



# Thompson Times

*Serving West St. Paul, Mendota Heights, Lilydale & Eagan area*

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

### Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Open 9 am-4 pm, Mon-Thu.

**TPAC will be closed Sep 1 & Oct 16**

For Information or Registration:

Call: 651-403-8300

Online: [www.isd197.org/community/adults-55](http://www.isd197.org/community/adults-55)

## Special Events



### The Dollys

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

Wed, Sep 24

1980-F25

1-2 pm

1 Session - \$12



### Anthony Shore's Elvis Tribute Show

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

Wed, Oct 22

1982-F25

1-2 pm

1 Session - \$10

## Subscribe Now!

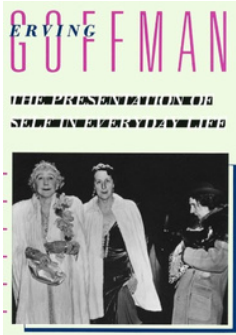
Subscribe now before the price increases! Receive the Thompson Times in your mailbox for \$12/year. The price will increase to \$15/year on Sept 1.

## Sep/Oct 2025

# LEARNING & DISCUSSION

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

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



Tue, Sep 2-Dec 2      1-2 pm  
1989-F25      4 Sessions - \$12

## Technology Help

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

Mondays      9 am - 12 pm  
No registration needed      Free  
*Closed Sept 1 and Dec 29*

## Explore Conversational Spanish for Absolute Beginners - Level 1 or Level 2

These engaging courses cover greetings, practical phrases, numbers, family, food, hobbies, and more. Enjoy an immersive experience using gestures and visuals for easy learning. Level 1 is ideal for newcomers; no prior Spanish experience required. Level 2 is perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended.

*Instructor: Dick Milles, Prof Emeritus Metro State University*

Wed, Sep 3-Oct 29      9:30-10:30 am  
1841-F25 **Level 1**      9 Sessions - \$72

Wed, Sep 3-Dec 17      10:45-11:45 am  
1903-F25 **Level 2**      16 Sessions - \$128

**Unblock TPAC** Remember to unblock 651-403-8300 on your phone. Sometimes we cannot reach you because unfamiliar phone numbers are blocked on your phone.

## Browse and Register Online for Community Ed Classes!

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

Thu, Sep 4      10-11 am  
1990-F25      1 Session - FREE



## Nature Sense with Naturalist Eloise Dietz

### Nature Collections

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

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

### Autumn Colors Hike

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

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



**FOR THE COFFEE CART & SUPPLY DONATIONS!**

Katie Max  
Jayne Simser  
Carol Slater

# LEARNING & DISCUSSION

## Van Trip to State Capital

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

Tue, Sep 9	7:30-11:30 am
1100-F25	1 Session - \$35 (ride & tour)
	1 Session - \$12 (tour only)

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



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

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

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

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

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



Purchase Metro Dining Cards at the TPAC office Mon-Thur, 9 am-4 pm. Enjoy 2-for-1 or 50% off dining at 166 area restaurants valid each month for an entire year. \$30 per set

## Creating Your Estate Planning Blueprint for 2025 and Beyond

In light of new IRS regulations, planning for your legacy is more important than ever. Workbook provided to guide you in building a secure, tax-efficient estate plan. Get the tools to protect wealth and secure a lasting legacy.  
*Instructor: Terrie Amundson, CFP® Financial Advisor*

Mon, Sep 22	1-2:30 pm
1992-F25	1 Session - \$4

## Finding Our Way: A Caregiver's Journey & Resource

Join us for a special presentation by Leslie Vick, author of a compassionate and practical caregiving workbook created to support those navigating the challenges of hospice and caregiving roles. Designed to offer emotional support, helpful tips, and real-life insights, this guide fills a crucial gap for caregivers. Attend and connect with others while gaining valuable tools from Leslie.  
*Presenter: Leslie Vick, author of Finding Our Way: A Caregiver's Journey & Resource*

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

## Are You New to Medicare?

Learn the basics of Medicare. Join this educational seminar if you are considering Medicare in 3-6 months. The differences of Medicare Part A, Part B, Part C and Part D will be defined. The distinction between Medigap and Medicare Advantage will be discussed. Considerations for choosing plans and how to prepare for Medicare will be addressed. Licensed insurance agent professionals will lead this discussion. No sales involved.  
*Presenters: Sheri Salloway Yarosh, MBA, Van Clemens Ins and Harvey Perle, Perle & Co*

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

# LEARNING & DISCUSSION

## Fentanyl Free Communities

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

Fentanyl and its likes contributes to nearly 70% of overdose deaths. These are not just numbers. Ask your neighbors, friends, and extended family. Chances are someone you know is impacted by this plague.

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

## Traveling Naturalist: Churchill, Manitoba, Through the Seasons

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

*Presenter: Melonie Shipman, lifelong naturalist*

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

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

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

*Instructor: Faith Waters, Edina Realty*

Thu, Oct 2 10-11:30 am  
1991-F25 1 Session - \$4



## Journalist Perspective

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

*Presenter: Cinnamon I. Janzer, journalist*

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

## Fire Precautions for Seniors

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

*Instructor: Steve Wentzel, South Metro Fire Dept*

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

## Lake and Company

This bold, Minnesota-based magazine celebrates adventure, creativity, and community. Join us for Lake & Co highlights: local voices, exploring the unknown, and inspiring readers to connect with the people and places that make our state unique. Your chance to hear from a leader who brings stories to life. *Presenter: Buffy Dege, Director of Operations*

Thu, Oct 9 9-10 am  
1995-F25 1 Session - \$5

# LEARNING & DISCUSSION

## Senator Matt Klein Is Back

Join Minnesota Senator Matt Klein, physician and dedicated public servant, as he shares insights into the issues shaping our state and communities. With perspectives from both the medical and legislative worlds, he will discuss current challenges, upcoming initiatives, and answer your questions. Converse with someone working for the well-being of Minnesotans—especially older adults like you.

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

## Thanksgiving Day in Canada & More

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

Mon, Oct 13 10–12 pm  
1999-F25 1 Session – \$4

## Becoming an Ally for LGBTQ Youth: A Culturally Vital Workshop

This welcoming and judgment-free workshop invites older adults to deepen cultural understandings and support of LGBTQ youth. Explore inclusive language, the coming-out process, and challenges faced in homes, schools, and communities. Through respectful discussion and guided activities, you'll gain tools to become a compassionate ally, reduce bias, and help build a more connected community.  
*Facilitator: The Trevor Project MN*

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

## What's New in Medicare 2026?

This is for those who are already on Medicare but want to learn about the significant cost and program changes, and options for 2026. If content with your current plan, but curious if another program might better serve your needs, this is for you. Licensed insurance agents will lead this educational seminar. No sales involved.

*Presenters: Sheri Salloway Yarosh and Harvey Perle*

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



## Understanding the Federal Reserve

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

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

## Paranormal Minnesota: Tales of Ghosts, UFOs and Mysterious Creatures

This virtual presentation is an eerie combination of the most bizarre paranormal topics. It covers the entire spectrum of MN's supernatural activity, combining the strangest cases of alien abductions, haunted places, mysterious creatures, crop circles and the weird and unusual. Chad joins us live on-screen via Zoom. Bring your own candy to enjoy and we'll make fresh popcorn for \$1.  
*Presenter: Chad Lewis*

Thu, Oct 30 10–11 am  
1121-F25 1 Session – \$9

## Be an AARP Tax Preparer Volunteer

The AARP Tax-Aide Program is looking for new volunteers to help provide high-quality income tax preparation services to senior citizens and low-to-moderate income people in our community. Prior tax experience is NOT required, just a desire to learn and to help people. Training is provided. This program is entirely staffed by volunteers. The commitment is from Jan thru mid-April, 1-2 days per week with some flexibility. You can be a Tax Preparer or Client Facilitator. Go to <https://tinyurl.com/Create-Tax-Aide-Volunteer-Acct> to create an account in the AARP Volunteer Portal.

For more information, email [taxaidejim@gmail.com](mailto:taxaidejim@gmail.com).

# GROUPS

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

## Umbrella Projects Group

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



- **Sept 8:** Umbrella Kickoff Brunch! Learn what we are all about, volunteer opportunities, and share your interests too!
- **Oct 13:** Seasonal baking supplies for Neighbors Inc

2nd Mon 10-11:30 am  
1599-F25 Free

## Great Decisions Group 2025

This engaging conversational group around US foreign policy and global issues is currently full. Topics are below.

*Facilitator: Charles Happach*

**Sep:** *The Future of NATO and European Security*

**Oct:** *AI and American National Security*

**For 2026**, books may be purchased from TPAC at an estimated cost of \$34 each - **order deadline is Oct 31.**

Mondays 1-2:30 pm  
1296-F26 Group Annually - \$10 Jan-Dec  
1296-W26 Book \$34 est

## Mystery Book Club

We select a wide range of authors and locales, and enjoy stimulating discussions on our interpretations, speculations and theories of the book. It's truly amazing the wonderful insights each reader brings to the discussions!

*Facilitator: Joyce Wahlquist*

**Sep:** *Midnight in the Garden of Good and Evil* by John Berendt

**Oct:** *Reykjavik: A Crime Story* by Ragnar Jonasson and Katrin Jakobsdottir

2nd Tue 10:30-11:30 am  
1565-F25 Annually - \$10 Sep-Aug

## Nonfiction Book Club

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

*Facilitator: Fran Megarry*

**Sep:** *no meeting in September*

**Oct:** *Book and Dagger* by Elyse Graham

1st Thu 1-2:30 pm  
1946-F25 Annually - \$10 Sep-Aug

## Caregiver Support Group

Being a caregiver as a spouse, child or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. Come together with trained facilitators to learn about topics relevant to caregiving.

*Sponsored by DARTS*

2nd Wed 1-2:30 pm  
1597-F25 Free

## Men's Topics & Toast

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

*Facilitator: Rob Meyer*

Last Mon 9-10 am  
1746-F25 Annually - \$10 Sep-Aug

## TPAC Out & About Group

Enjoy getting together with this social group for men and women for 1-2 outings a month, often including lunch. After registering, information will be emailed to you by the group's Communications Coordinator.

Dates Vary  
1609-F25 Annually - \$10 Sep-Aug

# FITNESS & HEALTH



## Pilates

Pilates is a mind and body exercise designed to lengthen and strengthen muscles, increase flexibility and balance while focusing on a strong core. Includes light cardio, resistance training and mat exercise – emphasizing proper form and breathing while executing the movements. Bring your own mat. Give it a try – **join us for our FREE Sept 9th session!** *Instructor: Stephanie Stockton*

Tue, Sep 9 – FREE Session	2–3 pm
Tue, Sep 16–Oct 28	2–3 pm
1113–F25	7 Sessions – \$63

## 3X3 Fitness

Our exercise videos and resistance bands/rings are the secret to improving muscle tone and flexibility. Chair-based & low-impact, these exercises allow you to enjoy conversation while you gain the benefits of exercise. *Facilitator: Barb Erickson*

Tue/Thu	9:15–10 am
1635–F25	\$15 Sep–Dec
<i>No class Oct 16</i>	

## Tai Chi Chih for Health

Join Theresa to learn the benefits of Tai Chi Chih. For new and returning students, this is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated. Improve balance, sleep, vitality, immune function, weight management; reduce stress, pain, inflammation. *Instructor: Theresa May, nationally accredited instructor*

Wed, Sep 3–Oct 29	9:15–10 am
1909–F25	9 Sessions – \$72

## Fitness and Balance for Life

Improve flexibility and overall well-being! Naomi will gently guide you through low-impact exercises, enhancing your range, strength and balance. We supply the gear: a chair, exercise bands, hand weights, & exercise balls, or bring your own gear. Your path to better health awaits. *Instructor: Naomi Marzinske*

Thu, Sep 4–Oct 30	10:30–11:30 am
1317–F25	8 Sessions – \$64
<i>No Class Oct 16</i>	



## Wednesday Walkers

**Walk, Talk, & Gawk:** Meet at TPAC parking lot at 9 am to carpool to a specially selected walking path, usually about 2.5 miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inclement weather. Members take turns choosing a destination for walking. Exercise, friendship, and nature keep this group engaged and motivated! *Facilitator: JoAnn Ellingboe*

Wed, thru Oct 29	9 am–noon
1610–S25	\$15 per season

## Line Dancing

Line dancing is a fun way to exercise and can be as gentle or as energetic as you want. Increase your muscle tone and coordination, strengthen bones, and stay mentally fit. Join us on the floor to get moving. No partner needed! *Instructor: Margaret Christians*

Thu, Sep 18–Dec 18	9–10 am
1615–F25	\$15 Sep–Dec

## Foot Care

Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file calluses, and care of fungal nails. Foot care is important to your overall health. Appointments required. *Provided by: Katie Sikel, RN, CFCS*

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

## Health Insurance Counseling

Get free 1-on-1 health insurance and Medicare guidance at Thompson Park Activity Center. Call 651-403-8300 for an appointment. Counsel provided by Trellis.

# CREATIVE ARTS

## Open Watercolor Painting

Join other artists and enjoy music and conversation. There is no instructor, so paint what inspires you and share ideas. Bring your own supplies. *Facilitator: Art Thell*

Tuesdays	9:30–11:30 am
1602-F25	\$15 Sep-Dec

## Watercolor Painting Introduction

Discover your creativity in our beginner-friendly watercolor classes! Explore essential materials and foundational techniques, and the basics of color theory as you learn how to mix pigments to create beautiful expressive artwork. For your convenience, the instructor will take care of all supply shopping. Fee of \$65–70 due on first day of class. This is a pre-requisite for Watercolor I. *Instructor: Linda Stout*

Mondays	1–3 pm
1491-F25-Sep	4 sessions – \$80

## Watercolor I

Learn and improve your skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Prereq: Watercolor Intro or instructor consent. *Instructor: Linda Stout*

Tuesdays	1302-F25	1–3 pm
Sep 2–30		5 sessions – \$98
Oct 7–28		4 sessions – \$80

## Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. Prereq: Watercolor Intro or instructor consent. *Instructor: Linda Stout*

Wednesdays	1191-F25	1–3 pm
Sep 3–24		4 sessions – \$80
Oct 1–29		5 sessions – \$98

## Knitting Group

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

Mondays	1–3 pm
1600-F25	\$15 Sep-Dec



## Rock Painting

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

*Instructor: Johanna Nelson*

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

## Card Creations with Stacey

Create 3 beautiful, handmade greeting cards! This class will focus on thoughtfully designed birthday cards. Relax and let your creativity flow. Supplies are provided—just bring your enthusiasm! All skill levels welcome.

*Instructor: Stacey Pangborn*

Mon, Oct 20	9–11:30 am
1959-F25	1 session – \$25

## Crafting for a Cause

Spread joy by crafting heartfelt notes with fellow volunteers. These messages of kindness will be included in Meals on Wheels and brighten someone's day! Materials are provided. *Facilitator: Rita Schnoor*

2nd Tue	12–1 pm
1598-F25	Free

## Colored Pencil Group

Join this group and work on your latest pencil project. All levels welcome. There is no instructor, but you can learn about blending and other techniques or share your own tips as well! Bring your own pencils and art equipment.

1st & 3rd Wed	1–3 pm
1595-F25	\$15 Sep-Dec

# 55+ DRIVER'S DISCOUNT COURSE



**Pre-registration is required.**

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

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

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

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

12-4 pm 1 session - \$24  
Sep 11, Sep 18, Oct 2, Oct 23



## EVENT VOLUNTEERS!

Sue Doffing	Eva Novaczyk
Jean Johnson	Adina Overbee
Karen Jones	Ellen Smith
	Julie Weisbecker

# GAMES

*Add some fun to your fall schedule!  
Choose a game and join us once a week.  
Try one out with a free first visit. Learn Hand & Foot or Mah Jongg, or enjoy a lawn game on the beautiful grounds of Thompson Park.*

## Bocce Ball

Mondays 9:45-10:45 am  
1596-F25 \$8 Sep/Oct

## Bean Bag Toss

Tuesdays 9:45-10:45 am  
1643-F25 \$8 Sep/Oct

## Hand & Foot

Wednesdays 9:30 am-12:15 pm  
1735-F25 \$15 Sep-Dec

## Cribbage

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



## Scrabble

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

## Mah Jongg

You've heard of it. Mah Jongg is a rummy-like game played with tiles. At TPAC, we teach / play American Mah Jongg. Learn a new skill, learn how luck is an aspect of every game, and have fun playing with new friends. Call ahead if you want to learn 651-403-8300

Thursdays 1-3:45 pm  
1613-F25 \$15 May-Aug

# TRIPS & TOURS

## Trips & Tours Information

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

## Norwegian Tour in Minneapolis

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

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

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

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

## St. Paul Tales of Hauntings Tour

Join a lively Victorian ghost guide for a haunted history tour of St. Paul, featuring eerie tales, laughs, and fascinating facts. Explore over a dozen sites, including the grand Summit Ave, historic Rice Park, and more. Tour includes a brief stop and a light lunch at the iconic St. Paul Hotel from 1910, once host to legends like James J. Hill.

Lunch: chicken, bacon & swiss sandwich w/ fries

Thu, Nov 6	Depart TPAC 10:15 am /Return 2:45 pm
\$97	Register by Fri, Oct 3
1979-WSP-F25	



## Orchestra Hall Coffee Concert

Arrive at Orchestra Hall at 10:30 am and enjoy complimentary coffee and donuts until the performance of Dvorak New World Symphony begins. Ever wonder what makes our Orchestra sound so great? 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. The performance is 2 hours. Lunch at Brit’s Pub for Fish & Chips.

Thu, Dec 4	Depart TPAC 10 am /Return 3:30 pm
\$107	Register by Fri, Oct 31
1115-WSP-F25	

**For more information on the trips below, call 651-403-8300 or check online:**

## Folsom Prison Experience at St. Cloud Paramount Theatre

Fri, Jan 16	Depart TPAC 9:30 am /Return 5:45 pm
\$120	Register by Fri, Dec 5
1116-WSP-W25	

## Guys & Dolls at the Chanhassen DT

Wed, Feb 18	Depart TPAC 10 am /Return 5:15 pm
\$125	Register by Fri, Jan 9
1117-WSP-W26	

## Graceland and Memphis, Tennessee

Mon, Apr 13-Fri, Apr 17	Depart TPAC 7 am Apr 15
\$1,565/\$1,985	Return evening of Apr 17
1977-WSP-W26	Register by Fri, Feb 6

# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

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

By mail or in-person:

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

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

## Opportunities to Volunteer

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

## Services

- Free Memory Screening provided by DARTS:  
Call 651-403-8300 for an appointment
- Free Legal Services: Call 651-222-4731
- Free Health Insurance Counseling:  
Call 1-800-333-2433 for an appointment or  
[www.trellisconnects.org](http://www.trellisconnects.org).
- Foot Care: \$65, call 651-829-3944 for an appointment

## Fare for All

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

## Cancellations/Refunds

- If TPAC cancels a class or activity, you will be notified by phone or email and given a refund.
- Your cancellation and refund requests must be received by our office seven days prior to the first class session. A \$10 service charge will be applied to your refund.
- No refunds are issued after the first session or trip registration deadline.

## Inclement Weather & Closures

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

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## E-News

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

## Difficulty Hearing

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

## Suggestion Box

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

## TPAC Advisory Council Opening

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

## Fees for Groups & Clubs

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

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-April / May-Aug / Sept-Dec



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

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*Thank You Donors*

*Thank You for your Generous Support as we finished out our fiscal year!*

**Contributions for fiscal year 2024/2025: \$13,877**

### **Friend (\$25-49)**

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Patricia Anderson  
Karen Jorgenson  
Dorothy Lea  
Mary Ostgard  
Laura Palodichuk  
Laurel Singer  
Debra Smith

### **Benefactor (\$50-99)**

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Gloria Classen  
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