

South St. Paul

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**ECFE CLASSES  
NEW LOCATION!**

**KAPOSIA EDUCATION CENTER**

1225 1st Ave S  
South St. Paul, MN 55075

**REGISTER ONLINE OR  
IN PERSON**

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



## FALL 2025 PROGRAM CATALOG

Questions? Give us a call or stop in!

**COMMUNITY EDUCATION**

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

**EARLY LEARNING**

(651) 457-9418  
1225 1st Avenue South, SSP



# SSP COMMUNITY EDUCATION

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

## Central Square Community Center

100 7th Avenue North, South St. Paul

### Monday - Friday

5:00 am - 8:00 pm

### Saturday

7:30 am - 2:00 pm

(651) 306-3632

<https://communityed.sspps.org>

### DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

Jeanne Zehnder

### COMMUNITY ED ADMINISTRATIVE ASSISTANT

Amy Trettel

### COMMUNITY EDUCATION FACILITATOR

Linda Jacobs-Buse

### ADULT EDUCATION COORDINATOR

Tom Umhoefer

# SSP EARLY LEARNING

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

[ecfe@sspps.org](mailto:ecfe@sspps.org)

<https://earlylearning.sspps.org>

### DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

Jeanne Zehnder

### EARLY LEARNING COORDINATOR

Kristen Sammartano-Weeks

### EARLY LEARNING ADMINISTRATIVE ASSISTANT

Lu Campbell

### EARLY LEARNING CULTURAL LIAISON

Tere Castellanos

### PARENT EDUCATOR

Bethany Pankow

### EARLY CHILDHOOD TEACHER

Cathy Gieselman

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# CENTRAL SQUARE COMMUNITY CENTER

## PROGRAMMING AND REGISTRATION

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



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

## NOTARY SERVICE

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

## FREE WI-FI

Wireless Internet access is available.  
No password necessary.

## REFUNDS

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

## CANCELLATIONS

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

## INCLEMENT WEATHER

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

## VOLUNTEER OPPORTUNITIES

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

## MEETING ROOMS

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



## FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

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

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

**Who:** All SSP residents

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

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

**When:** Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 1:30 pm while supplies last.

## METRO DINING CARDS

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$35/set.

## FARE FOR ALL

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

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

- September 16
- October 21
- November 18
- December 16

## SWIMMING POOL

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

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

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

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

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

**Daily Rate**

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

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

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

Sat from 7:30 am-2:00 pm



# SOUTH ST. PAUL EARLY LEARNING

## EARLY CHILDHOOD/FAMILY EDUCATION & PRESCHOOL



**NEW  
LOCATION!**

### **LATINO FAMILIES, PADRES Y NIÑOS**

Para inscribirse o para más información llame al 651-306-3644 y visita la página 4 para obtener detalles de la clase.

### **EARLY LEARNING OFFICE**

#### **Kaposia Education Center**

1225 1st Ave S- Door 2, South St. Paul

651-457-9418

[earlylearning@sspps.org](mailto:earlylearning@sspps.org)

<https://earlylearning.sspps.org>



**Director of Community Ed and Early Learning:** Jeanne Zehnder

**Early Learning Coordinator:** Kristen Sammartano-Weeks

**Administrative Assistant:** Lu Campbell

**Early Learning Cultural Liaison:** Tere Castellanos

**Parent Educator:** Bethany Pankow

**Early Learning Instructor:** Cathy Gieselman

### **Early Childhood and Family Education**

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

### **Program Goal**

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

### **ECFE Is...**

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

### **Immunization Requirement**

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

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

### **Class Cancellation and Refunds**

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

### **SSPPS School Census**

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

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

- Early childhood screenings and important milestones
- Registration information for Preschool and Kindergarten

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

### **Early Learning Advisory Council**

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



# EARLY LEARNING

## 2025-26 ONGOING CLASSES

All ECFE classes are at our new location: Kaposia Education Center

### BABY AND ME (FREE)

**Ages birth-12 months**

The first months of life are an adventure in development and new experiences for both you and your baby. Join us to explore parenting topics around infant development, meet other new parents, sing songs and play. All babies and families are welcome. The staff looks forward to meeting you and your family! This is a non-separating class. Sibling care is available for morning classes.

#### MORNING SESSIONS

SESSION 1	SESSION 2	SESSION 3
Mon, Sept 8-Nov 17 9:30-10:30 am	Mon, Dec 1 - Mar 2 <i>No class Dec 29, Jan 19, Feb 16</i> 9:30-10:30 am	Mon, Mar 16 - Jun 1 <i>No class Mar 9, 30, May 18, 25</i> 9:30-10:30 am

#### EVENING SESSIONS

SESSION 1	SESSION 2	SESSION 3
Thurs, Sept 11-Nov 20 5:00-6:30 pm	Thurs, Dec 4 - Mar 5 <i>No class Dec 25, Jan 1</i> 5:00-6:30 pm	Thurs, Mar 12 - Jun 4 <i>No class Apr 2</i> 5:00-6:30 pm

### TINY TOTS

**Ages 12-24 months**

Your baby is now a busy toddler! Enjoy playing with your little one in a safe environment designed for exploration and play. Meet other parents going through similar stages, learn and play together. This is a non-separating class. Sibling care is available.

SESSION 1	SESSION 2	SESSION 3
Mon, Sept 8-Nov 17 11:00 am-12:00 pm	Mon, Dec 1 - Mar 2 <i>No class Dec 29, Jan 19, Feb 16</i> 11:00 am-12:00 pm	Mon, Mar 16 - Jun 1 <i>No class Mar 9, 30, May 18, 25</i> 11:00 am-12:00 pm

### MIXED AGES

**Ages 18 months-Kindergarten Enrollment**

One child or more, learn together in our mixed ages class! A variety of hands-on learning opportunities promote growth in social skills, language, literacy, and problem solving. This is a separating class. Morning sibling care is available.

#### MORNING SESSIONS

SESSION 1	SESSION 2	SESSION 3
Tues, Sept 9-Nov 18 9:30-11:30 am	Tues, Dec 9 - Feb 24 <i>No class Dec 30</i> 9:30-11:30 am	Tues, Mar 3 - Jun 2 <i>No class Mar 10, 31</i> 9:30-11:30 am

#### EVENING SESSIONS

SESSION 1	SESSION 2	SESSION 3
Tues, Sept 9-Nov 18 <i>No class Nov 4</i> 5:30-7:00 pm	Tues, Dec 9 - Feb 24 <i>No class Dec 30</i> 5:30-7:00 pm	Tues, Mar 3 - Jun 2 <i>No class Mar 10, 31</i> 5:30-7:00 pm



### FAMILY LEARNING

**Parents and Children ages 18 months-5 years**

Family Learning includes:

Adult Basic Education: build your skills in reading, math and writing; improve your english speaking and writing skills.

Parent Education: hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents.

Children 18 months to 5 years old: explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities.

Sibling care available.

**Tues and Thurs, Sept 9-June 2**

**12:30-2:30 pm**

**No class:**

- Sep 30
- Oct 2, 16
- Nov 25, 27
- Dec 25, 30,
- Jan 1, 27, 29
- Mar 31
- Apr 2, 28, 30

### TERRIFIC TWOS AND THREES

**Ages 2-3 years**

Children learn through hands-on and movement activities especially in this curious, busy and on-the-go age. Explore, create and delight in the new discoveries in the child's classroom. Meet your need to find out more about two and three-year-old development stages and how to better respond to everyday challenges with your child. This is a separating class, sibling care is available. Must attend both days.

SESSION 1	SESSION 2	SESSION 3
Wed, Sept 10-Nov 19 9:30-11:30 am	Wed, Dec 3 - Mar 4 <i>No class Dec 24, 31</i> 9:30-11:30 am	Wed, Mar 11 - Jun 3 <i>No class Apr 1</i> 9:30-11:30 am

### STEM ADVENTURES

**Ages 2.5-5 years**

Join us for STEM Adventures where curious young minds dive into the world of Science, Technology, Engineering and Mathematics through hands-on, age-appropriate activities that encourage exploration of creativity, problem solving in a fun and engaging way. Sibling care is available.

SESSION 1	SESSION 2	SESSION 3
Wed, Sept 10-Nov 19 1:00-2:30 pm	Wed, Dec 3 - Mar 4 <i>No class Dec 24, 31</i> 1:00-2:30 pm	Wed, Mar 11 - Jun 3 <i>No class Apr 1</i> 1:00-2:30 pm

### SENSORY FUN!

**Ages 18 months-Kindergarten Enrollment**

Join our early learning staff for fun sensory activities with your child. Dress for fun play! Sibling care is available.

SESSION 1	SESSION 2	SESSION 3
Wed, Sept 10-Nov 19 5:30-7:00 pm	Wed, Dec 3 - Feb 25 <i>No class Dec 24, 31</i> 5:30-7:00 pm	Wed, Mar 11 - Jun 3 <i>No class Apr 1</i> 5:30-7:00 pm

### MUSIC, MOVEMENT & MINDFUL MOMENTS

**Ages 18 months-Kindergarten Enrollment**

Join us for a joyful early childhood family education class where children ages 2 to 5 explore music and movement through songs, instruments, and creative play. While little ones build coordination and express themselves through rhythm and dance, parents enjoy a peaceful art journaling time to reflect, connect, and recharge. This class nurtures both child development and adult well-being in a supportive, playful environment. This is a separating class. Sibling care is available.

SESSION 1	SESSION 2	SESSION 3
Thurs, Sept 11 - Nov 20 9:30-11:30 am	Thurs, Dec 4 - Mar 5 <i>No class Dec 25, Jan 1</i> 9:30-11:30 am	Thurs, Mar 12 - June 4 <i>No class Apr 2</i> 9:30-11:30 am



# EARLY LEARNING

## REGISTRATION INFORMATION

Online registration is available at <https://tridistrict.ce.eleyo.com> (or scan the QR code). If you need a hard copy of the registration form, stop by Central Square Community Center (100 7th Ave N, SSP) between the hours of 7:30 am - 4:00 pm



**Bring a completed immunization record to class or fax to our office at 651-552-3108**

## Fees

SSP Early Learning has a sliding fee scale to help families pay what they are able. Use the grid below to determine price for classes based on your household size and income.

- The class fee scale below applies to ECFE 11-12 week sessions, find the column your household size and yearly income fit and follow the column down to see fees for the specific class length and sibling care time
- If unsure of fee scale, call 651-457-9418
- Fees for other programs and activities are listed at the end of each class description

## No family will be denied due to inability to pay

Household size	FREE	50% Discount	Full Price
2	Up to \$39,127	\$39,128-\$50,760	\$50,761 and up
3	Up to \$49,302	\$49,303-\$63,960	\$63,961 and up
4	Up to \$59,477	\$59,478-\$77,160	\$77,161 and up
5	Up to \$69,652	\$69,653-\$90,360	\$90,361 and up
6	Up to \$79,827	\$79,828-\$103,560	\$103,561 and up
7	Up to \$90,002	\$90,003 and up	--
8	Up to \$100,177	\$100,178 and up	--
Class Length	FREE	50% Discount	Full Price
1 hour	\$0	\$50	\$101
90 minutes	\$0	\$72	\$143
2 hours	\$0	\$93	\$185
Sibling Care (per child)			
1 hour	\$0	\$26	\$52
2 hours	\$0	\$39	\$77

## Sibling Care

- If you will need sibling care during the session, you must reserve a spot with your registration. Infants under eight weeks may remain with parent.
- Bring a blanket or any other “comfort” item your child uses at home.
- Make sure your children in sibling care are fed and dry before separating. If necessary, we will call you.
- Registration and payment are made when you register for class.
- If we are unable to provide care for your child, you will be notified by phone before the session begins.
- Sibling care is offered on a limited basis.
- If you need to bring an extra child to class or sibling care, this must be approved by calling the ECFE office at 651-457-9418.** (This is for the safety of the children in class and to assure that we have correct ratios for our staffing.)

There is a fee of \$10 per child per time for the extra child and this is payable to ECFE office or to the teacher.

# EARLY LEARNING

## SPECIAL DAYS AND EVENTS

### FALL OPEN HOUSE

Back to school! Learning begins at birth and is heavily dependent on experiences, environment and relationships.. ECFE Open House is for you and your child/ren to experience what the Early Learning Program has to offer. Come meet our staff, see the site and ask questions. Registering for fall classes will be available too!

**Wed, Sept 3**  
**3:00-7:00 pm**  
**AT OUR NEW LOCATION- Kaposia Education Center**

### COMMUNITY BABY SHOWER

**Ages birth-12 months**

You are invited to a baby shower for South St. Paul parents that have or are expecting a new baby in their lives up to one year old. Each family will receive a complimentary gift bag. Please call 651-457-9418 or register on line.

Guardians and grandparents are also welcome! Specialists and community resources will be available to share information and answer questions.

<b>Mon, November 24</b> <b>9:30-11:30 am</b> <b>Central Square Community Center</b>	<b>Tues, March 10</b> <b>4:00-6:00 pm</b> <b>Central Square Community Center</b>
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### STAY-AND-PLAY FRIDAYS

**Parents and Children ages birth-kindergarten enrollment**

NO registration required Fun and relaxing time for your child to explore new toys, activities and check out the muscle room to slide and climb. The Early Learning staff is there to answer questions about child development, class information and community resources. Families from South St.Paul are welcomed on a first-come, first-served basis until room capacity is reached. Parents are responsible for the care and supervision of their children. No strollers please. Come anytime during the first hour; leave when you need to.

**Fri, Sept 12-May 29**  
**9:30-11:30 am**  
\$5/family- per class  
**Stay-and-Play Punch Cards \$25-** Pay for 5 stay-and-plays and get the 6th free

**No class:**

• Oct 17, 31	• Dec 26	• Feb 6, 16
• Nov 28	• Jan 2, 16	• April 3

### NON-SCHOOL FUN!

**Ages birth-Kindergarten enrollment**

“Looking for something to do with your kids while school is out for conferences? Join us at ECFE for family fun! Our ECFE staff will lead movement, crafts, and other activities for children ages 2.5-8 to experience with their caregivers - plus you can get parenting support and learn more about our ECFE program.

**Monday, March 9**  
**\$40/family each session**  
**Session 1: 9:30-11:30 am**  
**Session 2: 12:30-2:30 pm**



# EARLY LEARNING

## FAMILIAS LATINAS

### Comienzos Sanos

#### ¿Embarazada? ¿Un bebé recién nacido?

Queremos darle la bienvenida a usted y su bebé al distrito escolar #6! Las visitas de bienvenida se pueden hacer en casa o en nuestro centro de educación infantil para:

- Prepararse para su bebé
- Consejos e información sobre el desarrollo del embarazo y cuidado del bebé
- Supervisión del peso del bebé
- Contestar sus preguntas en general
- Recibir una bolsa de regalos de bienvenida

### Regístrese en su distrito escolar

Todos los residentes del distrito escolar deben registrarse incluyendo:

- Bebés recién nacidos y niños en edad preescolar
- Nuevas familias en el distrito
- Tener su nombre registrado en el distrito escolar asegura que usted reciba información sobre:
  - Programas de ECFE
  - Evaluación del desarrollo infantil
  - Preescolar de la comunidad
  - Inscripción para Kinder y más

**llamar para registrarse en la clase 651-306-3644**

### Clases Para Las Familias Latinas

Educación temprana para sus hijos de cero a 5 años de edad. Experiencias positivas que influyen en el desarrollo de los niños donde aprenden habilidades sociales/ emocionales, desarrollo del lenguaje y matemáticas. El aprendizaje es a través del juego, leyendo, cantando y divirtiéndose.

En esta clase los Padres de Familia aprenden como construir un mejor futuro para sus hijos y como involucrarse más su educación. También obtienen información sobre áreas de Desarrollo infantil, Relaciones entre Padres e Hijos, Desarrollo Familiar, la Cultura y Recursos de la Comunidad e inglés cotidiano.

#### SESIÓN 1

**Lunes, 8 de septiembre - 17 de noviembre**

1:00-2:30 pm

#### SESIÓN 2

**Lunes, 1 de diciembre - 2 de marzo**

1:00-2:30 pm

#### SESIÓN 3

**Lunes 16 de marzo - 1 de junio**

1:00-2:30 pm

### Evaluación del Desarrollo del Niño

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

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



# EARLY LEARNING

## EARLY CHILDHOOD SCREENING

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

### WHY IS THIS VISIT IMPORTANT?

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

### HOW IT HELPS YOUR CHILD

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

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

### HELP ME GROW

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

**Ages Birth to Three: 651-306-3682**

**Ages Three to Six: 651-457-9497**



[HelpMeGrowMN.org](http://HelpMeGrowMN.org)

1-866-693-4769

### LA EVALUACIÓN DEL DESARROLLO DEL NIÑO:

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

**La evaluación consiste en los siguientes exámenes:**

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

**Recibirá información de:**

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

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



# EARLY LEARNING

## 2025-26 SCHOOL YEAR INFORMATION

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

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

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



### Kaposia Education Center

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

### Lincoln Center

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

### 4-Year-Old Preschool

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

### 3-Year-Old Preschool

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

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

*\*Class offerings and fees are subject to change*

### Scholarships

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

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



## HORARIOS Y TARIFAS DE PREESCOLAR

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

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

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

### Kaposia Education Center

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

### Lincoln Center

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

### Preescolar de 4 años

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

### Preescolar de 3 años

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

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

*\*Class offerings and fees are subject to change*

### Becas

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

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





# YOUTH ENRICHMENT

## GYMNASTICS

### Tumble Together (18 months-4 years old + adult)

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

<b>Wed, Sept 24-Nov 5</b> <b>3:30-4:00 pm</b> 4000-F25C \$61	<b>Sat, Sept 27-Nov 8</b> <b>8:00-8:30 am</b> 4000-F25A \$61	<b>Sat, Sept 27-Nov 8</b> <b>8:35-9:05 am</b> 4000-F25B \$61
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### 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.

<b>Tues, Sept 23-Nov 4</b> <b>3:45-4:15 pm</b> 4001-F25A \$72	<b>Sat, Sept 27-Nov 8</b> <b>9:15-10:00 am</b> 4001-F25B \$72	<b>Sat, Sept 27-Nov 8</b> <b>8:30-9:15 am</b> 4001-F25C \$72
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### Mini Stars

Mini Stars is a class especially designed for those little ones who are shining extra bright. We will focus on skill progressions and development at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: foot work for the spring board and pop-ups.

<b>Mon, Sept 22-Nov 3</b> <b>3:00-4:00 pm</b> 4013-F25A \$72	<b>Wed, Sept 24-Nov 5</b> <b>4:00-5:00 pm</b> 4013-F25B \$72	<b>Sat, Sept 27-Nov 8</b> <b>9:15-10:15 am</b> 4013-F25C \$72
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### 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.

<b>Mon, Sept 22-Nov 3</b> <b>3:00-4:30 pm</b> 4014-F25A \$108
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### Beginners (4-14 years old)

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

<b>Thurs, Sept 25-Nov 6</b> <b>3:00-4:00 pm</b> 4002-F25A \$72	<b>Sat, Sept 27-Nov 8</b> <b>10:10-11:00 am</b> 4002-F25C \$72
<b>Thurs, Sept 25-Nov 6</b> <b>4:00-5:00 pm</b> 4002-F25B \$72	<b>Sat, Sept 27-Nov 8</b> <b>11:00 am-12:00 pm</b> 4002-F25D \$72

### Intermediate Beginners

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

<b>Tues, Sept 23-Nov 4</b> <b>4:15-5:15 pm</b> 4009-F25A \$72	<b>Sat, Sept 27-Nov 8</b> <b>12:00-1:00 pm</b> 4009-F25B \$72
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### Advanced Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

<b>Mon, Sept 22-Nov 3</b> <b>4:00-5:00 pm</b> 4003-F25A \$72	<b>Sat, Sept 27-Nov 8</b> <b>1:00-2:00 pm</b> 4003-F25B \$72
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### Flips (Coach Approval)

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnasts must possess basic strength and flexibility.

<b>Tues, Sept 16-Nov 4</b> <b>7:00-8:15 pm</b> 4004-F25A \$82	<b>Thurs, Sept 18-Nov 6</b> <b>7:00-8:15 pm</b> 4004-F25B \$82
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## SSP Gymnastics- Competition Teams

Central Square is home to SSP Gymnastics Supernovas, Eclipse, and Cosmo competition teams. The teams compete under the Midwest Amateur Gymnastics Association (MAGA). Team placement happens at the end of August. The competition season for Supernovas and Eclipse lasts from December through February with 5-6 competitions through out the season and if the team qualifies, the regional championship at the end of February. Cosmos (Pre-team) competes in 3-4 meets in April through May.

### Team Placement Tryouts

**Wed, Aug 27**

4027A

4:00-8:00 pm, \$5

If you missed team placement tryouts, but are interested in a private try out before the season begins, email [kaiatautges@gmail.com](mailto:kaiatautges@gmail.com).

## MAGA Pre-Team: Cosmos

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

**Tues/Thurs, June 3-May 28**

**5:00-7:00 pm**

\$2176 full year or payment plan option of \$181.33 per month

4010-S25B

## MAGA Competition Teams: Supernovas & Eclipse

MAGA Team program is open to all interested students who have achieved the required skills for basic routines and are ready for higher level competition. 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. Team placement is decided during tryouts- each team can contain no more than 10 gymnasts.

If you missed team placement tryouts, but are interested in a private try out before the season begins, email [kaiatautges@gmail.com](mailto:kaiatautges@gmail.com).

### SUPERNOVAS: Team 1

**Mon/Wed/Fri, June 2-May 27**

**5:00-8:00 pm**

\$3580 full year or payment plan option of \$298.30 per month

4023-SY 25-26

### ECLIPSE: Team 2

**Mon/Wed, June 2-May 27**

**5:00-8:00 pm**

\$3196 full year or payment plan option of \$266.50 per month

4024-SY 25-26



# YOUTH ENRICHMENT

## SWIMMING LESSONS

### Parent-Tot (6 months - 36 months)

Learn to enjoy the water safely with your child. For ages 6 to 36 months accompanied by a parent or guardian in the water. Parents and children learn together with fun activities to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements, breath control as well as water safety. Water diapers are required for infants and toddlers who aren't trained.

**Sat, Sept 27-Nov 22**

No class Oct 18

**9:30-9:55 am**

4600-F25A

\$65

### Preschool (3-5 years)

Preschool levels 1-3 are for students learning and mastering the following skills: Entering water safely and eventually jumping in, submerge and hold breath underwater, glide and recover on front and back, float on back, roll over front to back and back to front, swim on front and back, tread water, and change direction while swimming. *\*Preschool Lessons are available on Mon or Wed mornings with a minimum of 4 participants. Email [mschlemmer@sspps.org](mailto:mschlemmer@sspps.org) for registration.*

**Sat, Sept 27-Nov 22**

No class Oct 18

**10:00-10:30 am**

4601-F25A

\$85

**Sat, Sept 27-Nov 22**

No class Oct 18

**10:40-11:10 am**

4601-F25B

\$85

### Level 1: Introduction (Ages 5+)

In this class, students learn to feel comfortable in the water and to enjoy the water safely. They learn skills such as: Entering and exiting water safely, learning to submerge nose and eyes, breath control, front and back float and recovering to a stand, changing direction in water, and swimming 5 feet on front and back.

**Mon/Tues/Thurs, Sept 9-Oct 2**

No class Sept 18, 25, 29

**6:00-6:30 pm**

4602-F25A

\$85

**Mon/Tues/Thurs, Sept 9-Oct 2**

No class Sept 18, 25, 29

**6:40-7:10 pm**

4602-F25B

\$85

**Mon/Tues/Thurs, Sept 9-Oct 2**

No class Sept 18, 25, 29

**7:20-7:50 pm**

4602-F25C

\$85

**Sat, Sept 27-Nov 22**

No class Oct 18

**10:40-11:10 am**

4602-F25D

\$85

**Tues/Thurs, Oct 7-Nov 6**

No class Oct 28, 30

**6:00-6:30 pm**

4602-F25E

\$85

**Tues/Thurs, Oct 7-Nov 6**

No class Oct 28, 30

**6:40-7:10 pm**

4602-F25F

\$85

**Tues/Thurs, Oct 7-Nov 6**

No class Oct 28, 30

**7:20-7:50 pm**

4602-F25G

\$85

**Tues/Thurs, Nov 11-Dec 11**

No class Nov 25, 27

**6:00-6:30 pm**

4602-F25H

\$85

**Tues/Thurs, Nov 11-Dec 11**

No class Nov 25, 27

**6:40-7:10 pm**

4602-F25I

\$85

**Tues/Thurs, Nov 11-Dec 11**

No class Nov 25, 27

**7:20-7:50 pm**

4602-F25J

\$85



Level 2: Fundamentals (ages 5+)

This class is to give students success with fundamental skills. Students entering this level must demonstrate all the level 1 skills on day one of class. Students will work on: Entering water by stepping or jumping in from the side, rotary breathing, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, treading water, swimming 15 feet on front and back, swimming on side, use of a life jacket.

Mon/Tues/Thurs, Sept 9-Oct 2

No class Sept 18, 25, 29

6:10-6:55 pm

4603-F25A

\$125

Sat, Sept 27-Nov 22

No class Oct 18

11:20 am-12:05 pm

4603-F25B

\$125

Tues/Thurs, Oct 7-Nov 6

No class Oct 16, 30

6:10-6:55 pm

4603-F25C

\$125

Tues/Thurs, Nov 11-Dec 11

No class Nov 25, 27

6:10-6:55 pm

4603-F25D

\$125

Level 3: Stroke Development (ages 5+)

In this class, students will build on skills in level 2 through additional guided practice. Students entering this level must demonstrate all the level 2 skills on day one of class. They will work on the following skills: jump into deep water, kneeling dive, survival float, submerging and retrieving an object, back float and tread water, breaststroke kick, dolphin kick, scissors kick- 25 years each, front crawl and elementary backstrong- 15 years each.

Mon/Tues/Thurs, Sept 9-Oct 2

No class Sept 18, 25, 29

7:05-7:50 pm

4604-F25A

\$125

Sat, Sept 27-Nov 22

No class Oct 18

11:20 am-12:05 pm

4604-F25D

\$125

Tues/Thurs, Oct 7-Nov 6

No class Oct 28, 30

7:05-7:50 pm

4604-F25C

\$125

Tues/Thurs, Nov 11-Dec 11

No class Nov 25, 27

7:05-7:50 pm

4604-F25D

\$125

Level 4: Stroke Improvement (ages 5+)

In this class, students will build on skills in level 2 through additional guided practice. Students entering this level must demonstrate all the level 2 skills on day one of class. They will work on the following skills: jump into deep water, kneeling dive, survival float, submerging and retrieving an object, back float and tread water, breaststroke kick, dolphin kick, scissors kick- 25 years each, front crawl and elementary backstrong- 15 years each.

Mon/Tues/Thurs, Sept 9-Oct 2

No class Sept 18, 25, 29

7:05-7:50 pm

4605-F25A

\$125

Sat, Sept 27-Nov 22

No class Oct 18

11:20 am-12:05 pm

4605-F25B

\$125

Tues/Thurs, Oct 7-Nov 6

No class Oct 28, 30

7:05-7:50 pm

4605-F25C

\$125

Tues/Thurs, Nov 11-Dec 11

No class Nov 25, 27

7:05-7:50 pm

4605-F25D

\$125



YOUTH ENRICHMENT

NINJA WARRIOR

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

Intro to Ninja (5-13 years)

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

5-9 YEARS

Wed, Sept 10-Oct 29

4:00-5:00 pm

4994-F25A

\$215

Wed, Sept 10-Oct 29

5:00-6:00 pm

4994-F25B

\$215

Wed, Nov 5-Dec 10

4:00-5:00 pm

No class Nov 26

4994-F25D

\$155

Wed, Nov 5-Dec 17

5:00-6:00 pm

No class Nov 26

4994-F25E

\$155

5-13 YEARS

Sat, Sept 6-Oct 25

9:00-10:00 am

4994-F25C

\$215

6-13 YEARS

Sat, Nov 1-Dec 13

6:30-7:30 pm

No class Nov 29

4994-F25G

\$155

10-13 YEARS

Wed, Nov 5-Dec 17

6:30-7:30 pm

No class Nov 26

4994-F25F

\$155





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).

6-9 YEARS

Fri, Sept 5-Oct 24  
4:00-5:00 pm  
4995-F25A  
\$225

Fri, Sept 5-Oct 24  
5:15-6:15 pm  
4995-F25B  
\$225

Fri, Nov 7-Dec 19  
4:00-5:00 pm  
*No class Nov 21, 28*  
4995-F25D  
\$165

Fri, Nov 7-Dec 19  
5:15-6:15 pm  
*No class Nov 21, 28*  
4995-F25E  
\$165

8-13 YEARS

Fri, Sept 5-Oct 24  
6:30-7:30 pm  
4995-F25C  
\$225

Fri, Nov 7-Dec 19  
6:30-7:30 pm  
*No class Nov 21, 28*  
4995-F25F  
\$165

Parent Child Ninja Class

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

Sun, Sept 7-Oct 26  
9:00-10:00 am  
7949-F25A  
\$275, second child add \$100

Sun, Nov 2-Dec 14  
9:00-10:00 am  
*No class Nov 30*  
7949-F25B  
\$205, second child add \$75

Parent’s Day Out

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

Thurs, Oct 16  
1:00-3:00 pm  
7950-F25A  
\$40

Fri, Oct 17  
1:00-3:00 pm  
7950-F25B  
\$40

Fri, Nov 28  
1:00-3:00 pm  
7950-F25C  
\$40



YOUTH ENRICHMENT

SPORTS AND RECREATION

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.

Kaposia Education Center (1225 1st Ave S, SSP)

GRADES K-5

Mon, Sept 15-Oct 6  
3:45-4:45 pm  
4900-F25- Grades K-5  
\$80

AGES 2-3

Mon, Sept 15-Oct 6  
5:00-5:30 pm  
4900-F25 2-3 Year Olds  
\$70

AGES 4-6

Mon, Sept 15-Oct 6  
5:45-6:30 pm  
4900-F25 4/6 Year Olds  
\$75

Lincoln Center (357 9th Ave N, SSP)

GRADES K-5

Wed, Sept 17-Oct 8  
3:00-4:00 pm  
4900-F25B K-5  
\$80

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.

Kaposia Education Center (1225 1st Ave S, SSP)

GRADES K-5

Thurs, Sept 18-Oct 9  
3:40-4:40 pm  
4902-F25 K-5  
\$80

AGES 3-6

Thurs, Sept 18-Oct 9  
4:45-5:30 pm  
4902-F25 Tykes  
\$75

Lincoln Center (357 9th Ave N, SSP)

GRADES K-5

Wed, Oct 15-Nov 5  
3:00-4:00 pm  
4902-F25B K-5  
\$80



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.

Kaposia Education Center (1225 1st Ave S, SSP)

AGES 2-3

Sat, Sept 20-Oct 11  
9:00-9:40 am  
4907-F25 2/3 Year Olds  
\$75

AGES 4-5

Sat, Sept 20-Oct 11  
9:50-10:30 am  
4907-F25 4/5 Year Olds  
\$75

AGES 6-7

Sat, Sept 20-Oct 11  
10:40-11:30 am  
4907-F25-6/7 YO  
\$75

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.

Kaposia Education Center (1225 1st Ave S, SSP)

GRADES K-5

Tues, Oct 14-Nov 11  
No class Nov 4  
3:45-4:45 pm  
4904-F25 K-5  
\$80

AGES 2-3

Tues, Oct 14-Nov 11  
No class Nov 4  
5:00-5:30 pm  
4904-F25 2-3 Y/O  
\$70

AGES 4-6

Tues, Oct 14-Nov 11  
No class Nov 4  
5:30-6:30 pm  
4904-F25 4-6 Y/O  
\$75

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.

Kaposia Education Center (1225 1st Ave S, SSP)

GRADES K-5

Tues, Dec 2-23  
3:45-4:45 pm  
4906-F25 Grades K-5  
\$80

AGES 2-3

Tues, Dec 2-23  
5:00-5:45 pm  
4906-F25 3-6 Y/O  
\$75



YOUTH ENRICHMENT

HEALTH AND SAFETY

One Day Class! Certified Babysitter’s Training (ages 11 & up)

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter’s Training Certification and a Digital Babysitter’s Handbook. Please bring a nut free bag lunch. Instructor: Deb Gutzman

Sat, Oct 11  
8:30 am-12:30 pm  
4202-F25A  
\$80

Sat, Dec 13  
8:30 am-12:30 pm  
4202-F25B  
\$80

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

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

Sat, Oct 4  
8:30-11:00 am  
4204-F25A  
\$50

Sat, Dec 13  
1:00-3:30 pm  
4204-F25B  
\$50

Safe Kids (ages 7 & 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  
\$45





# YOUTH ENRICHMENT

## PERFORMING ARTS

### Piano Level 1 and 2 (Grades 2-5)

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit [www.advantageprep.net](http://www.advantageprep.net).

**Kaposia Education Center**  
(1225 1st Ave S, SSP)

**Mon, Sept 29-Nov 17**  
**7:50-8:50 am**  
4500-F25A  
\$95

**Lincoln Center**  
(357 9th Ave N, SSP)


**Tues, Sept 30-Nov 18**  
**7:10-8:10 am**  
4500-F25B  
\$95

# YOUTH ENRICHMENT

## IMAGINE, AND DESIGN

### Code Championship Tournament Series (Grades 6-9)

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**  
**9:00-11:00 am**  
4487-F25  
\$75

### Intro to Sewing Class (Grades 3-8)

Kids will be learning how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice sewing with a sewing machine. They will create a sketch of garment or craft and sew a project of their own creation. All material and tools provided. Instructor: Doremi Tinoco

**Fri, Oct 31**  
**9:00 am-12:00 pm**  
4454-F25  
\$95

### 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

**Thurs, Nov 13**  
**2:30-4:00 pm**  
4450-F25  
\$45, SSP High School

# YOUTH ENRICHMENT

## ACT PREP AND DRIVER'S ED

### ACT Prep Class

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit [www.advantageprep.net](http://www.advantageprep.net).

#### IN-PERSON

**Wed, Oct 29-Dec 3**  
*No class Nov 5, 26*  
**5:45-8:45 pm**  
4301-F25#321  
\$180, South St. Paul HS, SSP

#### VIRTUAL

**Sat, Nov 8-Dec 6**  
*No class Nov 29*  
**9:00 am-12:00 pm**  
4301-F25#934  
\$180

#### SELF-PACED ONLINE

4301-F25#777  
\$80



### Driver's Ed

Our Driver's Education program is offered in partnership with A+ Driving School. The course is approved by the State of Minnesota and meets all requirements for training anyone under the age of 18. The course fee includes 30 hours of classroom instruction and six hours of behind the wheel instruction.

For the virtual classroom series, you must attend by logging in to the live broadcast at class time each day on a device that has the ability to be seen as well as heard for the entire class time. Please provide participant's email address during the registration process to send the meeting invite. This email needs to be accessible from the device being used. Participants missing class must wait for the next session to make up missed time.

#### IN-PERSON

**Mon-Thurs, Nov 3-18**  
**2:45-5:45 pm**  
4300-F25  
\$420 (two payment options available)

**Mon-Thurs, March 9-24**  
**2:45-5:45 pm**  
4300-W26  
\$420 (two payment options available)

#### VIRTUAL

**Mon-Thurs, Sept 15-30**  
**4:00-7:00 pm**  
4300-F25OLA  
\$420 (two payment options available)

**Mon-Thurs, Oct 6-23**  
**4:00-7:00 pm**  
4300-F25OLB  
\$420 (two payment options available)

**Mon-Thurs, Nov 3-18**  
**4:00-7:00 pm**  
4300-F25OLC  
\$420 (two payment options available)

**Mon-Thurs, Dec 1-16**  
**4:00-7:00 pm**  
4300-F25OLD  
\$420 (two payment options available)







# KIDS' CHOICE

## SCHOOL-AGE CARE

### Now registering for the 2025-26 school year!

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

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



### Kaposia Education Center

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

### Lincoln Center

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

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

# ADULT EDUCATION

## FREE CLASSES FOR ADULTS

### English Language Levels- 6

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

### English Language Online-Conversation Class

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

### Citizenship

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

### High School Equivalency Degree (HSE)

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

### High School Equivalency Degree (HSE) Online

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

### TEAS (Tests of Essential Academic Skills) Preparation

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

### IHCC Developmental Math Partnership

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

### Family Learning in Partnership with ECFE

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

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

For more information call: 651-457-9418






# ADULT ENRICHMENT

## CULINARY ARTS

### Thai Street Food (Online)

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 Khunisorn.



**Mon, Sept 22**  
**6:00-8:00 pm**  
7654-F25  
\$35, Virtual

### 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.

**Tues, Sept 23**  
**6:00-9:00 pm**  
7681-F25  
\$35, SSP High School

### 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.

**Tues, Sept 30**  
**6:30-8:30 pm**  
7677-F25  
\$35, SSP High School

### 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 per student in this class. Instructor: Diana Hirte.

**Tues, Oct 14**  
**6:30-8:30 pm**  
7678-F25  
\$35, SSP High School

### 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

**Thurs, Oct 16**  
**6:00-8:00 pm**  
7683-F25  
\$35, SSP High School


### Mile High Apple Pie

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 is paid to the instructor the night of class. Instructor: Nancy Burgeson.

**Tues, Oct 21**  
**6:00-9:00 pm**  
7682-F25  
\$35, SSP High School

### Chinese Steamed Bao (Online)


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**  
**6:00-8:00 pm**  
7653-F25  
\$35

### Korean Kitchen (Online)

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**  
**6:00-8:00 pm**  
7652-F25  
\$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**  
**6:30-8:30 pm**  
7679-F25  
\$35, SSP High School





## 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**  
**6:00-8:00 pm**  
7684-F25  
\$35, SSP High School


## Holiday Cookie and Candy Make & Take

Students will participate as a group making cookies and candies for the holidays. Favorites like Russian Tea Cakes, 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.

<b>Fri, Dec 5</b> <b>6:30-8:30 pm</b> 7680-F25 \$40, SSP High School	<b>Tues, Dec 16</b> <b>6:30-8:30 pm</b> 7680-F25B \$40, SSP High School
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## Japanese Miso Ramen from Scratch (Online)

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 Khunisor.



**Mon, Dec 8**  
**6:00-9:00 pm**  
7651-F25  
\$35

## Four Famous Ethnic Cookies

Learn to create the rolled Norwegian cookie, Krumkakes made with cream, butter and cinnamon. Italian Pizzelles are a flat, anise-flavored cookie baked on the top of the stove using an iron. Almond Swedish Sandbakkelse are golden brown in color and are baked in tiny tins to resemble tarts. Finally, we will master deep fried Rosettes-those exceedingly fragile, paper thin Scandinavian delicacies dusted with confectioners' sugar. Expect great recipes plus many tips and techniques that will make your baking a success! Please bring containers to bring your creations safely home. A \$15 food fee is due to the instructor at class. Instructor: Laurel Severson.

**Thurs, Dec 18**  
**6:00-9:00 pm**  
7685-F25  
\$35, SSP High School




# ADULT ENRICHMENT

## CREATIVITY

### Voiceover... Now is Your Time

Our instructor will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. You will also be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. Instructor: Will Kamp

	<b>Wed, Sept 24</b> <b>6:30-8:30 pm</b> 7543-F25 \$30, Virtual	<b>Thurs, Nov 20</b> <b>6:30-8:30 pm</b> 7543-F25B \$30, Virtual
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### Unleash Your Inner Artist: Step-by-Step Paint & Sip

Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas, and the canvas will be pre-drawn and ready to paint! What to expect: step by step instruction, guidance: our friendly instructor will lead you through each stage, no experience needed, a relaxing atmosphere, take home your art at the end. Instructor: Linda Rinaldi.

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

**Tues, Sept 30**  
**6:00-8:00 pm**  
7548-F25Sept

**Fri, Dec 12**  
**6:00-8:00 pm**  
7548-F25Dec



### 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.

**Tues, Oct 7**  
**7:00-8:30 pm**  
7431-F25  
\$29

### Intro to Sewing Class (16 & Up)

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

**Sat, Nov 22**  
**9:00 am-12:00 pm**  
7547-F25  
\$95



# ADULT ENRICHMENT

## FINANCE AND REAL ESTATE

### So You're Thinking About Leaving Minnesota: An Attorneys Perspective (Online)

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 Law, PLLC



**Wed, Sept 17**

**6:30-7:30 pm**

7817-F25

\$12, Free to SSP Senior Center Members

### 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, Sept 20**

**10:00 am-12:00 pm**

7715-F25

\$12, Free to SSP Senior Center Members

### First Time Home Buyers

We will review the process of buying a home from A-Z and discuss unique funding that is only available to YOU - a first-time buyer. With one program, it is possible to buy a home for as little as \$1000 of your own funds. You are generally a first-time buyer if you have not owned a home in the past 3 years. Instructor: John Mazzara.



**Mon, Sept 22**

**6:00-8:00 pm**

7719-F25

\$12, Free to SSP Senior Center Members, Virtual

### Pre-Planning Cremation Seminar

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

**Thurs, Sept 25**

**6:30-7:30 pm**

7150-F25A

\$12, Free to SSP Sr Center Members

**Thurs, Nov 6**

**11:00 am-12:00 pm**

7150-F25B

\$12, Free to SSP Sr Center Members



### 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.

**Tues, Sept 30**

**10:00-11:30 am**

7820-F25

\$12, Free to SSP Senior Center Members

### 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 are provided, 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.

**Mon, Oct 13**

**6:00-8:00 pm**

7714-F25

\$12, Free to SSP Senior Center Members

### 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.

**Tues, Oct 21**

**6:30-8:30 pm**

7821-F25

\$50

### 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 Law, PLLC

**Tues, Oct 28**

**6:30-8:30 pm**

7816-F25

\$12, Free to SSP Senior Center Members



## The 10 Important People You Need for Your Estate Plan to Work

There are ten people we should be prepared to count on as we age. In this class we will learn the answers to: What are the roles and responsibilities of these people? How long do they serve? How much guidance can we give them? Who makes an ideal selection for each of these vastly different roles? What pitfalls and problems should we be aware of? These jobs include: Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee, Guardian and more. All are vastly different jobs that benefit you and they deserve careful thought. This class encourages questions. We will provide the answers. Instructor: Steve Ledin Law, PLLC.

**Mon, Nov 10**

**6:30-7:30 pm**

7815-F25

\$12, Free to SSP Senior Center Members

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

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

**Sat, Nov 22**

**10:00 am-12:00 pm**

7718-F25

\$12, Free to SSP Senior Center Members

## How to Win with Investment Properties

Have you ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting. Instructor: John Mazzara.

**Tues, Nov 25**

**6:00-8:00 pm**

7713-F25

\$12, Free to SSP Senior Center Members

## 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.

**Thurs, Dec 4**

**6:00-8:00 pm**

7822-F25

\$50



## Why You Can't Trust Your Trust

Am I using the right Trust for my needs? Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. One common problem is the over-utilization of the Living Trust for goals that it does not resolve. For example, "Does my Living Trust protect my assets against the nursing home?" The answer is probably not. The Irrevocable Trust and the Testamentary Trust have their strengths and weaknesses as well. We will define the strengths and weaknesses of these different types of Trusts and when to use them. Class encourages questions. Instructor: Steve Ledin Law, PLLC.

**Thurs, Dec 4**

**6:30-7:30 pm**

7814-F25

\$12, Free to SSP Senior Center Members

## Intro to Senior Housing

Aging often involves transitioning to different housing. The process involves coordinating financial and physical health considerations and frequently downsizing a home. We review these aspects so you can plan. Housing discussed- buying & renting-subsidized and elderly waivers, market-rate apartments, 55+, CCRC, independent/assisted living age in place, memory care, cooperatives, condo/townhouses. Explore alternatives to just single-family living. Come with your questions to decide what will work best for you and what are your next steps? Instructor: John Mazzara.

**Tues, Dec 9**

**6:00-8:00 pm**

7720-F25

\$12, Free to SSP Senior Center Members

# ADULT ENRICHMENT

## LIFESTYLE AND SPIRITUALITY

### 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 center yourself. The next step is a basic knowledge of protection, shielding and guarding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life. Instructor: Lily McNamara.

**Tues, Sept 16**

**6:30-8:30 pm**

7450-F25

\$45

### 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.

**Wed, Oct 8**

**6:30-9:00 pm**

7146-F25

FREE



## 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.

**Tues, Oct 14**  
**6:00-8:00 pm**  
7888-F25  
\$49

## 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.

**Tues, Oct 21**  
**6:30-8:30 pm**  
7451-F25  
\$45

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

In this class you will create a 10 minute personalized makeup routine that will help you look your very best. You will assess your facial features and learn the 4 most important research-proven steps you can incorporate into your makeup routine. Then you will 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.

**Tues, Nov 4**  
**6:00-8:00 pm**  
7889-F25  
\$45

## 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.

**Tues, Nov 18**  
**6:00-8:00 pm**  
7452-F25  
\$45

## Visualize Your Best Year

In this 2 hour workshop 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.

**Tues, Dec 16**  
**6:00-8:00 pm**  
7453-F25  
\$45



# ADULT ENRICHMENT

## HEALTH AND WELLNESS

### CPR/AED for All Ages (Adult Class)

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing. Instructor: Deb Gutzman.

**Thurs, Sept 11**  
**5:00-7:45 pm**  
7103-F25A  
\$65

**Thurs, Nov 13**  
**5:00-7:45 pm**  
7103-F25B  
\$65

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

This class is similar to the Adult/Child/Infant CPR/AED Class with First Aid with the main focus being on children. Class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED & First Aid course will include; an online link to all the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting and 2 year certification. This class meets “Pediatric CPR/AED & First Aid” requirements for the MN Child Care Licensing Agency. \*\* NO WRITTEN TEST REQUIRED - wear comfortable clothing. Instructor: Deb Gutzman.

**Sat, Sept 20**  
**8:00-9:30 am**  
7104-F25A  
\$85

**Sat, Nov 15**  
**8:00-9:30 am**  
7104-F25B  
\$85

### JUST BREATHE! Techniques to Calm, Center & Balance (Online)

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. Instructor: Janice Novak.



**Mon, Sept 15**  
**6:00-7:30 pm**  
7176-F25  
\$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.


6:00 pm - Introduction for Both  
7:00 pm - Weight Loss Hypnosis  
8:00 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 Fischer.

**Tues, Sept 23**  
**5:30-8:30 pm**  
7111-F25  
\$60/topic


## Empowered Aging: Take Control of Your Health (Online)

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. Instructor: Janice Novak.

 **Mon, Sept 29**  
**6:00-7:30 pm**  
7177-F25  
\$35

## Abdominal Strengtheners That Won't Stress Your Back/Neck (Online)


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. Instructor: Janice Novak.

 **Mon, Oct 6**  
**6:00-7:30 pm**  
7175-F25  
\$35




## Dementia Friends

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

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


## The Art of Aging Well: Peel Years Off Your Bio Age (Online)

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. Instructor: Janice Novak.

 **Wed, Oct 29**  
**6:00-7:30 pm**  
7174-F25  
\$35

## Soothe Those Achy Joints (Online)

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. Instructor: Janice Novak.

 **Tues, Nov 11**  
**6:00-7:30 pm**  
7173-F25  
\$35

## Acupressure to Assist Weight Loss (Online)

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. Instructor: Janice Novak.

**Mon, Dec 1**  
**6:00-7:30 pm**  
7172-F25  
\$35





# ADULT ENRICHMENT

## DANCE FITNESS

### Let's Tap Dance: Level 1

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). 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. Instructor: Stephanie Stockton.

**Mon, Sept 8-Dec 8**  
**10:00-11:00 am**  
7207-F25A  
\$140

**Wed, Sept 10-Dec 10**  
*No class Nov 26*  
**6:45-7:45 pm**  
7207-F25B  
\$135

### Let's Tap Dance: Level 2

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). 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, Sept 8-Dec 8**  
**11:00 am-12:00 pm**  
7207-F25C  
\$140

**Wed, Sept 10-Dec 10**  
*No class Nov 26*  
**5:30-6:30 pm**  
7207-F25D  
\$135

### 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.

**Thurs, Nov 20**  
**6:00-7:00 pm**  
7211-F25  
\$15  
SSP High School

### 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. Couples only please. Instructor: Monica Mohn.

**Thurs, Nov 20**  
**7:00-9:00 pm**  
7210-F25  
\$34/couple  
SSP High School

# ADULT ENRICHMENT

## GET FIT AT CENTRAL SQUARE

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

### Jazzercise

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

**Mon and Tues, 4:30-5:30 pm**

**Sat, 9:00-10:00 am**

Class fee is \$59/month for unlimited Jazzercise classes

### 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.

**Wed, Sept 3-Oct 29**  
**8:30-9:30 am**  
9967-F25B  
\$62 adult, \$20 senior

**Mon, Sept 8-Oct 27**  
**8:30-9:30 am**  
9967-F25A  
\$55 adult, \$20 senior

**Mon, Nov 3-Dec 29**  
**8:30-9:30 am**  
9967-F25C  
\$62 adult, \$20 senior

**Wed, Nov 5-Dec 17**  
**8:30-9:30 am**  
9967-F25D  
\$49 adult, \$20 senior

### 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, Sept 8-Oct 27**  
**5:30-6:30 pm**  
9918-F25A  
\$55 adult, \$20 senior

**Mon, Nov 3-Dec 29**  
**5:30-6:30 pm**  
9918-F25B  
\$62 adult, \$20 senior

### 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, Sept 8-Oct 27**  
**6:30-7:30 pm**  
9902-F25A  
\$55 adult, \$20 senior

**Mon, Nov 3-Dec 29**  
**6:30-7:30 pm**  
9902-F25B  
\$62 adult, \$20 senior







### 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.

<b>Tues, Sept 2-Oct 28</b> <b>10:30-11:15 am</b> 9800-F25A \$62 adult, \$20 senior	<b>Thurs, Sept 4-Oct 30</b> <b>10:30-11:15 am</b> 9800-F25C \$62 adult, \$20 senior
<b>Fri, Sept 5-Oct 31</b> <b>10:30-11:15 am</b> 9800-F25B \$62 adult, \$20 senior	<b>Tues, Nov 4-Dec 30</b> <b>10:30-11:15 am</b> 9800-F25D \$62 adult, \$20 senior
<b>Thurs, Nov 6-Dec 18</b> <b>10:30-11:15 am</b> 9800-F25F \$42 adult, \$20 senior	<b>Fri, Nov 7-Dec 26</b> <b>10:30-11:15 am</b> 9800-F25E \$49 adult, \$20 senior

### Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going. Instructor: Kim Befort.

<b>Tues, Sept 2-Oct 28</b> <b>5:15-6:15 am</b> 9909-F25A \$62 adult, \$20 senior	<b>Wed, Sept 3-Oct 29</b> <b>4:30-5:30 pm</b> 9909-F25B \$62 adult, \$20 senior
<b>Thurs, Sept 4-Oct 30</b> <b>5:15-6:15 am</b> 9909-F25C \$62 adult, \$20 senior	<b>Fri, Sept 5-Oct 31</b> <b>6:00-7:00 am</b> 9909-F25D \$62 adult, \$20 seniors
<b>Tues, Nov 4-Dec 30</b> <b>5:15-6:15 am</b> 9909-F25E \$62 adult, \$20 senior	<b>Wed, Nov 5-Dec 17</b> <b>4:30-5:30 pm</b> 9909-F25F \$49 adult, \$20 senior
<b>Thurs, Nov 6-Dec 18</b> <i>No class Nov 27</i> <b>5:15-6:15 am</b> 9909-F25G \$42 adult, \$20 senior	<b>Fri, Nov 7-Dec 26</b> <i>No class Nov 28</i> <b>6:00-7:00 am</b> 9909-F25H \$49 adult, \$20 senior

### Cardio Kickboxing

This interval-based class combines fun kickboxing moves with energetic music. for a high calorie burn and full body-sculpting workout. We will use Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level. Instructor: Jina Digaetano.

<b>Tues, Sept 2-Oct 28</b> <b>5:30-6:30 pm</b> 9915-F25A \$62 adult, \$20 seniors	<b>Tues, Nov 4-Dec 30</b> <b>5:30-6:30 pm</b> 9915-F25B \$62 adult, \$20 seniors
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### Mat Pilates

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

<b>Tues, Sept 2-Oct 28</b> <b>6:30-7:30 pm</b> 9916-F25A \$62 adult, \$20 senior	<b>Tues, Nov 4-Dec 30</b> <b>6:30-7:30 pm</b> 9916-F25B \$62 adult, \$20 seniors
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### 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

<b>Wed, Sept 3-Oct 29</b> <b>9:45-10:45 am</b> 9968-F25A \$62 adult, \$20 senior	<b>Wed, Nov 5-Dec 17</b> <b>9:45-10:45 am</b> 9968-F25B \$49 adult, \$20 senior
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### Aqua Interval

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going. Instructor: Kim Befort.

<b>Wed, Sept 3-Oct 29</b> <b>6:00-7:00 pm</b> 9901-F25A \$62 adult, \$20 senior	<b>Wed, Nov 5-Dec 17</b> <b>6:00-7:00 pm</b> 9901-F25B \$49 adult, \$20 senior
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### R.I.P.P.E.D.®

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

<b>Thurs, Sept 4-Oct 30</b> <b>5:30-6:30 pm</b> 9908-F25A \$62 adult, \$20 senior	<b>Thurs, Nov 6-Dec 18</b> <i>No class Nov 27</i> <b>5:30-6:30 pm</b> 9908-F25B \$42 adult, \$20 senior
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### Yoga

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for a yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation. Instructor: Rita Wurm.

<b>Thurs, Sept 4-Oct 30</b> <b>6:30-7:30 pm</b> 9908-F25A \$62 adult, \$20 senior	<b>Thurs, Nov 6-Dec 18</b> <i>No class Nov 27</i> <b>6:30-7:30 pm</b> 9908-F25B \$42 adult, \$20 senior
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### 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, Sept 6-Oct 25  
10:00-11:00 am  
9906-F25A  
\$55 adult, \$20 seniors

Sat, Nov 1-Dec 27  
10:00-11:00 am  
9906-F25B  
\$62 adult, \$20 senior

### Pound®

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

Sat, Sept 6-Oct 25  
11:00 am-12:00 pm  
9966-F25A  
\$55 adult, \$20 seniors

Sat, Nov 1-Dec 27  
11:00 am-12:00 pm  
9966-F25B  
\$62 adult, \$20 senior

## VIRTUAL FITNESS CLASSES

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules. All virtual fitness classes are hosted via ZOOM. Registration 9913-S25

### Strength Cardio

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

### Yoga

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

### Senior Yoga

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

### Senior Strength Cardio

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

### Monthly Fees

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



## 55+ ENRICHMENT

### SENIOR FITNESS

#### Silver Sneakers® and Silver & Fit®

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

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

#### Silver & Fit® Explore

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

Fri, Sept 5-Oct 31  
9:30-10:15 am  
9803-F25A  
\$62 adult, \$22.50 senior

Fri, Nov 7-Dec 26  
9:30-10:15 am  
9803-F25B  
\$49 adult, \$20 senior

#### 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

Tues, Sept 2-Oct 28  
9:30-10:15 am  
9801-F24B  
\$62 adult, \$20 senior

Thurs, Sept 4-Oct 30  
9:30-10:15 am  
9801-F25A  
\$62 adult, \$20 senior

Tues, Nov 4-Dec 30  
9:30-10:15 am  
9801-F24C  
\$62 adult, \$20 seniors

Thurs, Nov 6-Dec 18  
*No class Nov 27*  
9:30-10:15 am  
9801-F24D  
\$42 adult, \$20 senior

#### Senior Circuit

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

Wed, Sept 3-Oct 29  
6:15-7:15 am  
9802-F25A  
\$62 adult, \$20 senior

Thurs, Sept 4-Oct 30  
6:15-7:15 am  
9802-F25B  
\$62 adult, \$20 senior

Mon, Sept 8-Oct 27  
6:15-7:15 am  
9802-F25C  
\$55 adult, \$20 senior

Mon, Nov 3-Dec 29  
6:15-7:15 am  
9802-F25D  
\$62 adult, \$20 senior

Wed, Nov 5-Dec 17  
6:15-7:15 am  
9802-F25E  
\$49 adult, \$20 senior

Thurs, Nov 6-Dec 18  
6:15-7:15 am  
9802-F25F  
\$42 adult, \$20 senior





# 55+ ENRICHMENT

## SENIOR CENTER

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

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

### Become a Member

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). Senior Board meetings take place at 9:30 am the second Wednesday of the month: Sept 10, Oct 8, Nov 12, Dec 10.

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

### Out and About Lunches

Travel monthly to a new lunch destination. Registration is required in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby. Lunches take place at 11:00 am.

September 10	Pizza Pub
October 8	5-8 Club
November 12	Wayback Burgers
No out to lunch in December	

### Senior Socials

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

September 25	Walking Tacos
October 23	Beer & Brats
November 13	Turkey Dinner
December 11	Potluck

### Movie and Popcorn

Join us for a monthly movie matinee with popcorn at Central Square! We'll feature a different film once a month. Movie viewing begins at 12:00 pm.

September 11
October 9
November 6
December 18

### Happy Feet

Happy Feet is scheduled the second Tuesday of the month from 9:00 am-4:00 pm. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. \$45 per session. Call to make an appointment: 763-346-3390: Sept 9, Oct 14, Nov 11, Dec 9.



## WEEKLY ACTIVITIES

### Walk the Square

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

### SSP Buzz

Join your neighbors for a cup or two of joe and get your local buzz of what's happening around the community.  
**Monday - Friday (daily) 8:30 - 11:00 am**

### Cribbage

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

### Penny Bingo

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

### Woodcarvers

Woodcarvers Group at Central Square is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies.  
**Tuesdays 9:00 - 11:00 am**

### Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed. Instructor Margaret Christians.  
**Tuesdays 10:30 - 11:30 am**

### Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters, pick up a pointer or two, and maybe even start a new hobby.  
**Tuesdays 1:00 - 3:00 pm**

### 500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.  
**Beginners 500- Wednesdays and Fridays 10:00-11:00 am**  
**Wednesdays and Fridays 11:30 am - 2:00 pm**

### Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.  
**Thursdays 1:00 - 3:00 pm**







# 55+ ENRICHMENT

## TRIPS AND TOURS

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

### Norwegian Sites in the Twin Cities

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

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

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

**Thurs, Sept 25**

**Bus departs Central Square at 9:15 am**

1671-SSP-F25

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

### Fall Migration Tour

**THIS TOUR HAS A LOT OF WALKING**

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

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

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

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

**Thurs, Oct 30**

**Bus departs Central Square at 7:45 am**

1660-SSP-F25

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

### St. Paul Tales of Hauntings Tour

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.

Arrive at The St. Paul Hotel. In 1910 “St. Paul’s Million-Dollar Hotel” opened. The guest list included James J. Hill, Lucius P. Ordway and John Ireland.

Have a light lunch in 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. Register by Oct 3.

**Thurs, Nov 6**

**Bus departs Central Square at 10:00 am**

1670-SSP-F25

\$97/person, Includes transportation, lunch, and tours

### 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.” Register by: Fri, Oct 31

**Thurs, Dec 4**

**Bus departs Central Square at 9:45 am**

1688-SSP-F25

\$107/person, Includes transportation, lunch, and show

### Folsom Prison Experience St. Cloud

Arrive for lunch at Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud. Menu: Entrée, Popover, Salad, Side Dish, Beverage, Dessert. Paramount Theatre in St. Cloud.

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! Register by Friday, Dec 5.

**Fri, Jan 16**

**Bus departs Central Square at 9:15 am**

1699-SSP-W26

\$120/person, Includes transportation, lunch, and show







# 55+ ENRICHMENT

## SENIOR PROGRAMMING

### Book Club

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

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

Sept 8: *The Maid* by Nita Prose

A Clue-like, locked-room mystery and a heartwarming journey of spirit. The Maid explores what it means to be the same as everyone else and yet entirely different—and reveals that all mysteries can be solved through connection to the human heart.

Oct 13: *The Bohemian Flats* by Mary Relindes Ellis

From a nineteenth-century German farm to the thriving, wildly diverse immigrant village below Minneapolis on the Mississippi to the European front in World War I, and returning to twentieth-century American—this is a story that takes readers to the far reaches of human experience and the depths of the human heart.

Nov 10: *The Seed Keeper* by Diane Wilson

A haunting novel spanning several generations, The Seed Keeper follows a Dakhóta family’s struggle to preserve their way of life, and their sacrifices to protect what matters most.

Dec 8: *Vacationland* by Sarah Stonich

On a lake in northernmost Minnesota, you might find Naledi Lodge. There you might meet Meg, or the ghost of the girl she was, growing up under her grandfather’s care in a world apart and a lifetime ago. Now an artist, Meg paints images reflected across the mirrors of memory and water, as the linked stories of Vacationland cast simmering spells across distance and time.

### 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, Sept 10  
10:00-11:30 am  
7146-F25A  
FREE

Tues, Nov 18  
1:00-2:30 pm  
7146-F25B  
FREE

### Driver Safety Courses

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

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

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

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

Thurs, Sept 18  
Thurs, Oct 16  
Thurs, Nov 20

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

### Fall Fashion Show

Hosted by the Senior Center, the annual Fall Fashion Show features apparel, jewelry, and handbags by TaylorMarie’s Apparel. See our very own members modeling the season’s current fashions. The clothes are fun, beautiful, fashionable, and affordable! After the show enjoy a delicious catered lunch.

Wed, Oct 29  
11:00 am-1:00 pm  
7444-F25  
\$20

### 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!

- Great tunes
- Delicious donuts
- Unforgettable vibes

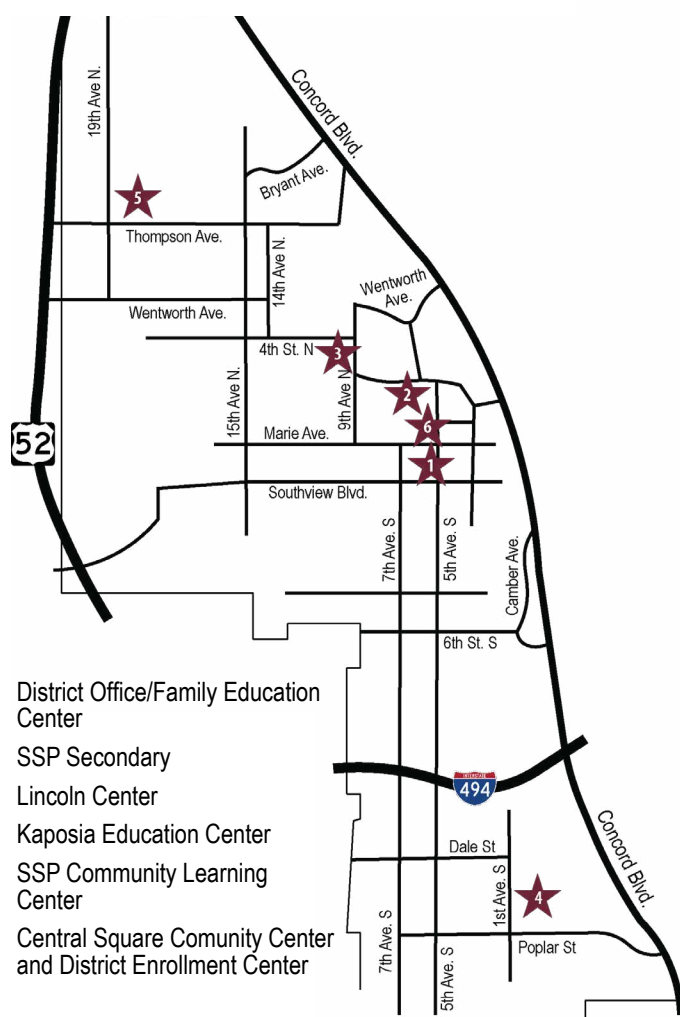
Don’t miss out - come for the music, stay for the donut!

**Vinnie Rose** is a dynamic solo performer known for captivating audiences with his solo acoustic live-looping shows, and delivering high-energy, interactive shows that are as skillful as they are fun. Spanning over nine decades of music, his setlist is a genre-spanning journey—swing, rock, country, pop, folk, blues, and more—often tailored on the fly to fit the crowd. Whether it’s a themed performance, spontaneous, or taking requests in real time, Vinnie brings a personal touch to every show. With a remarkable 3¼-octave vocal range and a looping guitar pedal that layers rich, rhythmic guitar textures, Vinnie creates the sound of a small band—all on his own. His passion for performing and connection with his audience consistently make him a favorite at venues throughout Minnesota.

Wed, Nov 19  
1:00-2:00 pm  
7123-F25  
\$10







ECRWSS  
Current SSP Resident

## SOUTH ST. PAUL PUBLIC SCHOOLS COMMUNITY EDUCATION AND EARLY LEARNING

### EARLY CHILDHOOD FAMILY EDUCATION HAS A NEW LOCATION!



We're excited to share, starting this fall, all ECFE classes and activities will be moving to a new home at Kaposia Education Center!

#### JOIN US FOR AN OPEN HOUSE!

To help families get familiar with the new space and meet our wonderful staff, we invite you to our Open House:

**Wednesday, September 3**

3:00 - 7:00 pm

Kaposia Education Center

**Come explore the classrooms, meet the teachers, and learn more about what ECFE has to offer!**

More details about fall ECFE classes inside or scan the QR code to learn more on the website.

