

South St. Paul

COMMUNITY EDUCATION (PAGES 9-27)

EARLY LEARNING/ECFE (PAGES 4-8)



EARLY LEARNING PAGE 4

EARLY CHILDHOOD SCREENING PAGE 7

ADULT EDUCATION PAGE 15

ADULT ENRICHMENT, AGES 15+ PAGE 16



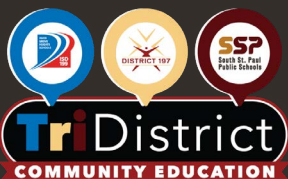
SSP SENIOR CENTER PAGE 25

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/>



WINTER 2026 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

<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

TABLE OF CONTENTS

Central Square Amenities	3
Early Learning	
About Early Learning	4
Classes	5
Familias Latinas	7
Early Childhood Screening	7
Community Preschool	8
Youth Enrichment	
Gymnastics	9
Swimming Lessons	10
Ninja Warrior	11
Sports and Recreation	11
Brain Busters	12
Health and Safety	13
High School	13
Creativity and Design	14
Kids' Choice	14
Adult Education	15
Adult Enrichment (Ages 15+)	
Culinary Arts	15
Creativity	17
Finance and Real Estate	18
Lifestyle and Spirituality	20
Health and Wellness	20
Dance	22
Get Fit at Central Square	22
55+ Programming	
Senior Fitness	25
Senior Center	25
Trips and Tours	26
Senior Programming	27



CENTRAL SQUARE COMMUNITY CENTER

PROGRAMMING AND REGISTRATION

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



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

NOTARY SERVICE

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

FREE WI-FI

Wireless Internet access is available.
No password necessary.

REFUNDS

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

CANCELLATIONS

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

INCLEMENT WEATHER

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

VOLUNTEER OPPORTUNITIES

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

MEETING ROOMS

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



FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

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

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

Who: All SSP residents

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

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

When: Meals are delivered to Central Square every Monday.

Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 1:30 pm while supplies last.

METRO DINING CARDS

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

FARE FOR ALL

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

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

- January 20
- February 17
- March 17
- April 21
- May 19

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 Sr Center members (65+):

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 and Preschool



Latino Families, Padres y Niños

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

CLASSES TAKE PLACE AT:

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

651-457-9418

earlylearning@sspps.org

<https://earlylearning.sspps.org>



Director of Community Ed and Early Learning: Jeanne Zehnder

Early Learning Coordinator: Kristen Sammartano-Weeks

Administrative Assistant: Lu Campbell

Early Learning Cultural Liaison: Tere Castellanos

Parent Educator: 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 enrollment, 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:

- 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 for the program. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email earlylearning@sspps.org.

EARLY LEARNING

[Register Here](#)

Classes and Events

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.

SESSION 2	SESSION 3
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

Tots in Training (FREE)

Ages birth-18 months

Welcome to Tots in Training Playtime- a fun, active, and connection-focused class designed especially for toddlers and their grown-ups!

In this playful and supportive environment, little ones (ages birth to 18 months) explore movement, music, social skills, and early learning through guided activities, free play, and simple routines. Parents and caregivers will gain tips on encouraging positive behavior, setting gentle boundaries, and supporting emotional development, all while bonding with their tot.

SESSION 2	SESSION 3
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 2	SESSION 3
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 2-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.

SESSION 2	SESSION 3
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

The Unshakable Parent

Ages 2-Kindergarten Enrollment

Building Calm, Confidence & Connection at Every Stage. Parenting doesn't come with a manual--but you can become the kind of parent who doesn't need one. The unshakable Parent is a supportive, practical, and inspiring class for parents and caregivers. In this mixed-ages ECFE course, we'll explore what it means to parent from a grounded, resilient place--regardless of your child's age or temperament.

SESSION 2	SESSION 3
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 2-Kindergarten Enrollment

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:

- Dec 25, 30,
- Jan 1, 27, 29

- Mar 31
- Apr 2, 28, 30

Calm Connections

Ages 2-Kindergarten Enrollment

Separating class for ages 2 to 5 with a goal to teach Conscious Discipline techniques to help parents feel more confident in handling challenging behavior. Increase parent awareness in children, teaching them self-calming, being able to express feelings, resolve conflict, strengthen parent-child relationship (more connection, less power struggles), reduce use of punishment/coercion, increase more positive discipline tools, create a supportive community of parents for shared learning and support.

SESSION 2	SESSION 3
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-Kindergarten Enrollment

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 2	SESSION 3
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 2-Kindergarten Enrollment

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

SESSION 2	SESSION 3
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

Terrific Twos and Thrilling Threes

Ages 2-Kindergarten Enrollment

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 the 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.

SESSION 2	SESSION 3
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

Coffee and a Chat

2 Years-Kindergarten enrollment

A parenting class that feels like a break. Parenting is hard, but you don't have to do it alone. Join us for coffee and a chat, a relaxed, judgement-free space where parent comes together to share stories, learn new skills, and find real support. expect friendly open discussions about real-life parenting challenges, practical tips, from experienced facilitators, a chance to recharge and connect.

Wed, Dec 4-March 4, *No class Dec 24 & 31*
9:15-10:15 am

Book Study- The Anxious Generation

For Parents and Caregivers

Why are today's kids more anxious, depressed, and struggling with focus and connection? In The Anxious Generation, social psychologist Jonathan Haidt explores the rise of youth mental health challenges and how the shift to a phone-based childhood has played a role. In this guided book study, we'll explore key insights from the book and discuss practical, compassionate ways families can respond.

Wed, Dec 4-March 4, *No class Dec 24 & 31*
1:00-2:00 pm

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.

Tues, March 10
4:00-6:00 pm
Central Square Community Center

Non-School Fun!

Birth-8 years old

"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. Sibling care is available.

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

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:
• Dec 26 • Feb 6, 16
• Jan 2, 16 • April 3



EARLY LEARNING

[Register Here](#) **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	977,161and 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. If your infant turns eight weeks after the midpoint of the session, you may choose to keep them with you in class until the session ends.
- 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

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
1-866-693-4769

EARLY LEARNING

[Regístrate Aquí](#)

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 regalo 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 asegure 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

La edad mínima para que el niño esté en la clase es de 2 años - inscripción en jardín de infancia. 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 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

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

2026-27 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

Monday-Friday, All Day - \$690/month*
Monday-Friday, Half Day - \$345/month*
South St. Paul Public Schools Community Education offers 4-year-old Preschool for children who will be four by September 1, 2026. 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. **Families who meet the state eligibility requirements get priority status for free preschool**, but that there are many other ways to qualify and they should contact us to discuss it.

3-Year-Old Preschool

Monday, Wednesday, Friday- \$210/month*
For children who will be three years old by September 1, 2026
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 Pre-school. 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

De lunes a viernes, jornada completa: \$690/mes*
De lunes a viernes, media jornada: \$345/mes*
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 2026. 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. **Las familias que cumplen con los requisitos de elegibilidad del estado obtienen prioridad para la educación preescolar gratuita**, pero existen muchas otras maneras de calificar y deben comunicarse con nosotros para hablar sobre ello.

Preescolar de 3 años

Lunes, Miércoles, Viernes - \$210/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
**La oferta de clases y las tarifas están sujetas a cambios.*

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

[Register Here](#) **Gymnastics at Central Square**

Tumble Together (18 mos-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.

Sat, Dec 6-Feb 7 No class Dec 27 7:30-8:00 am 4000-W25B \$79	Sat, Dec 6-Feb 7 No class Dec 27 8:00-8:30 am 4000-W25A \$79
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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.

Sat, Dec 6-Feb 7 No class Dec 27 8:00-8:30 am 4001-W25A \$82	Sat, Dec 6-Feb 7 No class Dec 27 8:30-9:15 am 4001-W25B \$92
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Mini Stars (Coach Approval)

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

Mon, Nov 17-Feb 2 No class Dec 22, 29 and Jan 19 5:15-6:15 pm 4013-W25A \$82	Sat, Dec 6-Feb 7 No class Dec 27 9:00-10:00 am 4013-W25B \$92
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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.

Tues, Nov 18-Feb 3 Nov 25, Dec 23 and 30 4:40-5:30 pm 4002-W25B \$92	Sat, Dec 6-Feb 7 No class Dec 27 11:00 am-12:00 pm 4002-W25D \$92
Sat, Dec 6-Feb 7 No class Dec 27 10:10-11:00 am 4002-W25C \$92	

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!

Tues, Nov 18-Feb 3 No class Nov 25, Dec 23 and 30 5:30-6:30 pm 4009-W25A \$92	Sat, Dec 6-Feb 7 No class Dec 27 12:00-1:00 pm 4009-W25B \$92
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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.

Wed, Nov 19-Feb 4 No class Nov 26, Dec 24 and 31 5:15-6:15 pm 4003-W25A \$92	Sat, Dec 6-Feb 7 No class Dec 27 1:00-2:00 pm 4003-W25B \$92
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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.

Tues, Nov 18-Feb 3 No class Nov 25, Dec 23 and 30 7:00-8:15 pm 4004-W25A \$115	Sat, Dec 6-Feb 7 No class Dec 27 1-2:15 pm 4004-W25B \$115
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Open Gym

Explore gymnastics in an unstructured environment with the help of experienced coaches. Open to all ages, for the purposes of sparking a passion for gymnastics or to freely practice gymnastics skills in a safe setting. Parents must accompany children ages 7 and younger.

7:00-8:00 pm \$10/gymnast	• November 21 • December 5 • December 19 • January 2	• January 16 (5:30-7:00, \$15/gymnast) • January 30 • February 13
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YOUTH ENRICHMENT

[Register Here](#) [Swimming at Central Square](#)

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, Mar 7-May 2 <i>No class April 4</i> 9:00-9:25 am 4600-W26A \$65	Sat, Mar 7-May 2 <i>No class April 4</i> 9:30-9:55 am 4600-W26B \$65
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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.

Sat, Mar 7-May 2 <i>No class April 4</i> 10:00-10:30 am 4601-W26A \$85	Sat, Mar 7-May 2 <i>No class April 4</i> 10:40-11:10 am 4601-F25B \$85
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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, Jan 5-Mar 9 6:00-6:30 pm 4602-W26A \$85	Mon/Tues, Jan 5-Mar 9 6:40-7:10 pm 4602-W26B \$85
Mon/Tues, Jan 5-Mar 9 <i>No class Sept 18, 25, 29</i> 7:20-7:50 pm 4602-F25C \$85	Sat, Mar 7-May 2 <i>No class April 4</i> 10:40-11:10 am 4601-F25B \$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, Jan 5-Mar 9 6:10-6:55 pm 4603-W26A \$125	Sat, Mar 7-May 2 <i>No class April 4</i> 11:20 am-12:05 pm 4603-W26B \$125
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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, Jan 5-Mar 9 7:05-7:50 pm 4604-W26A \$125	Sat, Mar 7-May 2 <i>No class April 4</i> 11:20 am-12:05 pm 4604-W26B \$125
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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, Jan 5-Mar 9 7:05-7:50 pm 4605-W26A \$125	Sat, Mar 7-May 2 <i>No class April 4</i> 11:20 am-12:05 pm 4605-W26B \$125
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Family Open Swim

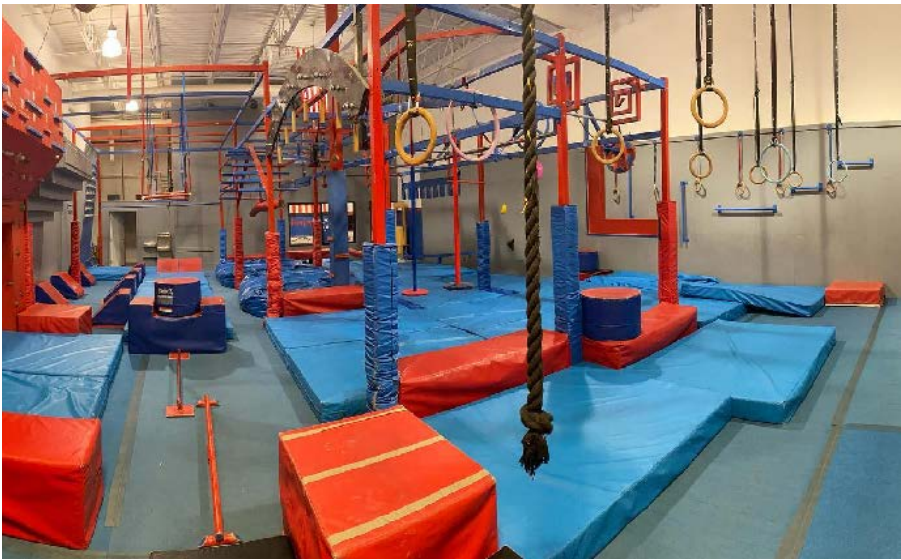
Come and swim with your family at Central Square for Open Swim! All ages welcome when accompanied by a parent/adult guardian. Lifeguard is on duty. Children 6 and under must have an adult in the water with them. Diving board is open for any swimmer who pass the deep water swim test.

\$5/swimmer or \$20/family up to 5

Fri, Dec 19
5:45-7:45 pm

Sat, Jan 3-Feb 28
10:00-11:30 am





YOUTH ENRICHMENT

[Register Here](#) **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, Jan 7-Feb 25 4:00-5:00 pm 4994-W26 \$215	Wed, Mar 4-Apr 22 4:00-5:00 pm 4994-W26 \$215
Wed, Jan 7-Feb 25 5:00-6:00 pm 4994-W26 \$215	Wed, Mar 4-Apr 22 5:00-6:00 pm 4994-W26 \$215

5-13 YEARS

Sat, Mar 7-Apr 25
9:00-10:00 am
4994-F25C
\$215

10-13 YEARS

Wed, Jan 7-Feb 25 6:30-7:30 pm 4994-W26 \$215	Wed, Mar 4-Apr 22 5:00-6:00 pm 4994-W26 \$150
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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! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sun, Jan 4-Feb 22 9:00-10:00 am 7949-W26A \$275, add second child for \$100	Sun, Mar 1-Apr 26 <i>No class April 5</i> 9:00-10:00 am 7949-W26B \$275, add second child for \$100
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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! 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, Jan 9-Feb 27 4:00-5:00 pm 4995-W26 \$225	Fri, Mar 6-Apr 24 4:00-5:00 pm 4995-W26 \$225
Fri, Jan 9-Feb 27 5:15-6:15 pm 4995-W26 \$225	Fri, Mar 6-Apr 24 5:15-6:15 pm 4995-W26 \$225

8-13 YEARS

Fri, Jan 9-Feb 27 6:30-7:30 pm 4995-W26 \$225	Fri, Mar 6-Apr 24 6:30-7:30 pm 4995-W26 \$225
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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!

Mon, Jan 19 9:00-11:00 am 7950-W26A \$40	Mon, Feb 16 9:00-11:00 am 7950-W26C \$40
1:00-3:00 pm 7950-W26B \$40	1:00-3:00 pm 7950-W26D \$40

YOUTH ENRICHMENT

[Register Here](#) **Sports and Recreation**

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.

Lincoln Center (357 9th Ave N, SSP)

GRADES K-5

Wed, Feb 4-25
3:00-4:00 pm
4904-W26 K-5
\$80





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. Instructor: DASH Sports

Lincoln Center (357 9th Ave N, SSP)

GRADES K-5	GRADES K-5
Wed, Mar 4-25	Wed, May 6-27
3:00-4:00 pm	3:00-4:00 pm
4900-W26 K-5	4900-W26 K-5
\$80	\$80

Afterschool Track & Field Camp

DASH Sports Track & Field camps provide participants with a basic introduction to Track & Field events. Participants will learn and practice how to correctly run, jump, and throw. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall athletic ability & performance. Campers should bring a water bottle and wear athletic shoes.

Lincoln Center (357 9th Ave N, SSP)

GRADES K-5
Wed, Apr 8-29
3:00-4:00 pm
4908-W26 LC K-5
\$80

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

GRADES K-5	Ages 3-5
Thurs, May 7-28	Thurs, May 7-28
3:45-4:45 pm	5:00-5:45 pm
4902-S26 KEC K-5	4902-S26 KEC 3/5 YO
\$80	\$75

T-Ball Tykes

Looking for a fun introduction to baseball? DASH Sports T-Ball Tykes camp introduces players to key elements of throwing, fielding/ catching, batting, and baserunning. The final day of classes is ‘Game Day’ and athletes will showcase their skills in a game environment. Athletes should bring a water bottle and a baseball glove. Baseballs and bats are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

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

AGES 2-3	AGES 4-6
Sat, Apr 18-May 16	Sat, Apr 18-May 16
9:30-10:10 am	10:20-11:00 am
4907-W26 2/3 YO	4907-W26 4/6 YO
\$85	\$85

SNAG Golf Camp

DASH Sports SNAG Golf Camp provides participants a basic introduction to the fundamentals of the golf swing using the Starting New At Golf (SNAG) program. Putting, chipping, pitching, and driving the ball work with this adapted equipment developed with a youngster’s height and small hands in mind, creating a fun learning and playing experience. Participants should bring a water bottle and wear athletic clothing/shoes. All equipment is provided.

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

AGES 5-8
Sat, Apr 18-May 16
11:30 am-12:30 pm
4987-W26 5-8YO
\$95

Afterschool 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, & defense will be taught & practiced, & players will be grouped & challenged at an appropriate level in a fun, positive environment while learning values of ‘Respect, Hustle, & Pride’. Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats & mouthguards are optional). Footballs & flag belts are provided.

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

GRADES K-5	AGES 3-5
Tues, May 5-26	Tues, May 5-26
3:45-4:45 pm	5:00-5:45 pm
4902-S26 K-5	4902-S26 3-5 YO
\$80	\$75

YOUTH ENRICHMENT

[Register Here](#)

Brain Busters

Code Championship Tournament Series- Virtual Computer Coding Competition Online

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. Instructor: Code Championship.

	Sat, Apr 4-25
	9:00 am-11:00 am
	4487-W26
	\$75, Virtual





YOUTH ENRICHMENT

[Register Here](#)

Health and Safety

Safe Kids (ages 7+)

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.

Fri, Jan 2
9:00 am-11:00 am
4205-W26A
\$45, Central Square

Sat, Mar 14
9:00 am-11:00 am
4205-W26B
\$45, Central Square

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

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

Fri, Feb 6
9:00 am-12:30 pm
4202-W26A
\$80, Central Square

Sat, Apr 11
9:00 am-12:30 pm
4202-W26B
\$80, Central Square

Easy CPR for Babysitters & Teens (ages 11+)

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

Fri, Feb 6
1:00-3:30 pm
4204-W26A
\$50, Central Square

Sat, Apr 11
1:00-3:30 pm
4204-W26B
\$50, Central Square

YOUTH ENRICHMENT

[Register Here](#)

High School Enrichment

ACT Prep Class Virtual with Live Instructor

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.

IN-PERSON SESSION

Thu, Mar 12-Apr 2
5:45-8:45 pm
4301-W26#414
\$180, SSP High School

VIRTUAL SESSIONS

Sun, Jan 11-Feb 8
1:00-4:00 pm
4301-W26#935
\$180

Sun, Mar 1-29
1:00-4:00 pm
4301-W26#936
\$180



Sun, May 3-31
No Class May 23
1:00-4:00 pm
4301-S26#937
\$180

SELF-PACED ONLINE
4301-W26#888
\$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 AT SSP HIGH SCHOOL

Mon-Thurs, Mar 9-24
2:45-5:45 pm
4300-W26A
\$420 (Split payment option)

Mon-Thurs, May 4-19
2:45-5:45 pm
4300-S26A
\$420 (Split payment option)

VIRTUAL

Mon-Thurs, Jan 12-28
4:00-7:00 pm
4300-W26OLA
\$420 (Split payment option)

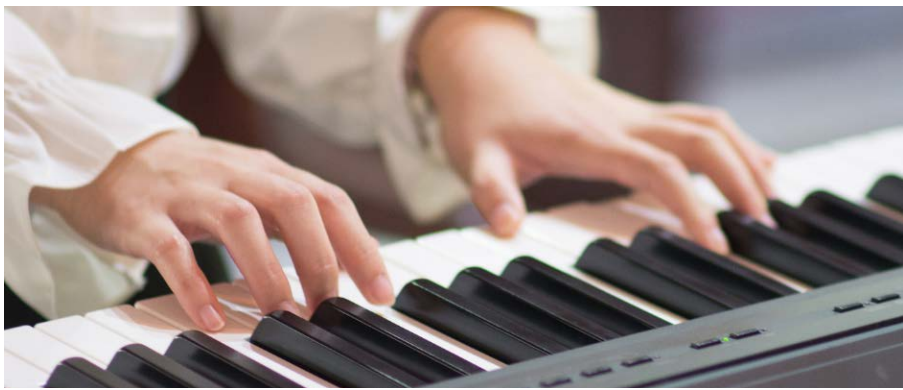
Mon-Thurs, Feb 9-25
4:00-7:00 pm
4300-W26OLB
\$420 (Split payment option)

Mon-Thurs, Mar 9-24
4:00-7:00 pm
4300-W26OLC
\$420 (Split payment option)

Mon-Thurs, Apr 6-21
4:00-7:00 pm
4300-W26OLD
\$420 (Split payment option)

Mon-Thurs, May 4-19
4:00-7:00 pm
4300-S26OLA
\$420 (Split payment option)





YOUTH ENRICHMENT

[Register Here](#)

Creativity and Design

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.

Kaposia (1225 1st Ave S, SSP)
 Mon, Jan 26-Apr 6
 No class Feb 16, Mar 9 & 30
 7:50-8:50 am
 4500-W26A
 \$95

Lincoln (357 9th Ave N, SSP)
 Tues, Jan 27-Apr 7
 No class Feb 17, Mar 10 & 31
 7:10-8:10 am
 4500-W26B
 \$95

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: Nena Rivas.

Tues, Jan 6
 4:30-7:30 pm
 4454-W26
 \$95, Central Square

Mon, May 18
 4:30-7:30 pm
 4500-W26B
 \$95, Central Square

KIDS' CHOICE

[Register Here](#)

School-Age Care

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.



- 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.

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



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 students, 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) Prep

We offer in-person and online class options to provide pre-nursing students 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 ECCE

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

[Register Here](#)

Culinary Arts

Scones

Traditionally Scottish, scones are a delectable quick bread that comes in assorted shapes-round, triangular or square. We'll enjoy a variety of easy recipes highlighting dried fruits such as cherries, cranberries or blueberries. Look for a delectable assortment of recipes to include: Lemon Cream Scones and the traditional Currant Scones too. Scones are best served warm from the oven with wonderful lemon curd and traditional Devonshire Cream or whipped cream for tea. We will make a White Chocolate Spread in class. Or serve them with butter, flavored cream cheese, honey or jam for breakfast. Plus scones can be frozen and reheated! Plan to take home an assortment. A \$13 supply fee is payable to the instructor in class. Instructor: Laurel Severson.

Wed, Jan 21
6:00-9:00 pm
7690-W26
\$35, SSP High School

Freezer Meal Prep

Prep along with Kirsten & Megan in your own kitchen to stock your freezer! As we all prep and assemble different entrees together we'll talk about Meal Planning and make ahead tips & tricks. You'll receive an extensive shopping list & recipe handout before class (with lots of substitutions for GF, DFM and meatless portions) and after the class a link to the recording for future reference. Instructor: Kirsten Madaus.



Sat, Jan 24
3:00-4:30 pm
7676-W26
\$35, Virtual

Dim Sum for Beginners

Dim Sum is a popular style of Cantonese cuisines that include small dishes that highlight different flavor profiles and cooking techniques. In this online interactive class, we will make cha shu chicken pastry, braised chicken with mushrooms, and vegetables with ginger garlic sauce. Instructor: Ploy Khunisorn.



Thurs, Jan 29
6:00-8:00 pm
7660-W26
\$35, Virtual

Valentine Sugar Cookies

Students will decorate 12 Valentine Themed Cookies to take home with them. We will use a rolled icing to cover the cookie and then royal icing and embellishments to decorate. These cookies are great tasting, and you will go home with all recipes and instructions to make them at home. There is a supply fee of \$12 per student in this class. Instructor: Diana Hirte.

Thurs, Feb 5
6:30-8:30 pm
7678-W26
\$35, SSP High School

Pate a Choux: Eclairs and Cream Puffs

Pâte à Choux is a versatile pastry base that can be transformed into a variety of delicious desserts. In this online interactive class, we'll make cream puffs and éclairs using the pâte à choux technique. We will fill them with delicious pastry cream and dip them in chocolate glaze. Instructor: Ploy Khunisorn.



Thurs, Feb 26
6:00-8:00 pm
7661-W26
\$35, Virtual

Marvelous Macarons

Perfect for any occasion—baby showers, graduations, weddings, birthdays, and more. You will be the talk at the party with these beautiful, delectable treats! You will learn how to make, bake, fill, and decorate them in different flavors, colors, and fillings. Each student leaves with a lovely box of finished macarons. A supply fee of \$13 is payable to the instructor in class. Instructor: Nancy Burgeson.

Mon, Mar 2
6:00-9:00 pm
7681-W26
\$35, SSP High School

Sushi

Participate in this great class-then make delicious sushi for yourself, family, and friends. Learn where to shop, brands to select, preparation of the ingredients, assembly of the rolls and presentation. You will create both the traditional rolled sushi (maki-zushi) and the American California sushi. Start with easy to season sushi rice, then select and roll wonderful ingredients such as chicken, shrimp, smoked salmon, crab, mushrooms, eggs, carrots, avocado, spinach, ginger and more! Note: NO raw fish! A \$15 supply fee is payable to the instructor in class. Instructor: Laurel Severson.

Tues, Mar 24
6:00-9:00 pm
7691-W26
\$35, SSP High School

Laksa: Singapore Curry Noodle Soup

Let's bring a hawker center to your kitchen and learn how to make delicious Singapore laksa from scratch. We will start with making laksa paste from scratch and then turn the paste into the popular Singapore Laksa with chicken, shrimp, and tofu. You can choose to make laksa with just the chicken or just tofu. Nothing can beat homemade laksa! Instructor: Ploy Khunisorn.



Thurs, Mar 26
6:00-8:00 pm
7662-W26
\$35, Virtual



Le Magnifique Macaron Cake

Experience the newest twist on the beloved macaron – an impressive macaron cake crafted from layers of oversized macarons and rich fillings, decorated with traditional macarons. This class is open to everyone, whether or not you have previously participated in Nancy's macaron classes. You will mix, bake, and assemble your own visually stunning macaron cake, sure to dazzle on any occasion. All necessary supplies are provided. A \$16 supply fee is payable to the instructor in class. Instructor: Nancy Burgeson.

Mon, Mar 30
6:00-9:00 pm
7682-W26
\$35, SSP High School

Advanced Cake Decorating

Come get some more skills in cake decorating. 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. We do have a supply fee of \$12 payable to the instructor the night of class. Instructor: Diana Hirte.

Tues, Apr 7
6:30-8:30 pm
7677-W26
\$35, SSP High School

Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this live online class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potato Sticks. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can cook along at your convenience. Instructor: Kirsten Madaus



Thurs, Apr 9
6:30-8:00 pm
7679-W26
\$35, Virtual

Magnificent Muffins and Popovers

Serves freshly baked breads in less than 1 hour. Whether for a memorable weekend breakfast, brunch, teatime, to accompany a salad/soup or for another occasion, hot-from-your-oven breads are wonderful. Muffins (and their larger-sized quick breads) may be sweet or savory. Adjust the baking time (less than 30 minutes) for muffins to less than 1 hour for quick breads and a single recipe yields both! We'll feature remarkable recipes to taste in class and take home PLUS tips, techniques and equipment to ensure success every time. Recipes include: Blueberry, Cinnamon Crunch, Bran-Corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream, Sliced Fresh Lemon plus Flavored Butter and a variety of Glazes/Topping. Popovers are perfect-served alone or insert your favorite filling to create a special meal. And of course, expect to learn all the valuable tips to ensure success every time. A \$13 supply fee is payable to the instructor in class. Instructor: Laurel Severson

Wed, Apr 22
6:00-9:00 pm
7692-W26
\$35, SSP High School

North Indian Cooking

North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make butter chicken (chicken Makhani), flavored rice, and flavored yogurt (raita). Instructor: Ploy Khunisorn.



Thurs, Apr 23
6:00-8:00 pm
7663-W26
\$35, Virtual

Chocolate Chip Cookies - Everyone's Favorite!

We have come a long way since the first Nestle Toll House (chocolate chip) cookies were made in 1930. Join us to create, taste and take home the originals, Famous Amos chocolate chip cookies with raisins and Mrs. Field's special recipe too. Plus we will prepare others that feature peanuts, almonds, peanut butter, oatmeal, coconut and more! Food industry officials estimate that 1/2 of all cookies baked at home are chocolate chip cookies. Come, you'll find wonderful new favorites to taste, take home and then bake for family and friends. Bring containers to transport your cookies home. A \$13 supply fee is payable to the instructor in class. Instructor: Laurel Severson.

Thurs, May 7
6:00-9:00 pm
7693-S26
\$35, SSP High School

Let Them Eat Cake!

Join us for an evening mixing, baking, and decorating your own charming 8-inch cake to take home and share with family, friends or co-workers. No prior decorating experience is required, and everything will be provided for you; you'll see that great results don't always need special tools. Nancy has all sorts of clever tricks up her sleeve to show just how easy—and downright fun—baking can be! A \$20 supply fee is payable to the instructor in class. Instructor: Nancy Burgeson.

Mon, May 11
6:00-9:00 pm
7683-S26
\$35, SSP High School

Summer Skewer Snack

Food on a stick isn't just for the Fair! Join Kirsten live online to move beyond the basic Caprese Skewers into a world of color, flavor, and possibilities. Kirsten will share the 3 Rules of Skewering and demonstrate multiple methods to pleasingly present your offerings. From vegan to omnivore there are recipes for everyone. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can cook along at your convenience. Instructor: Kirsten Madaus.



Thurs, May 14
6:30-8:00 pm
7660-S26
\$35, Virtual



ADULT ENRICHMENT

[Register Here](#)

Creativity

Puzzle Competition

Last chance before the Winter Carnival! Join us for our second SSP Community Education Jigsaw Puzzle Competition. How it works: Teams of single, two to four people are assigned a new, unopened 500-piece puzzle. Each team receives the same puzzle. A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins. Pre-registration is required as we only have space for 12 teams.

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

Sat, Jan 17
10:00 am
7545-W26
\$25, Individual
\$35, Pairs
\$45, Team (3-4)

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: Justine Reiss

Wed, Feb 25
5:30-7:30 pm
7543-W26
\$30, Virtual

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

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.

Tues, Mar 3
6:00-8:00 pm
7548-W26
\$25-45, based on canvas size
Central Square





ADULT ENRICHMENT

[Register Here](#)

Finance and Real Estate

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. 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.

Wed, Jan 7
6:00-8:00 pm
7718-W26
\$12, Free to SSP Sr Center Members, Central Square

Questions and Answers with a Minnesota Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? All questions will be answered! Instructor: Steve Ledin Law, PLLC.

Tues, Jan 20
6:30-7:30 pm
7818-W26
\$12, Free to SSP Sr Center Members, Central Square

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.

 Wed, Feb 4
6:00-8:00 pm
7719-W26
\$12, Free to SSP Sr Center Members, Virtual

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, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties. Instructor: Steve Ledin Law, PLLC

 Wed, Feb 11
10:30-11:30 am
7800-W26
\$12, Free to SSP Sr Center Members, Virtual

Four Successful Strategies To Protect The House, Farm, Cabin and More Before and After Your Death

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

Tues, Feb 17
6:30-7:30 pm
7819-W26
\$12, Free to SSP Sr Center Members, Central Square

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. 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.

Tues, Feb 24 11:00 am-12:00 pm 7150-W26B \$12, Free to SSP Sr Center Members, Central Square	Thurs, Mar 19 6:30-7:30 pm 7150-W26A \$12, Free to SSP Sr Center Members, Central Square
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Buying New Construction

Are you considering moving and new construction as a housing option because you want an open floor plan and larger closets? Explore what is available, where to find it, and what to expect in new construction, including timelines, hidden costs, risks, and the coordination of selling your existing home or giving appropriate notice on your lease. You will find differences when selecting a smaller builder versus a national builder. Instructor: John Mazzara.

Wed, Mar 11
6:00-8:00 pm
7716-W26
\$12, Free to SSP Sr Center Members, Central Square



So You’re Thinking About Leaving Minnesota: An Attorneys Perspective

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, Mar 11
10:30-11:30 am
7817-W26
\$12, Free to SSP Sr Center Members, Central Square

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.

Wed, Mar 18
6:00-8:00 pm
7720-W26
\$12, Free to SSP Sr Center Members, Central Square

Let’s Probate an Actual MN Estate

In this class we will walk-thru (in depth) an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts... and all the steps in between. Class participants will learn the entire process with current forms, Court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. This class encourages questions: Is there a “reading of the Will”? What about personal items? Does the Executor get paid? What about estate bills and creditors? We will provide the answers. Instructor: Steve Ledin Law, PLLC.

 Thurs, Mar 26
10:30-11:30 am
7801-W26
\$12, Free to SSP Sr Center Members, Virtual

The Special Needs Trust: Estate Planning for Grandparents, Peasants and Families with Special Needs Members

One Should Ask: Is it better to have a formal plan in place, or leave things to future family dynamics and the ever changing benefit system? Did you know with proper planning, both while they are alive and after they have passed, grandparents, parents and family can take care of a child, grandchild or family member with special needs in their estate plan? Yes, and such planning will not adversely affect the benefits and programs which the person with special needs has available to them! This class will discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of the asset (tangible, income producing or other) there are options you should know. We will discuss how the special needs trust fits into your estate planning, planning for the future of your loved one with special needs, and pros and cons of a special needs trust. Instructor: Steve Ledin Law, PLLC.

Mon, Apr 13
6:30-7:30 pm
7816-W26
\$12, Free to SSP Senior Center Members, Central Square

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. Instructor: John Mazzara.

Mon, Apr 20
6:00-8:00 pm
7714-W26
\$12, Free to SSP Senior Center Members, Central Square

How to Win with Investment Properties

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

Wed, Apr 29
6:00-8:00 pm
7713-W26
\$12, Free to SSP Senior Center Members, Central Square

How To Retire Form the Attorneys Perspective

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

 Tues, May 19
10:30-11:30 am
7802-S26
\$12, Free to SSP Senior Center Members, Virtual



ADULT ENRICHMENT

[Register Here](#)

Lifestyle and Spirituality

Photo Organization - Print & Digital

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality! Instructor: Kathleen Povolny.

Tues, Apr 7
6:30-8:30 pm
7403-W26
\$29, Central Square

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. Light food will be served. Feel free to bring your own beverage. Instructor: Mashood Yunus.

Sat, Apr 18
9:00 am-12:00 pm
7146-W26
FREE, Central Square

Tarot 201

Prerequisite: Tarot 101. Level up your tarot knowledge with learning specific spreads and diving deep into the meanings of the cards. Get hands on practice using the cards with each other. Instructor: Lily McNamara.

 Tues, April 21
6:00-8:00 pm
7451-W26
\$45, Virtual

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, April 28
6:00-8:00 pm
7889-W26
\$45, Central Square



ADULT ENRICHMENT

[Register Here](#)

Health and Wellness

Posture, Get it Straight! Look 10 Years Younger & Feel Better

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. The good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some of the exercise. Instructor: Janice Novak.

 Mon, Jan 12
6:00-7:30 pm
7134-W26
\$35, Virtual

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, Jan 15
5:00-7:45 pm
7103-W26A
\$65, Central Square

Thurs, Mar 12
5:00-7:45 pm
7103-W26B
\$65, Central Square

Reiki I

Do you want to learn how energy works? The ancient art of reiki teaches you how to use energy, move it and even the subtleties of healing. In this all day workshop you'll learn the basics of Reiki and complete Reiki level I including activation. *Bring your own lunch. Instructor: Lily McNamara.

Sat, Jan 24
9:00 am-4:00 pm
7483-W26
\$145, Central Square

Reiki II

Prerequisite: Reiki Level I. Practitioners learn to utilize sacred symbols of Reiki to enhance healing practice and deepen connection. You will also learn distance Reiki and explore the more subtle aspects of energy. *Bring your own lunch. Instructor: Lily McNamara.

Sat, Mar 28
9:00 am-4:00 pm
7484-W26
\$145, Central Square

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.

Thurs, Jan 29 10:30-11:30 am 7145-W26A FREE, Central Square	Thurs, Apr 2 10:30-11:30 am 7145-W26B FREE, Central Square
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Heart Health for Women

Heart disease is the number one killer of women. Symptoms are different for women that for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life. Instructor: Janice Novak.



Mon, Feb 2
6:00-7:30 pm
7135-W26
\$35, Virtual

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

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. Please wear comfortable clothing. Instructor: Deb Gutzman.

Sat, Feb 7 8:00-9:30 am 7104-W26A \$85, Central Square	Thurs, Apr 23 6:00-7:30 pm 7104-W26B \$85, Central Square
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Mindfulness and Meditation

Many people struggle with meditation and staying in the present moment. In this class you will attain different skills to keep you in the present moment and get the most out of your meditations. As part of being in the present moment you will learn to experience life through all 5 senses. There will be several exercises throughout the class to help you master these new life skills. Instructor: Lily McNamara.



Tues, Feb 17
6:00-8:00 pm
7482-W26
\$45, Virtual

Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin, Ginkgo, Ginseng & Echinacea. Instructor: Janice Novak.



Tues, Mar 10
6:00-7:30 pm
7136-W26
\$35, Virtual

Abdominal Strengtheners that Won't Stress Your Back/Neck

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



Mon, Apr 13
6:00-7:30 pm
7175-W26
\$35, Virtual

Feet, Knees & Ankles

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems. Instructor: Janice Novak.



Tues, Apr 21
6:00-7:30 pm
7138-W26
\$35, Virtual

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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



Wed, May 20
6:00-7:30 pm
7132-S26
\$35, Virtual



ADULT ENRICHMENT

[Register Here](#)

Dance

Let's Tap Dance

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). Instructor: Stephanie Stockton

Let's Tap- Level 1

If you took dance as a child, taken a few classes along the way or if you've always wanted to tap and you're new to the whole thing-welcome.

Mon, Jan 12-May 18
No class Jan 19, Feb 16
10:00-11:00 am
7207-W26A
\$155, Central Square

Wed, Jan 14-May 20
6:45-7:45 pm
7145-W26B
\$165, Central Square

Let's Tap- Level 2

If you have mastered the basics of tap dance, have been working on time steps and are ready for a faster pace with more challenging choreography, this is the class for you.

Mon, Jan 12-May 18
No class Jan 19, Feb 16
11:15 am-12:15 pm
7207-W256C
\$155, Central Square

Wed, Jan 14-May 20
5:30-6:30 pm
7207-W26D
\$165, Central Square



ADULT ENRICHMENT

[Register Here](#)

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.

Mon, Jan 5-Feb 23
No class Jan 19, Feb 16
8:30-9:30 am
9967-W26A
\$42 adult, \$20 senior

Wed, Jan 7-Feb 25
8:30-9:30 am
9967-W26B
\$55 adult, \$20 senior

Mon, Mar 2-Apr 27
8:30-9:30 am
9967-W26C
\$62 adult, \$20 senior

Wed, Mar 4-Apr 29
8:30-9:30 am
9967-W26D
\$62 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, Jan 5-Feb 23
No class Jan 19, Feb 16
5:30-6:30 pm
9918-W26A
\$42 adult, \$20 senior

Mon, Mar 2-Apr 27
5:30-6:30 pm
9918-W26B
\$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, Jan 5-Feb 23
No class Jan 19, Feb 16
6:30-7:30 pm
9902-F25A
\$42 adult, \$20 senior

Mon, Mar 2-Apr 27
6:30-7:30 pm
9902-W26B
\$62 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.

Tues, Jan 6-Feb 24 5:15-6:15 am 9909-W26A \$55 adult, \$20 senior	Wed, Jan 7-Feb 25 4:30-5:30 pm 9909-W26B \$55 adult, \$20 senior
Thurs, Jan 8- Feb 26 5:15-6:15 am 9967-W26C \$55 adult, \$20 senior	Fri, Jan 2-Feb 27 6:00-7:00 am 9967-W26D \$62 adult, \$20 senior
Tues, Mar 3-Apr 28 5:15-6:15 am 9909-W26A \$62 adult, \$20 senior	Wed, Mar 4-Apr 29 4:30-5:30 pm 9909-W26F \$62 adult, \$20 senior
Thurs, Mar 5-Apr 30 5:15-6:15 am 9909-W26G \$62 adult, \$20 senior	Fri, Mar 6-Apr 24 6:00-7:00 am 9909-W26H \$55 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.

Tues, Jan 6-Feb 24 10:30-11:15 am 9800-W26A \$55 adult, \$20 senior	Thurs, Jan 8- Feb 26 10:30-11:15 am 9800-W26B \$55 adult, \$20 senior
Fri, Jan 2-Feb 27 10:30-11:15 am 9800-W26C \$62 adult, \$20 senior	
Tues, Mar 3-Apr 28 10:30-11:15 am 9800-W26D \$62 adult, \$20 senior	Thurs, Mar 5-Apr 30 10:30-11:15 am 9800-W26E \$62 adult, \$20 senior
Fri, Mar 6-Apr 24 10:30-11:15 am 9800-W26F \$55 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.

Tues, Jan 6-Feb 24 5:30-6:30 pm 9915-W26A \$55 adult, \$20 senior	Tues, Mar 3-Apr 28 5:30-6:30 pm 9915-W26B \$62 adult, \$20 senior
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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.

Tues, Jan 6-Feb 24 6:30-7:30 pm 9916-W26A \$55 adult, \$20 senior	Tues, Mar 3-Apr 28 6:30-7:30 pm 9916-W26B \$62 adult, \$20 senior
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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.

Wed, Jan 7-Feb 25 9:45-10:45 am 9968-W26A \$55 adult, \$20 senior	Wed, Mar 4-Apr 29 9:45-10:45 am 9968-W26A \$62 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.

Wed, Jan 7-Feb 25 6:00-7:00 pm 9901-W26A \$55 adult, \$20 senior	Wed, Mar 4-Apr 29 6:00-7:00 pm 9901-W26B \$62 adult, \$20 senior
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Gentle Yoga

Gentle yoga moves with a slower pace with longer periods spent on working into poses; great for those new to yoga, healing from an injury, or looking for a calming practice. Chair options provided. Instructor: Bobbie Drew.

Wed, Jan 7-Feb 25 11:00 am-12:00 pm 9969-W26A \$55 adult, \$20 senior	Fri, Jan 2-Feb 27 11:00 am-12:00 pm 9969-W26B \$62 adult, \$20 senior
Wed, Mar 4-Apr 29 11:00 am-12:00 pm 9969-W26C \$62 adult, \$20 senior	Fri, Mar 6-Apr 24 11:00 am-12:00 pm 9969-W26D \$55 adult, \$20 senior

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.

Thurs, Jan 8-Feb 26

5:30-6:30 pm

9908-W26A

\$55 adult, \$20 senior

Thurs, Mar 5-Apr 30

5:30-6:30 pm

9908-W26B

\$62 adult, \$20 senior

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.

Thurs, Jan 8-Feb 26

6:30-7:30 pm

9911-W26A

\$55 adult, \$20 senior

Thurs, Mar 5-Apr 30

6:30-7:30 pm

9911-W26B

\$62 adult, \$20 senior

Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun! Instructor: Michelle Richter.

Fri, Jan 2-Feb 27

6:00-7:00 pm

9903-W26A

\$62 adult, \$20 senior

Fri, Mar 6-Apr 24

6:00-7:00 pm

9903-W26B

\$55 adult, \$20 senior

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, Jan 3-Feb 28

10:00-11:00 am

9906-W26A

\$62 adult, \$20 senior

Sat, Mar 7-Apr 25

10:00-11:00 am

9906-W26B

\$55 adult, \$20 senior

POUND®

POUND® is designed for all fitness levels and is easy to modify. It is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercise, this workout transforms drumming into an incredibly effective way of working out. Please bring a water bottle and yoga mat. Instructor: Erin Donnelly.

Sat, Jan 3-Feb 28

11:00 am-12:00 pm

9966-W26A

\$62 adult, \$20 senior

Sat, Mar 7-Apr 25

11:00 am-12:00 pm

9966-W26B

\$55 adult, \$20 senior



VIRTUAL FITNESS CLASSES

Visit the Central Square front desk or communityed.sspps.org for class schedules. All virtual fitness classes are hosted via ZOOM. Registration 9913-W26

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

24

communityed.sspps.org

55+ ENRICHMENT

Senior Fitness at Central Square

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.

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, Jan 2-Feb 27	Fri, Mar 6-Apr 24
9:30-10:15 am	9:30-10:15 am
9803-W26A	9803-W26B
\$62 adult, \$22.50 senior	\$55 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, Jan 6-Feb 24	Thurs, Jan 8-Feb 26
9:30-10:15 am	9:30-10:15 am
9801-W26B	9801-W26A
\$55 adult, \$20 senior	\$55 adult, \$20 senior
Tues, Mar 3-Apr 28	Thurs, Mar 5-Apr 30
9:30-10:15 am	9:30-10:15 am
9801-W26C	9801-W26D
\$62 adult, \$20 seniors	\$62 adult, \$20 seniors

Senior Circuit

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

Mon, Jan 5-Feb 23	Wed, Jan 7-Feb 25
6:15-7:15 am	6:15-7:15 am
9802-W26C	9802-W26A
\$42 adult, \$20 senior	\$55 adult, \$20 senior
Thurs, Jan 8-Feb 26	
6:15-7:15 am	
9802-W26B	
\$55 adult, \$20 senior	
Mon, Mar 2-Apr 27	Wed, Mar 4-Apr 29
6:15-7:15 am	6:15-7:15 am
9802-W26D	9802-W26E
\$62 adult, \$20 seniors	\$62 adult, \$20 seniors
Thurs, Mar 5-Apr 30	
6:15-7:15 am	
9802-W26F	
\$62 adult, \$20 seniors	



55+ ENRICHMENT

[Register Here](#) Central Square 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 of \$15 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: Jan 14, Feb 11, Mar 11, Apr 8.

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.

January 14	Hazelwood Bar & Grill
February 11	Tokyo 23
March 11	Ze's Diner
April 8	Teresa's

Senior Socials

Join us at Central Square for a social get together! Come for food, conversations and friends. Monetary donations accepted. From 11:30 am - 1:00 pm

January 22	Eggroll in a Bowl
February 19	Mississippi Mud Sandwiches
March 12	Beef Stew
April 23	Salad Bar

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.

January 8
February 12
March 19
April 9

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.

Jan 13, Feb 10, Mar 10, Apr 14, May 12



55+ ENRICHMENT

[Register Here](#)

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.

Guys and Dolls at Chanhassen Dinner Theater

Charming but broke gambler Nathan Detroit is short on cash for the biggest craps game in town and the authorities are breathing down his neck. Meanwhile, longtime girlfriend and club performer, Miss Adelaide, is tiring of their 14-year engagement with no wedding in sight. Nathan looks to fellow high-roller Sky Masterson for the cash, and the two concoct a bet for Sky to whisk the straight-laced missionary Sarah Brown off to Havana. Sarah is determined to save the souls of the gamblers, setting in motion a series of events where love and redemption intersect. Register by Friday, Jan 9.

Wed, Feb 18

Bus departs Central Square at 10:15 am

1680-SSP-F25

\$125/person, Includes transportation, lunch, and show

March Murder Mystery

Begin your 11 am murder mystery lunch at the Afton House Inn overlooking the St. Croix Valley. Upon arrival, guests will receive parts for the murder mystery play. In the process of removing suspicion from yourself, you question or point to others with motive and opportunity. During this two-hour nonstop laughter and mystery-solving, you will be served lunch (you can be an onlooker or participant in solving the mystery). After the mystery is solved, take a few minutes to look around this delightful property. If rooms are not occupied, you will be able to view the unique rooms furnished with heritage pieces and decorated with cozy amenities. Register by Friday, Feb 13.

Thurs, March 19

Bus departs Central Square at 10:30 am

1604-SSP-W26

\$105/person, Includes transportation, lunch, and murder mystery

Super Duos at the Sheldon Theater

A tribute to the greatest duos of all time, featuring beloved songs by Lennon & McCartney, Simon & Garfunkel, Phil & Don Everly, Hall & Oates, The Righteous Brothers, and more. Smile, laugh, sing, and reminisce to the music and the stories behind them. You'll be amazed by the vocal virtuosity and marvelous musicianship and transported to another time as you listen to some of the world's most enduring songs by transformative artists. The Sheldon Theatre was founded in 1904 and refurbished in 1986, thereafter referred to as the "glittering jewel box" and was the first city-owned theater in America. Lunch at the St. James Hotel in Red Wing. Register by Friday, Mar 20.

Thurs, March 19

Bus departs Central Square at 10:30 am

1601-SSP-W26

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



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

Courting Harry! History Theater
Follow Minnesota natives Supreme Court Chief Justice Warren Burger and Justice Harry Blackmun, lifelong friends whose strong bonds are tested by the momentous decisions before them. Burger and Blackmun were best friends growing up in the same St. Paul neighborhood, and they remained close despite their differing career paths, not to mention their often conflicting personal and political ideologies. But when Richard Nixon appointed them both to the highest court in America, they found themselves at odds over some of the most controversial legal cases in American history. Lunch provided at Key's Cafe. Register by Friday, April 15.

Thurs, May 28
Bus departs Central Square at 9:00 am
1603-SSP-S26
\$108/person, Includes transportation, lunch, and show

Stillwater River Boat Cruise
Arrive in Stillwater, the birthplace of Minnesota and former lumber center located on the St. Croix River. This distinctive community has a wealth of 19th century Greek Revival, Queen Anne and Italianate architecture and offers a blend of history, scenery, shopping and culture. The two-hour cruise is aboard a modern vessel with the St. Croix Boat & Packet Company. Climate controlled and fully accessible, with table seating available on the first floor. This is not a narrated cruise, so relax and enjoy the sights and sounds of the river. Socialize or feel free to bring cards or games to play while cruising. A deli lunch is served buffet style during the cruise, including a variety of meats, cheeses, salads, dessert bars, coffee, and sodas. Afterward enjoy shopping downtown Stillwater boutiques, gift stores, and art galleries. Register by Friday, May 8.

Tues, June 9
Bus departs Central Square at 9:45 am
1602-SSP-S26
\$97/person, Includes transportation, lunch, and boat ride

55+ ENRICHMENT

Senior Programming at Central Square 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

Jan 12: *The Handmaid's Tale* by Margaret Atwood
A chilling look at the future depicts a country, formerly known as the United States, where women are no longer allowed to read and are valued only for reproduction.

Feb 9: *Minnesota 1918* by Curt Brown
In 1918, Minnesota and its residents were confronted with a series of devastating events that put communities to the test, forcing them to persevere through untold hardship.

Mar 9: *If You Lived Here You'd Be Home By Now* by Christopher Ingraham
The story of Ingraham's decision to uproot his life and move his family to Red Lake Falls, Minnesota, the community he made famous as "the worst place to live in America" in an article he wrote for the Washington Post.

Apr 13: *Born a Crime* by Trevor Noah
Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of a young man's relationship with his fearless, rebellious, and fervently religious mother-his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

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, Jan 7 10:00-11:30 am 7146-W26A FREE	Wed, Mar 11 1:00-2:30 pm 7146-W26B FREE	Wed, May 13 1:00-2:30 pm 7146-S26A FREE
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DoNut Forget the Music!
Join us for a sweet time with live music by Ben Woolman. He is an accomplished guitarist, composer, instructor, and performer who has carved out a distinguished place among Minnesota's renowned lineage of acoustic guitarists. His music is broadcast around the globe- on cable, internet, and terrestrial radio- in more than 50 countries across six continents.

- Great tunes
- Delicious donuts
- Unforgettable vibes

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

Thurs, Mar 5
1:00-2:00 pm
7123-W26
\$10

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!

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.

Pre-Registration is required. Call toll free 1-(888)-234-1294 or visit www.driverdiscountprogram.com.

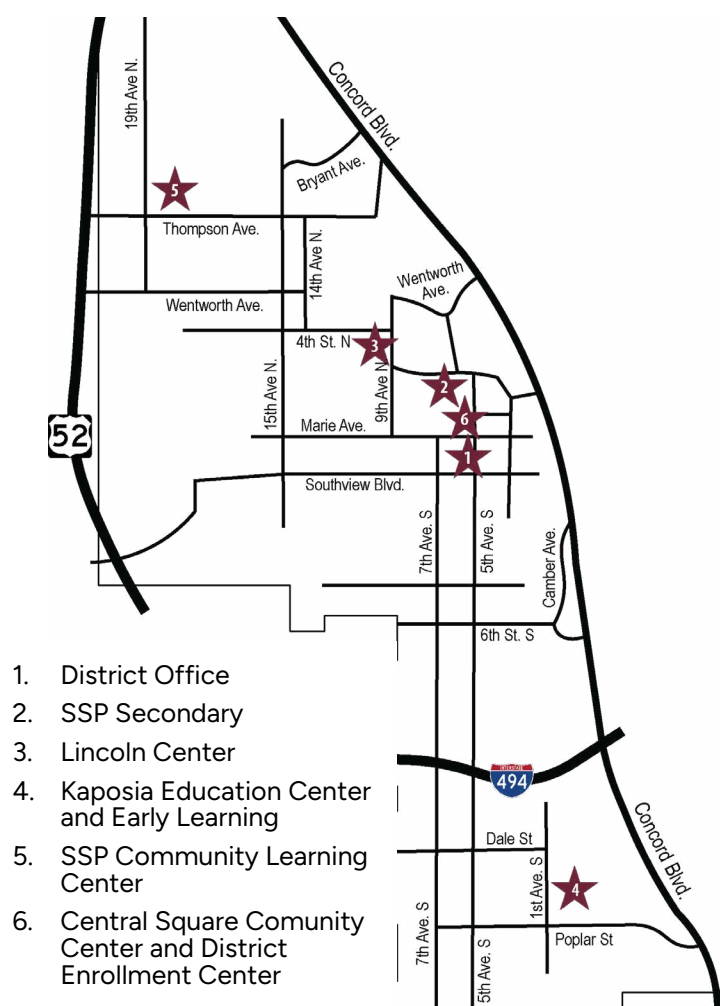
Thurs, Feb 26
Thurs, April 23
Thurs, June 25

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

Spring Fashion Show
Hosted by the Senior Center, the annual Fall Fashion Show features apparel, jewelry, and handbags by Chosen Threads. 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, May 6
11:00 am-1:30 pm
7444-S26
\$20





1. District Office
2. SSP Secondary
3. Lincoln Center
4. Kaposia Education Center and Early Learning
5. SSP Community Learning Center
6. Central Square Community Center and District Enrollment Center

ECRWSS
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS

Community Education and Early Learning



It's Never Too Late to Learn!

South Suburban Adult Education's (SSABE) mission is to provide adults in the TriDistrict Area of Northern Dakota County with educational opportunities to acquire and improve their literacy skills necessary to become self-sufficient and to participate effectively as productive workers, family members, and citizens. Classes are offered during the day, evening, and online. **All Classes are FREE!**

AREAS OF STUDY

- English Language Learners (ELL)
- Online Conversation Course (ELL)
- Online Citizenship Prep
- High School Equivalency/Academic Skills (HSE)
- Online HSE
- HyFlex HSE (in-person/online)
- Work/Career Readiness Skills
- Healthcare Career/TEAS Test Prep
- College Entrance Placement Test Prep
- Northstar Digital Literacy
- Family Learning in Partnership with ECFE

Learn more at communityed.sspps/programs/abe