



# Thompson Times

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

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

### Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Open 9 am-4 pm, Mon-Thu

**TPAC will be closed Jan 1, 19, & Feb 16**

### For Information or Registration:

Call: 651-403-8300

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

## Special Events

### An Afternoon with Laura Ingalls Wilder

Join this unforgettable program as master storyteller Pati Katchel embodies Laura Ingalls Wilder in her later years, sharing the beloved tales that have captured America's heart. Pati's extraordinary talent brings history to life with



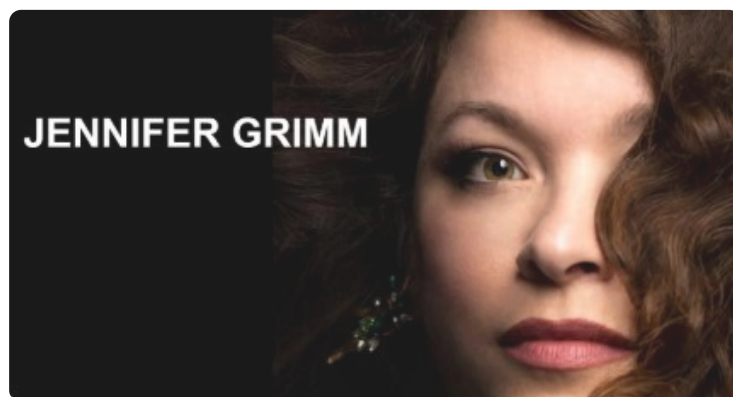
warmth, humor, and authenticity, making you feel as if Laura herself were speaking. Historical items from Wilder's era will be on display, offering a glimpse into pioneer life. Seniors, both gentlemen and ladies, are invited to an afternoon of charm and discovery through this unique blend of storytelling and history. Light dessert will be provided.

Wed, Jan 14

1127-W26

1-2 pm

1 session - \$12



JENNIFER GRIMM

### Jennifer Grimm Performs Judy Garland

Celebrate the magic of Judy Garland's timeless music with acclaimed vocalist Jennifer Grimm, whose accomplished career spans stages, concert halls, and performances across the country. Known for her rich voice and heartfelt interpretations, Jennifer brings Garland's beloved classics to life with warmth and style. Relive the golden era of song, while enjoying the artistry of a distinguished performer. Join us for an afternoon of nostalgia and charm you won't soon forget. Light dessert will be provided.

Wed, Feb 11

1128-W26

1-2 pm

1 session - \$12



Purchase Metro Dining Cards at the TPAC office Mon-Thur, 9 am-4 pm.

Enjoy 2-for-1 or 50% off dining at 166 area restaurants valid each month for an entire year. \$30/set  
(no refunds or exchanges)

## Jan/Feb 2026

# LEARNING & DISCUSSION

## The Constitution's Intent

We are honored to invite Mr. Painter, a highly respected Constitutional Lawyer whose extensive knowledge and numerous insights have profoundly shaped public understanding over the years. Join us as he reflects on the Constitution's original purpose, its ongoing relevance, and the challenges it faces in today's complex landscape. His expertise promises a thought-provoking session that will inspire, educate, and provoke critical thought among all attending.

*Presenter: Richard Painter, Former Ethics Lawyer for George W. Bush Administration*

Mon, Jan 5	10-11:30 am
1154-W26	1 session - \$9

## Technology Help

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

Mondays	9 am-12 pm
No registration needed, just walk in	Free



## Puzzle Palooza at TPAC

If you need some 'piece of mind', this might help you see the big picture! Join us for a fun and relaxing afternoon of puzzling! We'll have tables set up with a variety of puzzles from our lending library, or bring one of your own to share. Come for an hour or stay the whole afternoon. If you know of a professional puzzler, bring them along. Coffee and treats provided.

First Tue, Jan 6, Feb 3, Mar 3, Apr 7	1-3:30 pm
1135-W26	4 sessions - \$8

## Thank You to Our Event Volunteers!



*Thank you to our October event volunteers Carol, Judy, Eva, Patty and Ellen. We appreciate your smiling faces and dedicated work. We couldn't enjoy dessert without you!*

## Compassion, Connection, and Confidence in Navigating Memory Loss

Camile will share resources, guidance, and support to help families and caregivers navigate the challenges of dementia with confidence and compassion. Learn practical tools, connect with valuable community services, and how to create a more dementia-friendly environment. Designed to empower and support those touched by memory loss.

*Presenter: Camile Nash, Trellis Dementia Friendly Comm Initiatives*

Mon, Jan 12	10-11 am
1155-W26	1 session - \$4

## Explore Conversational Spanish Level 1

Learn greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers. This stress-free, immersive experience using gestures and visuals for easy learning. Register early. *Instructor: Dick Milles, former Spanish Instructor, Metropolitan State University*

Wed, Jan 7-Feb 25	9:30-10:30 am
1841-W26	8 sessions - \$64

## Explore Conversational Spanish Level 2

Delve deeper into greetings, practical phrases, numbers, etc. and more complex interactions. Basic Spanish knowledge or prior elementary Spanish experience recommended. This immersive experience uses gestures, visuals, and real-life scenarios to enhance learning. *Instructor: Dick Milles, former Spanish Instructor, Metropolitan State University*

Wed, Jan 7-Apr 29	10:45-11:45 am
1903-W26	16 sessions - \$128

# LEARNING & DISCUSSION



## Join Us for Hospice 101 and Common Hospice Myths

Hospice introduces compassionate care for individuals facing life-limiting illnesses, focusing on comfort, dignity, and support rather than curative treatment. The hospice team of professionals provides medical, emotional, and spiritual care wherever you call home. Families receive support, respite, and bereavement services. Common myths include: hospice means giving up hope; only for cancer patients; only provided in the last days of life; hastens death. In truth, hospice enhances quality of life and honors patient wishes.

*Presenters: Beyond Hospice Staff*

Tue, Jan 13	9:30-11 am
1138-W26	1 session - \$5

## ChatGPT Training for Everyone on Zoom

Are you curious about what ChatGPT is? This engaging class teaches everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT for work and at home. Stay in the loop when ChatGPT is mentioned in conversations and on the news. Nicki will join us live via Zoom on our large TV; tech volunteers will be present to help with questions.

*Presenter: Nicki Walsh, Social Club Simple*

Tue, Jan 13	12-1 pm
1149-W26	1 session - \$25

## We Earned It - Keeping Social Security Secure

Social Security has been a stable and popular program since its inception, but faces a long-term financial shortfall. If Congress doesn't act in the next 10 years, benefits could be cut. In this session, we'll share the most common proposals to ensure that Social Security can pay the full benefits Americans have earned. AARP is advocating to protect Social Security, and we're here to help you understand each of the proposed solutions.

*Presenters: Mark Giorgini, Doug Craig, AARP Staff*

Thu, Jan 15	9:30-11 am
1146-W26	1 session - \$5

## Film Screening & Discussion

Following George Floyd's murder in 2020, thousands of plywood boards covering storefronts became canvases for community expression and solidarity. As businesses began opening back up, the plywood art started to disappear. Drawing from four years of archival material, *Memorializing the Movement* follows the story of Leesa Kelly's team collecting and preserving the globally recognized protest art for future generations to experience.

*Presenter: Alec Fischer, filmmaker Fischrmedia*

Tue, Jan 20	11 am -12 pm
1159-W26	1 session - \$9

## Nature Sense with Naturalist Eloise Dietz

### Birds in Winter

Minnesota's wintering birds are hearty souls. Why do some birds stay? Which birds can you hope to see and how to they manage to survive our long winters of snow and cold? What can we learn from these survivalists?

Tue, Jan 20	1-2:15 pm
1783-W26 Jan	1 session - \$10

### "I Love Nature" Collages!

Bring a scissors and prepare to create a collage of nature pictures from magazines that makes your heart beat a little faster! Then, share your love of nature pictures with the rest of the participants.

Tue, Feb 10	10-11:15 am
1783-W26 Feb	1 session - \$10

# LEARNING & DISCUSSION

## Coffee with the Superintendent

Join Superintendent Peter Olson-Skog for **Coffee with the Superintendent!**

This informal gathering is an opportunity to connect, ask questions, and share feedback. Drop in when you can & leave when you need to. We'll have coffee brewing at Thompson Park Activity Center from 8-9:30 am.



Mon, Jan 26

8-9:30 am

*This is a free, drop-in informal event. No registration needed. All are welcome.*

## AI & You: An Interactive Exploration with Dr. Elizabeth M. Adams

Discover the world of artificial intelligence with Dr. Elizabeth M. Adams. In this intriguing, hands-on session, bring your phone or laptop and experience how AI is shaping our daily lives—from practical tools to creative exploration. Dr. Adams makes this complex topic clear, friendly, and inspiring. No experience needed—just curiosity and an open mind!

*Presenter: Dr. Elizabeth M. Adams, EMA Founder, CEO Mn Responsible AI Institute*

Mon, Jan 26

1-2:30 pm

1151-W26

1 session - \$9

## How to Spot Predatory Lending

Exodus Lending is a nonprofit organization helping Minnesotans escape from predatory debt cycles for over 10 years. Using no-fee and 0% interest models of lending, they help refinance people out of predatory loans and offer alternative loans through nonprofit partners. They also organize community members and advocate for legislation that protects consumers. Come learn about the predatory lending landscape in our state - what to watch out for, how to get help, and how you can advocate for a safer marketplace in Minnesota.

*Presenter: Meghan Olsen Biebighauser, Exodus Lending*

Tue, Jan 27

10:30 am-12 pm

1156-W26

1 session - \$5

## PTSD and Our Veterans

You are warmly invited to an inspiring presentation by Warriors Next Adventure, an organization dedicated to helping veterans and active military heal from PTSD through recreational therapy and meaningful new adventures. Programs like Operation Wolfdog, racing, and martial arts create safe spaces for veterans to open up, confront past traumas, and rebuild healthier futures. Leave with a better understanding of the struggles many veterans face, and how your compassion and support can make a difference.

*Presenter: Nick Rahn, Founder of Warriors Next Adventure*

Mon, Feb 2

10-11:30 am

1140-W26

1 session - \$5

## Landmark Tours: See The World

Your travel adventure starts here!

TPAC collaborates with Landmark

Tours, a locally-owned,

family-operated tour company

rooted in the community, to fulfill your travel dreams.

Preview upcoming trips and learn about the ease and excitement of escorted travel. Catalogs available at TPAC.

*Presenter: John Lyons*

Tue, Feb 3

10-11:30 am

1592-W26

1 Session - Free



## Matanuska Colonization Project

During The Great Depression, President FDR launched New Deal programs to help Americans survive the worst economic disaster in U.S. history. Many provided jobs that also benefited the country. Others literally picked up families and gave them a fresh start, such as the Matanuska Colonization Project that relocated 202 families from Michigan, Minnesota, and Wisconsin to Alaska's Matanuska Valley. Learn about these New Deal Pioneers and how they attempted a new life in a far away settlement.

*Presenter: Matt Carter, Executive Director Dakota County Historical Society*

Wed, Feb 4

10:30 am-12 pm

1137-W26

1 session - \$9

# LEARNING & DISCUSSION

## Secrets of Camp Savage: Minnesota's Hidden WWII Story

Few Minnesotans realize our state's key role in the US Military Language Intelligence during WWII. At Camp Savage and Fort Snelling, over 6,000 Japanese American linguists secretly trained, serving in every major battle against Japan. Dr. Karen Lucas's father, Walter Tanaka, was among the first trainees in 1942. Dr. Lucas will share her father's remarkable story, rare photos of Camp Savage, and insights from her family's book *When a Tiger Dies: The Life of Walter Tanaka*.  
*Presenter: Dr Karen Tanaka Lucas*

Thu, Feb 5 10-11:30 am  
1132-W26 1 session - \$9

## Dementia Conversations with Ted Dohm

Join Ted Dohm from the Alzheimer's Association MN for an informative and compassionate discussion designed to help families navigate the challenges of dementia. Learn practical tips for starting meaningful conversations about memory concerns, care planning, and changing relationships. This session offers guidance, understanding, and support for anyone touched by dementia. Gain confidence and tools to communicate with care and compassion.  
*Presenter: Ted Dohm, Alzheimer's Assoc MN*

Tue, Feb 10 1-2 pm  
1152-W26 1 session - \$5

## Relish on PBS

Join us for a one-of-a-kind conversation with Brittany Shrimpton, award-winning producer of the hit PBS series *Relish*. Hosted by celebrated Twin Cities chef Yia Vang, the show explores Minnesota's rich food, culture, and community, featuring chefs, farmers, and cultural leaders who share their stories and traditions. Brittany will take us behind the scenes, sharing how this acclaimed series is produced and what it takes to bring authentic voices to the screen. We warmly invite you to enjoy this fantastic opportunity.  
*Presenter: Brittany Shrimpton, Producer of Relish series, PBS*

Thu, Feb 12 10:30-11:30 am  
1145-W26 1 session - \$9



## American Democracy in the Age of Trump

Professor David Schultz cuts through the noise to unpack the sweeping changes of Trump's return to power - including immigration spending, tariffs, and the administration of justice. Don't miss this sharp, timely look at how America is being reshaped in just one year.  
*Presenter: Prof David Schulz, Professor of Political Science, Hamline University*

Tue, Feb 17 10-11 am  
1131-W26 1 session - \$9

## Russian History Series

Discover the richness of Russia's past in a 5-part series with Dr. Maria Fedorova. Explore pivotal events, cultural traditions, and influential figures that shaped Russia and continue to affect its place in the world today.



With both scholarly insight and approachable storytelling, Dr. Fedorova brings history to life, weaving together ideas and narratives that spark curiosity and conversation. Learn, reflect, and connect with others as you journey through history with a passionate scholar as your guide. *Presenter: Maria Fedorova, PhD Assist Prof Macalester College*

Thu, Feb 19, 26, Mar 5, 12, 19 10-11 am  
1147-W26 5 sessions - \$29

## Minerals Impact on Minnesota

Our mineral resources are drawing increased attention, from copper-nickel mining proposals to questions about long-term environmental impacts. Join this informative presentation and learn about current mining practices, what minerals are in demand, and how decisions are made to balance resource use and environmental protection. Seniors from WSP and nearby communities are encouraged to attend, ask thoughtful questions, and gain a better understanding of this important topic affecting our state.  
*Presenter: Don Elsenheimer, PhD, Gas Production Regulatory Mgr | Lands & Minerals Div, MN Dept of Natural Resources*

Mon, Feb 23 10-11:30 am  
1141-W26 1 session - \$8

# GROUPS

- Groups that meet monthly pay \$10 per year. The year begins in Sept and ends the following August.
- Groups that meet weekly pay \$15 per trimester. The current trimester begins Jan 1 and ends Apr 30.
- Keeping our fees low for everyone is important and at the same time, those fees are critical to support our programs. Discounts are not offered for days you cannot attend.

## Umbrella Projects Group

Thank you for your support and participation during Sept, Oct and Nov! We are pleased to share that our group gathered to make 156 sandwiches which were delivered to the Friday Night Street Team; with your donations, 224 pounds of baking ingredients & food were collected and delivered to Neighbors Inc; 9 fleece blankets were made and donated to the Dorothy Day Center; and most recently, 298 winter apparel items were donated to the Friday Night Street Team.

We use our time and talents to volunteer within our local community. All are welcome to our meetings, where you can learn more about possible great connections for you.

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

## Men's Topics & Toast

Take this opportunity to connect with new folks and even if you don't usually "get involved", your participation and insights will be appreciated.

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

## Great Decisions Group

Space is limited. Call 651-403-8300 for information.

2nd Mon	1-2:30 pm
1296-W26	Annually - \$10 Sep-Aug

## Caregiver Support Group

Come together with a trained facilitator each month to learn about topics related to the role of caregiving.

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

## TPAC Out & About Group

Gather for social outings each month. Call TPAC for info.

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



## Mystery Book Club

Our read for January 13 is *Death Upon the Wicked Stage* by local author Judith Johnson and references local settings like the Como Pavilion. Judith will be joining our discussion!

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

## Nonfiction Book Club

Call 651-403-8300 for current book titles.

1st Thu	1-2:30 pm
1607-F25	Annually - \$10 Sep-Aug

# GAMES

## Hand & Foot

Team up with two to six players, then race to get rid of all your cards. Score points by creating sets and runs. Whether you love the game or want to learn, come join the fun!

Facilitator: Laura Palodichuk

Wednesdays	9:30 am-12:15 pm
1735-W26	\$15 Jan-Apr

## Cribbage

Peg your way to victory! Join us for a couple of hours of fun!

Wednesdays	1-3 pm
1856-W26	\$15 Jan-Apr

## Scrabble

Sharpen your word skills, challenge your mind, and out-word your fellow players!

Wednesdays	1-3 pm
1114-W26	\$15 Jan-Apr

## Mah Jongg

Discover the thrill of strategy, matching tiles, and a little bit of luck. This ancient Chinese game with a modern twist will have you stacking tiles and having a blast in no time!

Facilitator: Carol Beaves

Thursdays	1-3:45 pm
1613-W26	\$15 Jan-Apr

## Puzzle Palooza at TPAC

See page 2 for information.

First Tue, Jan 6, Feb 3, Mar 3, Apr 7	1-3:30 pm
1135-W26	4 sessions - \$8

# FITNESS & HEALTH

## Pilates

Pilates is a mind and body exercise designed to lengthen and strengthen muscles, increase flexibility and balance while focusing on a strong core. Class includes light cardio, resistance training and mat exercise - emphasizing proper form and breathing while executing the movements; and always with varied adaptations to suit your ability and needs. Bring your own mat. *Instructor: Stephanie Stockton*



Tue, Jan 13-Feb 24  
1113-W26

2-3 pm  
7 Sessions - \$63

## Tai Chi Chih for Health - Intermediate Level

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

*Instructor: Theresa May, nationally accredited instructor*

Wed, Jan 7-Feb 25  
1160-W26

9:15-10 am  
8 Sessions - \$64

## 3X3 Fitness

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

*Facilitator: Barb Erickson*

Tue/Thu  
1635-W26

9:15-10 am  
\$15 Jan-Apr

## Welcome Our New Foot Care Partners!

Please welcome our new foot care partners, Alicia Hoemke of Senior Foot Care and Elizabeth Yang of Chippin Nails! Your feet have done a lot for you over the years, and now it's time to give them some love! As you get older, taking good care of your feet helps you stay active, comfortable and independent. Our foot care partners will provide friendly, hygienic service designed to keep your feet feeling their best while helping to manage common foot issues; including nail trimming, ingrown nails, and callus/corn smoothing. *Providers: Alicia, RN CFCS and Elizabeth, RN*

Call 651-403-8300 for a 40-minute appointment \$65  
Cash, card, or checks accepted.



Alicia Hoemke, RN, CFCS



Elizabeth Yang, RN

## Fitness and Balance for Life

Improve flexibility and overall well-being! Through low-impact exercises, enhance your range, strength & balance. We supply the gear: chair, exercise bands, hand weights, & exercise balls. *Instructor: Naomi Marzinske*

Thu, Jan 8-Feb 26  
1317-W26

10:30-11:30 am  
8 sessions - \$64

## Line Dancing

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

*Instructor: Margaret Christians*

Thu, Jan 15 - Apr 30  
1615-W26

9-10 am  
\$15 Jan-Apr

# CREATIVE ARTS

## Knitting Group

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

Mondays 1600-W26 1-3 pm \$15 Jan-Apr  
No group Jan 19 or Feb 16



## Crafting for a Cause

Spread joy by crafting heartfelt notes with fellow volunteers. These messages of kindness will be included in Meals on Wheels meals or go to Living Well and brighten someone's day! Materials are provided.

Facilitator: Rita Schnoor

2nd Tue 1598-F25 12-1 pm Free

## Open Watercolor Painting

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

Tuesdays 1602-W26 9:30-11:30 am \$15 Jan-Apr



## Watercolor Painting Introduction

Discover your creativity in our beginner-friendly watercolor class! Explore essential materials and foundational techniques, and the basics of color theory as you learn how to mix pigments to create beautiful expressive artwork. For your convenience, the instructor will take care of all supply shopping. Fee of \$65-70 due on first day of class.

This is a pre-requisite for Watercolor I.

Instructor: Linda Stout

Mon, Mar 2-30 1491-W26 1-3 pm 4 sessions - \$80  
No class Mar 23

## Watercolor I

Learn and improve your skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies.

Prereq: Watercolor Intro or instructor consent.

Instructor: Linda Stout

Tuesdays 1302-W26 1-3 pm 4 sessions - \$80  
Jan 6-27  
Feb 3-24 4 sessions - \$80

## Watercolor II

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

Prereq: Watercolor Intro or instructor consent.

Instructor: Linda Stout

Wednesdays 1191-W26 1-3 pm 4 sessions - \$80  
Jan 7-28  
Feb 4-25 4 sessions - \$80

## Mixed Media Art Group (formerly Create with Colored Pencils)

Join us for a fun, relaxing afternoon with friends, novice to skilled artists, who enjoy expressing their inner selves using various art mediums from acrylic paints to colored pencils to pastels and beyond. There is no instructor, but sharing your techniques is welcome. Bring your own art supplies.

1st & 3rd Wed 1595-W26 1-3 pm \$15 Jan-Apr

# 55+ DRIVER'S DISCOUNT COURSE



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

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

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

4-Hour Course Dates at Thompson Park Activity Center		
Thursdays	12-4 pm	\$24
Jan 8		
Jan 22		
Feb 5		
Feb 19		

# TRIPS & TOURS

## Trips & Tours Information

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



## Guys & Dolls at the Chanhassen DT

Enjoy lunch before the show choosing from a limited menu of an entree, salad, veggie, bread, potato/rice & beverage. At CDT for the first time in 35 years, Guys & Dolls is a perfect balance of story, dance, music and romance! Nathan Detroit is a charming, but broke gambler and short on cash for the biggest craps game in town, while 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. A true crowd-pleaser, this performance features songs like "Luck Be a Lady", "A Bushel and a Peck" and "Sit Down, You're Rockin' the Boat".

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

## TRIPS & TOURS

### Murder Mystery Lunch-Afton House Inn

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 or opportunity! During this 2-hour nonstop laughter and mystery-solving, you will be served lunch (*you can be an onlooker or participant in solving the mystery*). Lunch: rosemary roasted pork loin with garlic mashed potatoes, fresh vegetables, rolls, coffee & dessert.

Thu, Mar 19      Depart TPAC 10:15 am/Return 2:15 pm  
\$105      Register by Fri, Feb 13  
1125-WSP-W26

### Super Duos at Sheldon Theatre

Your first stop will be at the St. James Hotel for a lovely noon lunch in the Laurentine Room. Menu includes Swedish meatballs, gravy, mashed potatoes, green beans, rolls, coffee & tea. Refurbished in 1986, The Sheldon became the first city-owned theatre in America! The show Super Duos is a tribute to the greatest vocal duos of all time and showcases the magic of two voices blending together, featuring beloved songs by Simon & Garfunkel, Hall & Oates, The Righteous Brothers and many more! Smile and reminisce to the music and the stories behind them!

Tue, Apr 7      Depart TPAC 10:15 am/Return 5:30 pm  
\$120      Register by Fri, Feb 20  
1126-WSP-W26

### Graceland and Memphis, Tennessee

Begin the week with a riverboat dinner cruise at Hannibal, MO., and stay the night at the Best Western. On Tuesday, arrive in Memphis; check into the Guest House at Graceland; dinner at Arcade, an Elvis hangout, with an Elvis tribute artist performance. Wednesday is a full day of touring Graceland, Sun Studio & more. Thursday, breakfast at Delta's Kitchen and leave for Willow Springs, for lunch at Cattleman's Steakhouse. Travel to Independence, MO for lodging for the night. Friday, continue to MN, with lunch in Des Moines, IA. *All meals included except for Mon breakfast, Wed lunch and Fri dinner. Call 651-403-8300 for more details.*

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



### Courting Harry! at the History Theatre

Arrive at the Minnesota History Theatre in downtown St. Paul for the 10 am performance of *Courting Harry!*. This story follows 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. These friends from the same St. Paul neighborhood remained close despite their differing career paths, not to mention their often conflicting personal and political ideologies. 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.

Thu, May 28      Depart TPAC 9:15 am/Return 2:15 pm  
\$108      Register by Fri, Apr 15  
1124-WSP-S26

### Stillwater River 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 departs at 11:30 am 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.

Tue, Jun 9      Depart TPAC 10 am/Return 3:45 pm  
\$97      Register by Fri, May 8  
1123-WSP-S26

# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

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

Mail/in-person: 1200 Stassen Lane, West St. Paul, MN 55118

*Registrations are taken on a first-come, first-served basis.*

*Mail registrations will not be guaranteed due to transit time.*

## E-News

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

## Services

- Free Memory Screening provided by DARTS:  
Call 651-403-8300 for an appointment
- Free Legal Services: Call 651-222-4731
- Free Health Insurance Counseling:  
Call 1-800-333-2433 for an appointment or go to [www.trellisconnects.org](http://www.trellisconnects.org).
- Foot Care: \$65, call 651-403-8300 for an appointment
- Fare for All: affordable groceries-call 763-450-3880

## Difficulty Hearing

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

## Suggestion Box

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

## TPAC Advisory Council Opening

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

## Fees for Groups & Clubs

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

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-Apr / May-Aug / Sep-Dec

## Cancellations/Refunds

- If TPAC cancels a class or activity, you will be notified by phone or email and given a refund.
- Your cancellation and refund requests must be received by our office 7 days prior to the first class session. A \$10 service fee will be applied to your refund.
- No refunds are issued after the first session or trip registration deadline.

## Inclement Weather & Closures

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

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## Opportunities to Volunteer

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

## 2025 Tax Information

Tax assistance will be provided by taxpayers with a special emphasis for those 55 and older. Volunteer income tax preparers will be doing Federal and MN State income tax returns free of charge beginning February 2026. You must make an appointment for this service. These volunteers are trained to prepare simple returns.

You must bring the following to your appointment:

- Your 2024 tax return
- Social Security card for yourself, you spouse and all dependents listed on the return
- Copies of your 2025 W-2s, 1099 forms and proof of other income received by you/your spouse
- Renters-bring your 2025 Certificate of Rent Paid prepared and signed by your landlord
- Homeowners-bring a copy of your 2025 Property Tax Statement (mailed to you in March)

Appointments are for income tax returns. If you would also like your property tax refund/rent credit processed, schedule your appointment at a time when you will have the needed documents. Your income tax return must be filed first in order to process these.

Appointment scheduling opens Jan 6. Call 651-403-8300. Do NOT leave multiple messages. Your call will be returned in the order it was received. No messages will be accepted before 9 am, Jan 6.

Appts are: Tue/Thur, Feb 3 - Apr 16, 9:30 am - 1:30 pm



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

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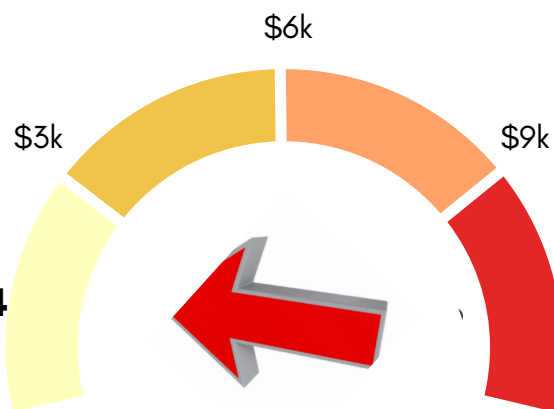
**Contributions for 2025/2026 as of Nov 17: \$694**

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

Anonymous  
Alice Baier

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

**\$694**



### **Patron (\$100+)**