \$56

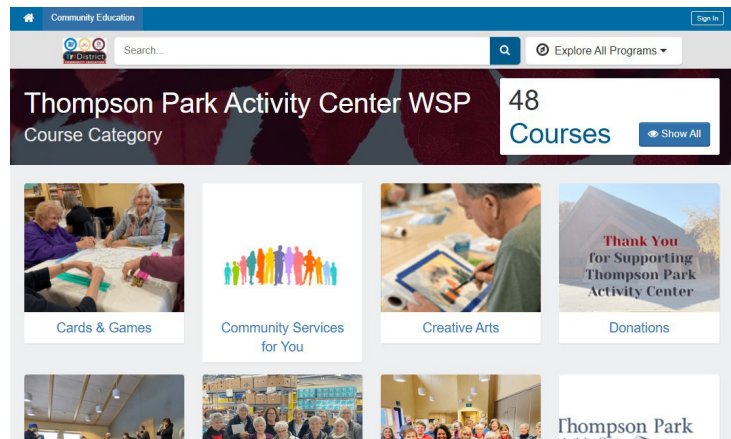
Register early; register one week or more in advance.

Explore Conversational Spanish - Level 2

This dynamic Level 2 Conversational Spanish course delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended. Our instructor ensures an engaging and immersive experience using gestures, visuals, and real-life scenarios to enhance learning. Join this enriching language journey!

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

Wed, Sep 3-Dec 16 10:45-11:45 am
1903-S25 Sep-Dec 16 sessions - \$128



Browsing and Registering Online for Community Ed Classes!

Learn how to browse through TPAC's webpage and many classes. Have you tried registering online for your classes, but struggled at some point? Have you gotten stuck at the "Apply" button? You're not alone! Join us for a step-by-step session on registering online, led by TPAC's friendly staff. Bring your questions. As always, registration in-person or over the phone is always welcome. There is no fee, but please register.

Instructors: Brenda Myran & Karyn Solseng

Thu, Sep 4 10-11 am
1990-F25 1 session - Free

Van Trip to State Capital

Step inside Minnesota's stunning State Capitol for a 45-minute guided tour designed with older adults in mind! Discover grand architecture, vibrant murals, historic chambers, and the breathtaking rotunda. Learn about the building's rich history, restoration stories, and the role it plays in our government today. It's a chance to explore beauty, art, and civic pride—all in one inspiring visit. Breakfast cost is at your own expense.

Tue, Sep 9 7:30-11:30 am;
includes time for breakfast
1100-F25 1 session
Choose one: \$34 includes van transportation (limited)
\$12 guided tour only (self transportation, meet at Capital)

Nature Sense with Eloise Dietz

Join Naturalist Eloise Deitz each month for a fun, hands-on Nature Sense series at Thompson Park. Explore fall colors, create nature art, and uncover winter wildlife secrets. Eloise's engaging style and deep knowledge make each session a delightful way to connect with the outdoors.

Nature Collections

Following a short collection hike, we'll create some take-home or leave-behind nature art.

Tue, Sep 16 10-11:15 am
1783-F25 Sept 1 session - \$10

Autumn Colors Hike

With the guidance of a box of crayons we'll see how many colors from nature we can match!

Tue, Oct 21 1-2:15 pm
1783-F25 Oct 1 session - \$10

Getting Drowsy

With shortening daylight hours, humans aren't the only creatures affected by the light. Who is doing what to survive the winter?

Tue, Nov 11 1-2:15 pm
1783-F25 Nov 1 session - \$10

Hoping for Snow!

How important is snow to Minnesota's wintering animals? Whether there is snow on the ground or not, we will discuss animal tracks and other signs that help us identify which animals are active in winter.

Tue, Dec 9 1-2:15 pm
1783-F25 Dec 1 session - \$10

Technology Help

TPAC volunteer mentors assist with technology questions you have. Come with your device and receive friendly, patient 1-to-1 assistance.

Mondays 9 am-12 pm
No registration needed Free
Closed Sep 1 & Dec 1

Staying Safe in West St. Paul: Scams, Drugs, and Crime

We trust and value the West St. Paul Police Department for their ongoing commitment to keeping our community informed and safe. Officer Sean Melville will share insights on how scammers target older adults—over the phone, online, and in person—and explain how to spot red flags, including new threats like AI and phone cloning. Officer Gobely will provide an overview of local crime trends, offering context to help reduce fear and increase awareness of what's really happening in our city.

Presenters: WSP Police Dept.

Thu, Sep 18 10-11 am
1997-F25 1 session - \$5

Register early; register one week or more in advance.

Notorious Dakota: True Crime Tales from Our County's Colorful Past

Before Dakota County became one of the safest places in America, it was home to moonshiners, mobsters, and master criminals. Join County Commissioner Joe Atkins for a riveting journey through real-life tales of crime, mystery, and justice—from Jesse James to Ma Barker. Based on original research and mapped for your curiosity, these true stories will fascinate and surprise.

Presenter: Joe Atkins, Dakota County Commissioner

Mon, Sep 22 10-11:30 am
1993-F25 1 session - \$4



Creating Your Estate Planning Blueprint for 2025 and Beyond

In light of new IRS regulations, planning for your legacy is more important than ever. At this informative workshop, we will discuss:

- Protecting your family/loved ones when you're no longer here
- Strategies to pass on more than just assets, and leave a lasting legacy
- Powerful tools like Qualified Charitable Distributions and Roth conversions
- How early retirement or job changes impact your financial "blueprint"
- Workbook provided to guide you in building a secure, tax-efficient estate plan. Get the tools needed to protect wealth and secure a lasting legacy.

Instructor: Terrie Amundson, CFP® Financial Advisor

Mon, Sep 22 1-2:30 pm
1992-F25 1 session - \$8

Finding Our Way: A Caregiver's Journey & Resource

Join us for a special presentation by Leslie Vick, author of a compassionate and practical caregiving workbook created to support those navigating the challenges of hospice and other caregiving roles. Designed to offer emotional support, helpful tips, and real-life insights, this guide fills a crucial gap for caregivers. We encourage you to attend and connect with others while gaining valuable tools from Leslie.

Presenter: Leslie Vick, author *Finding Our Way: A Caregiver's Journey & Resource*

Tue, Sep 23 10-11 am
1988-F25 1 session - \$5

Are You New to Medicare?

Learn the basics of Medicare. Join this educational seminar if you are considering Medicare in 3-6 months. The differences of Medicare Part A, Part B, Part C and Part D will be defined. The differences of Medigap programs and Medicare Advantage plans will be discussed. Considerations for choosing plans and how to prepare for Medicare will be addressed. Gain insights if you should stay on your employer plan or start Medicare. Licensed insurance agent professionals will lead this discussion. No sales involved.

Presenters: Sheri Salloway Yarosh, MBA, Van Clemens Ins and Harvey Perle, Perle & Co

Mon, Sep 29 2-3 pm
1985-F25 1 session - \$4

Fentanyl Free Communities

Join us for an important, eye-opening presentation designed especially for seniors. Learn how fentanyl makes its way into communities across Minnesota—and why you need to be informed: where it comes from, why it's so dangerous, and how it can end up in other drugs without a user's knowledge. Know the risks of accidental overdose among older adults, especially those using prescribed pain medications. Free Naloxone available for those who want to carry this life-saving medication. No question is dumb. Conversation with Michele throughout the presentation is welcomed.

Presenter: Michele Hein, Chair of Fentanyl Free Communities Foundation

Tue, Sep 30 10-11 am
1986-F25 1 session - \$4

Traveling Naturalist: Churchill, Manitoba, Through the Seasons

Beluga whales, polar bears and the northern lights - this remote Canadian community is the center of unique nature experiences. In summer, hundreds of white whales follow the fish in shallow water as they sing and play around kayaks and divers. Polar bear males roam and snooze on the boulder beaches. With the cold, tourists flock to see polar bears while spectacular northern lights dance overhead. Why do these experiences happen here and will they continue as the climate changes?

Presenter: Melonie Shipman, lifelong naturalist

Wed, Oct 1 11:30-12:30 pm
1987-F25 1 session - \$9

Repairs, Renovations & Staging vs. Selling Your Home As-Is: How to Get the Best Return on Your Investment

Learn the basic fundamentals of how to prepare your home to sell. Discover how to get the most bang for your buck and how to get the best sale price. Bring your questions and your specific home concerns for discussion.

Instructor: Faith Waters, Edina Realty

Thu, Oct 2 10-11:30 am
1991-F25 1 session - \$5

Journalist Perspective

Award-winning journalist Cinnamon I. Janzer brings her unique perspective and passion for storytelling to Thompson Park this fall. Known for covering underrepresented communities and rural voices in Minnesota and beyond, Cinnamon's work has appeared in The Guardian, National Geographic, and The Atlantic. Don't miss this engaging opportunity to hear behind-the-scenes insights, ask questions, and gain a deeper understanding of how journalism shapes the stories we hear—and those we don't. Join us for a thought-provoking conversation.

Presenter: Cinnamon I. Janzer, journalist

Mon, Oct 6 10-11 am
1107-F25 1 session - \$9

Fire Precautions for Seniors

Practical fire prevention and home safety is essential. In this class tailored for seniors, you will learn how to prevent fires and stay safe with tips on smoke and carbon monoxide alarms, electrical safety, and avoiding overloaded circuits. Simple precautions can protect your home, especially as aging makes certain tasks harder to manage on our own. Safety starts with awareness.

Instructor: Steve Wentzel, South Metro Fire Dept

Mon, Oct 6 1-2 pm
1995-F25 1 session - \$5

Fossils For Senior, Not Of...

Join us for a fascinating presentation by a local paleontologist designed for the curious! Learn how fossils form, what they reveal about Minnesota's prehistoric past, and even hold real specimens. This lively, hands-on talk is a chance to explore the ancient world beneath our feet in a fun, approachable way. Don't miss this opportunity to learn from a local expert!

Presenter: Justin Tweet

Wed, Nov 12 10:30 am - 12 pm
1120-F25 1 session - \$5

Lake and Company Magazine

The Lake and Company—a bold, Minnesota-based magazine that celebrates adventure, creativity, and community. Join us as Buffy shares how the magazine highlights local voices, explores the unknown, and inspires readers to connect with the people and places that make our state unique. Don't miss this chance to hear from a leader who brings stories to life.

Presenter: Buffy Dege, Director of Operations

Thu, Oct 9 9-10 am
1104-F25 1 session - \$5

Senator Matt Klein Is Back

Join us for a special visit from Minnesota Senator Matt Klein, a physician and dedicated public servant, as he shares insights into the issues shaping our state and our communities. With a unique perspective from both the medical and legislative worlds, Senator Klein will discuss current challenges, upcoming initiatives, and answer your questions. Engage in this meaningful conversation with someone working directly for the well-being of Minnesotans—especially older adults like you.

Thu, Oct 9 11 am-12 pm
1109-F25 1 session - \$4



Thanksgiving Day in Canada & More

Join local resident and former Canadian Michael Noonan for an engaging session all about our friendly neighbors to the north—Canada! From holidays to history, politics to fun facts and cultural insights, Michael will share what every American should know (but often doesn't) about this fascinating country just across the border.

Presenter: Michael Noonan

Mon, Oct 13 10-12 am
1999-F25 1 session - \$4

Becoming an Ally for LGBTQ Youth: A Culturally Vital Workshop

Led by The Trevor Project Minnesota, this welcoming and judgment-free workshop invites older adults to deepen their cultural understanding and support of LGBTQ youth. No prior knowledge is needed—just a willingness to learn. Explore inclusive language, the coming-out process, and the unique challenges LGBTQ individuals face in homes, schools, and communities. Through respectful discussion and guided activities, participants gain tools to become compassionate allies, reduce bias, and help build a more inclusive and connected community for all.

Tue, Oct 14 9:30-11:30 am
1994-F25 1 session - \$5

What's New in Medicare 2026?

This educational seminar is for those who are already on Medicare but want to learn about the significant cost changes, program changes, and options for the upcoming year. If you are content with your current plan, but are curious if there is some program that may better serve your needs, this is for you. Licensed insurance agents will lead this educational seminar. No sales involved.

Presenters: Sheri Salloway Yarosh, MBA, Van Clemens Ins and Harvey Perle, Perle & Co

Tue, Oct 21 9:30-10:30 am
1886-F25 1 session - \$4

Understanding the Federal Reserve

What is the role of the Federal Reserve Bank in our nation's economy? How did the Fed come into existence, and why does it have such a unique structure? Where is Minnesota represented in monetary policymaking? Learn the answers to your questions.

Presenter: Karmi Mattson, Assistant Vice Pres, Public Affairs, Fed Reserve Bank Mnpls

Tue, Oct 28 10-11 am
1998-F25 1 session - \$5

Bystander CPR: Learn to Help Save a Life

In a medical emergency, every second counts—and knowing what to do can make all the difference. This hands-on class is designed for older adults and will teach the basics of Bystander CPR. Gain confidence, learn vital skills, and be prepared to step in during a crisis. Even if you cannot kneel on the ground to perform CPR yourself, you can direct someone else. You don't need experience—just a willingness to learn. Empower yourself to help when it matters most.

Instructor: Terry Johnson South Metro Fire Dept

Mon, Nov 3 9-10:30 am
1996-F25 1 session - \$5

Sign Language 101

Learn American Sign Language (ASL) and start here! This short, beginner-friendly class is designed especially for older adults and offers more than just a new skill—it's a great way to keep your mind sharp, improve memory, and boost cognitive health. Taught by a patient and experienced instructor, you can discover the joy of new learning and the power of connection through ASL.

Instructor: Suzanne Downs

Mondays, Nov 3-Dec 22 11 am-12 pm
1108-F25 8 sessions - \$64

**Knife Safety and Maintenance**

Join our expert-led class on knife safety, modern steels, and knife maintenance. Learn crucial handling techniques, discover the properties of various modern steels, and master proper maintenance practices to keep your knives in top condition. Enhance your skills and knowledge in knife care. Following the presentation, Tera Forge can take and sharpen your knives at his shop and drop them back off at TPAC before Thanksgiving.

Presenter: Stephen, Tera Forge Knives

Tue, Nov 4 10-11:30 am
1900-F25 1 session - \$5

Register early; register one week or more in advance.

Landmark Tours: See The World

Your travel adventure starts here! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company rooted in the community, to fulfill your travel dreams. Preview upcoming trips and learn about the ease and excitement of escorted travel. Catalogs available at TPAC. Registration preferred.

Presenter: John Lyons

Thu, Nov 6 10-11:30 am
1592-F25 1 session - Free

New Life for Old Holiday Cards

Bring your old holiday cards (optional) and give them new life! Join us for a fun, creative session where we'll recycle and redesign cards into fresh, festive greetings. All materials provided — bring your imagination and holiday spirit.

Instructor: Johanna Nelson

Wed, Nov 26 10:30 am - 12:30 pm
1102-F25 1 session - \$5

**Cheers to Cheese — in Both Knowledge and Taste!**

Meet Austin, a passionate cheesemonger from France 44 who delights in matching people with their perfect cheese. In this flavorful and fun class, you'll not only learn the stories, science, and secrets behind the world's most beloved cheeses — you'll also sample a generous variety along the way! Curious about aging, rinds, storage, or pairings? Come hungry to learn, and taste what makes cheese truly irresistible.

Instructor: Austin Butler, Buyer, France 44

Thu, Nov 13 11 am-12 pm
1105-F25 1 session - \$15

Loving Those Busy Beavers

Join us for a fascinating presentation as Dr. Emily Fairfax shares her groundbreaking research on beavers and their powerful role in shaping ecosystems. Discover how these industrious animals naturally manage water, prevent wildfires, and restore landscapes. It's a lively and eye-opening look at nature's most underrated engineers.

Presenter: Dr Emily Fairfax, UofM Professor, Environmental Sciences

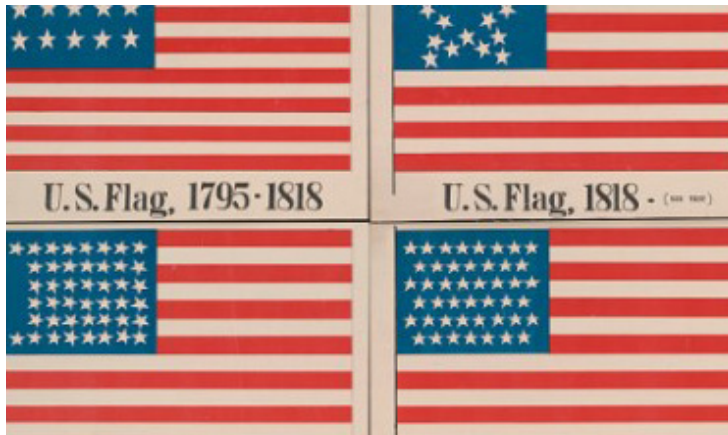
Tue, Nov 18 1-2:30 pm
1112-F25 1 session - \$7

MN Museum of American Art Classroom Prep

Rediscover the joy of looking closely and thinking deeply with an engaging Art Appreciation class led by Frances Megarry, longtime museum docent and passionate educator. Fran brings decades of experience and a warm, welcoming style to each session. Focusing on works from The M in St. Paul, this program encourages older adults to connect with art, share insights, and enjoy meaningful conversation—no background in art needed, just curiosity and an open mind.

Instructor: Frances Megarry, museum docent

Tue, Dec 2 11 am-12:30 pm
1119-F25 1 session - \$9



The United States Flag: Origins, Evolution and Symbolism

The United States Flag is an important, and perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story.

Presenter: David Jones

Mon, Dec 8 9-10 am
1110-F25 1 session - \$9

Visit to The M

Discover the vibrant world of American art at The M—Minnesota Museum of American Art in St. Paul. Known for showcasing contemporary and historical works by Minnesota and diverse American artists, The M offers a rich, meaningful experience. Enjoy a guided tour led by experienced docent Frances Megarry. Designed for older adults who love learning, this tour promises insight, inspiration, and great conversation!

Tour Guide: Frances Megarry, museum docent

Thu, Dec 11 11 am-1 pm
1106-F25 1 session - \$9

Meet at: Minnesota Museum of American Art, 350 Robert Street North, St. Paul, MN 55101. Located in the Historic Pioneer Endicott

Register early; register one week or more in advance.

GROUPS

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

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

Fees are important to supporting Thompson Park Activity Center programming. Discounts are not offered for days you cannot attend.

Men's Toast and Topic

Join us on the last Monday of each month, a special time for men to visit and share their insights. Discuss various topics in an engaging environment. Take this opportunity to connect with new folks and contribute your thoughts. Even if you don't usually 'get involved', your participation and insights will be appreciated. Join us at any time throughout the year!

Facilitator: Rob Meyer

Last Monday of each month 9-10 am
1746-F25 \$10 annually, Sep - Aug

Umbrella Project

Join us as we share our time, resources, and talents to better our communities; near and far.

September 8: Umbrella Kickoff Brunch! Learn what we are all about, volunteer opportunities, and share your interests too! Each month, we select a cause and bring donations (optional). Donations are only accepted on meeting days, 9-11:30 am.

October 13: Seasonal baking supplies for Neighbors Inc

November 10: New/gently used winter apparel for Friday Night Street Team

December 8: New Year's basket supplies for Living Well Communities

Ongoing projects need the following clean, new / gently used donations for various causes: Cardstock, stickers, used greeting cards, Pillowcases, Plastic shopping bags, Paper grocery bags, Used athletic sneakers - any condition

Second Mondays 10-11:30 am
1599-F25 Free

Great Decisions Group 2026

This group starts in January and offers you a unique opportunity to dive deep into the world of geopolitics, challenge your perspectives and broaden your horizons. Engage in thought-provoking conversations around US foreign policy and the ever-evolving global landscape. Books may be purchased from TPAC or on your own at www.fpa.org.

Facilitator: Charles Happach

Second Mondays 1 pm
1296-W26 Group \$10 annually, Jan-Dec
1296-W26 Book \$34 est cost, order deadline is Oct 31

Mystery Book Club

If you love mysteries, join our mystery book club. We select a wide range of authors and locales. At our meetings, we enjoy stimulating discussions on our interpretations, speculations and theories of the book. It's truly amazing the wonderful insights each reader brings to the discussions!

Facilitator: Joyce Wahlquist

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

Caregiver Support Group

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. The caregiver support group comes together with trained facilitators to learn about topics relevant to this role. Sponsored by Darts

Second Wednesdays 1-2:30 pm
1597-F24 Free

Nonfiction Book Club

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

Facilitator: Frances Megarry

First Thursdays 1-2:30 pm
1607-F25 \$10 annually, Sep-Aug

Out & About Group

Enjoy getting together with this social group for men and women for 1-2 outings per month, often including lunch. After registering, information will be emailed to you by the group's Communications Coordinator. Each member supports the group in the following ways: pay the \$10 annual fee to TPAC, pay costs of activities in which you participate, or organize an activity (we can help with ideas). If ride-sharing, optional cash donation to the driver for gas.

Dates vary
1609-F24 \$10 annually, Sep-Aug

CREATIVE ART

Knitting Group

Connect with new friends and old in this welcoming group. Share your knitting, crocheting, and other hobbies in this warm, non-instruction peer group. It's a space to learn from one another while forming lasting bonds. All are welcome.

Mondays 1-3 pm
1600-F25 \$15, Sep-Dec

Rock Painting

Take a break, tap into your creativity, and join us for a relaxing rock painting session! No experience needed—just bring your imagination. It's a fun, social way to express yourself and create a little art that can brighten a garden, doorstep, or someone's day.

Instructor: Johanna Nelson

Mon, Sep 15 10 am-12 pm
1101-F25 1 session - \$6

Watercolor Painting Introduction

Discover your creativity in our beginner-friendly watercolor classes! Explore essential materials, foundational techniques, and the basics of color theory as you learn how to mix pigments to create beautiful, expressive artwork. These introductory classes are for those who are new to watercolor painting and are a prerequisite for Watercolor I. For your convenience, the instructor will take care of all supply shopping. Fee of \$65-70 is due on the first day of class.

Instructor: Linda Stout

Mondays	1-3 pm
1491-F25	
Sep 8-29	4 sessions - \$80
Nov 3-24	4 sessions - \$80

Watercolor I

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

Instructor: Linda Stout

Tuesdays	1-3 pm
1302-F25	
Sep 2-30	5 sessions - \$98
Oct 7-28	4 sessions - \$80
Nov 4-25	4 sessions - \$80
Dec 2-16	3 sessions - \$60



Watercolor II

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

Instructor: Linda Stout

Wednesdays	1-3 pm
1191-S25	
Sep 3-24	4 sessions - \$80
Oct 1-29	5 sessions - \$98
Nov 5-19	3 sessions - \$60
Dec 3-17	3 sessions - \$60

Card Design with Stacey Pangborn

Get ready for a fun, hands-on class where you'll create 3 beautiful, handmade greeting cards! Card messages will be Get-Well, Thinking of You and Thank You. Each is thoughtfully designed and prepped by Stacey, so you can relax and let your creativity flow. All supplies are provided—just bring your enthusiasm!

Instructor: Stacey Pangborn

Mon, Oct 20 9-11 am
1599-F25 1 session - \$25

Open Watercolor Painting

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

Facilitator: Art Thell

Tuesdays 9:30-11:30 am
1602-S25 \$15 Sep-Dec
No class Dec 23 or 30

Crafting for a Cause

Craft notes of kindness with fellow volunteers. These messages will be included in locally delivered Meals on Wheels and brighten someone's day! On occasion, we make cards for other causes as well. All materials are supplied. Cardstock donations are accepted and appreciated.

Facilitator: Rita Schnoor

Second Tuesdays 12-1 pm
1598-F25 Free



Colored Pencils Group

Work on your latest pencil project and have fun while doing it! Who knew the color blending possibilities of colored pencils? Everyone is welcome. There is no instructor, but sharing your techniques is welcome! Bring your own pencils and art equipment.

First and Third Wednesdays 1-3 pm
1595-F25 \$15 Sep-Dec

FITNESS & HEALTHY LIVING

Tai Chi Chih For Health

For new and returning students alike, this Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated to improve balance, sleep, vitality, immune function, weight management, stress, pain, or inflammation.

Instructor: Theresa May, nationally accredited instructor

Wed, Sep 3-Oct 29 9:15-10 am
1909-F25 Sep-Oct 9 sessions - \$72
Wed, Nov 12-Dec 17 9:15-10 am
1909-F25 Nov-Dec 6 sessions - \$48



Pilates

Pilates (pil-ah-teez) is a mind and body exercise designed to lengthen and strengthen muscles, increase flexibility and balance while focusing on a strong core. Our classes will include light cardio, resistance training and mat exercise - emphasizing proper form and breathing while executing the movements. Bring your own mat. Give it a try and join us for our FREE Sep 9th session! Space is limited - register early.

Instructor: Stephanie Stockton

Tue, Sep 9 2-3 pm
1113-F25 Intro FREE Session!
Tue, Sep 16-Oct 28 2-3 pm
1113-F25 Sep-Oct 7 sessions - \$63
Tue, Nov 4-Dec 16 2-3 pm
1113-F25 Nov-Dec 7 sessions - \$63

3X3 Fitness

Our exercise videos, paired with resistance bands/rings, are your secret weapon to building muscle tone and improving overall health. Elevate your health and fitness game with these chair-based, low-impact exercises. Welcome a stronger, more vibrant you!

Facilitator: Barb Erickson

Tue/Thu 9:15-10 am
1635-F25 \$15 Sep-Dec
No games Oct 16, Nov 27, Dec 25, Jan 1

Wednesday Walkers - Walk, Talk, and Gawk

Meet at TPAC parking lot every Wednesday at 9 am to carpool to a specially selected walking path usually about 2.5 miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inclement weather. Members take turns choosing a destination for walking. Season ends with a potluck lunch on Oct 29. Exercise, friendship, and nature keep this group engaged and motivated!

Facilitator: JoAnn Ellingboe

Wednesdays thru Oct 29 9 am
1610-S25 \$15

Fitness and Balance for Life

Make this part of your fitness journey! Naomi will gently guide you through low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear. Your path to better health awaits.

Instructor: Naomi Marzinske

Thu, Sep 4-Oct 30 10:30-11:30 am
1317-F25 Sep-Oct 8 sessions - \$64
No class Oct 16.

Thu, Nov 6-Dec 18 10:30-11:30 am
1317-F25 Nov-Dec 6 sessions - \$48
No class Nov 27.

Foot Care

Do you have difficulty caring for your feet? Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care of fungal toenails. Foot care is important to your overall health. The Foot Nurse would like to help you maintain healthy feet. Appointments required. Provided by Katie Sikel, RN, CFCS

2nd & 3rd Thu \$65
Call 651-829-3944 for an appointment.

CARDS & GAMES**Bocce Ball**

Enjoy new and old friends and a little competition of Bocce Ball with some fresh air on the grounds of Thompson Park. Simply aim to toss your bocce balls closer to the pallino (little white ball) than your opponents. Games are self-monitored. Gather around TPAC's patio for some outdoor enjoyment.

Mondays, Sep 8-Oct 27 9:45-10:45 am
1596-F25 8 sessions - \$8

Bean Bag Toss

Bean Bag Toss, or Corn Hole, is a fun game for 2-4 players. Toss bean bags and score 1 point for landing on the board or 3 points for putting the bag through the hole; it's not as easy as it sounds! We supply the boards and bags, while you supply the fun and competitive spirit of the game. Played outdoors.

Tuesdays, Sep 2-Oct 28 9:45-10:45 am
1643-F25 Sep-Oct 9 sessions - \$8

Cribbage

While cribbage is fun and easy, there is always something new to learn! In this environment, your fellow players are patient and will help you count your score. Learn the game of cribbage and new strategies as you joyfully peg your way to victory. Enjoy a dash of friendly competition and fun.

Wednesdays 1-3 pm
1856-F25 \$15 Sep-Dec

Scrabble

Join us for some friendly games of scrabble - sharpen your word skills, challenge your mind, and out-word your fellow players!

Wednesdays 1-3 pm
1114-F25 \$15 Sep-Dec

**Hand & Foot**

Join us for an exciting card game merging canasta elements. Team up with two to six players, build melds, and score points by creating sets and runs. Whether you love the game or want to learn, come join the fun!

Facilitator: Laura Palodichuk

Wednesdays 9:30 am-12:15 pm
1735-F25 \$15 Sep-Dec
No games Dec 24 & 31.

Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards. The game originated in China. There are many versions, but at TPAC, we teach/play American Mah Jongg. You will learn a new skill, learn luck is an aspect of every game, and have fun playing with new friends. All are welcome. Call ahead if you want to learn - 651-403-8300.

Facilitator: Carol Beaves

Thursdays 1-3:45 pm
1613-F25 \$15 Sep-Dec
No games Oct 16, Nov 27, Dec 25, Jan 1

Register early; register one week or more in advance.

Trips & Tours
Registration Information

South St. Paul

Central Square Community Center
100 Seventh Ave. N.
South St. Paul, MN 55075
651-306-3632

Inver Grove Heights

IGH Veterans Memorial Community Center
8055 Barbara Ave.
Inver Grove Heights, MN 55077
651-450-2480

West St. Paul

Thompson Park Activity Center (TPAC)
1200 Stassen Lane
West St. Paul, MN 55118
651-403-8300

- Register where you want to board the bus.
- Boarding and drop-off only at three locations listed.
- Arrive 15 minutes before the scheduled trip departure for check in.
- A \$10 service fee will be charged if you cancel your trip registration.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots are not held for participants without payment.
- Mailed registrations may not be guaranteed. Call to check availability before mailing in your registration.

St. Paul Haunting

Join your entertaining Victorian ghost guide through historic Saint Paul to hear thrilling tales of haunting. Designed to give you a bit of a tingle, a shiver or a laugh while learning some interesting history of our capital city. Locations include Saint Paul's historic Summit Avenue (considered one of the most beautiful streets in the country), charming Rice Park which is older than Central Park in New York City and surrounded by several haunted buildings plus more! There are over a dozen sites on this tour and a brief stop or two. In 1910 "St. Paul's Million-Dollar Hotel" opened. The guest list included James J. Hill, Lucius P. Ordway and John Ireland. Lunch at the St. Paul Grill. Menu: The Market Street Sandwich: Grilled Chicken Breast, Thick-Cut Bacon, Swiss and Cheddar with Sriracha Mayo, Hand-Cut Fries, Coffee or Tea.

Thu, Nov 6 \$97
Register by: Fri, Oct 3

Location	Departure	Return	Registration
TPAC	10:15 am	2:45 pm	1979-WSP-F25
SSP	10:00 am	3:00 pm	1670-SSP-F25
IGH	9:45 am	3:15 pm	www.ighmn.gov/register



Orchestra Hall Coffee Concert

Dvořák New World Symphony - This concert provides four reasons with Haydn's Sinfonia concertante, which allows a quartet of players to shine. To set the scene, Caroline Shaw riffs on one of Haydn's quartets, and we close with Dvořák's Ninth Symphony, partially inspired by his time in the Upper Midwest. Lunch will be at Brit's Pub & Eating Establishment located on the Nicollet Mall in Minneapolis. Menu: Fish and Chips Luncheon with a Beverage "Brit's bestseller... Cod Save The King."

Thu, Dec 4 \$107
Register by: Fri, Oct 31

Location	Departure	Return	Registration
TPAC	10:00 am	3:30 pm	1115-WSP-F25
SSP	9:45 am	3:45 pm	1688-SSP-F25
IGH	9:30 am	4:00 pm	www.ighmn.gov/register



Folsom Prison Experience

Step into the shoes of an inmate at Folsom Prison in 1968 and participate in the electrifying Johnny Cash show. Feel the palpable tension as the watchful Warden and his guards keep a vigilant eye, while Johnny Cash, June Carter, and the Statler Brothers ignite the stage with their timeless music. Be part of the historic performance! Lunch at Coyote Moon Grille Restaurant in St. Cloud. Menu: Entrée, Popover, Salad, Side Dish, Beverage, Dessert.

Fri, Jan 16 \$120

Register by: Fri, Dec 5

Location	Departure	Return	Registration
TPAC	9:30 am	5:45 pm	1116-WSP-W26
SSP	9:15 am	6:00 pm	1699-SSP-W26
IGH	9:00 am	6:15 pm	www.ighmn.gov/register

Chanhassen Dinner Theater: Guys and Dolls

Charming but broke gambler Nathan Detroit is short on cash for the biggest craps game in town and the authorities are breathing down his neck. Meanwhile, longtime girlfriend and club performer, Miss Adelaide, is tiring of their 14-year engagement with no wedding in sight. Nathan looks to fellow high-roller Sky Masterson for the cash, and the two concoct a bet for Sky to whisk the straight-laced missionary Sarah Brown off to Havana. Sarah is determined to save the souls of the gamblers, setting in motion a series of events where love and redemption intersect. Frank Loesser's vibrant score makes GUYS AND DOLLS a true crowd-pleaser, featuring songs like "Luck Be a Lady," "A Bushel and a Peck" and "Sit Down You're Rockin' the Boat."

Wed, Feb 18 \$125

Register by: Fri, Jan 9

Location	Departure	Return	Registration
TPAC	10:00 am	5:15 pm	1117-WSP-W26
SSP	10:15 am	5:00 pm	1680-SSP-W26
IGH	10:30 am	4:45 pm	www.ighmn.gov/register

Graceland and Memphis, TN

Monday, April 13, 2026

In Cedar Rapids, IA have an ethnic lunch (included) at the National Czech & Slovak Museum. Check into the Best Western On The River in Hannibal, MO. Tonight, board the Mark Twain Riverboat Cruise for a dinner (included) cruise.

Tuesday, April 14, 2026

In Sikeston, MO have lunch at Lamberts "Home of the Thrown Roll." Arrive in Memphis and check into the Guest House at Graceland. Tonight have dinner at Arcade Restaurant (a regular hangout of Elvis) with Elvis Tribute Artist Performance.

Wednesday, April 15, 2026

Have the breakfast buffet (included) in Delta's Kitchen at the hotel. Enjoy a full day of touring. Tour Graceland Mansion and explore the personal side of Elvis Presley. The tour includes the living room, his parents' bedroom, the kitchen, TV room, pool room, the famous Jungle Room, his father's office, the newly enhanced Trophy Building, the Racquetball Building and Meditation Garden. Across the street is Elvis Presley's Memphis. It is the all-new entertainment complex. Guests enjoy exciting and engaging exhibitions, attractions and visitor experiences in a 200,000 square foot, state-of-the-art, climate-controlled facility. Celebrate the King of Rock 'n' Roll™ and honor his incredible life and career. Presley Motors Automobile Museum: Home to Elvis' collection of classic cars and hot rods. Elvis: The Entertainer Career Museum: Focuses on Elvis' career and achievements. Interactive experiences: Allow visitors to experience the sights and sounds of the city that inspired Elvis. Take time for lunch (on own) Visit Sun Studio. The Sun Sound began when Sam Phillips launched his record company in February of 1952. Sun Studio is known worldwide as "The Birthplace of Rock'n'roll". It is the discovery location of musical legends and genres of the 50's from B.B. King and Elvis Presley to Johnny Cash and Jerry Lee Lewis; from Blues and Gospel to Country and Rock'n'roll. They spread the story of Memphis' history and culture through the music that put Memphis on the map. Stop by the Peabody Hotel this afternoon for their famous afternoon duck march through the lobby to the fountain. This evening, have dinner (included) at the world famous Charlie Vergos' Rendezvous Restaurant.

Thursday, April 16, 2026

Travel to Willow Springs, MO for lunch (included) at Cattleman's Steakhouse Restaurant. Lodging will be at the Drury Inn in Independence, MO.

Friday, April 17, 2026

Have lunch at the Cracker Barrel Restaurant in Des Moines, IA. Return early evening to Inver Grove Heights, South St. Paul, Thompson Park.

Mon-Fri, April 13-17 \$1,565.00 (2 Per Room)
Register by: Fri, Feb 6 \$1,985.00 (Single Room)

Location	Departure	Return	Registration
TPAC	7:00 am	Evening	1118-WSP-W26
SSP	7:15 am	Evening	1678-SSP-W26
IGH	7:30 am	Evening	www.ighmn.gov/register

In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Drive Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction.

Simley High School

Mon-Thu, Oct 6-23 3:45-6:45 pm
3300-F25A 10 sessions - \$420
No class Oct 15 & 16

South St. Paul High School

Mon-Thu, Nov 3-18 2:45-5:45 pm
4300-F25 10 sessions - \$420

Two Rivers High School

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

Mon-Thu, Sep 22-Oct 8 3:15-6:15 pm
2302-Sept25 10 sessions-\$420
No Class Oct 6

Mon-Thu, Oct 27-Nov 13 3:15-6:15 pm
2302-Oct25 10 sessions-\$420
No Class Nov 3 & 4

Mon-Thu, Dec 1-16 3:15-6:15 pm
2302-Dec25 10 sessions-\$420



Virtual Courses

Mon-Thu, Sep 15-30 4-7 pm
F25OLA
Mon-Thu, Oct 6-23 4-7 pm
F25OLB
Mon-Thu, Nov 3-18 4-7 pm
F25OLC
Mon-Thu, Dec 1-16 4-7 pm
F25OLD



ACT Prep Class

This in-person class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management.

Students who complete the course may repeat it as often as they wish in future offerings—free of charge. All class materials are included in the course fee.

Instructor: Advantage Prep

Simley High School

Thu, Oct 30-Dec 4 6-9 pm
3301-F25 4 sessions-\$180
No Class Nov 6, Nov 27

South St. Paul High School

Wed, Oct 29-Dec 3 6-9 pm
4301-F25#321 4 sessions-\$180
No Class Nov 5, Nov 26

Two Rivers High School

Thu, Sep 18-Oct 9 6-9 pm
2304-Sept25 4 sessions-\$180
Tue, Oct 28-Dec 2 6-9 pm
2304-Oct25 4 sessions-\$180
No Class Nov 4 & 25



Virtual ACT Prep Class with Live Instructor

This is an excellent alternative if you prefer the interaction with the instructor but cannot attend an in person class. This course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. An internet connection and a computer/tablet/smartphone is required.

Sat, Nov 8-Dec 6 9 am-12 pm
F25#934 4 sessions - \$180
No class Nov 29



Online ACT Prep Class

This course is perfect for any student unable to attend in-school classes or a student preferring to prepare for the ACT exam on their own and at their desired pace. Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed.

Self Paced Anytime
F25#777 \$80

SSP YOUTH: 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

Sat, Oct 11	8:30 am-12:30 pm
4202-F25A	1 session - \$80
Central Square, SSP	
Sat, Dec 13	8:30 am-12:30 pm
4202-F25B	1 session - \$80
Central Square, SSP	

Easy CPR for Babysitters and Teens (ages 11 & up)

BREATHING or NOT BREATHING - this is all you need to know to determine how to care for your unconscious victim. This CPR class is very easy to learn and to remember!! Learn how to recognize emergencies, how to help a choking victim, care for an unresponsive person, and gain confidence in your skills. Certification is valid for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. This class does NOT have a written test.

Instructor: Deb Gutzman

Sat, Oct 4	8:30-11 am
4204-F25A	1 session - \$50
Central Square, SSP	
Sat, Dec 13	1-3:30 pm
4204-F25B	1 session - \$50
Central Square, SSP	

Safe Kids (ages 8 & up)

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"? This course will cover important safety principles that ALL parents want their children to know. 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

Sat, Oct 4	11:30 am-1:30 pm
4205-F25	1 session - \$45
Central Square, SSP	

SSP YOUTH: GYMNASTICS



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.

Wed, Sep 24-Nov 5	3:30-4 pm
4000-F25C	7 sessions - \$61
Central Square, SSP	
Sat, Sep 27-Nov 8	8-8:30 am
4000-F25A	7 sessions - \$61
Central Square, SSP	
Sat, Sep 27-Nov 8	8:35-9:05 am
4000-F25B	7 sessions - \$61
Central Square, SSP	

Gymnastics - Tumble Bees*3-4 years old*

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

Tue, Sep 23-Nov 4 4001-F25A Central Square, SSP	3:45-4:15 pm 7 sessions - \$72
Sat, Sep 27-Nov 8 4001-F25B Central Square, SSP	9:15-10 am 7 sessions - \$72
Sat, Sep 27-Nov 8 4001-F5C Central Square, SSP	8:30-9:15 am 7 sessions - \$72

**Gymnastics - Mini Stars***Coach Approval*

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, Sep 22-Nov 3 4013-F25A Central Square, SSP	3-4 pm 7 sessions - \$72
Wed, Sep 24-Nov 5 4013-F25B Central Square, SSP	4-5 pm 7 sessions - \$72
Sat, Sep 27-Nov 8 4013-F25C Central Square, SSP	9:15-10:15 am 7 sessions - \$72

**Gymnastics - Mini Stars 2***Coach Approval*

Further development of Mini Stars. We will focus on perfecting the skills progressions and development in Mini Stars 1 and continue working at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: footwork for the spring board and pop-ups.

Mon, Sep 22-Nov 3 4014-F25A Central Square, SSP	3-4:30 pm 7 sessions - \$108
---	---------------------------------

Gymnastics - Beginners

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnast must be potty trained and comfortable without parent in the gym.

Thu, Sep 25-Nov 6 4002-F25A Central Square, SSP	3-4 pm 7 sessions - \$72
Thu, Sep 25-Nov 6 4002-F25B Central Square, SSP	4-5 pm 7 sessions - \$72
Sat, Sep 27-Nov 8 4002-F25C Central Square, SSP	10:10-11 am 7 sessions - \$72
Sat, Sep 27-Nov 8 4002-F25D Central Square, SSP	11 am-12 pm 7 sessions - \$72

Gymnastics - Intermediate Beginners

Continue to grow and develop as a gymnast as you begin to practice more intermediate skills. This class requires basic gymnastics knowledge and capability. Gymnasts should take one or more sessions of beginners before moving to intermediate. Gymnasts should have a basic understanding of the lever, handstand, cartwheel, and gymnastics vocabulary. In intermediate we will focus more on skill technique to create a strong foundation. Coaches approval required!

Tue, Sep 23-Nov 4 4009-F25A Central Square, SSP	4:15-5:15 pm 7 sessions - \$72
Sat, Sep 27-Nov 8 4009-F25B Central Square, SSP	12-1 pm 7 sessions - \$72

Gymnastics - Advanced Beginners

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, Sep 22-Nov 3 4003-F25A Central Square, SSP	4-5 pm 7 sessions - \$72
Sat, Sep 27-Nov 8 4003-F25B Central Square, SSP	1-2 pm 7 sessions - \$72



Gymnastics - Flips

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. Gymnast must possess basic strength and flexibility. Coach approval required.

Tue, Sep 16-Nov 4 4004-F25A Central Square, SSP	7-8:15 pm 8 sessions - \$82
Thu, Sep 18-Nov 6 4004-F25B Central Square, SSP	7-8:15 pm 8 sessions - \$82

Gymnastics - Pre-Team

Gymnastics proficient in the basic skills needed to form routines will join our pre-team. Gymnasts will learn more difficult skills and create routines on all four events. Coaches approval is required!

Tue/Thu, June 3-May 28 4010-S25B Central Square, SSP	5-7 pm \$2176 full year or payment plan option of \$181.33 per month
--	---

Gymnastics - MAGA Team 1

The Gymnastics - MAGA Team program is open to all interested students who have achieved the required skills. The intention of the program is to prepare the gymnast for their high school gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability. Tryouts are required.

Mon/Wed/Fri, June 2-May 27 4023-SY 25-26 Central Square, SSP	5-8 pm \$3580 full year or payment plan option of \$298.30 per month
--	---



Gymnastics - MAGA Team 2

The Gymnastics - MAGA Team program is open to all interested students who have achieved the required skills. The intention of the program is to prepare the gymnast for their high school program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability. Tryouts are required.

Mon/Wed, June 2-May 27 4023-SY 25-26 Central Square, SSP	5-8 pm \$3196 full year or payment plan option of \$266.50 per month
--	---

SSP YOUTH: SPORTS & RECREATION

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 the final day. Athletes should bring a water bottle (spikes/cleats and mouthguards are optional). Footballs and flag belts are provided. Parent participation is required for the 2-3 year olds and recommended when needed for the 4+ year olds.

Instructor: DASH Sports

Thu, Sep 18-Oct 9	3:40-4:40 pm
4902-F25 K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
Thu, Sep 18-Oct 9	4:45-5:30 pm
4902-F25 Tykes	4 sessions - \$75
Kaposia Edu Ctr, SSP	
Wed, Oct 15-Nov 5	3-4 pm
4902-F25B K-5	4 sessions - \$80
Lincoln Ctr, SSP	



T-Ball Camp

DASH Sports baseball, t-ball, and softball 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 the final day. Athletes should bring a water bottle and a baseball glove (spikes and bats are optional). Baseballs and bats are provided. Parent participation is required for the 2-3 year olds and recommended when needed for the 4+ year olds.

Sat, Sep 20-Oct 11	9-9:40 am
4907-F25 2/3 Year Olds	4 sessions - \$75
Kaposia Edu Ctr, SSP	
Sat, Sep 20-Oct 11	9:50-10:30 am
4907-F25 4/5 Year Olds	4 sessions - \$75
Kaposia Edu Ctr, SSP	
Sat, Sep 20-Oct 11	10:40-11:30 am
4907-F25 Camp 6/7 YO	4 sessions - \$75
Kaposia Edu Ctr, SSP	



Soccer Camp

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided. Parent participation is required for the 2-3 year olds and recommended when needed for the 4+ year olds.

Instructor: DASH Sports

Mon, Sep 15-Oct 6	3:45-4:45 pm
4900-F25- Grades K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
Mon, Sep 15-Oct 6	5-5:30 pm
4900-F25 2-3 Year Olds	4 sessions - \$70
Kaposia Edu Ctr, SSP	
Mon, Sep 15-Oct 6	5:45-6:30 pm
4900-F25 4/6 Year Olds	4 sessions - \$75
Kaposia Edu Ctr, SSP	
Wed, Sep 17-Oct 8	3-4 pm
4900-F25B K-5	4 sessions - \$80
Lincoln Ctr, SSP	

Basketball Camp

DASH Sports basketball camps provide players with 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 ends with scrimmages/games on the final day. Athletes should bring a water bottle and wear athletic clothing and shoes. Balls are provided. Parent participation is required for the 2-3 year olds and recommended when needed for the 4+ year olds.

Tue, Oct 14-Nov 11	3:45-4:45 pm
4904-F25 K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
No class Nov 4	
Tue, Oct 14-Nov 11	5-5:30 pm
4904-F25 2-3 Y/O	4 sessions - \$70
Kaposia Edu Ctr, SSP	
No class Nov 4	
Tue, Oct 14-Nov 11	5:30-6:30 pm
4904-F25 4-6 Y/O	4 sessions - \$75
Kaposia Edu Ctr, SSP	
No class Nov 4	

Floor Hockey Camp

DASH Sports floor hockey camps provide players with 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. Athletes should bring a water bottle and wear athletic clothing and shoes. Sticks and pucks are provided. Parent participation is required for the 2-3 year olds and recommended when needed for the 4+ year olds.

Tue, Dec 2-23	3:45-4:45 pm
4906-F25 Grades K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
Tue, Dec 2-23	5-5:45 pm
4906-F25 3-6 Y/O	4 sessions - \$75
Kaposia Edu Ctr, SSP	



Intro to Ninja (5-13 years)

Ninjas develop strength and agility during this 8 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

Conquer Ninja Gym, 707 Commerce St, Woodbury
4994-F25

5-9 Year Olds	4-5 pm
Wed, Sep 10-Oct 19	8 sessions - \$215
Wed, Nov 5-Dec 17	5 sessions - \$155
No class Nov 26	
5-9 Year Olds	5-6 pm
Wed, Sep 10-Oct 29	8 sessions - \$215
Wed, Nov 5-Dec 17	6 sessions - \$155
No class Nov 26	
5-13 Year Olds	9-10 am
Sat, Sep 6-Oct 25	8 sessions - \$215
6-13 Year Olds	9-10 am
Sat, Nov 1-Dec 13	6 sessions - \$155
No class Nov 29	
10-13 Year Olds	6:30-7:30 pm
Wed, Nov 5-Dec 17	6 sessions - \$155
No class Nov 26	

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, balance, and friendships! Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. We will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and more during practice. Rec Team members will learn the styles and techniques to develop their skills with over forty different obstacles! This session consists of six practices and two competitions (week 4 and week 8).

Conquer Ninja Gym, 707 Commerce St, Woodbury
4995-F25

6-9 Year Olds	4-5 pm
Fri, Sep 5-Oct 24	8 sessions - \$225
Fri, Nov 7-Dec 19	5 sessions - \$165
6-9 Year Olds	5:15-6:15 pm
Fri, Sep 5-Oct 24	8 sessions - \$225
Fri, Nov 7-Dec 19	5 sessions - \$165
8-13 Year Olds	6:30-7:30 pm
Fri, Sep 5-Oct 24	8 sessions - \$225
Fri, Nov 7-Dec 19	5 sessions - \$165

SSP YOUTH: IMAGE & DESIGN



Code Championship Tournament Series | Virtual Computer Coding Competition (6-9 Grades)

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

Sat, Oct 25-Nov 15	9-11 am
4487-F25	4 sessions - \$75

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

Thu, Nov 13	2:30-4 pm
4450-F25	1 session - \$45
South St. Paul HS, SSP	

Intro to Sewing Class (8-13 years old)

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, Oct 31	9 am-12 pm
4454-F25	1 session - \$95
Central Square, SSP	

SSP YOUTH: PERFORMANCE ARTS

Piano Level 1 and 2 (Grades 2-5)

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

Instructor: Lori Lencowski

Mon, Sep 29-Nov 17	7:50-8:50 am
4500-F25A	8 sessions - \$95
Kaposia Edu Ctr, SSP	
Tue, Sep 30-Nov 18	7:10-8:10 am
4500-F25B	8 sessions - \$95
Lincoln Center, SSP	

DISTRICT 197 YOUTH ACTIVITIES

Kung Fu (Ages: 5+)

Kung Fu is the art of fitness and self defense. Learn practical Kung Fu techniques to benefit you throughout your life. This is a full participation and fun class for beginners to black belts, to strengthen the mind and body, promote leadership, discipline, concentration, coordination and balance. This program uses progressive skill building, to help you become more aware of self and surroundings, and improve your self-esteem and confidence. Optional uniform and certificate for white to black belt are available.

Instructor: National Treasure Kung Fu, Inc. Director Al Lam

Fri, Sep 26-Nov 21	
2784-1F25	6:15-6:45pm, Beginner
2785-1F25	6:50-7:20pm, White-Blue Belt
2786-1F25	7:25-7:55pm, Purple-Black Belt
Somerset Elementary, MH	7 Sessions - \$95/\$81
*Nov 7 Class at Pilot Knob Elementary	
No Class Oct 17 & 31	

Evening Wizards of Chess, Chess Club!

-- Grades: 1-8 --

Join us in learning this National Award Winning Program! Learning the game of chess promotes imagination, creativity, develops memory, teaches independence, inspires self-motivation, and develops a logical way of thinking. Students of all levels are welcome. Yes, even if your student does not know how to play, we will teach them! Each session is filled with different material, and all learning is done with encouragement and fun on an individual personal level! All in-class equipment is provided.

Instructor: Veronica Harrison--owner of Wizard of Chess

Thu, Oct 23-Dec 11	6-7pm
2302-F25	7 sessions - \$75
Friendly Hills Middle School, MH	

Evening Floor Hockey (Grades: K-2 & 3-5)

Invite your friends and come play some floor hockey on Wednesday evenings with former Somerset Physical Education Teacher Mr. Nilsen. Space is limited to 14 participants (two teams of seven). Last night is parents vs kids!

Instructor: Seth Nilsen, Former Somerset Elementary PE Teacher

Wed, 10/1-12/3	5:45-6:45pm
2016-25F	8 sessions - \$69/\$55
Mendota Elementary, MH	Grades: K-2
Wed, 10/1-12/3	7-8pm
2016-25Fall	8 sessions - \$69/\$55
Mendota Elementary, MH	Grades: 3-5

FAMILY PROGRAMS

Tour de Rec

Create memories, connect with friends, and burn off some energy this fall with our mobile recreation initiative, designed to bring fun and games right to your neighborhood. Our dedicated staff will organize a variety of engaging activities and provide all the necessary equipment for kids and families to enjoy. Best of all, it's completely free and no registration is needed.

Tuesdays	6-7 pm
Oct 2: Slime	Mendakota Park, MH
Nov, 6: Open Basketball	Mendota Elementary, MH
Dec, 4: Holiday Gift Making	TPAC, WSP
FREE - No Registration Needed	



SCAN FOR SCHOOL DISTRICT 197 YOUTH ENRICHMENT

- AFTER SCHOOL
- EVENING
- DRIVER'S ED
- ACT PREP

AFTER SCHOOL CLASSES

DIVE INTO A WHIRLWIND OF EXCITEMENT WITH CLASSES AS SOON AS THE BELL RINGS AT OUR ELEMENTARY AND MIDDLE SCHOOLS

HOSTED BY

- ABRAKADOODLE
- DASH SPORTS
- DODGE NATURE CENTER
- DRAMA LAB
- ENGINEERING FOR KIDS
- FUTURA LANGUAGES
- KIDCREATE STUDIOS
- MAYER ARTS
- SCHOOL DISTRICT TEACHERS
- WIZARDS OF CHESS
- & MORE

FREE FAMILY FUN!

TOUR de REC



CONTACT US FOR A FREE TRIAL LESSON TODAY



KRAMER'S SCHOOL OF MUSIC

Private & Group Music Instruction
For Students of All Ages and Skills



5300 S ROBERT TRAIL
INVER GROVE HEIGHTS, MN 55077



651-301-8170



WWW.KRAMERSMUSIC.COM

Open to BOYS and Girls 5 - 10 years old!

CUB SCOUTS



Open to Boys and Girls 11 - 18 years old!

SCOUTS BSA



NORTHERN STAR SCOUTING

Learn more at [GoScouting.org](https://www.goscouting.org)

Scholarships available. No child will be turned away due to inability to pay.

SCHOOL AGE CARE

DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA



Extra Innings School Age Care - Grades K-4

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



Encore SAC - Grades 5-8

Encore is a program that meets the unique needs of middle school students seeking independence while in a safe and caring environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center. Before school is held at Heritage and Friendly Hills.

District 197 School Age Care

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



Hours:

Monday-Friday: 6:30 am - start of school day
Monday-Friday: After school - 6 pm
Non-School Days: 6:30 am - 6 pm
Summer Hours: 7 am - 6 pm

Located in:

Garlough Environmental Magnet - Mendota Elementary
Moreland Arts & Health Sciences Magnet - Somerset Elementary
Pilot Knob STEM Magnet - Noreen Activity Center

KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



Kids' Choice 2025-26 Program

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



South St. Paul Kids' Choice

For more information, please call 651-306-3631.
Visit us online at communityed.sspps.org/programs/kids-choice

Located in:

Kaposia Education Center (1st Ave S, SSP)
Lincoln Center (357 9th Ave N, SSP)

Hours:

Monday-Friday
Mornings: 6:30 am until start of school day
Afternoons: After school until 6 pm
Non-School Days: 6:30 am-5:30 pm
Summer Hours: 6:30 am-5:30 pm

SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



2025-2026 School Year Care Offers

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, outdoor time, science, service learning, homework assistance, physical activities, and more.

Spartan Kids' Care

For more information, please call 651-306-7502.

Visit our website at www.spartankidscare.org

Located in:

Hilltop Elementary
Pine Bend Elementary
Salem Hills Elementary

Hours:

AM Care at Hilltop: 6 am until the start of the school day
PM Care at your home school: End of the school day until 6 pm
Non-School Days at Hilltop: 6 am-4:30/6 pm



DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA

Extra Innings y Encore



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan Area

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de cuidado de niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se reúnen con sus compañeros para compartir un bocadillo.



District 197 School Age Care

Para obtener información adicional llame al: 651-403-8054. Para inscribirse: Visite www.isd197.org/resources/school-age-care



Ubicado en:

Primaria Garlough especializada en ambiente -
Primaria Mendota
Moreland especializada en Artes y Ciencias de la Salud
Pilot Knob especializada STEM - Primaria Somerset
Centro de Actividad Noreen

Horas:

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.
Días que no hay clases: De 6:30 a.m. a 6 p.m.

KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL

Año Escolar de 2025-2026



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarteb y hasta sexto grado.



South St. Paul Kids' Choice

Para más información, llame al 651-306-3631.
Visítenos en línea en communityed.sspps.org/programs/kids-choice

Ubicado en:

Kaposia Education Center (1st Ave S, SSP)
Lincoln Center (357 9th Ave N, SSP)

Horas:

Lunes Viernes
Mañanas: 6:30 am hasta inicio de jornada escolar
Tardes: Después de la escuela hasta las 6 pm
Días sin clases: 6:30 a.m. a 5:30 p.m.
Horario de verano: 6:30 a.m. a 5:30 p.m.

SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



Cuidado del año escolar 25-26 ofrece

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, artesanías, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

Spartan Kids' Care

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite tridistrict.ce.eleyo.com

Ubicado en:

Hilltop Elementary
Pine Bend Elementary
Salem Hills Elementary

Horas:

Antes de la Escuela: De 6 am hasta el comienzo del día escolar
(se llevara a cabo en Hilltop para todas las escuelas)
Después de la Escuela: Desde que termina la escuela hasta las 6 pm
(se llevara a cabo en la escuela donde el estudiante esta inscrito)
Días No Escolares: 6 am-4:30/6 pm
(se llevara a cabo en Hilltop para todas las escuelas)



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, Sep 2-Oct 28	10:30-11:15 am
9800-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Fri, Sep 5-Oct 31	10:30-11:15 am
9800-F25B	9 sessions - \$62 adult,
Central Square, SSP	\$22.50 senior (65+)
Thu, Sep 4-Oct 30	10:30-11:15 am
9800-F25C	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Nov 4-Dec 30	10:30-11:15 am
9800-F25D	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Fri, Nov 7-Dec 26	10:30-11:15 am
9800-F25E	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)
No Class Nov 28	
Thu, Nov 6-Dec 18	10:30-11:15 am
9800-F25F	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
No Class Nov 27	

Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water.

Instructor: Kim Befort

Wed, Sep 3-Oct 29	6-7 pm
9901-F25A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 5-Dec 17	6-7 pm
9901-F25B	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

Lap Swim at Central Square

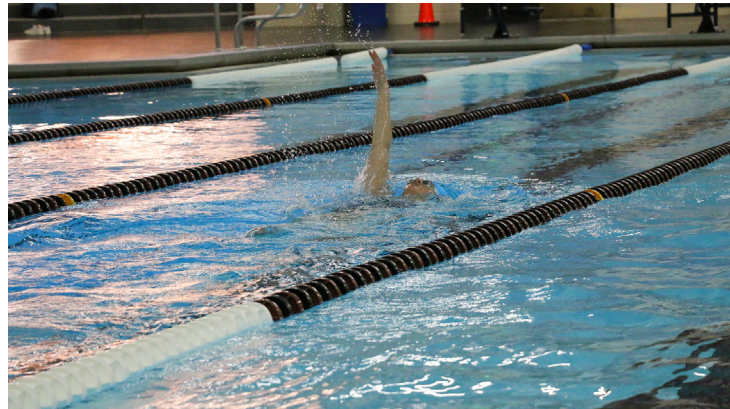
Calendar with dates and times will be provided. Schedule and fees are subject to change. communityed.sspps.org/programs/swimming-pool

Punch Card	10 admissions	\$40 adult (19-64 yrs)
9912-25/26		\$15 senior (65+)
Punch Card	30 admissions	\$80 adult (19-64 yrs)
9912-25/26		\$30 senior (65+)

Scan here for
the lap swim
schedule at
Central Square



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



Daily Rate

\$5 adult (19-64 yrs)

\$2 senior (65+)

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

Mon-Fri from 7:30 am-3 pm

Sat from 7:30 am-1:30 pm

Schedule is subject to change.

**SCAN FOR
AQUATICS
PROGRAMS**



District 197 Lap Swim (Ages: 15+)

If you haven't dipped your toes in the School District 197 Aquatic Center, Fall is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim pool! Adult lap swim is open for anyone ages 15+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity.

Wed, Sep 10-Nov 19

6:30-8:30 pm

6197-F25

\$7 per session

District 197 Aquatic Center, MH

No Class Oct 15 & Nov 5

SSP Learn-to-Swim Lessons at Central Square

SESSION 1 Mon/Tue/Thu, Sept 9-Oct 2 (No class Sept 18, 25 & 29)	SESSION 2 Sat, Sept 27-Nov 22 (No class Oct 18)	SESSION 3 Tue/Thu, Oct 7-Nov 6 (No class Oct 16 & 30)	SESSION 4 Tue/Thu, Nov 11-Dec 11 (No class Nov 25 & 27)
6-6:30 pm	9-9:25 am	6-6:30 pm	6-6:30 pm
Level 1 4602-F25A 8 sessions - \$85	Parent Tot 4600-F25A 8 sessions - \$65	Level 1 4602-F25E 8 sessions - \$85	Level 1 4602-F25H 8 sessions - \$85
6:10-6:55 pm	9:30-10 am	6:10-6:55 pm	6:10-6:55 pm
Level 2 4603-F25A 8 sessions - \$125	Preschool 4601-F25B 8 sessions - \$85	Level 2 4603-F25C 8 sessions - \$125	Level 2 4603-F25D 8 sessions - \$125
6:40-7:10 pm	10:10-10:40 am	6:40-7:10 pm	6:40-7:10 pm
Level 1 4602-F25B 8 sessions - \$85	Preschool 4602-F25B 8 sessions - \$85	Level 1 4602-F25F 8 sessions - \$85	Level 1 4602-F25I 8 sessions - \$85
	Level 1 4602-F25D 8 sessions - \$85		
7:05-7:50 pm	10:50-11:35 am	7:05-7:50 pm	7:05-7:50 pm
Level 3 4604-F25A 8 sessions - \$125	Level 2 4603-F25B 8 sessions - \$125	Level 3 4604-F25C 8 sessions - \$125	Level 3 4604-F25D 8 sessions - \$125
Level 4 4605-F25A 8 sessions - \$125	Level 3 4604-F25B 8 sessions - \$125	Level 4 4605-F25C 8 sessions - \$125	Level 4 4605-F25D 8 sessions - \$125
	Level 4 4605-F25B 8 sessions - \$125		
7:20-7:50 pm		7:20-7:50 pm	7:20-7:50 pm
Level 1 4602-F25C 8 sessions - \$85		Level 1 4604-F25G 8 sessions - \$85	Level 1 4602-F25J 8 sessions - \$85

*Preschool Lessons are available on Mon or Wed mornings with a minimum of 4 participants. Email mschlemmer@sspps.org for registration.



Scan the QR code now
for more information and
to register for our SSP
Learn-to-Swim Lessons.
Don't miss out on making
a splash this season!

For families with children ages birth to PreK

Early Childhood Family Education (ECFE)

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about Kindergarten

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan Area, changed your phone number, or had a new baby, you will need to update your census information:

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan Area	651-403-8390

ECFE Home Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues.

Call your district to schedule a visit

Inver Grove Heights	651-306-7503
West St. Paul-Mendota Heights-Eagan Area	651-403-8390
South St. Paul	651-457-9418

Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered all day, mornings, and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



Early Childhood Screening

Calling all 3-year-olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning, and gives families resources to prepare for school success.

Make an appointment today!

All children in the state of Minnesota are required by law to be screened before the start of kindergarten. Earlier is better and 3.5 years old is the preferred age.

What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Call for information or to make a screening appointment:

Inver Grove Heights, District 199	651-306-7503
South St. Paul, District 6	651-306-3641
West St. Paul-Mendota Heights-Eagan Area District 197	651-403-8363





West St. Paul + Mendota Heights + Eagan Area

Early Learning and Family Resource Center

1970 Christensen Avenue in West St. Paul

Pre-Kindergarten (Age 4 or older by Sep 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

Mixed Age Pre-K (Age 3 ½ by Sep 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
---------	-------------	-------------------

ThreeSchool (Age 3 years by Sep 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
----------	------------	--------------------

Extended Day Options with a class AT ELC ONLY

Extended day offers the opportunity for additional activities and learning opportunities. Children may be dropped off any time between 7:00-9:15 am and picked up between 3:30-5:30 pm. Available on days the child attends class. No scholarships.

Pilot Knob STEM Magnet School

1436 Lone Oak Road in Eagan

Pre-Kindergarten (Age 4 or older by Sep 1, 2025)

Mon-Fri	5 mornings	9:30 am - 2:15 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

ThreeSchool (Age 3 years by Sep 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
----------	------------	--------------------



Community Preschool

Our preschool classes expose children to a variety of experiences that promote social skills, increase language skills and enhance learning. Children learn and grow in a structured environment that fosters readiness skills to help prepare them for kindergarten. All children must be toilet trained to attend.

ECFE

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 25-26 school year will be published in our Way To Grow Brochure coming out in August.

Scan this code for more information!
Or you can visit
isd197.org/schools



South St. Paul Public Schools Community Preschool

651-457-9418

www.sspps.org

South St. Paul Family Education Center
104 5th Ave S, South St. Paul

Kaposia Education Center
1225 1st Ave S, South St. Paul

Lincoln Center
357 9th Ave N, South St. Paul



Registration

Register online for the 2025-2026 school year. For more information call 651-457-9418



Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.

Please call 651-457-9418 for more information

La Educación Familiar en la Primera Infancia (ECFE) es....

- Para todas las familias del Distrito de South St. Paul con niños desde el nacimiento hasta el kindergarten.
- Un lugar divertido e informal para conocer, aprender y jugar con otros niños y padres.
- Para inscribirse llamar a Tere Castellanos al 651-306-3644

New baby?

Free baby class & home visits

For information on current ECFE classes and schedules, call 651-457-9418



3 Year Old Preschool

\$200/month - Must be 3 by Sep 1, 2025

\$50 registration fee

Kaposia Education Center

Morning - M/W/F
9:10-11:55 am

Afternoon - M/W/F
12:40-3:25 pm

Lincoln Center

Morning - M/W/F
8:25-11:10 am

Afternoon - M/W/F
12:05-2:50 pm

Scholarships are available through Pathways. For a scholarship packet or more information please call 651-457-9418. En Espanol - 651-306-3644

4 Year Old Preschool

Must be 4 by Sep 1, 2025

Kaposia Education Center

Mon-Fri - AM - \$335/month
9:10-11:55 am

Mon-Fri - PM - \$335/month
12:40-3:25 pm

Mon-Fri - All Day - \$670/month
9:10 am-3:25 pm

Lincoln Center

Mon-Fri - AM - \$335/month
8:25-11:10 am

Mon-Fri - PM - \$335/month
12:05-2:50 pm

Mon-Fri - All Day - \$670/month
8:25 am-2:50 pm

*Preschool is free for eligible students.

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

South St. Paul Residents are given first priority.

Why Inver Grove Heights Preschool?

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

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

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

Preschool registration for 2025-2026 is open now!
www.isd199.org/schools/early-learning/preschool

Little Spartans Preschool 2025-2026

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

Financial assistance available. For more preschool information email preschool@isd199.org or call 651-306-7503. Para información preescolar en español, llame al 651-306-7862.



IGH Early Learning

Early Learning Office
 3203 68th St E, Inver Grove Heights
 (connected to Hilltop Elementary, door 2)

www.ighEarlyLearning.org

Phone: (651) 306-7503

Email: EarlyLearning@isd199.org

IGH Early Childhood Family Education

IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child's first teacher. Together we support your child as they learn and grow.

Registration for new ECFE classes begins August 11, 2025

New baby?

Free baby classes & home visits.

Come Play at Our House!

POP IN & PLAY - IGH ECFE

No Registration Needed. You and your child can choose from a variety of art, science, & sensory activities— or spend time in dramatic play or the block area. There's lots to do, including gym & circle time. Come & go at your convenience. Each visit is \$3 per child over age one. Babies 0-12 mos are free. Save with a 10-visit punch card for \$25.

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





Nurture. Inspire. Prepare.

TOGETHER, WE THRIVE!

For more information about our schools, programs, and how to enroll, visit isd197.org or call 651-403-7030.

SOUTH ST. PAUL PUBLIC SCHOOLS

PASSIONATE LEARNERS POSITIVELY CHANGING OUR WORLD

PACKER PATHWAYS: ACADEMIC STRATEGIC PLAN

- Build on the fundamentals that form the foundation of a student's academic journey
- Opportunities for students to explore and engage in potential career paths
- Hands-on experiences for students to continue growing their passions
- Talent Development focusing on personalized discovery and enrichment
- Culture of innovation, critical thinking, and development of a student's strength
- Unique learning opportunities for birth through adulthood

www.sspps.org | 104 5th Ave S. South St. Paul, MN 55075 | 651-457-9400



Learn more about
Packer Pathways



**Inspire, Innovate, & Excel with
Inver Grove Heights Schools**

ENROLL TODAY

*Inver Grove Heights Early Learning Center
Hilltop Elementary School
Pine Bend Elementary School
Salem Hills Elementary School
Inver Grove Heights Middle School
Simley High School*

Enroll students in ISD 199 at any time! Enroll online at www.isd199.org/enroll now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights.

Visit www.isd199.org/enroll or call 651-306-7825 with questions and for more information.

South St. Paul

District Office

104 Fifth Ave S

South St. Paul Education Center

710 19th Ave N

Central Square Community Center

100 Seventh Ave N, SSP

South St. Paul High School

700 Second St N

Family Education Center

104 Fifth Ave S, Door 1

Lincoln Center

357 Ninth Ave N

Kaposia Education Center

1225 First Ave S

Inver Grove Heights

District Office

2990 80th St E

Simley High School

2920 80th St E

IGH Middle School

8167 Cahill Ave

Hilltop Elementary School

3201 68th St E

Pine Bend Elementary School

9875 Inver Grove Trail

Salem Hills Elementary School

5899 Babcock Trail E

Early Learning Center

3203 68th St E

Facility Use

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

IGH: Go to www.isd199.org/community/rent You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address listed on the website.

SSP: Go to www.communityed.sspps.org/about/facility-use. You may also call 651-306-3632 or stop by the facility scheduler's office at 100 Seventh Ave N in South St Paul. Permits must be completed online or printed, completed and submitted to the scheduler at the office address.

WSP-MH-Eagan: Submit a facility use request at www.isd197.org/community/facilities-rental. You may also call 651-403-8520.

West St. Paul-Mendota Heights-Eagan Area

Two Rivers High School

1897 Delaware Ave, MH

Friendly Hills Middle School

701 Mendota Heights Rd, MH

Heritage E-STEM Magnet Middle School

121 West Butler Ave, WSP

Garlough Environmental Magnet School

1740 Charlton Street, WSP

Branch Out Building

150 Marie Avenue East, WSP

Mendota Elementary School

1979 Summit Lane, MH

Moreland Arts & Health Sciences Magnet Elementary School

217 W Moreland Ave, WSP

Pilot Knob STEM Magnet Elementary School

1436 Lone Oak Road, Eagan

Somerset Elementary School

1355 Dodd Road, MH

Early Learning & Family Resource Center

1970 Christensen Ave, WSP

Thompson Park Activity Center

1200 Stassen Lane, WSP

Partner Locations

Veterans Memorial Community Center

8055 Barbara Ave, IGH

South St. Paul Rod & Gun Club

600 Gun Club Rd, SSP

Thompson County Park

1200 Stassen Lane, WSP

Harmon Park

230 Bernard St W, WSP

Eastview HS

6200 140th St W, Apple Valley

Conquer Ninja Gym

707 Commerce St, Woodbury

REGISTRATION

Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes.

Please contact the Community Education office in your district at the address and phone on page 61.

Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

Request an Accommodation

TriDistrict Community Education is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Community Education office in the district sponsoring the class, as listed on page 2.

Need more information?

See page 53 for building locations and program contact information.

Give us a call. We're happy to assist you!



Adult Programs are open to everyone age 15 and older unless otherwise noted.

Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be added if you must cancel a class. No refunds are issued after the first class session.

Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number or email.

Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.

Community Education Registration

Formulario de registro de educación comunitaria

Full Name: _____ Grade (If applicable): _____
Nombre Completo Grado (si aplica)

Address: _____
Dirección

City: _____ Zip: _____
Ciudad Código postal

Phone: _____ Cell Phone: _____
Teléfono de casa Teléfono móvil

Email: _____ UCare Member ID: _____
Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: _____
Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: ____ / ____ / ____
Fecha de Nacimiento

Gender: ☐ Male ☐ Female
Género: Masculino o Femenino

Race: ☐ Asian ☐ Black/African American ☐ American Indian/Alaska native
Raza
☐ Latino/Hispanic ☐ Native Hawaiian/other Pacific Islander ☐ White
☐ Two or more races ☐ Other

Complete if Paying by Credit Card: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express
Complete si va a pagar con tarjeta de crédito:

Card Number: _____ Expiration Date: ____ / ____
Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: _____ Amount \$: _____
Titular de la tarjeta de crédito Cantidad

Signature: _____ Date: _____
Firma Fecha

Register

Online

tridistrict.ce.eleyo.com

This secure site is available 24/7

By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

In Person

Mon-Fri

7:30 am-4 pm IGH

7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan

Visit us at the addresses below.

By Mail

IGH

Community Education

2990 80th St E

Inver Grove Hgts, MN 55076

WSP, MH and Eagan

District 197 Aquatic Center

1897 Deleware Ave

Mendota Heights, MN 55118

SSP

Community Education

100 7th Ave N

South St. Paul, MN 55075

3 Ways to Pay

Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

Check

Make checks payable to Community Education.

Cash

If using cash, please register in person.

INDEPENDENT SCHOOL DISTRICT 197
TRIDISTRICT COMMUNITY EDUCATION
1897 DELAWARE AVE.
MENDOTA HEIGHTS, MN 55118

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2015

ECRWSS
Postal Patron

MAKERS MARKET

TWO RIVERS HIGH SCHOOL

1897 DELAWARE AVE, MENDOTA HEIGHTS, MN 55118

SATURDAY, NOV 8 | 9 AM - 3 PM



VENDORS WANTED

SCAN TO REGISTER



FOR MORE INFORMATION CALL:
651-403-8331

IN PARTNERSHIP:

