



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts

SPECIAL EVENTS & TRIPS

Catalog Kick-off & Ice Cream Social

Be the first to explore our Fall Community Bridge brochure and get a sneak peek at an exciting new season of classes. Staff will be available to help with registration, and you'll have the chance to meet some of your favorite teachers, preview class projects, and try hands-on activities. Enjoy a free custard treat (*donated by Culvers*) as you tour our new White Bear Lake Community Bridge location at the Sunrise Park District Service Center. This event is designed for adults with disabilities and their caregivers to participate together. Drop-offs are not permitted.

Thursday, Sep 18
6:00–7:30 p.m.
Sunrise Park District Service Center
(registration required)

Free
CBWT1



Afton Apple Orchard Hayride

Take a hayride through the orchard, pick two apples, and choose a small pumpkin. Learn about apple growing, pollination, and tree care. Includes a cider sample.

Tuesday, Oct 14
5:30–6:30 p.m.
Afton Apple Orchard

\$15
CBST1



Halloween Costume Dance Party

Wear a costume, dance to DJ music, take photos, play games, and enjoy snacks. Volume kept comfortable.

Friday, Oct 24
6:30–8:00 p.m.
Gladstone Community Education Center

\$15
CBNT1



Matilda The Musical

Enjoy this award-winning show at East Ridge High School. Arrive early to pick up your ticket and find your seat.

Friday, Nov 14
7:00–9:30 p.m.
East Ridge High School

\$15
CBST2



Snow Ball Family Dance

Dance, snack, and enjoy photo booth fun at this festive event. Dressy casual encouraged. Volume kept comfortable.

Friday, Dec 12
6:30–8:00 p.m.
Gladstone Community Education Center

\$15
CBNT2



Let's Meet for Dinner at Pizza Ranch!

Share dinner, socialize, and play a "white elephant" gift exchange. Bring wrapped items from home to swap. Plan to pay \$18.95 for the buffet once you arrive.

Monday, Dec 15
6:00–7:30 p.m.
Pizza Ranch in Cottage Grove

\$5
CBST3



Trains, Tracks, and Tasty Pasta

Visit the Twin Cities Model Railroad Museum, then enjoy lunch at Buca. Fee includes transportation, admission, and lunch. Caregivers must register.

Saturday, Jan 24
9:30 AM–1:15 p.m.
Bus leaves from Gladstone

\$40
CBNT3



CHANGES AND CANCELLATION POLICY

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ARTS & CRAFTS

Button Design Art – with Rene

Create a unique piece of art using colorful buttons and beads. You'll design your own pattern or image, then glue buttons and beads in place to bring your idea to life, all materials will be provided. Take home your finished work as a fun decoration or gift.

Thursday, Nov 13 \$15
6:00–8:00 p.m. CBRA2
Anpétu Téča Education Center



Discover Pottery

Create decorative pieces using hand-building techniques. You'll learn how to shape, texture, and glaze your work with a variety of colors. Perfect for beginners and anyone who enjoys crafting something beautiful.

Sunday, Oct 12 \$25
10:00 a.m.–12:00 p.m. CBNA2
Skyview Middle School



Fused Glass Pendants or Magnets

Make three beautiful fused glass pendants or magnets. Choose from colorful glass options like dichroic glass, frit, stringers, and dots to create unique designs. If time allows, you can make additional items for an extra cost.

Monday, Dec 1 \$25
6:30–8:30 p.m. CBNA1
Skyview Middle School



Holiday Decorations – with Rene

Celebrate the season by creating three festive holiday decorations. You'll have a variety of materials to choose from, allowing you to personalize each piece to your own taste, no previous crafting experience is needed.

Thu, Dec 11 \$15
6:00–8:00 p.m. CBRA3
Anpétu Téča Education Center



Nutcracker Painting Party

Get into the holiday spirit and paint a classic Nutcracker king or soldier. We'll provide all the materials, and you can bring a nut-free snack to share if you like. This relaxed, festive atmosphere is perfect for enjoying creativity with friends.

Tuesday, Dec 16 \$15
6:00–7:30 p.m. CBWA1
Sunrise Park District Service Center



Pumpkin Painting – with Rene

Welcome autumn by painting pumpkins in your own creative style. Whether you like bright colors, patterns, or traditional fall designs, you'll have plenty of inspiration and materials to work with.

Thursday, Oct 16 \$15
6:00–8:00 p.m. CBRA1
Anpétu Téča Education Center



Squeegee Painting

Discover a fun and easy way to make abstract art! Add drops of paint to your canvas, then use a squeegee to spread and blend the colors into bold, eye-catching designs. Every piece will be unique!

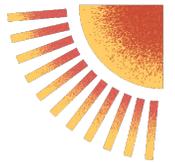
Thursday, Jan 15 \$15
6:00–7:30 p.m. CBWA2
Sunrise Park District Service Center



Tissue Paper Suncatchers

Bring a splash of color into your home with handmade tissue paper suncatchers. Layer different colors and shapes, then watch how light transforms your creation into a rainbow display.

Thursday, Nov 6 \$5
6:30–7:30 p.m. CBSA1
East Ridge High School



COOKING

Cooking with Cheryl: Bountiful Harvest

Celebrate the flavors of fall with recipes featuring pumpkin, pecans, apples, and walnuts. You'll make both savory and sweet dishes, then enjoy sampling your creations together.

Saturday, Nov 15 \$15
9:30–11:00 a.m. CBNC1
John Glenn Middle School



Cooking with Cheryl: Holiday Sweets

Get ready for the holidays by making festive cookies and candies! Learn shaping, trimming, and decorating techniques, then take home your treats to share.

Thursday, Dec 4 \$15
6:30–8:00 p.m. CBNC2
John Glenn Middle School



Cooking with Cheryl: Mason Jar Lid Desserts

Enjoy a fun twist on dessert making! Create perfectly sized individual treats with Mason jar lids, no sharing needed!

Thursday, Jan 15 \$15
6:30–8:00 p.m. CBNC3
John Glenn Middle School



BINGO

Costume Bingo – with Rene

Dress up, play Bingo, and collect your prize when you win!

Tuesday, Oct 28 \$10
6:00–8:00 p.m. CBRH1
Anpétu Téca Education Center



Holiday Bingo – with Rene

Celebrate the season with a special holiday-themed Bingo night.

Wednesday, Dec 17 \$10
6:00–8:00 p.m. CBRH3
Anpétu Téca Education Center



Bingo

Play for fun and win prizes in this classic game night! Bring along a small, unused gift to add to the prize table if you'd like.

Wednesday, Nov 5 \$10
6:00–7:30 p.m. CBWH2
Sunrise Park District Service Center



New Year's Bingo – with Rene

Ring in the new year with Bingo, prizes, and fun!

Thursday, Jan 8 \$10
6:00–8:00 p.m. CBRH4
Anpétu Téca Education Center



Turkey Bingo – with Rene

Celebrate the season with turkey-themed Bingo fun and prizes!

Thursday, Nov 20 \$10
6:00–8:00 p.m. CBRH2
Anpétu Téca Education Center



Bingo Night – With Cool Prizes!

Enjoy a lively evening of Bingo, complete with prizes for every participant. Staff may attend at no cost but prizes are for participants only.

Monday, Jan 26 \$10
6:00–7:30 p.m. CBSH1
District 833 Program Center



MUSIC & DANCE

Community Bridge Choir with Karen & Rene

Join a welcoming and joyful choir. No experience is needed, just bring your love of music and a willingness to sing from the heart.

Practice: Tuesday, Oct 7–Dec 9
6:30–7:30 p.m. \$48 CBNH3
(No class Oct 28, Nov 4, Nov 25)
Gladstone Community Education Center



Performance: Friday, Dec 12
5:30–7:00 p.m.
Gladstone Community Education Center

Line Dance: Thriller

Learn fun, easy-to-follow choreography to Michael Jackson's iconic "Thriller" in this energetic line dance class. All levels welcome!

Saturday, Oct 25 \$10
11:00 a.m.–12:00 p.m. CBNH1
John Glenn Middle School



Line Dancing: Prince 1999

Dance to the legendary hit "1999" with simple, upbeat choreography. No dance experience needed, just bring your energy and love for Prince!

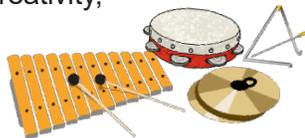
Saturday, Nov 22 \$10
11:00 AM–12:00 p.m. CBNH2
John Glenn Middle School



Shake, Rattle and Roll with Keynote Music Therapy

Make music together through singing, playing instruments, and movement. This program blends creativity, self-expression, and social connection.

Wednesday, Oct 1 \$15
6:00–7:30 p.m. CBWH1
Sunrise Park District Service Center

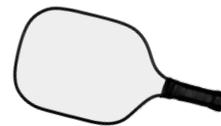


RECREATION

Open Gym

Choose from activities like pickleball, floor hockey, indoor soccer, or other games. Join organized group play or start your own. Equipment and healthy drinks provided.

Thursday, Jan 29 \$10
6:00–7:00 PM CBNH4
Gladstone Community Education Center



✧ UCare COMMUNITY EDUCATION ALLOWANCE

UCare provides a \$100 quarterly allowance for adults with disabilities in Minnesota to take community education classes. Some members receive this allowance automatically, while others need to opt-in by calling UCare or logging into their online account. Funds are loaded onto a Healthy Benefits+ card and can be used for eligible class fees. To explore class options, check the Community Bridge brochure and use your card at enrollment. For more details, visit healthybenefitsplus.com/ucare or call UCare customer service.

Independent School District 622
 2520 E 12th Ave
 North St. Paul, MN 55109



Gladstone Community Education Center
 Community Bridge Consortium office
 1945 Manton St.
 Maplewood, MN 55109
 651.748.7250

NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 TWIN CITIES MN
 PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

Name _____ Home/Group Home Phone _____

Address _____ City _____ Zip _____

Group Home Name _____ Emergency Contact _____ Phone _____

Group Home Email _____ Uses a wheelchair Requires one-to-one assistance

Medical, seizure, behavioral or other conditions instructor should be aware of: _____

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Total Participant Fee \$ _____

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$ _____	

Staff fee must accompany registration

Checks payable to: Community Bridge

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

Mailed checks will be handled as a one-time electronic fund transfer or draft.

or Health Benefits+ card # _____ CVV _____ Exp ____/____ Total Charge \$ _____

Visa, MasterCard or Discover _____ CVV _____ Exp ____/____ Total Charge \$ _____

Signature _____ Print Name on Card _____



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 6:00–7:30 p.m. **CBWT1**
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Halloween Costume Dance Party

Wear a costume, dance to DJ music, take photos, play games, and enjoy snacks. Volume kept comfortable.

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Matilda The Musical

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Share dinner, socialize, and play a "white elephant" gift exchange. Bring wrapped items from home to swap. Plan to pay \$18.95 for the buffet once you arrive.

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 Pizza Ranch in Cottage Grove



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Visit the Twin Cities Model Railroad Museum, then enjoy lunch at Buca. Fee includes transportation, admission, and lunch. Caregivers must register.

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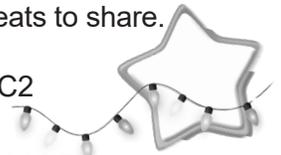
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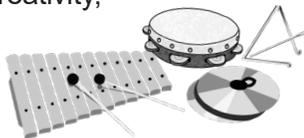


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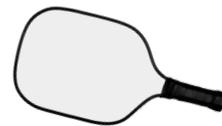


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NON-PROFIT ORG
 U.S. POSTAGE
 PAID
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 PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

Name _____ Home/Group Home Phone _____

Address _____ City _____ Zip _____

Group Home Name _____ Emergency Contact _____ Phone _____

Group Home Email _____ Uses a wheelchair Requires one-to-one assistance

Medical, seizure, behavioral or other conditions instructor should be aware of: _____

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Total Participant Fee \$ _____

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$ _____	

Staff fee must accompany registration

Checks payable to: Community Bridge

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Mailed checks will be handled as a one-time electronic fund transfer or draft.

or Health Benefits+ card # _____ CVV _____ Exp ____/____ Total Charge \$ _____

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Signature _____ Print Name on Card _____