



# WINTER 2026

JANUARY - APRIL

PARA OBTENER INFORMACION EN ESPANOL, VAYA A LAS PAGINAS 23, 53



**STEP OUT. TRY SOMETHING NEW.**

**NEW YEAR, NEW OPPORTUNITIES - FREE HSE AND ELL CLASSES AVAILABLE! PG 23**

**Serving Residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan Area, and South St. Paul School Districts**

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### Para traducción en español llame a:

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH	651-306-7501
SSP: Tere Castellanos	651-306-3644
WSP	651-403-8520



**IDENTIFIES AN ONLINE CLASS**



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan Area, and South St. Paul school districts.

## WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.



### Follow us on:



**@TRICOMMUNITYED**



**@TRIDISTRICT\_COMMUNITYED**

### Email updates for new classes

Sign up for our E-news online at [www.tridistrictce.org](http://www.tridistrictce.org) to get information on upcoming classes and events.

# FEATURED COURSES

## NEW THIS WINTER

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## CONTACT US

### Adult Enrichment & Family Programming

IGH ..... 651-306-7501  
SSP .....651-306-3632  
ISD197..... 651-403-8331

### Adults 55+

VMCC, IGH ...651-450-2480  
CSCC, SSP .....651-306-3632  
TPAC, WSP.... 651-403-8300

### Adult Education (ABE)

Linda .....651-306-3632

### Adults with Disabilities

TriDistrict..... 651-403-8331

### Early Learning

IGH .....651-306-7503  
SSP .....651-457-9418  
ISD197..... 651-403-8390

### School Age Care

IGH ..... 651-306-7501  
SSP .....651-306-3631  
ISD197..... 651-403-8054

### Youth

IGH ..... 651-306-7501  
SSP .....651-306-3632  
ISD197.....651-403-8522

## CREATIVE ARTS

### Knitting Studio

Join our knitting workshops to relax and work on any project, get advice, and enjoy time with fellow knitters. So grab those unfinished projects or patterns and come knit! Open to all skill levels.

**Instructor: Suzanne Ross**

Tue, Jan 13-Feb 10 6:30-8:30 pm  
6101-W26 Jan/Feb 5 sessions - \$35  
TPAC

Tue, Mar 3-Apr 7 6:30-8:30 pm  
6101-W26 Mar 5 sessions - \$35  
TPAC

No Class Mar 24

Tue, Apr 21-May 19 6:30-8:30 pm  
6101-W26 Apr/May 5 sessions - \$35  
TPAC



### The Art Lounge: An Open Art Night

Love to do art but have no space to create? The Art Lounge will be open monthly for all creatives, whether new or experienced, to come work on those pieces of art and meet fellow artisans. Artists will need to bring their own supplies for their project. The classroom has access to a sink.

Second Wed, Jan 14-Apr 8 6-9 pm  
6199-W26 4 sessions - \$20  
Two Rivers HS, MH

### Knitting: Cozy Scallops

This year's winter accessories feature slipped stitches that are gathered up to form a scallop design. You can choose to make a hat or a cowl. You can be stylish and warm at the same time! Both pieces are knit in the round using two contrasting colors. Information about yarn and needles will be sent by the instructor prior to the first session.

**Instructor: Suzanne Ross**

Thu, Jan 15-Feb 5 6:30-8:30 pm  
6109-W26 4 sessions - \$39  
TPAC



### 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.

Sat, Jan 17 10 am-1 pm  
7545-W26 1 session - \$25 individual,  
Central Square, SSP \$35 pairs, \$45 teams (3-4)

### Glass Mosaic: Table or Sign

Glass mosaic sounds like a fancy and difficult art form, however, you will learn how it can be fun and easy while creating a tabletop or sign! Look through the idea book, browse the patterns and stencils, then choose from dozens of colors and pre-cut glass. The first evening involves creative input and the second evening is all about the grout. You will bring home your project to finish any remaining designs needed. Table is 16"x16"x16" tall. All supplies included in the price.

**Instructor: Lindsey Guetter**

Thu, Jan 22-29 6-9 pm  
6108-W26 2 sessions - \$65 sign  
Two Rivers HS, MH \$115 table  
Thu, Mar 26-Apr 2 6-9 pm  
5001-WS26 2 sessions - \$65 sign  
Inver Grove Heights MS, IGH \$115 table

### Colorful Glass Mosaic Window or Table Lamp

Explore the vibrant world of glass mosaic art in our two-day class. Choose from a 20"x25" window or smaller lamps for your canvas. Work with pre-cut glass and stencils or let your creativity shine. Day one is all about crafting your masterpiece, discovering your creative side, and having fun. You will bring home your project to finish any remaining designs needed. On day two, we'll dive into grouting, so bring some old towels. Join us for a delightful journey into the colorful realm of mosaic artistry! All supplies are included.

**Instructor: Lindsey Guetter**

Thu, Feb 12-19 6-9 pm  
6107-W26 2 sessions - \$150 window  
Two Rivers HS, MH \$75/\$85 lamp



**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: Caitlin Deese, Lisa Foster**

Wed, Feb 25 5:30-7:30 pm  
7543-W26 1 session - \$30

**Knitting Technique Tutorials: Lace**

Knitting lace doesn't have to be scary. In addition to knit and purl stitches, you need to know only three basic stitches to make lace. This class will cover those stitches and much more: how to read the pattern, strategic use of stitch markers, life-lines, how to fix mistakes (AKA: design elements), blocking, etc. All yarn and patterns provided; needle info sent before class.

**Instructor: Suzanne Ross**

Thu, Feb 26-Mar 12 6:30-8:30 pm  
6114-W26 3 sessions - \$39  
TPAC



**Crop Art: A Minnesota Tradition**

Each year the State Fair displays crop art created by Minnesota artists. In this workshop, you will learn about the history behind this great tradition and see demonstrations of the tips and tricks that make a piece of crop art successful. Then you'll make your own unique mosaic. Bring a design or borrow one of ours. All supplies provided.

**Instructor: Erin Stahl, Caponi Art Park**

Mon, Mar 2 6:30-8 pm  
6110-W26 1 session - \$35  
Two Rivers HS, MH



**Unleash Your Inner Artist: A Fun, Step-by-Step Paint and 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**

\$25	8x10 Canvas Panel
\$35	8x10 Stretched Canvas
\$45	11x14 Stretched Canvas
Tue, Mar 3	6-8 pm
7548-W26	
Central Square, SSP	

**Using AI To Augment The Novel Writing Process**

Do you have a great idea for a novel but would like help from an AI too to get started? This course will help you build a synopsis with AI in mind. This Synopsis will be used to create a draft novel using AI tools. We'll cover what AI tools can and can't do, AI as a writing coach, and provide AI tool suggestions. A copy of Joe's new third novel is included. Please note: AI will not write your novel, but it will make the process easier and faster. Previous experience with AI tools is helpful.

**Instructor: Joe Golemo**

Tue, Mar 10	6-9 pm
5617-W26	1 session - \$49
Inver Grove Heights MS, IGH	



**Writing for Children: A Beginner's Guide**

Step into the magical world of children's and YA literature and learn how to captivate young readers like a pro! Explore market trends, age-appropriate storytelling, and memorable characters. Get insider tips for submitting to publishers and magazines. Perfect for aspiring authors of picture books, chapter books, or YA novels.

**Instructor: LeeAnne Krusemark**

Sun, Mar 15	1-3 pm
6855-W26	1 session - \$35

## Gelli Plate Printmaking

Gelli prints are a fresh twist on monoprinting. You will learn how to use gelatin plates to create a unique series of vibrant prints combining natural material, stencils, and paint. This fun method allows for experimenting with layers while exploring natural shapes and textures as well as collage with gelli plates in this beginner-friendly class! All supplies included.

**Instructor:** Erin Stahl, Caponi Art Park

Wed, Mar 18 6:30-8:30 pm  
6111-W26 1 session - \$45  
Two Rivers HS, MH



## Linocut Printmaking

Learn how to create linocut prints! You'll carve a design into one block, then print it multiple times to create a series where every print varies just slightly. You'll learn carving and printing techniques and try out different colors of ink in this beginner-friendly class. Bring your own design idea or borrow one from our samples. All supplies included.

**Instructor:** Erin Stahl, Caponi Art Park

Tue, Mar 31 6:30-8:30 pm  
6112-W26 1 session - \$45  
Two Rivers HS, MH

## Knitting Technique Tutorials: Stranded Colorwork

Learn the basics of stranded colorwork while knitting a beautiful bookmark. Don't get Stranded: Working with two, or more, colors in the same row can be a challenge, but this class will help you get untangled. Explore color theory, chart reading, blocking, and even steeking. All yarn and patterns provided; needle info sent before class. Perfect for gifting or keeping!

**Instructor:** Suzanne Ross

Thu, Apr 2-16 6:30-8:30 pm  
6113-W26 3 sessions - \$39  
TPAC

## Landscape Oil Painting like Bob Ross

Come learn the wet-on-wet painting technique that Bob Ross made popular in his PBS series "The Joy of Painting" and create your own 20x16 landscape painting. Geared for beginners, the instructor will guide you through the step-by-step procedure as you learn in a relaxed atmosphere. All painting supplies are provided. Appropriate for ages 13 and up.

**Instructor:** Mike Tischendorf

Tue, Apr 28 5:30-8:30 pm  
6100-W26 Steep Mountains 1 session - \$65  
Two Rivers HS, MH

## 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

Tue, Apr 28 6-8 pm  
7889-W26 1 session - \$45  
Central Square, SSP

## 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 6-9 pm  
7690-W26 1 session - \$35  
South St. Paul HS, SSP

## Appetizers: Quick, Easy and Just in Time for the Super Bowl

Create over 20 appetizers that require less than 20 minutes, from start to finish! These appetizers are perfect for entertaining, whether it is for a fun family get together or snacks for a Super Bowl party. You'll create a complete buffet with recipes that include spreads, hearty apps, dips, dippers, nibbles, hot apps and more! Bonus: learn special tips to create an appetizer party. All food supplies are included in the price.

**Instructor:** Laurel Severson

Thu, Jan 29 6-9 pm  
6205-W26 1 session - \$59  
Two Rivers HS, MH

**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**

Thu, Feb 5 6:30-8:30 pm  
7678-W26 1 session - \$35  
South St. Paul HS, SSP



**Marvelous Macarons**

They are beautiful and so fun to make! Nancy will show you some simple tricks to make the process easy. We will make three different kinds, all set for the holidays. You will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk at the party when you serve these little delicacies! A \$13 supply fee is paid to the instructor the night of class.

**Instructor: Nancy Burgeson**

Mon, Mar 2 6-9 pm  
7681-W26 1 session - \$35  
South St. Paul HS, SSP

**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**

Tue, Mar 24 6-9 pm  
7691-W26 1 session - \$35  
South St. Paul HS, SSP

**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 6-9 pm  
7682-W26 1 session - \$35  
South St. Paul HS, SSP

**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**

Tue, Apr 7 6:30-8:30 pm  
7677-W26 1 session - \$35  
South St. Paul HS, SSP



**A Classic Italian Dinner**

Transport your tastebuds to Rome! In this hands-on class, you’ll learn to craft a timeless Italian dinner featuring bold flavors, fresh herbs, and rustic classics like Spaghetti alla Carbonara and Insalata Mista. Perfect for food lovers craving a culinary escape! Full menu online. All supplies are included in the price.

**Instructor: Laurel Severson**

Fri, Apr 10 6-9 pm  
6206-W26 1 session - \$59  
Two Rivers HS, MH

## Magnificent Muffins and Popovers

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 may be sweet or savory. Adjust the baking time 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. Popovers are perfect-served alone or insert your favorite filling to create a special meal. A \$13 supply fee is payable to the instructor in class.

**Instructor: Laurel Severson**

Wed, Apr 22 6-9 pm  
7692-W26 1 session - \$35  
South St. Paul HS, SSP



## ONLINE Pizza Perfection: Mama's Focaccia Pan-Style & Pretzel Crust

Pizza night at home will never be the same! Turn your kitchen into your very own pizzeria during this cook-along experience with Tess. Together, you will craft two completely different gourmet pizzas from start to finish—each with its own unique dough, sauce, style and flavor. Full menu online.

**Instructor: Tess Georgakopoulos**

Sat, Jan 17 4-6:30 pm  
6207-W26 1 session - \$40

## ONLINE 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 3-4:30 pm  
7676-W26 1 session - \$35

## ONLINE 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**

Thu, Jan 29 6-8 pm  
7660-W26 1 session - \$35



## ONLINE Taste of Tuscany: Handcrafted Ricotta Gnocchi Meal!

Step into the world of Italian-inspired elegance with this hands-on culinary experience. You'll learn to create ricotta gnocchi - delicate, cloud-like morsels of goodness prized for their refined melt-in-your-mouth texture and subtle flavor along with fresh bread and Tuscan Chicken with velvety cream sauce. This interactive cook-along is more than a class, it is an experience, an invitation to savor, to learn, and to bring the taste of Tuscany into your home. Full description/menu online.

**Instructor: Tess Georgakopoulos**

Fri, Feb 20 5:30-7:30 pm  
6208-W26 1 session - \$35

## ONLINE 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**

Thu, Feb 26 6-8 pm  
7661-W26 1 session - \$35

## ONLINE Banh Mi: From Baguette to Bite

Banh mi is Vietnam's iconic sandwich, a delicious fusion of French and Vietnamese culinary traditions. Crisp homemade baguettes are filled with savory meats, fresh and pickled vegetables, herbs, bold spreads, and seasonings to create a sandwich that is both vibrant and satisfying. In this cook-along adventure, you'll learn to craft banh mi from the ground up. Full description/menu online.

**Instructor: Tess Georgakopoulos**

Sat, Mar 21 4-6:30 pm  
6209-W26 1 session - \$40



**ONLINE** **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**

Thu, Mar 26 6-8 pm  
 7662-W26 1 session - \$35

**ONLINE** **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**

Thu, Apr 9 6:30-8 pm  
 7679-W26 1 session - \$35

**ONLINE** **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**

Thu, Apr 23 6-8 pm  
 7663-W26 1 session - \$35

**ONLINE** **California Sushi Roll Extravaganza**  
 The California Roll: the friendly gateway "Sushi" that has converted countless skeptics to enthusiastic fans! In this fun, interactive cook-along experience, Tess will guide you through the process of making a variety of California rolls that just might have you wondering why you have never tried making them yourself before! Make them vegetarian or with seafood, with or without seaweed, spicy or mild - it's all up to you and your creativity.

**Instructor: Tess Georgakopoulos**

Sat, May 2 4-6 pm  
 6210-W26 1 session - \$35

**DANCE & FITNESS**

**Open Basketball**

Enjoy friendly competition and stay active at our Adult Open Basketball Gym. Whether you're here to shoot hoops, scrimmage, or work on your skills, all levels are welcome. Come anytime during open gym hours. Appropriate for ages 17+. Must register ahead of time, no drop-ins.

Tue, Jan 27-Apr 21 6:30-8:30 pm  
 6005-W26 10 sessions - \$70  
 Heritage MS, WSP  
 No Class Feb 3, Mar 3, 24

**Pickleball: Open Gym**

Have you been wanting to try the increasingly popular sport of pickleball, or want to continue your game? Here's your chance. Courts will be tapped off with pickleball dimensions. This is open house style, so you may arrive at any time. Players are encouraged to rotate through, or pair up with others so everyone has a chance to play in a timely fashion. Nets are provided, but limited paddles and balls are available. Please bring your own equipment if you have it.

Tue, Jan 13-Apr 28 6:30-8:30 pm  
 6006-W26 Tue 12 sessions - \$84  
 Heritage MS, WSP  
 No Class Feb 3, Mar 3, 17, 24

Mon, Jan 26-Apr 27 6:30-8:30 pm  
 6006-W26 Mon 11 session - \$77  
 Somerset Elementary, MH  
 No Class Feb 16, Mar 16, 23

Thu, Feb 5-Apr 23 6:30-8:30 pm  
 6006-W26 Thu 10 sessions - \$70  
 Somerset Elementary, MH  
 No Class Mar 19, 26



**Line Dance: Dirty Dancing "Do You Love Me"**

Channel your inner "Baby" or "Johnny" with this iconic hit song from Dirty Dancing. A fun, flirtatious routine that brings out the dancer in us all. No partner needed.

**Instructor: Monica Mohn**

Mon, Feb 2 6-7 pm  
 5525-W26 1 session - \$15  
 Simley HS, IGH

## Romantic Dance for Two: Dance Workshop

Add a touch of romance to your week and a bit of spice to winter. With simple, easy romantic moves you'll be spinning, turning and twirling together before you know it. By the end of the night you will feel comfortable in any setting..and you won't want to let go! Is there a better way to stay warm? Couples only please. Only one person per couple needs to register.

**Instructor: Monica Mohn**

Mon, Feb 2 7-9 pm  
5524-W26 1 session - \$34  
Simley HS, IGH

## Line Dance: Sweet Caroline

Get out onto the floor and sing along & dance 'cause this iconic Neil Diamond song is "So good! So good!" and... "So fun!" No partner needed.

**Instructor: Monica Mohn**

Mon, Mar 2 6-7 pm  
7213-W26 1 session - \$15  
South St. Paul HS, SSP



## Salsa Dance Workshop

Add spice to your week with a bit of Salsa! Sassy spins, flirty moves and a close hold creates a fun night. So much fun you may not want to let go by the end of class! Couples only please. Only one person per couple needs to register.

**Instructor: Monica Mohn**

Mon, Mar 2 7-9 pm  
7212-W26 1 session - \$34  
South St. Paul HS, SSP

## Country Line Dance

Join us for an exciting evening of country line dancing. You will learn the Honky Tonk Stomp, Slappin' Leather and even put a country twist to the Electric Slide. No partner needed for a full night of dancing!

**Instructor: Monica Mohn**

Wed, Apr 15 6-7 pm  
6313-W26 1 session - \$15  
Mendota Elementary, MH

## Swing Dance Workshop

One day. One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Come learn a variety of swing dancing moves as the instructor guides you through easy swing patterns you can use for years to come. Couples only please. Only one person per couple needs to register.

**Instructor: Monica Mohn**

Wed, Apr 15 7-9 pm  
6305-W26 1 session - \$34  
Mendota Elementary, MH



## Let's Tap Dance 1 & 2

Participants will learn and review the 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) Let's Tap 1: If you took dance as a child, taken a few classes or if you've always wanted to tap. Let's Tap 2: If you have mastered the basics, have been working on time steps and are ready for a faster pace with more challenging choreography.

**Instructor: Stephanie Stockton**

Mon, Jan 12-May 18 10-11 am  
7207-W26A Tap 1 17 sessions - \$155  
Central Square, SSP  
No Class Jan 19, Feb 16

Mon, Jan 12-May 18 11:15 am-12:15 pm  
7207-W26C Tap 2 17 sessions - \$155  
Central Square, SSP  
No Class Jan 19, Feb 16

Wed, Jan 14-May 20 5:30-6:30 pm  
7207-W26D Tap 2 19 sessions - \$165  
Central Square, SSP

Wed, Jan 14-May 20 6:45-7:45 pm  
7207-W26B Tap 1 19 sessions - \$165  
Central Square, SSP

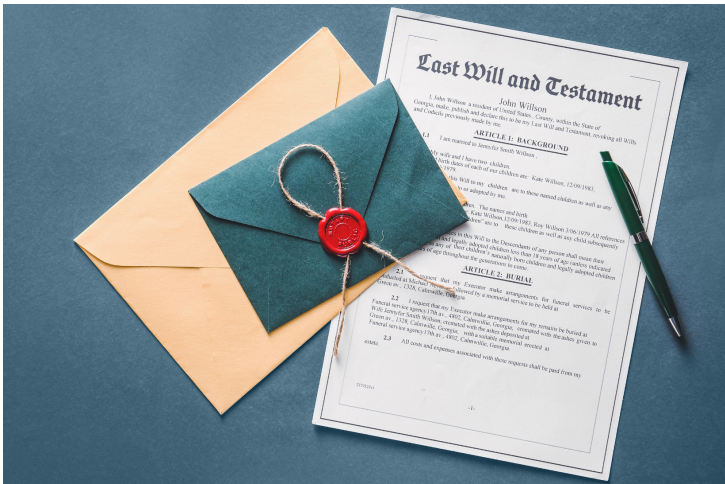
**MONEY**

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

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

**Instructor: John Mazzara**

Wed, Jan 7 6-8 pm  
7718-W26 1 session - \$12\*  
Central Square, SSP



**Writing Your Own Will**

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. You can avoid that. Prior to class, information will be sent to you for review. During class, learn the background on estates and wills, then finish by preparing a legal will with instructions during class on a professionally prepared form. The will is then notarized with a witness at class. This class is appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Each participant must register separately, couples cannot legally share the form. Bring an appropriate ID for notary and a pen to class.

**Instructor: Kristin Davis**

Thu, Jan 15 6-8:30 pm  
6401-W26 Jan 1 session - \$50  
Somerset Elementary, MH  
Thu, Mar 12 6-8:30 pm  
6401-W26 Mar 1 session - \$50  
Somerset Elementary, MH

Classes marked with a \* are free for Central Square Senior Members

**Questions and Answers with a MN Will and Trust Planning Attorney**

Get expert advice in this open-forum seminar with a seasoned Will & Trust attorney. Learn about avoiding Probate, the role of Wills and Trusts, asset protection, nursing home considerations, and more. Discover how to choose the right estate plan, manage separate assets, and deal with death taxes. Ensure a smooth legacy for your children and gain insights into managing retirement assets. Your questions, including Transfer-On-Death Deeds, will be answered in this relaxed and friendly session. Join us for essential estate planning insights!

**Instructor: Steve Ledin**

Tue, Jan 20 6:30-8 pm  
6850-W26 1 session - \$12  
Tue, Jan 20 6:30-7:30 pm  
7818-W26 1 session - \$12\*  
Central Square, SSP



**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 6-8 pm  
7719-W26 1 session - \$12\*  
Central Square, SSP

**ONLINE 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**

Wed, Feb 11 10:30-11:30 am  
7800-W26 1 session - \$12

**Medicare Basics**

Medicare 101: Navigating Medicare can be confusing, but this class will help you understand Parts A, B, C, and D. Learn how a Medicare Supplement Plan or Part C (Advantage Plan/Medicare Savings Account) can assist with coverage. The session will include time for individual questions. This is an educational class only.

**Instructor: Jordan Draper**

Wed, Mar 18 6-7:15 pm  
6400-W26 Zoom 1 session - Free  
Thu, Feb 12 6-7:15 pm  
5002-W26 1 session - Free  
Inver Grove Heights MS, IGH



## Write Your Own Power of Attorney & Healthcare Directive

Everyone should have a health care directive and a power of attorney whether you are 18 or 80. Without these important documents, it can be difficult for your loved ones to get health care information, make health care decisions on your behalf or handle your financial affairs if you should become incapacitated. Gain valuable information and tools to organize your affairs. Receive instructions and professionally prepared forms, and have access to witnesses and a notary public. Must bring your driver's license for identification. This class is a great supplement to the Writing Your Own Will class.

**Instructor: Kristin Davis**

Tue, Feb 17 6-8 pm  
6951-W26 1 session - \$50  
Two Rivers HS, MH



## 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**

Tue, Feb 17 6:30-7:30 pm  
5504-W26 1 session - \$12

Tue, Feb 17 6:30-7:30 pm  
7819-W26 1 session - \$12\*

Central Square, SSP



## Stop Playing Checkers with Your Retirement Taxes & Start Playing Chess

Most retirees approach income and taxes one move at a time—reacting like a game of checkers. But true retirement success requires strategy and foresight, like a game of chess. In this engaging session, you'll learn how to avoid common "checkers-style" mistakes that can cost retirees thousands, make strategic "chess-style" moves to reduce increased Medicare premiums and taxes on Social Security, and build a retirement income plan that protects against surprise tax bills. This isn't theory—you'll leave with a practical workbook filled with proven strategies to help reduce your lifetime tax burden and keep more of your hard-earned money.

**Instructor: Terrie Amundson**

Tue, Feb 24 6-7:30 pm  
5507-WS25 1 session - \$12  
Inver Grove Heights MS, IGH

## Should I Stay or Should I Go?

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risk OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give up the tools to make educated decisions.

**Instructor: Vaughn Kavlie**

Wed, Mar 11 10-11:30 am  
7820-W26 1 session - \$12\*  
Central Square, SSP



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

Is it Taxes, 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**

Wed, Mar 11 6:30-7:30 pm  
5506-W26 1 session - \$12

Wed, Mar 11 10:30-11:30 am  
7817-W26 1 session - \$12\*

Central Square, SSP



**Buying New Construction**

Thinking about moving and considering new construction 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 that there are differences when selecting a smaller builder versus a national builder.

**Instructor: John Mazzara**

Wed, Mar 11 6-8 pm  
 7716-W26 1 session - \$12\*  
 Central Square, SSP



**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 6-8 pm  
 7720-W26 1 session - \$12\*  
 Central Square, SSP

**ONLINE Let's Probate an Actual MN Estate**

In this class we will walk-thru 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.

**Instructor: Steve Ledin**

Thu, Mar 26 10:30-11:30 am  
 7801-W26 1 session - \$12\*



**ONLINE TEEN: Launch Your Pet-Sitting/ Dog-Walking Biz**

LOVE animals and want to earn extra cash? Turn your passion for pets into a thriving side gig! This fun, interactive class is perfect for teens who dream of walking dogs, feeding fish, or caring for cuddly cats while making money. Learn the basics of pet care, how to build trust with pet owners, set rates, promote your services, and handle tricky situations like nervous pets. Insightful handouts will be given out during class.

**Instructor: LeeAnne Krusemark**

Mon, Mar 30 6-7 pm  
 6856-W26 1 session - \$20

**Healthcare Planning for Early Retirement**

Retiring early or missing key deadlines can leave you (and your family) without coverage. Get answers about COBRA, your current plan, and learn the alternatives. This workshop explains enrollment periods, affordable options, and how to manage costs before Medicare.

**Instructor: Amy Nielsen**

Tue, Mar 31 6:30-7:30 pm  
 6403-W26 1 session - \$12  
 Two Rivers HS, MH

**Aging Loved Ones: How to have the Heart to Heart**

Having a heart to heart talk with loved ones about finances and the future can be challenging. Find guidance on navigating caregiving, financial planning, and family dynamics with compassion. Learn how to approach these tender topics with care and confidence, fostering open conversations and stronger relationships during times of change.

**Instructor: Kevin Schwartz**

Thu, Apr 2 6:30-7:30 pm  
 6410-W26 1 session - \$12  
 Two Rivers HS, MH

Classes marked with a \* are free for Central Square Senior Members

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

Is it better to have a formal plan in place, or leave things to future family dynamics and the ever changing benefit system? 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**

Mon, Apr 13	6:30-7:30 pm
6816-W26	1 session - \$12
Mon, Apr 13	6:30-7:30 pm
7816-W26	1 session - \$12*
Central Square, SSP	



## 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. Access to preferred service providers and discount coupons provided to all attendees 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	6-8 pm
7714-W26	1 session - \$12*
Central Square, SSP	

Classes marked with a \* are free for Central Square Senior Members

## Creating Your Estate Planning Blueprint

Your estate plan is your financial blueprint and just like a house, it needs a strong foundation. Discover simple steps to protect loved ones when you no longer can, how Roth conversions and other strategies can lower taxes, new IRS rules for IRA beneficiaries, ways to safeguard inheritances from creditors, divorce & bankruptcy. You'll leave with practical tools to build a secure estate plan for you and your family.

**Instructor: Terrie Amundson**

Tue, Apr 28	6-7:30 pm
6409-W26	1 session - \$12
Two Rivers HS, MH	

## How to Win with Investment Properties

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 what to put in a lease. We will review all aspects of becoming a landlord from buying, selling, and renting.

**Instructor: John Mazzara**

Wed, Apr 29	6-8 pm
7713-W26	1 session - \$12*
Central Square, SSP	

## SPECIAL EVENTS

### 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 am-12 pm
7146-W26	1 session - Free
Central Square, SSP	

## TECHNOLOGY



### Practical ChatGPT Training for Everyone

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and home. Don't get left behind in today's tech savvy world!

**Instructor: Social Club Simple, LLC- Nickie Welsh**

Tue, Jan 13	12-1 pm
6811-W26	1 session - \$29



**Driver Safety Courses**

The 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.

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

**Thompson Park Activity Center**

Four Hour Program - \$24

Thu, Jan 8	12-4 pm
Thu, Jan 22	12-4 pm
Thu, Feb 5	12-4 pm
Thu, Feb 19	12-4 pm
Thu, Mar 5	12-4 pm
Thu, Mar 19	12-4 pm
Thu, Apr 2	12-4 pm
Thu, Apr 16	12-4 pm

**Central Square Community Center**

Four Hour Program - \$24

Thu, Feb 26	9-1 pm
Thu, Apr 23	9-1 pm

**Veterans Memorial Community Center**

Four Hour Program - \$24

Tue, Jan 6	1-5 pm
Wed, Sep 14	5-9 pm
Tue, Feb 3	1-5 pm
Wed, Feb 18	5-9 pm
Tue, Mar 3	1-5 pm
Wed, Mar 11	5-9 pm
Tue, Apr 7	1-5 pm
Wed, Apr 15	5-9 pm



**Phone Photo Rescue Workshop for Beginners!**

Are you overwhelmed or running out of storage with all of the photos just sitting on your phone? In our live online workshop, you will delete the clutter, learn how to create printed photo books, and protect your precious memories forever. In just one hour, you'll transform your chaotic photo collection into an organized library you can actually navigate, plus learn maintenance habits that take only minutes each week, without the tech jargon.

**Instructor: Social Club Simple, LLC- Nickie Welsh**

Thu, Mar 5 12-1 pm  
6853-W26 1 session - \$29



**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: Kathy Povolny**

Tue, Apr 7 6:30-8:30 pm  
7403-W26 1 session - \$29  
Central Square, SSP

**WELLNESS, HEALTH & SAFETY**

**Learn to Play Chess**

Learn to play chess in an easy and fun environment. Boards and pieces will be supplied for use. All skill levels are welcome! We will take a practical approach so that everyone can learn as they play. Appropriate for ages 13+

**Instructor: David Berger**

Wed, Jan 7-28 6:30-8:30 pm  
6702-W26 4 sessions - \$40  
Two Rivers HS, MH



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

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. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. No matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! A resistance band is needed for some of the exercises.

**Instructor: Janice Novak**

Mon, Jan 12 6-7:30 pm  
7134-W26 1 session - \$35

## CPR/AED for All Ages

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**

Thu, Jan 15 5-7:45 pm  
7103-W26A 1 session - \$65  
Central Square, SSP

Thu, Mar 12 5-7:45 pm  
7103-W26B 1 session - \$65  
Central Square, SSP

## 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 8-9:30 am  
7104-W26A 1 session - \$85  
Central Square, SSP

Thu, Apr 23 6-7:30 pm  
7104-W26B 1 session - \$85  
Central Square, SSP

## 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 am-4 pm  
7483-W26 1 session - \$145  
Central Square, SSP

## Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Join one or both sessions! The weight loss session will stop food cravings, snacking and overeating. Or join the smoking/chewing cessation without weight gain or withdrawal course. Dress comfortably and bring a pillow, sleeping bag, or blanket. You may be sitting or laying down for part of the session. The fee includes the class session, a reinforcement CD, and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association. Smokers will have a 40 minute break off the school grounds to smoke their last final cigarettes. Bring your cigarettes with.

Tue, Jan 27 5:30-8:30 pm  
5111-W26 1 session - \$60  
Inver Grove Heights MS, IGH

Wed, Apr 8 5:30-8:30 pm  
5111-WS25 1 session - \$60  
Inver Grove Heights MS, IGH



## Heart Health for Women

Heart disease is the number one killer of women. Symptoms are different for women than 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 6-7:30 pm  
7135-W26 1 session - \$35



**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

Tue, Feb 17  
7482-W26

6-8 pm  
1 session - \$45



**Men's Health Matters: Why Men Are Falling Behind in Health-and How to Change It**

Join this informative discussion to learn about objective realities regarding the current state of men's health, what has led to high rates of disease, and the risks associated with declining health trends. Participants will walk away with actionable steps men can take to change the trajectory of their health to better support themselves, their families, and the community.

**Instructor:** Michael Krug

Wed, Jan 7  
6703-W26  
Two Rivers HS, MH

6-7:30 pm  
1 session - \$25

Wed, Mar 4  
5326-W26

6-7:30 pm  
1 session - \$25

Inver Grove Heights MS, IGH



**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

Tue, Mar 10  
7136-W26

6-7:30 pm  
1 session - \$35



**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  
7484-W26

9 am-4 pm  
1 session - \$145

Central Square, SSP



**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  
7175-W26

6-7:30 pm  
1 session - \$35

**Shinrin Yoku Forest Bathing**

Are you ready to escape the hustle and bustle of daily life and reconnect with the healing power of nature? Join us for a transformative 2-hour forest bathing walk in a serene, wooded park. Reconnect with nature and tap into its healing powers. Through sensory immersion and shared experiences, we'll rejuvenate our spirits and leave with memories of tranquility.

**Instructor:** David Motzenbecker

Sat, Apr 18  
6700-W26

9:30-11:30 am  
1 session - \$45

Cottage Grove Ravine Regional Park



**Feet, Knees and Ankles**

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. 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

Tue, Apr 21  
7138-W26

6-7:30 pm  
1 session - \$35

## **ONLINE** 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

Tue, Apr 21 6-8 pm  
7451-W26 1 session - \$45

## WORLD LANGUAGE



### Introduction to Italian Language

Planning a trip to Italy or just want to learn the language? This beginner-friendly class is the perfect place to start. Through interactive activities, games, and cultural insights, students will gain confidence in greetings, introductions and everyday expressions. No prior experience is needed - just a love for "la dolce vita"! Printed materials included.

**Instructor:** Stefania Padalino

Thu, Feb 5-26 6-7:30 pm  
6905-W26 4 sessions - \$120  
Somerset Elementary, MH

## **ONLINE** Adult Conversational Spanish: Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! You'll focus on conversational skills, greetings, numbers, food, clothing and grammar. Engage in small Spanish conversations and gain cultural insights, including word origins, dialects and names. Start your Spanish journey today!

**Instructor:** Futura Language Professionals

Mon, Feb 23-Mar 30 6-7 pm  
6801-W26 Mon 6 sessions - \$120  
Tue, Feb 24-Mar 31 6-7 pm  
6801-W26 Tue 6 sessions - \$120  
Wed, Feb 25-Apr 1 6-7 pm  
6801-W26 Wed 6 sessions - \$120

## **ONLINE** Adult Conversational Spanish: Beginner Part 2

Learning a language is a lifelong journey and now you are on your way! Keep the momentum in Beginner Spanish Part two. Continue to learn with practical conversational components and build phrases in Spanish to carry on small conversations. Explore grammar components related to weather, seasons, months, and days as well as cultural discussions with an importance of food, family and friendship.

**Instructor:** Futura Language Professionals

Mon, Feb 23-Mar 30 6-7 pm  
6802-W26 Mon 6 sessions - \$120  
Tue, Feb 24-Mar 31 6-7 pm  
6802-W26 Tue 6 sessions - \$120

## **ONLINE** Adult Conversational Spanish: Intermediate Part 1

¿Hablas un poquito español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Along with improving grammar and vocabulary concepts you will learn about Spanish cultural traditions and celebrations. Applicable to new students and previous Beginner Spanish Part 1 and 2 participants.

**Instructor:** Futura Language Professionals

Wed, Feb 25-Apr 1 6-7 pm  
6803-W26 6 sessions - \$120



## **ONLINE** Adult Conversational Spanish: Intermediate Part 2

¿Hablas un poquito español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities. Delve into real life scenarios in an interactive learning environment where you will learn more complex vocabulary as well as participating in culture discussions related to music, dance and famous people in Spanish speaking countries. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish participants.

**Instructor:** Futura Language Professionals

Wed, Feb 25-Apr 1 6-7 pm  
6804-W26 6 sessions - \$120

**American Sign Language (ASL) Beginner**

Learn the basics of American Sign Language (ASL) in this interactive beginner course. You'll master the alphabet, numbers, common phrases, and essential vocabulary. Through engaging activities and practice sessions, you'll build foundational skills in finger spelling, facial expressions, and basic grammar, enabling effective communication with the Deaf community. No prior experience needed.

**Instructor: Suzanne Downs**

Mon, Apr 13-Jun 15                      6:30-8 pm  
6900-W26                                      8 sessions - \$80  
Somerset Elementary, MH  
No Class May 25, Jun 8

**American Sign Language (ASL) Level 2**

A continuation of American Sign Language 1. Students will continue learning basic vocabulary, grammar, history, fingerspelling, numbers, terminology, and Deaf culture. This class is appropriate for those with some previous experience with ASL.

**Instructor: Suzanne Downs**

Mon, Jan 26-Mar 30                      6:30-8 pm  
6901-W26                                      8 sessions - \$80  
Somerset Elementary, MH  
No Class Feb 16, Mar 23

**GET FIT AT CENTRAL SQUARE****Friday Night Bootcamp**

There is no better way to welcome the weekend than a sweat inducing workout! We will utilize 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**

8 sessions - \$55 adult, \$20 senior (65+)  
9 sessions - \$62 adult, \$20 senior (65+)  
Fri, Jan 2-Feb 27                      6-7 pm  
9903-W26A                                      9 sessions  
Fri, Mar 6-Apr 24                      6-7 pm  
9903-W26B                                      8 sessions

**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**

8 sessions - \$55 adult, \$20 senior (65+)  
9 sessions - \$62 adult, \$20 senior (65+)  
Wed, Jan 7-Feb 25                      11 am-12 pm  
9969-W26A                                      8 sessions  
Fri, Jan 2-Feb 27                      11 am-12 pm  
9969-W26B                                      9 sessions  
Wed, Mar 4-Apr 29                      11 am-12 pm  
9969-W26C                                      9 sessions  
Fri, Mar 6-Apr 24                      11 am-12 pm  
9969-W26D                                      8 sessions

**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**

8 sessions - \$55 adult, \$20 senior (65+)  
9 sessions - \$62 adult, \$20 senior (65+)  
Tue, Jan 6-Feb 24                      5:15-6:15 am  
9909-W26A                                      8 sessions  
Wed, Jan 7-Feb 25                      4:30-5:30 pm  
9909-W26B                                      8 sessions  
Thu, Jan 8- Feb 26                      5:15-6:15 am  
9909-W26C                                      8 sessions  
Fri, Jan 2-Feb 27                      6-7 am  
9909-W26D                                      9 sessions  
Tue, Mar 3-Apr 28                      5:15-6:15 am  
9909-W26E                                      9 sessions  
Wed, Mar 4-Apr 29                      4:30-5:30 pm  
9909-W26F                                      9 sessions  
Thu, Mar 5-Apr 30                      5:15-6:15 am  
9909-W26G                                      9 sessions  
Fri, Mar 6-Apr 24                      6-7 am  
9909-W26H                                      8 sessions

**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**

8 sessions - \$55 adult, \$20 senior (65+)  
9 sessions - \$62 adult, \$20 senior (65+)  
Sat, Jan 3-Feb 28                      10-11 am  
9906-W26A                                      9 sessions  
Sat, Mar 7-Apr 25                      10-11 am  
9906-W26B                                      8 sessions

**Drop-in - \$8 adult, \$4 senior (65+)**

## Virtual Fitness Classes - 9913-W26

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

### Central Square Virtual Fitness Class Schedule

<b>Mon</b>	<b>Strength Cardio at 8:30 am</b> <b>Senior Yoga at 9:30 am</b>
<b>Wed</b>	<b>Strength Cardio at 8:30 am &amp; 6 pm</b> <b>Senior Yoga at 9:30 am</b> <b>Yoga at 5 pm</b>
<b>Thur</b>	<b>Yoga at 8:30 am</b> <b>Senior Strength Cardio at 9:30 am</b>
<b>Fri</b>	<b>Strength Cardio at 5:30 pm</b>
<b>Sat</b>	<b>Strength Cardio at 8 am</b> <b>Yoga at 9 am</b>



### 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*

### 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

## 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*

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)

Sat, Jan 3-Feb 28	11 am-12 pm
9966-W26A	9 sessions
Sat, Mar 7-Apr 25	11 am-12 pm
9966-W26B	8 sessions



### 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*

- 6 sessions - \$42 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)

Mon, Jan 5-Feb 23	5:30-6:30 pm
9918-W26A	6 sessions
<i>No class Jan 19, Feb 16</i>	
Mon, Mar 2-Apr 27	5:30-6:30 pm
9918-W26B	9 sessions

### 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.

*Instructor: Rita Wurm/Jina Digaetano*

- 6 sessions - \$42 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)

Mon, Jan 5-Feb 23	6:30-7:30 pm
9902-W26A	6 sessions
<i>No class Jan 19, Feb 16</i>	
Mon, Mar 2-Apr 27	6:30-7:30 pm
9902-W26B	9 sessions

**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**

- 6 sessions - \$42 adult, \$20 senior (65+)
- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Mon, Jan 5-Feb 23 8:30-9:30 am  
9967-W26A 6 sessions  
No class Jan 19, Feb 16
- Wed, Jan 7-Feb 25 8:30-9:30 am  
9967-W26B 8 sessions  
No class Jan 19, Feb 16
- Mon, Mar 2-Apr 27 8:30-9:30 am  
9967-W26C 9 sessions
- Wed, Mar 4-Apr 29 8:30-9:30 am  
9967-W26D 9 sessions

**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**

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Tue, Jan 6-Feb 24 5:30-6:30 pm  
9915-W26A 8 sessions
- Tue, Mar 3-Apr 28 5:30-6:30 pm  
9915-W26B 9 sessions

**Jazzercise**

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to [JAZZERCISE.COM](http://JAZZERCISE.COM) and look for Central Square.

**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**

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Tue, Jan 6-Feb 24 6:30-7:30 pm  
9916-W26A 8 sessions
- Tue, Mar 3-Apr 28 6:30-7:30 pm  
9916-W26B 9 sessions



**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**

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Wed, Jan 7-Feb 25 9:45-10:45 am  
9968-W26A 8 sessions
- Wed, Mar 4-Apr 29 9:45-10:45 am  
9968-W26B 9 sessions

**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**

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Thu, Jan 8-Feb 26 5:30-6:30 pm  
9908-W26A 8 sessions
- Thu, Mar 5-Apr 30 5:30-6:30 pm  
9908-W26B 9 sessions

**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 an hour long yoga routine that will include basic yoga poses, music and always the best part - a Savasana/final relaxation.

**Instructor: Rita Wurm**

- 8 sessions - \$55 adult, \$20 senior (65+)
- 9 sessions - \$62 adult, \$20 senior (65+)
- Thu, Jan 8-Feb 26 6:30-7:30 pm  
9911-W26A 8 sessions
- Thu, Mar 5-Apr 30 6:30-7:30 pm  
9911-W26B 9 sessions

**Drop-in - \$8 adult, \$4 senior (65+)**

**CONTACT US FOR A FREE TRIAL LESSON TODAY**



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Private & Group Music Instruction  
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## What is TriDistrict Community Education?

TriDistrict Community Education is a collaboration between the Community Education Departments of Inver Grove Heights, South St. Paul, and West. St. Paul-Mendota Heights-Eagan school districts. We have joined forces to create a comprehensive and enriching learning experience for students, families, and community members. This collaboration allows us to offer more programs and activities to the community. Programs are available in your local district, or in a neighboring district so you can find something to match your interests and schedules.



# IT'S NEVER TOO LATE TO LEARN! NUNCA ES TARDE PARA ESTUDIAR

Adult Education (ABE) provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. **All classes are FREE!**

Educación para adultos (ABE) proporciona a los adultos en el condado de Dakota del Norte oportunidades educativas para adquirir y mejorar la alfabetización a fin de convertirse en empleados, miembros de familia y ciudadanos autosuficientes y orgullosos. **Todas las clases son GRATIS.**

## AREAS OF STUDY • AREAS DE ESTUDIO

- English Language Learners (ELL)  
*Aprendices del idioma Ingles (ELL)*
- Online Conversation Course (ELL)  
*Clases de Conversación en línea (ELL)*
- Online Citizenship Prep  
*Preparación para ciudadanía en línea*
- HSE/Academic Skills  
*HSE/habilidades académicas*
- Online HSE  
*HSE en línea*
- In-person/Online HyFlex  
*HyFlex en persona/en línea*
- Work/Career Readiness Skills  
*Habilidades de preparación para el trabajo/carrera*
- College Entrance Placement Test Prep  
*Preparación para el examen de ingreso a la universidad*
- Family Learning in partnership with ECFE  
*Aprendizaje Familiar en colaboración con ECFE*



## Classes take place at • Las clases son en

Central Square Community Center  
100 7th Ave N  
South St. Paul, MN 55075

**YOU COULD BE HERE!  
¡TU PUEDES ESTAR AQUI!**

**Call Linda at • Llame a Linda al  
651-306-3632**



[communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)



Scan QR code for more info!  
¡Escanee el código QR para más información!



The Access Project program is designed to provide a wide array of activities and classes for adults with disabilities to expand their horizons, cultivate new skills, engage in stimulating activities and foster friendships in a welcoming and supportive environment. You are invited to participate in any of our classes regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver
- There is no cost for caregivers to assist unless otherwise noted
- Transportation is not included unless noted
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before listed start time. Prompt pick up is expected at the end of time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class
- All Access Project activities are alcohol and tobacco-free.

**Contact, Registration, & Fee Assistance Information:**  
 Phone: 651-403-8331  
 Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com). Click on Access Project.  
 Mail: Access Project Program  
 Karyn Solseng  
 1200 Stassen Lane  
 West St. Paul, MN 55118

## ARTS AND CRAFTS

### Open Art Lab

Whether you're a seasoned creator or just starting out, get inspired as we dive into various mediums, techniques, and styles as you unleash your imagination. Join us for a vibrant journey of self-expression and artistic discovery!

Tue, Jan 13 6:30-8 pm  
 1000-W26 1 session - \$6

### Guided Drawing with Access Staff

Join us for a night of drawing fun. One of our skilled instructors will guide you through an easy and fun drawing step by step. Make it your own by adding color to it.

Tue, Mar 10 6:30-7:30 pm  
 1007-W26 1 session - \$6

### Tie-Dye Butterflies

Happy Spring! Join us for an evening making these cute tie-dye magnet butterflies. We will teach you step by step how to make these creations, so you can make them on your own. We can't wait to see your creations!

Tue, Apr 14 6-7:15 pm  
 1003-W26 1 session - \$6

## Crafts with a Master Gardener!

Our local Dakota County Master Gardeners will be coming every month for a series of fun, nature based crafts! You will learn about winter sowing by planting seeds as well as create pollinator art, flower jars, and terrariums!

Tue, Jan 6	6-7 pm
1008-W26 Terrariums	1 session - \$5
Tue, Feb 3	6-7 pm
1008-W26 Flower Jars	1 session - \$5
Tue, Mar 3	6-7 pm
1008-W26 Sowing	1 session - \$5
Tue, Apr 7	6-7 pm
1008-W26 Pollinator	1 session - \$5

## CULINARY

### Easy Cheese Crackers and Dip

Do you like easy snacks? Do you like cheese? Join us for a night of fun where these two come together. We will make our own cheese crackers (cheddar and monetary Jack) and some homemade dip. You can take this recipe home and amaze your friends at your next home event.

Thu, Jan 29	6-7 pm
1026-W26	1 session - \$9



### Dipped Oreos on a Stick

Join us in making these fun sweet treats. You will learn how to melt chocolate, dip treats and then decorate with sprinkles. We will enjoy eating these treats while socializing with friends. See you there!

Wed, Feb 25	6-7:30 pm
1024-W26	1 session - \$9

### Personal Pizza Night

Come create your own personal size pizza. We will offer a variety of toppings and easy to follow recipes, should you want a specialty pizza. Enjoy eating dinner and socializing with peers.

Thu, Mar 5	6-7:30 pm
1025-W26	1 session - \$9

**All Access Project classes take place in the Branch Out Building, unless otherwise specified.**

**WELLNESS**

**Disney Just Dance™**

Get ready to groove to beloved tunes while learning fun choreography. Perfect for Disney fans of all ages, this high-energy class teaches dance moves that will make you a hit at all the dance parties!

Wed, Jan 21 6-7 pm  
1080-W26 1 session - \$5

**Chair Yoga**

Refresh and recharge with this gentle style of yoga. You will learn how to do gentle stretches, body weight exercises, and breathing techniques all while being supported by a chair. These exercises can be done anywhere!

Tue, Apr 28 6-7 pm  
1084-W26 1 session - \$5

**SOCIAL**

**Friday Fun Night**

Join us for a night of fun with friends, games, crafts, movies, and pizza. This is a relaxed, casual activity where you get to choose what you want to do! Pre-registration is not required but helpful in ordering pizza. We will do a special Karaoke Friday Fun Night in December!

Fri, Feb 13 6-8:30 pm  
1040-W26 Feb 1 session - \$8  
Fri, Mar 13 6-8:30 pm  
1040-W26 Mar 1 session - \$8  
Fri, Apr 10 6-8:30 pm  
1040-W26 Apr 1 session - \$8

**Bingo Jamboree**

Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

Mon, Jan 26 6-7:15 pm  
1041-W26 Jan 1 session - \$5  
Mon, Feb 23 6-7:15 pm  
1041-W26 Feb 1 session - \$5  
Mon, Mar 16 6-7:15 pm  
1041-W26 Mar 1 session - \$5  
Mon, Apr 20 6-7:15 pm  
1041-W26 Apr 1 session - \$5

**Karaoke**

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

Thu, Apr 30 6-7:15 pm  
1042-W26 1 session - \$5

**Puzzle Group**

Join us for a night of puzzle making and socializing with peers. We will have a large puzzle the group can work on and a few small puzzles people can work on individually or with a partner. You can choose what works best for you. Can't wait to see the masterpieces we complete.

Thu, Mar 19, Apr 2, Apr 16 6-7 pm  
1047-W26 3 sessions - \$10

**Open Mic Night**

It is your time to be a star! Tell a joke, sing a song, read a story or perform a short skit. You decide what you'd like to perform. Come on over and share your talent and root your friends on too. Come shine with us!

Tue, Mar 31 6-7:15 pm  
1046-W26 1 session - \$5

**SPECIAL EVENTS**

**Lawshe Museum Tour**

Visit the Lawshe Memorial Museum to explore Dakota County's history! The museum houses various exhibits to explore a variety of historical topics that range from Lawshe organization's founding through Fred Lawshe and his early creations, to pre-historic history of the region and through the ages. This will be a relaxed, explore on your own time tour.

Thu, Feb 19 5:30-7 pm  
1067-W26 1 session - free  
Lawshe Memorial Museum, SSP



**Friday Fun Winter Party**

Come for the festivities and leave with warm memories during these cold winter nights! We'll have pizza, winter inspired crafts and games, a winter movie, and a dance floor to kick up your heels to some favorite tunes. Pre-registration is appreciated for ordering pizza.

Fri, Jan 16 6-8:30 pm  
1066-W26 1 session - \$10

**Little Women: Two Rivers Musical**

Access will be going to the Two Rivers Musical Little Women this spring. Keep a look out for emails and flyers, or check out our registration website, for updates on the Musical's dates and times when we find out more! Free to Access participants and caregivers.

**Summer Registration Open House**

Curious about what Access Project offers or want help signing up? Come join us for a night of fun while we socialize, enjoy a snack and register for new classes we have available for the next session. A staff member will help you register and tell you a bit about the classes we are offering.

Tue, May 5 6-7 pm  
1063-W26 1 session - Free

Scan to see our  
current programs.



### Central Square

100 Seventh Ave. N., SSP  
651-306-3632  
Mon-Fri, 5 am-8 pm  
Sat, 7:30 am-2 pm

### Linda Jacobs-Buse,

Community Education Facilitator  
[ljacobs-buse@sspps.org](mailto:ljacobs-buse@sspps.org)

### Services

#### 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.

#### Free Wi-Fi

Wireless internet access is available anywhere in the building. No password necessary.

#### Notary Service

Mon-Fri from 7:30 am - 4 pm

#### Room Rental

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.

#### Senior Center Hours

Monday-Friday: 7:30 am - 3 pm

#### About the 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.

#### Become a Member for Only \$12/Year

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+).

### Opportunities to Volunteer

Adult Education Tutors  
Free Take 'n Bake Meals Volunteer

### 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 class or activity 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 fitness classes free per week that will be covered by insurance. For example: Yoga Fusion, Aqua Interval, Silver & Fit Explore®, etc. Or one free lap swim per day.

### 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. Everyone is welcome to use Fare For All. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org)

**Tuesdays: Jan 20, Feb 17, Mar 17, Apr 21, May 19**

### Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Kitchen Coalition, 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 and Wednesday. Meals can be picked up Mondays and Wednesdays after 3 pm and are available through Saturday at 2 pm while supplies last.

**Virtual Fitness Classes - 9913-W26**

Visit the Central Square front desk or [www.sspps.org/centralsquare](http://www.sspps.org/centralsquare) for class schedules.

**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*

**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

**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	9:30-10:15 am
9803-W26A	9 sessions - \$62 adult,
Central Square, SSP	\$22.50 senior (65+)
Fri, Mar 6-Apr 24	9:30-10:15 am
9803-W26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**



**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*

Tue, Jan 6-Feb 24	9:30-10:15 am
9801-W26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Jan 8-Feb 26	9:30-10:15 am
9801-W26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Tue, Mar 3-Apr 28	9:30-10:15 am
9801-W26C	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Mar 5-Apr 30	9:30-10:15 am
9801-W26D	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

**Senior Circuit**

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults.

*Instructor: Terie Hanson*

Mon, Jan 5-Feb 23	6:15-7:15 am
9802-W26C	6 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)
<i>No classes Jan 19 &amp; Feb 16</i>	
Wed, Jan 7-Feb 25	6:15-7:15 am
9802-W26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Jan 8-Feb 26	6:15-7:15 am
9802-W26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Mar 2-Apr 27	6:15-7:15 am
9802-W26D	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Mar 4-Apr 29	6:15-7:15 am
9802-W26E	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Mar 5-Apr 30	6:15-7:15 am
9802-W26F	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)

**Senior Center**

Ongoing Activities (pre-registration is not required)

**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 8:30-11 am

**Walk the Square**

Come walk the square - we might not be big, but we are temperature controlled.

Monday-Friday 7:30 am-3:30 pm

**Penny Bingo**

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It's a fast paced, easy card game that everyone will enjoy! It's very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays 1-2:30 pm

**Cribbage**

Is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Mondays 12-2:30 pm

**Woodcarvers**

Come check out the Woodcarvers Group at Central Square! This 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 9-11 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 and maybe pick up a pointer or two, maybe even start a new craft.

Tuesdays 1-3 pm

**Beginner 500 Cards**

What to learn Five Hundred? Come join us to learn this game. 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.

Wednesdays 10-11 am

**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.

Wednesdays & Fridays 11:30 am-2 pm

**Hand & Foot Card Game**

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 1-3 pm

**Lap Swim at Central Square**

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 10 admissions \$40 adult (19-64 yrs)  
9912-25/26 \$15 senior (65+)

Punch Card 30 admissions \$80 adult (19-64 yrs)  
9912-25/26 \$30 senior (65+)

Scan here for the lap swim schedule at Central Square



**Daily Rate**

\$5 adult (19-64 yrs)

\$2 senior (65+)

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

Mon-Fri from 7:30 am-3 pm

Sat from 7:30 am-1:30 pm

Schedule is subject to change.

**UPCOMING EVENTS**

**Happy Feet**

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage.

Second Tuesdays of the month      9 am-4 pm  
 Jan 13      \$45 per session  
 Feb 10  
 Mar 10  
 Apr 14  
 May 12

Call to make an appointment: 763-346-3390

**Senior Board Meetings**

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

Second Wednesdays of the month      9:30 am  
 Wed, Jan 14      Wed, Mar 11  
 Wed, Feb 11      Wed, Apr 8

**Senior Out and About Lunches**

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby!

Second Wednesdays of the month      11 am  
 Wed, Jan 14      Hazelwood Bar & Grill  
 Wed, Feb 11      Tokyo 23  
 Wed, Mar 11      Ze's Diner  
 Wed, Apr 8      Teresa

**Senior Socials at Central Square**

Join us at Central Square for a social get together! Come for food, conversations, music, and friends! Monetary donations accepted.

11:30 am-1 pm  
 Thu, Jan 22      Eggroll In a Bowl  
 Thu, Feb 19      Mississippi Mud Sandwiches  
 Thu, Mar 12      Beef Stew  
 Thu, Apr 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 is from 12-3 pm (depending on movie length).

Thu, Jan 8      Thu, Mar 19  
 Thu, Feb 12      Thu, Apr 9

**Metro Dining Cards**  
 Metro Dining Cards are now available for purchase at Central Square! Each set is \$35 and offers discounts at dozens of local restaurants.

**Book Club**

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. We will meet on the second Monday of the month from 12:30-2:30 pm. Bring a lunch or something to share. You can pick up a book at your local library, bookstore or online.

Jan 12 *The Handmaid's Tale* by Margaret Atwood  
 Feb 9 *Minnesota 1918* by Curt Brown  
 Mar 9 *If You Lived Here You'd Be Home By Now* by Christopher Ingraham  
 Apr 13 *Born a Crime* by Trevor Noah



**DoNot 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!

Thu, Mar 5      1-2 pm  
 7123-W26      1 session - \$10  
 Central Square, SSP

**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      10-11:30 am  
 7146-W26A      1 session - Free  
 Central Square, SSP  
 Wed, Mar 11      1-2:30 pm  
 7146-W26B      1 session - Free  
 Central Square, SSP  
 Wed, May 13      1-2:30 pm  
 7146-S26A      1 session - Free  
 Central Square, SSP

City of Inver Grove Heights Parks & Recreation  
Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077

**Program Registration**

For programs registration: visit [ighmn.gov/ActiveAdults55](http://ighmn.gov/ActiveAdults55)  
or call: 651-450-2480

To view the current Scoop/IGH Parks and Recreation  
brochure visit [ighmn.gov/CurrentBrochure](http://ighmn.gov/CurrentBrochure)

**EDUCATIONAL PROGRAMS**

**Senior Home Owner Workshop Series**

This three-part workshop series is designed to empower and inform older homeowners. Presented by Deb Safi from RE/MAX

**1. Spot the Scam • Wed, Jan 14 • Free**

Learn how to recognize and avoid the latest scams and frauds targeting seniors presented by the Inver Grove Heights Police Department.

**Time:** 10 am **Location:** VMCC, Community Room 1  
**Code:** AS-W0114 **Register by:** Wednesday, January 7

**2. Mortgage Options for Seniors • Wed, Jan 21 • Free**

Understand the pros and cons of reverse mortgage and other creative financing tools presented by a professional mortgage officer.

**Time:** 10 am **Location:** VMCC, Community Room 1  
**Code:** AS-W0121 **Register by:** Wednesday, January 14

**3. Planning for Future Sale • Wed, Jan 28 • Free**

Tips to prepare your home for a future move — whether it's next year or five years down the road. Presented by professional real estate team.

**Time:** 10 am **Location:** VMCC, Community Room 1  
**Code:** AS-W0128 **Register by:** Wednesday, January 21

**Aging In Place: How You Can Stay Independent Where You Are**

**Thursday, February 5 • Free**

Learn practical strategies for staying safe, comfortable, and independent at home. Led by occupational therapist, Jordan Zilisch, this class covers personalized approaches to aging in place, resources to support your independence, and tips for finding trusted care partners. Gain the confidence and knowledge to plan ahead and thrive wherever you call home.

**Time:** 10:30 am **Location:** VMCC, Community Room 1  
**Code:** AS-W0205 **Register by:** Thursday, January 29

**Registration for speakers is required for planning purposes.**

**Gut Health and Hormone Balance after 40**

**Thursday, February 26 • Free**

Did you know your gut plays a key role in your hormones, energy, weight, and even your memory? As we age, changes in digestion and hormone levels can leave us feeling tired, foggy, or “not like ourselves.” In this talk, Dr. Ryan Hetland will share simple, science-backed strategies to restore balance, improve digestion, and support healthy hormones. You’ll leave with practical steps you can start using right away to feel healthier and more energized.

**Time:** 11 am **Location:** VMCC, Community Room 1  
**Code:** AS-W0226 **Register by:** Thursday, February 19

**Nourish for Life: Healthy Eating Made Simple**

**Wednesday, March 11 • Free**

Discover practical tips and simple strategies for eating well as you age. This lively class guides seniors through balanced meal choices, portion control, and nutrition essentials—plus what to watch out for and how to build healthy habits for lifelong wellness. Empower yourself to feel your best, today and every day. Offered in cooperation with our fitness staff.

**Time:** 10:30 am **Location:** VMCC, Community Room 2  
**Code:** AP-W0311 **Register by:** Wednesday, March 4

**“Musings with the Mayor”**

**Wednesday, April 8 • Free**

Join the conversation and connect with IGH Mayor Dietrich in a friendly, inclusive setting. Everyone is welcome to ask questions, share ideas, and be part of the community discussion.

**Time:** 10 am **Location:** VMCC, Community Room 2  
**Code:** AP-P0408 **Register by:** Wednesday, April 1

**Landmark Tours Travel Show**

**Wednesday, April 8 • Free**

Come check out the exciting travel opportunities!

**Time:** 10 am **Location:** VMCC, Community Room 1  
**Code:** AP-W0211 **Register by:** Wednesday, February 4

INVER GROVE HEIGHTS PARKS & RECREATION

**Healthy Living FAIR** **FREE**

**Wednesday, April 15 • 10 a.m.–1 p.m.**  
**VMCC, NATIONAL GUARD GYMNASIUM**



Attend free fitness classes, presentations, and visit vendor booths with information on adult health and wellness. Learn more at [ighmn.gov/Events](http://ighmn.gov/Events)

# IGH Senior Club

Join for the camaraderie and enjoy  
a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

**2026 Membership: \$20 per person** Membership renewal for 2026 is \$20 per person. The club is managed by a board and in partnership with IGH Parks and Recreation.

**All Senior Club payments for membership and registration for the monthly luncheons are paid to the Senior Club.** Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes are provided at the drop box location.

### All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month from noon to 2 p.m.). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

#### JANUARY 19

For planning purposes, registration is required

- Potluck
- No charge

#### FEBRUARY 16

- Swedish meatballs on egg noodles
- Buttered carrots, salad and buns
- BINGO
- \$18

#### MARCH 16

- Corned beef and cabbage, cauliflower, broccoli, carrot medley with baby red potatoes, salad, rolls, cookie
- Entertainment
- \$18

#### APRIL 20

- Roast turkey with coleslaw, green beans, salad, roll and brownies
- BINGO
- \$20

### Monthly Card Game Schedule

Join in the fun and games hosted by the Inver Grove Heights Senior Club. All experience levels are welcome. No registration required — just come! Questions? Contact Gary Altendorf: 612-598-0160 or email [club55igh@gmail.com](mailto:club55igh@gmail.com).

**Location:** VMCC, Senior Center

**500:** Mondays · 1 pm (except the third Monday of the month)

**Cribbage:** Tuesdays · 1 pm

**Bridge:** Wednesdays · 12:30 pm

**Euchre:** Thursdays · 1 pm

**Hand & Foot:** Fridays · 12:30 pm

### Happy Feet Foot Services

On the **second Friday and fourth Tuesday** of the month, enjoy a 30-minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Drop-ins are not accepted, please call 763-346-3390 to set up an appointment.

### BOOK CLUBS

Drop-in · No registration required · Free

Room location will be posted in the VMCC on day of club.

#### Non-Fiction Book Club: **Mondays · 10 am · VMCC**

Meets on the fourth Monday of the month. For more information contact Linda Scharlatt at [linda.scharlatt@gmail.com](mailto:linda.scharlatt@gmail.com).

**Jan. 26** *Angela's Ashes: A Memoir* by Frank McCourt

**Feb. 23** *Zero Fail: The Rise and Fall of the Secret Service* by Carol Leonnig

**March 23** *The Top Ten Things Dead People Want to Tell You: Answers to Inspire the Adventure of Your Life* by Mike Dooley

**April 27** *The Lonely City: Adventures in the Art of Being Alone* by Olivia Laing

#### Fiction Book Club: **Tuesdays · 1 pm · VMCC**

Meets every second Tuesday of the month.

**Jan. 13** *The Frozen River* by Ariel Lawhon

**Feb. 10** *The Fury* by Alex Michaelides

**March 10** *Where'd You Go, Bernadette* by Maria Semple

**April 14** *Every Note Played* by Lisa Genova

### Contemporary Line Dancing

**Tuesdays, January 13–February 17 · Cost: \$45**

Line dancing has become increasingly popular and is an excellent way to increase coordination, balance and enrich memory...and it's FUN! No partner is needed, regular attendance is very helpful.

**Location:** VMCC, Fitness Studio

**Register by:** Tuesday, January 6

**Beginner time:** 12:15–1:15 pm

**Code:** AP-W0113B

**Adv. Beginner time:** 1:30–3 pm

**Code:** AP-W0113A

### Pickleball

Pickleball is a fun, fast activity that combines tennis, ping pong, racquetball and badminton. It is a great way to get a good workout and have fun. Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband. View the schedule: [ighmn.gov/Pickleball](http://ighmn.gov/Pickleball)



IGH Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.



For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)

### Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

### Office Hours: Mon - Thu, 9 am-4 pm

TPAC will be closed Jan 1, 19, Feb 16, and Mar 23-27

### Contact and Registration Information:

TPAC Phone: 651-403-8300

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Adults 55+

Registrations are taken on a first-come, first-serve basis. Register early as classes fill up. Mailed registrations cannot not be guaranteed. There is up to a five day registration deadline for all TPAC classes and a one week registration deadline for events.

### TPAC Groups and Clubs

Registration required. Monthly groups: \$10 annually per member, renewed each September. Weekly groups: \$15 per trimester/member, Jan-Apr / May-Aug / Sep-Dec. Refunds are not given for single session cancellations of a monthly or weekly group.

### Scholarships & Fee Assistance

Call 651-403-8303 for details.

### Refunds

Requests for cancellations and refunds must be received seven days prior to the first class session or trip deadline. A \$10 service charge will be applied to your refund. Refunds are not issued after the first session or after trip registration deadlines. For groups, see above.

### Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity. Refunds are not issued for single sessions of repeating monthly or weekly groups.

### Inclement Weather and TPAC 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.

### E-News

Sign up for email updates from Thompson Park Activity Center at [isd197.org/community/adults-55](http://isd197.org/community/adults-55) or call TPAC at 651-403-8300.

### Opportunities to Volunteer - Call TPAC for more information

Technology Mentors  
Umbrella Project  
Office Attendant  
Advisory Council



### Free Services

**Memory Screening** - Provided by DARTS. Call TPAC 651-403-8300 for an appointment.

**Legal Services** - Call 651-222-4731.

**Health Insurance Counseling** - Call MN Aging Pathways at 1-800-333-2433 or go to [trellisconnects.org/get-help/medicare](http://trellisconnects.org/get-help/medicare) for an appointment.

### Fare For All

Affordable groceries for all. Dates are subject to change last-minute. Details at [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org) or call 763-450-3880. Credit Cards preferred. No checks.

### Difficulty Hearing our Presenters?

If you have difficulty hearing during a presentation or class, please let us know immediately so we can rearrange seating or have the presenter use a microphone.

### Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, services, operations, or the facility. Fill out a form, located near the suggestion box in the hall near the bulletin boards to share your thoughts. If you include your contact information (optional), we can follow up with you.

### Foot Care

Footcare Services provided at Thompson Park Activity Center \$65  
Call 651-403-8300 to schedule your appointment.

*If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover Sep-Dec programming. Annual fees cover Sep 2025 to Aug 2026.*

## METRO DINING CARDS

Dine out with savings! Over 150 discount cards valid at each restaurant once per month.  
Discounts include BOGO Free meal or 50% off your entree.

Available at TPAC Mon-Thu, 9 am-4 pm. \$30 per set. All sales are final. No returns or exchanges.

TPAC's Direct Phone Number: 651-403-8300

## SPECIAL EVENTS

**An Afternoon with Laura Ingalls Wilder**

Join this unforgettable program as master storyteller Patti Katchell embodies Laura Ingalls Wilder in her later years, sharing the beloved tales that have captured America's heart. Patti'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 1-2 pm  
1127-W26 1 session - \$12

**Jennifer Grimm Performs Judy Garland**

Celebrate the magic of Judy Garland's timeless music with acclaimed vocalist Jennifer Gimm, whose accomplished career spans stages, concert halls, and special 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 performer who has delighted audiences nationwide. Join us for an afternoon of nostalgia, music, and charm you won't soon forget. Light dessert will be provided.

Wed, Feb 11 1-2 pm  
1128-W26 1 session - \$12

**Legacy Celtic Music**

Enjoy an hour of traditional Irish music with Legacy Celtic Music! With over 200 songs in their repertoire, Legacy blends lively jigs and reels with heartfelt ballads, humorous tunes, and rich vocal harmonies. Their performance features authentic Irish music—sailing songs, pub favorites, and immigration ballads—woven together with engaging stories and a touch of humor. Whether you're Irish at heart or simply love spirited live music, this 60-minute concert will leave you clapping, singing along, and smiling all the way home. Light dessert will be provided.

Wed, Mar 11 1-2 pm  
1129-W26 1 session - \$12

Register early; register one week or more in advance.

**MN Poet Laureate Celebrates Poetry Month**

Celebrate National Poetry Month with Minnesota's Poet Laureate, Gwen Westerman, at the Dakota Lodge! Join us for an inspiring afternoon as Gwen shares her personal story, reads from her powerful and heartfelt poems, and reflects on the creative journey behind her acclaimed book. Gwen beautifully captures the landscape, history, and spirit of Minnesota life. Don't miss this special opportunity to meet our state's leading voice for poetry and be inspired by the ways language and storytelling connect us all. Refreshments will be provided.

Mon, Apr 6 1-2 pm  
1153-W26 1 session - \$5

**Behind the Book: Dr. Osterholm on The Big One**

Join us for a special conversation with Dr. Michael Osterholm, world-renowned epidemiologist and best-selling author, as he shares the research behind his latest book, *The Big One*. Known for his clear, engaging explanations of global health, Dr. Osterholm will explore pandemics past and future, the science guiding public health, and how we can better prepare. This is a unique opportunity for our 55+ adult learners to hear directly from one of Minnesota's most respected voices in medicine. Books will not be available, however, pre-purchased copies may be signed if time allows. Refreshments will be provided.

Wed, Apr 29 1-2 pm  
1130-W26 1 session - \$10

## LEARNING &amp; DISCUSSION

**Technology Help**

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

Mondays 9 am-12 pm  
No registration needed Free  
Closed Jan 19, Feb 16 & Mar 23

**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 attendees.

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

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

**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 Tuesdays, Jan-Apr 1-3:30 pm  
1135-W26 4 sessions - \$12



**Dementia Friends Minnesota**

A Program of TRELLIS™

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

This informative program led by Camile Nash, Lead Care Team Navigator with Trellis. 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 discover ways to create a more dementia-friendly environment. This presentation is designed to empower and support those touched by memory loss.

**Presenter: Camile Nash, Community Health Worker, Trellis Dementia Friendly Community Initiatives**

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

**ChatGPT Training for Everyone on Zoom**

Are you curious about what ChatGPT is? This fun and 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

**Register early; register one week or more in advance.**

**Nature Sense with Eloise Dietz**

Join Naturalist Eloise Deitz each month for a fun, hands-on Nature Sense series at Thompson Park. Explore fall colors, create nature art, and uncover winter wildlife secrets. Eloise's engaging style and deep knowledge make each session a delightful way to connect with the outdoors.

**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?

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 Fe 1 session - \$10

**Up, Up, and Away - Woodcocks**

They can show up in March if end of winter conditions are favorably mild. Learn about this shy, humble, evasive and intriguing bird! Then be on the lookout for it!

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

**Favorite Rocks**

If you are a proud rock hound and have a favorite rock with a story surrounding it, bring it to today's program! There will be many many rocks on display!

Tue, Apr 14 1-2:15 pm  
1783-W26 1 session - \$10

**We Earned It - Keeping Social Security Secure**

Social Security has been a stable and popular program since its inception, but the program 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

**Foot Care**

Footcare Services provided at Thompson Park Activity Center \$65. Call 651-403-8300 to schedule your appointment.

**Film Screening & Discussion with Alec Fischer**

Join Alec for an inspiring screening and discussion of his new 23-minute documentary *Memorialize the Movement*, highlighting the extraordinary effort to collect and preserve over 1,000 plywood murals created during the 2020 unrest following George Floyd's murder. Follow the story of Leesa Kelly and her team as they attempt to collect and preserve 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

**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 hospice myths include: hospice means giving up hope; it's only for cancer patients; care is only provided in the last days of life; hospice 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

**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**

Seniors 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, while also discovering 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. Registration preferred.

**Presenter:** *Landmark Tours Representative*

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 what they went through as 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

**Secrets of Camp Savage: Minnesota’s Hidden WWII Story**

Few Minnesotans realize our state’s key role in the U.S. 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. In this presentation, 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 Minnesota for an informative and compassionate discussion designed to help families navigate the challenges of dementia. Ted will share practical tips on how to start meaningful conversations about memory concerns, care planning, and changing relationships. This session offers guidance, understanding, and support for anyone touched by dementia. Come 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 on 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 on 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 five-part series with 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 who share an interest in global history and culture. Don’t miss this journey through history with a passionate scholar as your guide.

**Presenter: Maria Fedorova, PhD, Assist Prof at Macalester College**

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

**Minerals Impact on MN**

Minnesota’s mineral resources are drawing increased attention, from copper-nickel mining proposals to questions about long-term environmental impacts. Join this informative 90-minute presentation by a representative from the Minnesota Department of Natural Resources. Learn about current mining practices, what minerals are in demand, and how decisions are made to balance resource use and environmental protection. Seniors from West St. Paul 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 DNR**

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

**Creating Your Estate Planning Blueprint**

Build a strong foundation for your estate plan in this workshop, covering wills, trusts, retirement accounts, and tax-efficient strategies. Learn how Roth conversions can benefit you, adjust IRA beneficiary plans under new IRS rules, and create a meaningful legacy beyond assets. Retirees will receive workshop slides with key points and actionable strategies to help secure their financial future.

**Instructor: Terrie Amundson, CFP®, 30+ years of experience guiding retirees in St. Paul**

Mon, Mar 2 10-11:30 am  
1144-W26 1 session - \$4

**Register early; register one week or more in advance.**

**Laugh Along with Sportscaster Dick Jonckowski**

Enjoy an entertaining presentation with former sportscaster Dick Jonckowski as he shares heartwarming and humorous stories from his many years in the world of sports. Known as "The Polish Eagle," Dick has a lifetime of experiences to draw from, and his easygoing style will keep you smiling throughout. With wit, charm, and a twinkle in his eye, Dick reminds us that laughter truly is the best medicine.

**Presenter:** Dick Jonckowski, former sportscaster

Tue, Mar 3 10-11:30 am  
1136-W26 1 session - \$12

**Phone Photo Rescue Workshop for Beginners on Zoom**

Are you overwhelmed or running out of storage with all of the photos just sitting on your phone? Learn to delete the clutter, create printed photo books and protect your precious memories forever. Transform your chaotic photo collection into an organized library you can actually navigate, plus learn maintenance habits that take only minutes each week, without any confusing tech jargon. 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

Thu, Mar 5 12-1 pm  
1150-W26 1 session - \$25

**Recycling/DeCluttering in Dakota County**

Are decluttering or downsizing in your plans for 2026? Attend this session to learn strategies on assessing your possessions and making choices to organize and simplify your home. You'll also learn about local resources and best practices for reusing, recycling or disposing of the stuff you no longer need.

**Speakers:** Kira Vanderlan, Zestful Design, and Courtney Selstad, City of West St. Paul

Mon, Mar 16 10-11 am  
1143-W26 1 session - \$5

**Lunch & Learn: Protecting Your Future with Elder Law**

Join us for a special Lunch & Learn with Elder Law Attorney Chris Kradle. Chris will share valuable insights on how an elder attorney can help seniors protect their assets, plan for long-term care, and navigate important legal decisions with confidence. Gain practical guidance on wills, trusts and healthcare directives—designed to give peace of mind for you and your loved ones. Don't miss this opportunity to learn while enjoying lunch with friends. A light lunch will be provided.

**Presenter and Host:** Chris Kradle, Kradle Law, P.L.L.C.

Tue, Mar 17 11 am-12:30 pm  
1158-W26 1 session - \$9

**Take Me Out to the Ballgame: A History of Twin Cities Ballparks**

This richly illustrated presentation examines the historic and contemporary baseball parks of the Twin Cities. We'll begin with the early baseball grounds and simple wooden ballparks of the late 19th century, visit Nicollet Park and Lexington Park in the early 20th century, see Midway and Met Stadiums at mid-century, and finish our virtual tour with a look at two modern wonders: Target Field and CHS Field.

**Presenter:** Kristin Anderson

Mon, Apr 6 10-11 am  
1133-W26 1 session - \$9

**World of Insects: Friends and/or Foe**

Discover what's really crawling through your lawn, trees, and garden! Engage in the fascinating (and sometimes alarming) world of insects in our landscapes. Whether you're concerned about emerald ash borers, jumping worms, or curious about garden ecology, this talk is perfect for homeowners and nature lovers alike. Learn how to spot—and manage—these tiny but impactful creatures!

**Instructor:** Paul Wood, Master Gardener

Wed, Apr 8 11 am-12:30 pm  
1139-W26 1 session - \$5

**7th Annual Days for Girls Event: We are Working to Keep Girls in School Worldwide**

Join us for a rewarding day with Days for Girls. DFG believes in a world where periods are never a problem and works to shatter stigmas of menstruation around the world through education and supplying feminine hygiene kits. On this day, we will be making colorful drawstring bags to hold reusable menstrual hygiene products for girls in developing countries, ensuring they don't miss school during their periods. Socialize while cutting, measuring, ironing, sewing, or inserting pull-strings. Sign up for Lunch Crew, Sewing, Serging (bring your machines) or General Jobs. Light lunch provided. Registration is required - space is limited! (age 14+)

**Facilitator:** Julie Weisbecker

Sat, Apr 11 9 am - 2 pm  
1419-W26 Free

Register by Mar 12th

**Civic History Series with Frank Sachs**

**The Road to Independence**

The Making of our Declaration of Independence. English heritage, the Enlightenment influences, application and putting them into practice. How representatives of thirteen disparate colonies came together to make a declaration and fight for independence.

Mon, Mar 30 10-11:30 am  
1157-W26-Road 1 session - \$10

**Articles of Confederation**

The Years In-Between. Late 1780's, our first national government was a spectacular failure and almost led to the dissolution of our new country almost before it began. Congress commanded little respect, with little to no support from State governments anxious to maintain their power. Why was this so, what prompted the states to agree to change, and how did that occur?

Tue, Mar 31 10-11:30 am  
1157-W26-Articles 1 session - \$10

**Inventing a Nation**

Summer of 1887. What really happened during those 100 hot days in the summer of 1887 in Philadelphia? What was discussed and compromised to create a nation based on the "rule of law." Then discover how it overcame significant obstacles in order to become the first Democratic Republic in over 2000 years.

Wed, Apr 1 10-11:30 am  
1157-W26-Inventing 1 session - \$10

**The Federalist Papers**

Selling the Constitution. Much is known and discussed about the Declaration of Independence, the Constitution, and the Bill of Rights, but why are The Federalist Papers so often neglected or treated as an afterthought? After all, it was these papers and their three authors who sold the new government to the American people, and explained how the new national government was to work. Come learn about the debate over the Constitution's ratification and how The Federalist Papers defined how our new government was designed to work.

Thu, Apr 2 10-11:30 am  
1157-W26-Federalist 1 session - \$10

**Imperial Faberge: Jeweler to the Tsars**

The greatest jewelers of all time are most closely associated with the Romanovs, the richestemperors of all time. Providing adornments for the tsarist court set fashions for the rest of theEuropean royal families. The end of the Romanov empire might have terminated the ability to continue producing the delicate works, but not the mystique. See examples of their artistry and hear descriptions of the court life in which such art was possible.

**Presenter: Carol Veldman Rudie**

Mon-Tue, Apr 20-21 10-11 am  
1148-W26 2 sessions - \$16

**iNaturalist Bob Payton: Looking for the Rusty Patch Bumblebee and More**

Bob Payton, local iNaturalist ambassador and nature enthusiast, will lead an interactive session on using iNaturalist to identify the endangered Rusty Patched Bumblebee around Thompson Park. Discover how iNaturalist can help you observe and distinguish a wide variety of life—including plants, animals, fungi, lichen, dragonflies and other tiny wildlife. Bob will explain how your observational contributions can support citizen science and promote healthy ecosystems, starting right in your own backyard.

**Presenter: Bob Payton, iNaturalist ambassador**

Wed, Apr 22 1-2:30 pm  
1134-W26 1 session - \$9

**Area Guide to Senior Housing**

Join us for an informative and friendly presentation with Eunice K. Neubauer, founder of Choice Connections. Eunice specializes in helping older adults and their families navigate the many senior living options available in and around West St. Paul. She'll share valuable insights to make the search easier, less stressful, and tailored to your needs. Whether you're planning ahead or exploring options now, this session offers clarity, guidance, and peace of mind.

**Presenter: Eunice K. Neubauer, CSA, Choice Connections**

Thu, Apr 23 10-11:30 am  
1504-W26 1 session - \$5



**Traveling Naturalist: Bunnies, Bunnies and More Bunnies**

Amusing, annoying, long eared, and prolific; bunnies hop into our lives in the form of jackrabbits, cottontails, and snowshoes. They are the fast-food dinner for many larger mammals and essential to a healthy lynx population in the north woods. Why are they so uniquely built? What triggers the changing colors in some? What's a hare vs. a rabbit? And who really ate your spring bulbs?

**Presenter: Melonie Shipman, The Traveling Naturalist**

Thu, May 7 10-11 am  
1142-W26 1 session - \$12 Sep

## GROUPS

Groups that meet monthly pay \$10 per year. The year begins in September and extends through the next August.

Groups that meet weekly pay \$15 per trimester. This trimester begins in January and extends through April. Fees are important to supporting Thompson Park Activity Center programming. Discounts are not offered for days you cannot attend.

**Men's Toast and Topic**

Join us for a special time for men to visit and share your insights. Discuss various topics in an engaging environment. Take this opportunity to connect with new folks and even if you don't usually 'get involved', your participation and insights will be appreciated. Join us at any time throughout the year

**Facilitator: Rob Meyer**

Last Mondays 9-10 am  
1746-F25 \$10 annually, Sep-Aug

**Umbrella Project**

Join us as we share our time, resources, and talents to better our communities; near and far. Volunteer your time at one of many options, such as making cards, sandwiches or blankets for local organizations, and meet new friends in the process. Each month, we select a cause and bring donations (optional). Donations are only accepted on meeting days, 9-11:30 am.

Ongoing projects need the following \*clean, new / gently used donations for various causes: Cardstock, stickers, used greeting cards, pillowcases, plastic shopping bags, paper grocery bags, and used athletic sneakers - any condition.

Second Mon, 10-11:30 am  
Jan 12, Feb 9, Mar 9, Apr 13  
1599-F25 Free

**Great Decisions Group 2026**

This group starts in January and offers you a unique opportunity to dive deep into the world of geopolitics. Engage in thought-provoking conversations around US foreign policy and the ever-evolving global landscape. Books may be purchased at [www.fpa.org](http://www.fpa.org).

**Facilitator: Charles Happach**

Second Mondays 1 pm  
1296-W26 Group \$10 annually, Jan-Dec

**Mystery Book Club**

If you love mysteries, join our mystery book club. We select a wide range of authors and locales. At our meetings, we enjoy stimulating discussions on our interpretations, speculations and theories of the book. It's truly amazing the wonderful insights each reader brings to the discussions!

**Facilitator: Joyce Wahlquist**

Second Tuesdays 10:30-11:30 am  
1565-F25 \$10 annually, Sep-Aug

**Caregiver Support Group**

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. The caregiver support group comes together with trained facilitators to learn about topics relevant to this role. Sponsored by Darts

Second Wednesdays 1-2:30 pm  
1597-F25 Free

**Nonfiction Book Club**

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

**Facilitator: Frances Megarry**

First Thursdays 1-2:30 pm  
1607-F25 \$10 annually, Sep-Aug

**Out & About Group**

Enjoy getting together with this social group for men and women for 1-2 outings per month, often including lunch. After registering, information will be emailed to you by the group's Communications Coordinator. Each member supports the group in the following ways: Pay the \$10 annual fee to TPAC. Pay costs of activities in which you participate. Organize an activity (we can help with ideas). If ride-sharing, optional cash donation to the driver for gas.

Dates vary  
1609-F25 \$10 annually, Sep-Aug

## CREATIVE ARTS

**Knitting Group**

Connect with new friends and old in this welcoming group. Share your knitting, crocheting, and other hobbies in this warm, non-instruction peer group. It's a space to learn from one another while forming lasting bonds. All are welcome.

Mondays 1-3 pm  
1600-W26 \$15, Jan-Apr

**Register early; register one week or more in advance.**

### Watercolor Painting Introduction

Discover your creativity in our beginner-friendly watercolor classes! Explore essential materials, foundational techniques, and the basics of color theory as you learn how to mix pigments to create beautiful, expressive artwork. These introductory classes are for those who are new to watercolor painting and are a prerequisite for Watercolor I. For your convenience, the instructor will take care of all supply shopping; fee of \$65-70 due on the first day of class.

**Instructor: Linda Stout**

Mon, Mar 2-30 1-3 pm  
1491-W26 4 sessions - \$80

### Watercolor I

Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Watercolor Introduction or instructor consent.

**Instructor: Linda Stout**

Tuesdays 1-3 pm  
1302-W26  
Jan 6-27 4 sessions - \$80  
Feb 3-24 4 sessions - \$80  
Mar 3-31 4 sessions - \$80  
Apr 7-28 4 sessions - \$80  
No class Mar 24

### 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. Prerequisite: Watercolor I or instructor approval.

**Instructor: Linda Stout**

Wednesdays 1-3 pm  
1191-W26  
Jan 7-28 4 sessions - \$80  
Feb 4-25 4 sessions - \$80  
Mar 4-18 3 sessions - \$60  
Apr 1-29 5 sessions - \$98

### Open Watercolor Painting

Join other artists while enjoying music and conversation. There is no instructor for this group, so paint what inspires you. Bring your own supplies.

**Facilitator: Art Thell**

Tuesdays 9:30-11:30 am  
1602-W26 \$15 Jan-Apr  
No class Mar 24.

### Crafting for a Cause

Craft notes of kindness with fellow volunteers. These messages will be included in locally delivered Meals on Wheels and brighten someone's day! On occasion, we make cards for other causes as well. All materials are supplied. Cardstock donations are accepted and appreciated.

**Facilitator: Rita Schnoor**

Second Tuesdays 12-1 pm  
1598-F25 Free

### Mixed Media Art Group

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. Bring your own art supplies.

First and Third Wednesdays 1-3 pm  
1595-W26 \$15 Jan-Apr

### FITNESS & HEALTHY LIVING

#### 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 9:15-10 am  
1909-W26 Jan-Feb 8 sessions-\$64  
Wed, Mar 4-Apr 29 9:15-10 am  
1909-W26 Mar-Apr 8 sessions - \$64  
No class Mar 25.



#### Pilates

Pilates is a mind and body exercise designed to lengthen and strengthen muscles, increase flexibility and balance while focusing on a strong core. Our classes will include light cardio, resistance training and mat exercise - emphasizing proper form and breathing while executing the movements. Bring your own mat.

**Instructor: Stephanie Stockton**

Tue, Jan 6-Feb 24 2-3 pm  
1113-W26 Jan-Feb 8 sessions - \$72  
Tue, Mar 3-Apr 28 2-3 pm  
1113-W26 Mar-Apr 8 sessions - \$72  
No class Mar 24.

**Register early; register one week or more in advance.**

**3X3 Fitness**

Our exercise videos, paired with resistance bands/rings, are your secret weapon to building muscle tone and improving overall health. Elevate your health and fitness game with these chair-based, low-impact exercises. Welcome a stronger, more vibrant you!

**Facilitator: Barb Erickson**

Tue/Thu 9:15-10 am  
1635-W26 \$15 Jan-Apr  
No class Jan 1, Mar 24 & 26

**Fitness and Balance for Life**

Make this part of your fitness journey! Naomi will gently guide you through low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear. Your path to better health awaits.

**Instructor: Naomi Marzinske**

Thu, Jan 8-Feb 26 10:30-11:30 am  
1317-W26 Jan-Feb 8 sessions - \$64  
Thu, Mar 5-Apr 30 10:30-11:30 am  
1317-F25 Mar-Apr 8 sessions - \$64  
No class Mar 26.

**CARDS & GAMES**



**Cribbage**

While cribbage is fun and easy, there is always something new to learn! In this environment, your fellow players are patient and will help you count your score. Learn the game of cribbage and new strategies as you joyfully peg your way to victory. Enjoy a dash of friendly competition and fun.

Wednesdays 1-3 pm  
1856-W26 \$15 Jan-Apr  
No games Mar 25.

**Scrabble**

Join us for some friendly games of scrabble - sharpen your word skills, challenge your mind, and out-word your fellow players!

Wednesdays 1-3 pm  
1114-W26 \$15 Jan-Apr  
No games Mar 25.

**Hand & Foot**

Join us for an exciting card game merging canasta elements. Team up with two to six players, build melds, and 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  
No games Mar 25.

**Mah Jongg**

Mah Jongg is a rummy-like game played with tiles rather than cards. The game originated in China. There are many versions, but at TPAC, we play American Mah Jongg. Enjoy learning strategies, that luck is an aspect of every game and have fun playing with new friends. Space is limited.

**Facilitator: Carol Beaves**

Thursdays 1-3:45 pm  
1613-W26 \$15 Jan-Apr  
No games Mar 26

**2025 Tax Information**

Tax assistance will be provided to 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 uncomplicated income tax returns.

You must bring the following to your appointment:

- Your 2024 tax return
- Social Security card for yourself, your 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 (CRP) 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 tax appointment at a time when you will have the needed documents. Your income tax return must be filed first in order to process property tax refunds / rent credit.

Appointment registration opens Jan 6. Space is limited. Call 651-403-8300 to schedule an appointment. PLEASE do not leave multiple messages. Repeated calls slow down the process. Your call will be returned in the order it is received. No messages will be accepted before 9 am, Jan 6th.

Tue/Thu, Feb 3 - Apr 14, 9:30 am - 1:30 pm

## Trips & Tours Registration Information

### South St. Paul

**Central Square Community Center**  
100 Seventh Ave. N.  
South St. Paul, MN 55075  
651-306-3632

### Inver Grove Heights

**IGH Veterans Memorial Community Center**  
8055 Barbara Ave.  
Inver Grove Heights, MN 55077  
651-450-2480

### West St. Paul

**Thompson Park Activity Center (TPAC)**  
1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300

- Register where you want to board the bus.
- Boarding and drop-off only at three locations listed.
- Arrive 15 minutes before the scheduled trip departure for check in.
- A \$10 service fee will be charged if you cancel your trip registration.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots are not held for participants without payment.
- Mailed registrations may not be guaranteed. Call to check availability before mailing in your registration.
- You are responsible for your own mobility.

### 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). Lunch menu: rosemary roasted pork loin with garlic mashed potatoes, rosemary demi-glaze, fresh vegetables, rolls, butter, coffee or hot tea, and dessert.

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.

Thu, Mar 19 \$105

Register by: Fri, Feb 13

Location	Departure	Return	Registration
TPAC	10:15 am	2:15 pm	1125-WSP-W26
SSP	10:30 am	2:00 pm	1604-SSP-W26
IGH	10:00 am	2:30 pm	www.ighmn.gov/register

### Super Duos at the Sheldon Theater in Red Wing

Today, Matinee Performance Super Duos - A tribute to the greatest duos of all time and showcases the magic of two voices blending together, 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 St. James Hotel, Menu: Swedish meatballs, gravy, mashed potatoes, green beans, rolls, self-serve station of coffee, hot tea, water.

Tue, Apr 7 \$120

Register by: Fri, Feb 20

Location	Departure	Return	Registration
TPAC	10:15 am	5:30 pm	1126-WSP-W26
SSP	10:30 am	5:15 pm	1601-SSP-W26
IGH	10:45 am	5:00 pm	www.ighmn.gov/register

#### UPCOMING TRIPS:

**July: Hudson River Cruse**

**August: Swensson Farm**

**September: Crow River Winery & Carlson's Apple Orchard**

**October: Great Northern Trains**



**Graceland and Memphis TN**

**Monday, April 13**

In Cedar Rapids, IA have an ethnic lunch (included) at the National Czech & Slovak Museum. Check into the Best Western On The River in Hannibal, MO. Tonight, board the Mark Twain Riverboat Cruise for a dinner (included) cruise.

**Tuesday, April 14**

In Sikeston, MO have lunch at Lambert's "Home of the Thrown Roll." Arrive in Memphis and check into the Guest House at Graceland. Tonight have dinner at Arcade Restaurant (a regular hangout of Elvis) with Elvis Tribute Artist Performance.

**Wednesday, April 15**

Start your day with the included breakfast buffet at Delta's Kitchen. Then enjoy a full day of touring, beginning with Graceland Mansion, where you'll explore Elvis Presley's home—including the living room, kitchen, Jungle Room, and Meditation Garden. Visit Elvis Presley's Memphis, a 200,000-square-foot complex featuring exhibits like the Presley Motors Automobile Museum and Elvis: The Entertainer Career Museum, plus interactive experiences.

Enjoy lunch on your own before heading to Sun Studio, known as "The Birthplace of Rock'n'roll," where legends like Elvis, Johnny Cash, and B.B. King got their start. In the afternoon, stop by the Peabody Hotel to witness the iconic duck march in the lobby.

End the day with an included dinner at the famous Charlie Vergos' Rendezvous Restaurant.

**Thursday, April 16**

Travel to Willow Springs, MO for lunch (included) at Cattleman's Steakhouse Restaurant. Lodging will be at the Drury Inn in Independence, MO.

**Friday, April 17**

Have lunch at the Cracker Barrel Restaurant in Des Moines, IA. Return early evening to Inver Grove Heights, South St. Paul, Thompson Park.

Mon-Fri, Apr 13-17 \$1,565.00 (2 Per Room)  
 Register by: Fri, Feb 6 \$1,985.00 (single Room)

Location	Departure	Return	Registration
TPAC	7:00 am	Evening	1977-WSP-W26
SSP	7:15 am	Evening	1678-SSP-W26
IGH	7:30 am	Evening	www.ighmn.gov/register

**Courting Harry**

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.

"Excellent drama, rich history and illuminating psychology - just what theatre should be." - Star Tribune

Following the performance, enjoy lunch at Keys Cafe: lunch-portion turkey dinner, mashed potatoes and gravy, stuffing, vegetables, cranberries, bread, beverage and small dessert.

Thu, May 28 \$108  
 Register by: Fri, Apr 17

Location	Departure	Return	Registration
TPAC	9:15 am	2:15 pm	1124-WSP-S26
SSP	9:00 am	2:30 pm	1603-SSP-S26
IGH	8:45 am	2:45 pm	www.ighmn.gov/register

**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 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.

A deli lunch is served buffet style during the cruise, including a variety of meats, cheeses, salads and dessert bars, coffee and sodas.

From 1:30-3:00 pm, enjoy shopping downtown Stillwater at boutiques, gift stores, and art galleries.

Tue, June 9 \$97  
 Register by: Fri, May 8

Location	Departure	Return	Registration
TPAC	10:00 am	3:45 pm	1123-WSP-S26
SSP	9:45 am	4:00 pm	1602-SSP-S26
IGH	9:30 am	4:15 pm	www.ighmn.gov/register

## In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Drive Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction.

### Simley High School & South St. Paul High School

Mon-Thu, Mar 9-24	2:45-5:45 pm
4300-W26A	10 sessions - \$420
Mon-Thu, May 4-19	2:45-5:45 pm
4300-S26A	10 sessions - \$420
2 payment options:	\$235 at registration and \$185 first day of class

### Two Rivers High School

School District 197 Community Education is now partnering with Safeway Driving School. This course includes 30 hours of classroom instruction and 6 hours of Behind the Wheel instruction.

Mon-Thu, Jan 26 - Feb 10	3:20-6:20pm
2302-1Wint26	10 sessions-\$420
Mon-Thu, Feb 23 - Mar 10	3:20-6:20pm
2302-2Wint26	10 sessions-\$420
Mon-Thu, Apr 6 - Apr 21	3:20-6:20pm
2302-3SPR26	10 sessions-\$420



## Virtual Courses

Mon-Thu, Jan 12-28	4-7 pm
W26OLA	
Mon-Thu, Feb 9-25	4-7 pm
W26OLB	
Mon-Thu, Mar 9-24	4-7 pm
W26OLC	
Mon-Thu, Apr 6-21	4-7 pm
W26OLD	



## ACT Prep Class

This in-person 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 the course may repeat it as often as they wish in future offerings—free of charge. All class materials are included in the course fee.

### Instructor: Advantage Prep

#### Simley High School

Tue, Feb 10 - Mar 3	6-9 pm
2305-SP25	4 sessions-\$180

#### South St. Paul High School

Thu, Mar 12-Apr 2	5:45-8:45 pm
4301-W26#414	4 sessions - \$180

#### Two Rivers High School

Thu, Mar 12- Apr 2	6-9 pm
2305-SP26	4 sessions-\$180



## Virtual ACT Prep Class with Live Instructor

This is an excellent alternative if you prefer the interaction with the instructor but cannot attend an in person class. This course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. An internet connection and a computer/tablet/smartphone is required.

Sun, Jan 11-Feb 8	1-4 pm
W26#935	4 sessions - \$180
No class Feb 1	
Sun, Mar 1-29	1-4 pm
W26#936	4 sessions - \$180
No class Mar 15	
Sun, May 3-31	1-4 pm
S26#937	4 sessions - \$180
No class May 24	



## Online ACT Prep Class

This course is perfect for any student unable to attend in-school classes or a student preferring to prepare for the ACT exam on their own and at their desired pace. Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed.

Self Paced	Anytime
W26#888	\$80

**SSP YOUTH: HEALTH AND SAFETY**

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

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

**Instructor: Deb Gutzman**

Fri, Feb 6 9 am-12:30 pm  
4202-W26A 1 session - \$80  
Central Square, SSP

Sat, Apr 11 9 am-12:30 pm  
4202-W26B 1 session - \$80  
Central Square, SSP

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

BREATHING or NOT BREATHING - this is all you need to know to determine how to care for your unconscious victim. 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 1-3:30 pm  
4204-W26A 1 session - \$50  
Central Square, SSP

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

**Safe Kids (ages 8 & up)**

Does your child know 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 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 included.

**Instructor: Deb Gutzman**

Fri, Jan 2 9-11 am  
4205-W26A 1 session - \$45  
Central Square, SSP

Sat, Mar 14 9-11 am  
4205-W26B 1 session - \$45  
Central Square, SSP

**SSP YOUTH: GYMNASTICS AT CENTRAL SQUARE**

**Gymnastics - Tumble Together**

--18 months-4 years old + adult--

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

Sat, Dec 6-Feb 7 7:30-8 am  
4000-W25B 9 sessions - \$79  
No class Dec 27

Sat, Dec 6-Feb 7 8-8:30 am  
4000-W25A 9 sessions - \$79  
No class Dec 27

**Gymnastics - 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 8:00-8:30 am  
4001-W25A 9 sessions - \$92  
No class Dec 27

Sat, Dec 6-Feb 7 8:30-9:15 am  
4001-W25B 9 sessions - \$92  
No class Dec 27



**Gymnastics - Mini Stars**

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

Mon, Nov 17-Feb 2 5:15-6:15 pm  
4013-W25A 9 sessions - \$92  
No class Dec 22, 29 and Jan 19

Sat, Dec 6-Feb 7 9-10 am  
4013-W25B 9 sessions - \$92  
No class Dec 27

## Gymnastics - Beginners

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.

Tue, Nov 18-Feb 3	4:30-5:30 pm
4002-W25B	9 sessions - \$92
<i>No class Nov 25, Dec 23 and 30</i>	
Sat, Dec 6-Feb 7	10:10-11 am
4002-W25C	9 sessions - \$92
<i>No class Dec 27</i>	
Sat, Dec 6-Feb 7	11 am-12 pm
4002-W25D	9 sessions - \$92
<i>No class Dec 27</i>	

## Gymnastics - 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 technique to create a strong foundation. Coaches approval required!

Tue, Nov 18-Feb 3	5:30-6:30 pm
4009-W25A	9 sessions - \$92
<i>No class Nov 25, Dec 23 and 30</i>	
Sat, Dec 6-Feb 7	12-1 pm
4009-W25B	9 sessions - \$92
<i>No class Dec 27</i>	

## Gymnastics - Advanced Beginners

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	5:15-6:15 pm
4003-W25A	9 sessions - \$92
<i>No class Nov 26, Dec 24 and 31</i>	
Sat, Dec 6-Feb 7	1-2 pm
4003-W25B	9 sessions - \$92
<i>No class Dec 27</i>	

## Gymnastics - Flips

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. Coach approval required.

Tue, Nov 18-Feb 3	7-8:15 pm
4004-W25A	9 sessions - \$115
<i>No class Nov 25, Dec 23 and 30</i>	
Sat, Dec 6-Feb 7	1-2:15 pm
4004-W25B	9 sessions - \$115
<i>No class Dec 27</i>	

## Gymnastics - 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.

Fri, Jan 2	7-8 pm
4005-W25A	1 session - \$10
Central Square, SSP	
Fri, Jan 16	5:30-7 pm
4005-W25B	1 session - \$15
Central Square, SSP	
Fri, Jan 30	7-8 pm
4005-W25C	1 session - \$10
Central Square, SSP	
Fri, Feb 13	7-8 pm
4005-W25D	1 session - \$10
Central Square, SSP	

## Gymnastics - Mini Camp

Participants will get an opportunity to explore the gym and discover the sport of gymnastics in a fun and encouraging environment over one Mini Camp. They will learn about floor, bars, beam, and vault. Participants will practice teamwork, endurance, and problem solving skills through group games and activities. No prior gymnastics experience is required. Please send a snack and a water bottle with your child.

Fri, Jan 2	9 am-4 pm
4030-W26A	1 session - \$70
Fri, Feb 6	8 am-2:30 pm
4030-W26B	1 session - \$65

## SSP YOUTH: SPORTS & RECREATION

### 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. Conquer Ninja Gym, 707 Commerce St, Woodbury

4994-W26	
5-9 Year Olds	4-5 pm
Wed, Jan 7-Feb 25	8 sessions - \$215
Wed, Mar 4-Apr 22	8 sessions - \$215
5-9 Year Olds	5-6 pm
Wed, Jan 7-Feb 25	8 sessions - \$215
Wed, Mar 4-Apr 22	8 sessions - \$215
5-13 Year Olds	9-10 am
Sat, Mar 7-Apr 25	8 sessions - \$215
10-13 Year Olds	6:30-7:30 pm
Wed, Jan 7-Feb 25	8 sessions - \$215
Wed, Mar 4-Apr 22	8 sessions - \$150

**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). Conquer Ninja Gym, 707 Commerce St, Woodbury 4995-W26

6-9 Year Olds	4-5 pm
Fri, Jan 9-Feb 27	8 sessions - \$225
Fri, Mar 6-Apr 24	8 sessions - \$225
6-9 Year Olds	5:15-6:15 pm
Fri, Jan 9-Feb 27	8 sessions - \$225
Fri, Mar 6-Apr 24	8 sessions - \$225
8-13 Year Olds	6:30-7:30 pm
Fri, Jan 9-Feb 27	8 sessions - \$225
Fri, Mar 6-Apr 24	8 sessions - \$225

**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.

Wed, Feb 4-25	3-4 pm
4904-W26 K-5	4 sessions - \$80
Lincoln Center, SSP	

**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.

Wed, Apr 8-29	3-4 pm
4908-W26 LC K-5	4 sessions - \$80
Lincoln Center, SSP	
Tue, May 7-28	3:45-4:45 pm
4908-S26 KEC K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
Tue, May 7-28	5-5:45 pm
4908-S26 KEC 3/5 YO	4 sessions - \$75
Kaposia Edu Ctr, SSP	



**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

Wed, Mar 4-25	3-4 pm
4900-W26 K-5	4 sessions - \$80
Lincoln Center, SSP	
Wed, May 6-27	3-4 pm
4900-W26 K-5	4 sessions - \$80
Lincoln Center, SSP	

**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.

Sat, Apr 18-May 16	9:30-10:10 am
4907-W26 2/3 YO	5 sessions - \$85
Kaposia Edu Ctr, SSP	
Sat, Apr 18-May 16	10:20-11 am
4907-W26 4/6 YO	5 sessions - \$85
Kaposia Edu Ctr, SSP	

**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.

Sat, Apr 18-May 16	11:30 am-12:30 pm
4987-W26 5-8YO	5 sessions - \$95
Kaposia Edu Ctr, SSP	

## 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.

Tue, May 5-26	3:45-4:45 pm
4902-S26 K-5	4 sessions - \$80
Kaposia Edu Ctr, SSP	
Tue, May 5-26	5-5:45 pm
4902-S26 3-5 YO	4 sessions - \$75
Kaposia Edu Ctr, SSP	

## SSP YOUTH: IMAGE & DESIGN



### Code Championship Tournament Series | Virtual Computer Coding Competition (3-9 Grades)

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	9-11 am
4487-W26	4 sessions - \$75

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

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

**Instructor: Nena Rivas**

Tue, Jan 6	4:30-7:30 pm
4454-W26	1 session - \$95
Central Square, SSP	
Mon, May 18	4:30-7:30 pm
4454-S26	1 session - \$95
Central Square, SSP	

## SSP YOUTH: PERFORMANCE ARTS



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

Group piano lessons are at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instruction and music book.

**Instructor: Lori Lencowski**

Mon, Jan 26-Apr 6	7:50-8:50 am
4500-W26A	8 sessions - \$95
Kaposia Edu Ctr, SSP	
No class Feb 16, Mar 9 & 30	
Tue, Jan 27-Apr 7	7:10-8:10 am
4500-W26	8 sessions - \$95
Lincoln Center, SSP	
No class Feb 17, Mar 10 & 31	

## DISTRICT 197 YOUTH ACTIVITIES

### Evening Wizards of Chess, Chess Club! (Grades: 1-8)

Join us in learning this National Award Winning Program! Learning the game of chess promotes imagination, creativity, develops memory, teaches independence, inspires self-motivation, and develops a logical way of thinking. Students of all levels are welcome. Yes, even if your student does not know how to play, we will teach them! Each session is filled with different material, and all learning is done with encouragement and fun on an individual personal level! All in-class equipment is provided.

**Instructor: Veronica Harrison--owner of Wizard of Chess**

Thu, Jan 8 - Mar 12	6-7pm
2302-2W26	7 sessions - \$79/\$65
Somerset Elementary, MH	
No Class Jan 22, 29 & Feb 26	
Mon, Mar 9 - Apr 27	6-7pm
2302-3SP26	7 sessions - \$79/\$65
Somerset Elementary, MH	
No Class Mar 23	

**Kung Fu (Ages: 5+)**

Kung Fu is the art of fitness and self defense. Learn practical Kung Fu techniques to benefit you throughout your life. This is a full participation and fun class for beginners to black belts, to strengthen the mind and body, promote leadership, discipline, concentration, coordination and balance. This program uses progressive skill building, to help you become more aware of self and surroundings, and improve your self-esteem and confidence. Optional uniform and certificate for white to black belt are available.

**Instructor: National Treasure Kung Fu, Inc. Director Al Lam**

Fri, Jan 30-Mar 13	6:15-6:45pm, Beginner
2784-2W26	6:50-7:20pm, White-Blue Belt
2785-2W26	7:25-7:55pm, Purple-Black Belt
2786-2W26	7 sessions - \$95/\$81
Somerset Elementary, MH	
Fri, Apr 10-May 22	6:15-6:45pm, Beginner
2784-3SP26	6:50-7:20pm, White-Blue Belt
2785-3SP26	7:25-7:55pm, Purple-Black Belt
2786-3SP26	7 sessions - \$95/\$81
Pilot Knob Elementary, EA	

**Evening Floor Hockey (Grades: K-2 & 3-5)**

Invite your friends and come play some floor hockey with former Somerset Physical Education Teacher Mr. Nilsen. Space is limited to 14 participants (two teams of seven). Last night is parents vs kids!

**Instructor: Seth Nilsen, Former Somerset Elementary PE Teacher**

Tue, Apr 7-May 26	5:45-6:45pm
2016-26SP	8 sessions - \$79/\$65
Mendota Elementary, MH	Grades: K-2
Tue, Apr 7-May 26	7-8pm
2016-SP26	8 sessions - \$79/\$65
Mendota Elementary, MH	Grades: 3-5

**Pee-Wee Warriors Winterguard (Grades 2-6)**

Come and learn about Winterguard with TRHS Winterguard athletes and Head Coach Katie. Students grades 2-6 are invited to learn basic flag twirling and dance skills with our TRHS Winterguard team and apply those skills to a short routine! At the end of the 7 weeks, students will have the opportunity to perform at the home Winterguard competition on Sat, Feb 21 at Friendly Hills Middle School. \*\*Students new to the activity will receive a TR Winterguard t-shirt\*\*

**Instructor: Coach Katie**

Days vary, Jan 12-Feb 7	5:30-6:30pm
2942-W26	8 sessions - \$35
Friendly Hills MS, MH	Grades: 2-6

**SCAN TO SEE YOUR SCHOOL SPECIFIC FLYERS FOR SCHOOL DISTRICT 197**



**SCAN FOR SCHOOL DISTRICT 197 YOUTH ENRICHMENT**



- AFTER SCHOOL
- EVENING
- DRIVER'S ED
- ACT PREP

**AFTER SCHOOL CLASSES**

DIVE INTO A WHIRLWIND OF EXCITEMENT WITH CLASSES AS SOON AS THE BELL RINGS AT OUR ELEMENTARY AND MIDDLE SCHOOLS

**HOSTED BY**

- ABRAKADODDLE
- DASH SPORTS
- DODGE NATURE CENTER
- DRAMA LAB
- ENGINEERING FOR KIDS
- FUTURA LANGUAGES
- KIDCREATE STUDIOS
- MAYER ARTS
- SCHOOL DISTRICT TEACHERS
- WIZARDS OF CHESS & MORE

**Spring Jr Warrior Dance Classes (Grades: K-6)**

Join us for Spring Jr Warrior Dance Classes! These classes will focus on dance technique in ballet, jazz and high kick! This class is a fundraiser for the dance team. Registration Fee includes a Showcase T-shirt. The showcase will be held on Thu, May 7.

**Instructor: Warrior Dance Team Head Coach Molly Engle**

Wed, Apr 1-May 6	
Grade: K	5:00-5:45pm
2208-Kindergarten	6 sessions - \$155/130
Grades: 1-2	5:50-6:35pm
2208-Grades1&2	6 sessions - \$155/130
Grades: 3-4	6:40-7:25pm
2208-Grades3&4	6 sessions - \$155/130
Grades: 5-6	7:30-8:30pm
2208-Grades5&6	6 sessions - \$160/135
Heritage MS, MH	

**One-Day Class! Babysitters Training (Grades 4-8)**

Discover the essential universal skills and techniques every babysitter should have. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more. We encourage both young men and women to attend this skill building course.

**Instructor, EMT Allison Curtis**

Wed, Jan 21	9:00-3:00pm
2090-2Jan21	1 session - \$89/\$72
Mendota Elementary, MH	Grades: 4-8
Fri, Apr 24	9:00-3:00pm
2090-3Apr24	1 session - \$89/\$72
Mendota Elementary, MH	Grades: 4-8

# FAMILY PROGRAMS



## Just In Time for Valentine's Day: Cookie Monsters for Kids and Parents

Kids and parents and cookies... What a terrific combination! Designed for kids age 6 and up, you will create and take home 6 kinds of cookies. Rolled Sugar Thins will be ready for the kids to paint original designs using food coloring and paint brushes. Kids and parents will mix, shape, and bake the famous Peanut Butter Balls. Already mixed and ready for shaping will be Chocolate Mint, Peppernuts, Sugar Drop to be dipped in assorted sprinkles and finally multi-colored Spritz cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them. A \$16 supply fee to the instructor in class.

**Instructor:** Laurel Severson

Sat, Feb 14 9 am-12 pm  
7640-W25 1 session - \$35  
South St. Paul HS, SSP

## 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 9-10 am  
7949-W26A 8 sessions - \$275  
Second child add \$100

Sun, Mar 1-Apr 26 9-10 am  
7949-W26B 8 sessions - \$275  
No class Apr 5  
Second child add \$100  
Conquer Ninja Gym, 707 Commerce St, Woodbury

**LOOKING FOR MORE  
PROGRAMMING?  
CHECK OUT OUR PARTNERS**



## 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 9-11 am  
7950-W26A 1 session - \$40  
7950-W26B 1-3 pm  
1 session - \$40  
Mon, Feb 16 9-11 am  
7950-W26C 1 session - \$40  
7950-W26D 1-3 pm  
1 session - \$40

Conquer Ninja Gym, 707 Commerce St, Woodbury



## The Grand Gala of Capes and Gowns

Come one, come all to The Grand Gala of Capes and Crowns where you will meet some of your favorite princesses and superheroes! Elsa, Moana, and other Storybook Entertainment princesses will be here to join the festivities. And for all you superhero fans, get some superhero training from Spiderman and Captain America. Treats, crafts, and fun is to be had for all so make sure to put on your favorite princess, prince or superhero costume and join us for The Grand Gala! Space is limited so register early.

Sun, Apr 26 1-3 pm  
6050-W26 \$25 - Ages 3-13, \$15  
Thompson Park Lodge Ages 14+, \$5  
Ages 2 and under

## Tour de Rec

Create memories, connect with friends, and burn off some energy this fall with our mobile recreation initiative, designed to bring fun and games right to your neighborhood. Our dedicated staff will organize a variety of engaging activities and provide all the necessary equipment for kids and families to enjoy. Best of all, it's completely free and no registration is needed.

Thursdays 6-7pm Free  
Jan 8: Dome Play Dome, WSP  
Feb 5: Valentine Cookies Harmon Park, WSP  
Mar 5: Balloon Fun Moreland Elementary, WSP  
Apr 2: Spring Crafts Par 3 Club House, MH  
May 7: MN Wildlife at DNC Dodge Nature Center Main Entrance

INVER GROVE HEIGHTS SCHOOLS

ISD 199

COMMUNITY EDUCATION

# IGH Youth Enrichment



**AFTER SCHOOL  
CLASSES @  
HILLTOP  
PINE BEND  
SALEM HILLS**

**WINTER - SPRING  
2026**

**CONTACT US!**

**651-306-7501**

**[www.tridistrict.ce.eleyo.com](http://www.tridistrict.ce.eleyo.com)**

IGH Middle School Theatre Presents:

# OLIVER!

**DIRECTED BY: Nikko Raymo**

The Broadway Junior adaptation of the classic novel and award-winning musical springs to life with some of the most memorable characters and songs to ever grace the stage.

**Performances:**

Friday, February 27th - 7 pm

Saturday, February 28th - 7 pm

INVER GROVE HEIGHTS SCHOOLS

ISD 199

COMMUNITY EDUCATION

**Auditions:**

Jan 5th

**Rehearsals:**

Jan 9- Feb 20th

**\*\*Only open to IGHMS 6-8<sup>th</sup>  
grade students\*\***



# SCHOOL AGE CARE

## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA



Where the FUN & LEARNING Never Ends!

### Extra Innings School Age Care - Grades K-4

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



### Encore SAC - Grades 5-8

Encore is a program that meets the unique needs of middle school students seeking independence while in a safe and caring environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center. Before school is held at Heritage and Friendly Hills.

### District 197 School Age Care

For more information, please call 651-403-8053. You can also visit our website by scanning this code:



#### Hours:

Monday-Friday: 6:30 am - start of school day  
Monday-Friday: After school - 6 pm  
Non-School Days: 7:00 am - 6 pm  
Summer Hours: 7 am - 6 pm

#### Located in:

Garlough Environmental Magnet - Mendota Elementary  
Moreland Arts & Health Sciences Magnet - Somerset Elementary  
Pilot Knob STEM Magnet - Noreen Activity Center

## KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



### Kids' Choice 2025-26 Program

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



### South St. Paul Kids' Choice

For more information, please call 651-306-3631.  
Visit us online at [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

#### Located in:

Kaposia Education Center (1st Ave S, SSP)  
Lincoln Center (357 9th Ave N, SSP)

#### Hours:

Monday-Friday  
Mornings: 6:30 am until start of school day  
Afternoons: After school until 6 pm  
Non-School Days: 6:30 am-5:30 pm  
Summer Hours: 6:30 am-5:30 pm

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### 2025-2026 School Year Care Offers

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, outdoor time, science, service learning, homework assistance, physical activities, and more.

### Spartan Kids' Care

For more information, please call 651-306-7502.

Visit our website at [www.spartankidscare.org](http://www.spartankidscare.org)

#### Located in:

Hilltop Elementary  
Pine Bend Elementary  
Salem Hills Elementary

#### Hours:

AM Care at Hilltop: 6 am until the start of the school day  
PM Care at your home school: End of the school day until 6 pm  
Non-School Days at Hilltop: 6 am-4:30/6 pm



**DISTRICT 197 SCHOOL AGE CARE** WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA

**Extra Innings y Encore**



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan Area

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de cuidado de niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se reúnen con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

Para obtener información adicional llame al: 651-403-8053. Para inscribirse: Visite [www.isd197.org/resources/school-age-care](http://www.isd197.org/resources/school-age-care)



**Ubicado en:**

Primaria Garlough especializada en ambiente -  
Primaria Mendota  
Moreland especializada en Artes y Ciencias de la Salud  
Pilot Knob especializada STEM - Primaria Somerset  
Centro de Actividad Noreen

**Horas:**

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar  
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.  
Días que no hay clases: De 7:00 a.m. a 6 p.m.

**KIDS' CHOICE SCHOOL AGE CARE** SOUTH ST. PAUL

**Año Escolar de 2025-2026**



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarteb y hasta sexto grado.



**South St. Paul Kids' Choice**

Para más información, llame al 651-306-3631.  
Visítenos en línea en [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

**Ubicado en:**

Kaposia Education Center (1st Ave S, SSP)  
Lincoln Center (357 9th Ave N, SSP)

**Horas:**

Lunes Viernes  
Mañanas: 6:30 am hasta inicio de jornada escolar  
Tardes: Después de la escuela hasta las 6 pm  
Días sin clases: 6:30 a.m. a 5:30 p.m.  
Horario de verano: 6:30 a.m. a 5:30 p.m.

**SPARTAN KIDS' CARE** INVER GROVE HEIGHTS SCHOOLS



**Cuidado del año escolar 25-26 ofrece**

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, artesanías, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

**Spartan Kids' Care**

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Ubicado en:**

Hilltop Elementary  
Pine Bend Elementary  
Salem Hills Elementary

**Horas:**

Antes de la Escuela: De 6 am hasta el comienzo del día escolar  
(se llevara a cabo en Hilltop para todas las escuelas)  
Después de la Escuela: Desde que termina la escuela hasta las 6 pm  
(se llevara a cabo en la escuela donde el estudiante esta inscrito)  
Dias No Escolares: 6 am-4:30/6 pm  
(se llevara a cabo en Hilltop para todas las escuelas)

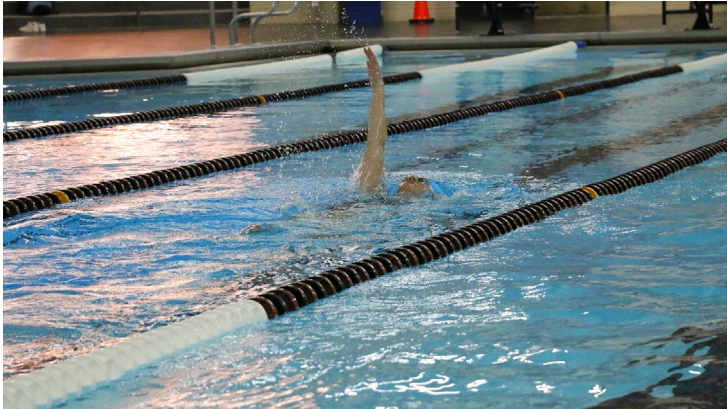


## Aqua Fitness

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**

Tue, Jan 6-Feb 24 9800-W26A Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, Jan 8-Feb 26 9800-W26B Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, Jan 2-Feb 27 9800-W26C Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Tue, Mar 3-Apr 28 9800-W26D Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, Mar 5-Apr 30 9800-W26E Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Fri, Mar 6-Apr 24 9800-W26F Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$20 senior (65+)



## Family Open Swim at Central Square

All ages welcome when accompanied by a parent/adult guardian. Lifeguard is on duty.

Sat, Jan 3-Feb 28 4606-W26A  Central Square, SSP	10-11:30 am 9 sessions - \$5 per swimmer each day, \$20 per family (up to 5 members) each day.
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**Drop-in - \$8 adult, \$4 senior (65+)**

## Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water.

**Instructor: Kim Befort**

Wed, Jan 7-Feb 25 9901-W26A Central Square, SSP	6-7 pm 8 sessions - \$55 adult, \$20 senior (65+)
Wed, Mar 4-Apr 29 9901-W26B Central Square, SSP	6-7 pm 9 sessions - \$62 adult, \$20 senior (65+)

## Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 9912-25/26	10 admissions	\$40 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9912-25/26	30 admissions	\$80 adult (19-64 yrs) \$30 senior (65+)

## Daily Rate

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

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

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30 am-1:30 pm  
Schedule is subject to change.

Scan here for  
the lap swim  
schedule at  
Central Square



## SSP Swim Lessons at Central Square

\*Class dates/times are subject to change

SESSION 1 Mon/Tue, Jan 5-Mar 9	SESSION 2 Sat, Mar 7-May 2 (No class Apr 4)
<b>6-6:30 pm</b>	<b>9-9:25 am</b>
Level 1 4602-W26A 8 sessions - \$85	Parent Tot 4600-W26A 8 sessions - \$65
<b>6:10-6:55 pm</b>	<b>9:30-9:55 am</b>
Level 2 4603-W26A 8 sessions - \$125	Parent Tot 4600-W26B 8 sessions - \$65
<b>6:40-7:10 pm</b>	<b>10-10:30 am</b>
Level 1 4602-W26B 8 sessions - \$85	Preschool 4601-W26A 8 sessions - \$85
<b>7:05-7:50 pm</b>	<b>10:40-11:10 am</b>
Level 3 4604-W26A 8 sessions - \$125	Preschool 4601-W26B 8 sessions - \$85
Level 4 4605-W26A 8 sessions - \$125	Level 1 4602-W26D 8 sessions - \$85
<b>7:20-7:50 pm</b>	<b>11:20 am-12:05 pm</b>
Level 1 4602-W26C 8 sessions - \$85	Level 2 4603-W26B 8 sessions - \$125
	Level 3 4604-W26B 8 sessions - \$125
	Level 4 4605-W26B 8 sessions - \$125



Scan the QR code now for more information and to register for our SSP Learn-to-Swim Lessons. Don't miss out on making a splash this season!

**SCAN FOR  
AQUATICS  
PROGRAMS**



### School District 197 Lap Swim (Ages: 15+)

School District 197 Aquatic Center is hosting adult lap swim. Lap swim is open for anyone ages 15+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Registration is required and space is limited.

Wed, Jan 28-Apr 15  
6197-W/SP26

6:30-8:30 pm

1-10 sessions - \$7/session

School District 197 Aquatic Center, MH

No class Feb 18

### District 197 Summer Youth Swim Lessons



Registration  
Opens  
April 14  
8:00 am



**THE POOL IS CLOSED 4/24-5/31**



**New around here?  
We're here for you.**

Community Education is here to create opportunities for growth, learning and belonging that connect you a bit more closely to the heart of life. When you're looking for community and connection, we're here to help you find just that. Not only do our programs provide new skills to learn they also provide inspiration and friendships.

TriDistrict Community Education serves the residents of Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts



For families with children ages birth to PreK

## Early Childhood Family Education (ECFE)

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about 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 Area, changed your phone number, or had a new baby, you will need to update your census information:

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan Area	651-403-8390

## ECFE Home Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues.

Call your district to schedule a visit

Inver Grove Heights	651-306-7503
West St. Paul-Mendota Heights-Eagan Area	651-403-8390
South St. Paul	651-457-9418

## Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered all day, mornings, and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



## Early Childhood Screening

Calling all 3-year-olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning, and gives families resources to prepare for school success.

Make an appointment today!

All children in the state of Minnesota are required by law to be screened before the start of kindergarten. Earlier is better and 3.5 years old is the preferred age.

### What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Call for information or to make a screening appointment:

Inver Grove Heights, District 199	651-306-7503
South St. Paul, District 6	651-306-3641
West St. Paul-Mendota Heights-Eagan Area District 197	651-403-8363





# SCHOOL DISTRICT 197

West St. Paul + Mendota Heights + Eagan Area

## Early Learning and Family Resource Center

1970 Christensen Avenue in West St. Paul

### Pre-Kindergarten (Age 4 or older by Sep 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### Mixed Age Pre-K (Age 3 ½ by Sep 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
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### ThreeSchool (Age 3 years by Sep 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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### Extended Day Options with a class AT ELC ONLY

Extended day offers the opportunity for additional activities and learning opportunities. Children may be dropped off any time between 7:00-9:15 am and picked up between 3:30-5:30 pm. Available on days the child attends class. No scholarships.

## Pilot Knob STEM Magnet School

1436 Lone Oak Road in Eagan

### Pre-Kindergarten (Age 4 or older by Sep 1, 2025)

Mon-Fri	5 mornings	9:30 am - 2:15 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### ThreeSchool (Age 3 years by Sep 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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## Community Preschool

Our preschool classes expose children to a variety of experiences that promote social skills, increase language skills and enhance learning. Children learn and grow in a structured environment that fosters readiness skills to help prepare them for kindergarten. All children must be toilet trained to attend.

## ECFE

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 25-26 school year are published in our Way To Grow Brochure under Early Learning below.



Scan this code for more information!  
Or you can visit [isd197.org/schools](http://isd197.org/schools)



## South St. Paul Public Schools Community Preschool

651-457-9418

www.sspps.org

*Kaposia Education Center*  
1225 1st Ave S, South St. Paul

*Lincoln Center*  
357 9th Ave N, South St. Paul



### Registration

December 1, 2025

Register online for the 2026-2027 school year. For more information call 651-457-9418.

### Preschool Open House

Lincoln: Tue, Jan 27 at 6 pm

Kaposia: Wed, Jan 28 at 6 pm

### 3 Year Old Preschool

\$206/month - Must be 3 by Sept 1, 2026

\$50 registration fee

*Kaposia Education Center*

*Lincoln Center*

Morning - M/W/F

9:10-11:55 am

Morning - M/W/F

8:25-11:10 am

Afternoon - M/W/F

12:40-3:25 pm

Afternoon - M/W/F

12:05-2:50 pm

Scholarships are available through Pathways. For a scholarship packet or more information please call 651-457-9418. En Espanol - 651-306-3644

### 4 Year Old Preschool

Must be 4 by Sept 1, 2026

*Kaposia Education Center*

*Lincoln Center*

Mon-Fri - AM - \$345/month

9:10-11:55 am

Mon-Fri - AM - \$345/month

8:25-11:10 am

Mon-Fri - PM - \$345/month

12:40-3:25 pm

Mon-Fri - PM - \$345/month

12:05-2:50 pm

Mon-Fri - All Day - \$690/

month

9:10 am-3:25 pm

Mon-Fri - All Day - \$690/month

8:25 am-2:50 pm

\*Preschool is free for eligible students.

All children must be fully toilet trained and independent in the bathroom in order to attend preschool.

South St. Paul Residents are given first priority.

Classes and fees are subject to change.



### Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.

Join us at Kaposia Education Center (1225 1st Ave S, South St. Paul). Please call 651-457-9418 for more information

### La Educación Familiar en la Primera Infancia (ECFE) es....

- Para todas las familias del Distrito de South St. Paul con niños desde el nacimiento hasta el kindergarten.
- Un lugar divertido e informal para conocer, aprender y jugar con otros niños y padres.

Para inscribirse llamar a Tere Castellanos al 651-306-3644

### New baby?

Free baby class & home visits



### Why Inver Grove Heights Preschool?

- Four-star Parent Aware rating, the highest possible rating by Minnesota’s quality rating system for early education
- Highly trained staff. Our licensed teachers use proven best practices
- Curriculum: Conscious Discipline & Frogstreet
- For children age 3 or age 4 on Sep 1, 2026

*Little Spartans Preschool is committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond. Your child will:*

- Experience a welcoming, stimulating, and playful environment where they can explore, discover, and grow
- Build confidence through participation in activities and experiences designed to set the stage for future academic success and a lifetime love of learning
- Develop core life skills that enrich self-worth and nurture the development of caring connections with others

*Preschool registration for 2026-2027 opens Feb 10, 2026!*  
[www.earlylearning.isd199.org](http://www.earlylearning.isd199.org)

### Visit our preschool classrooms at our Preschool Open House on January 8, 2026, 4:30-6:00pm

*Classrooms will be open at all locations:*

- Early Learning Center - for children age 3 by September 1, 2026
- Hilltop Elementary, Pine Bend Elementary and Salem Hills Elementary - for children age 4 by September 1, 2026.

#### 4 Year old preschool

- Mon-Fri AM 7:50-10:30am
- Mon-Thu PM 11 :45-2:30pm
- Mon-Fri All Day 7:50am-2:30pm

#### 3 Year old preschool

- Mon-Wed-Fri AM 8: 15-10:45am
- Tue-Thu AM 8: 15- 10:45am
- Mon-Wed PM 11 :45-2: 15pm
- Tue-Thu PM 11 :45-2: 15pm

Financial assistance available. For more preschool information email [preschool@isd199.org](mailto:preschool@isd199.org) or call 651-306-7503. Para información preescolar en español, llame al 651-306-7505



### IGH Early Learning

*Early Learning Office*  
 3203 68th St E, Inver Grove Heights  
 (connected to Hilltop Elementary, door 2)

[www.ighEarlyLearning.org](http://www.ighEarlyLearning.org)

Phone: (651) 306-7503

Email: [EarlyLearning@isd199.org](mailto:EarlyLearning@isd199.org)

### IGH Early Childhood Family Education

IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child’s first teacher. Together we support your child as they learn and grow.

*Registration for new ECFE classes begins December 15, 2025*

#### New baby?

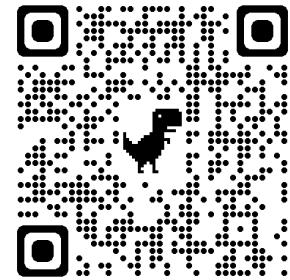
Free baby classes & home visits.

#### Come Play at Our House!

POP IN & PLAY - IGH ECFE

*No Registration Needed.* You and your child can choose from a variety of art, science, & sensory activities– or spend time in dramatic play or the block area. There’s lots to do, including gym & circle time. Come & go at your convenience. Each visit is \$3 per child over age one. Babies 0-12 mos are free. Save with a 10-visit punch card for \$25.

For information on current ECFE classes and schedules, call 651-306-7503 or scan the QR code.





Nurture. Inspire. Prepare.

**TOGETHER, WE THRIVE!**

For more information about our schools, programs, and how to enroll, visit [isd197.org](http://isd197.org) or call 651-403-7030.



**SSP** South St. Paul  
Public Schools

Preparing each student for success in school, in our community, and in life.

**ENGAGE. EDUCATE.  
EMPOWER.**

[www.sspps.org](http://www.sspps.org) ☎ 651-457-9400 ☎ 104 5th Ave S, SSP



**ENROLL TODAY**

- Inver Grove Heights Early Learning Center*
- Hilltop Elementary School*
- Pine Bend Elementary School*
- Salem Hills Elementary School*
- Inver Grove Heights Middle School*
- Simley High School*

Enroll students in ISD 199 at any time! Enroll online at [www.isd199.org/enroll](http://www.isd199.org/enroll) now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights. Visit [www.isd199.org/enroll](http://www.isd199.org/enroll) or call 651-306-7825 with questions and for more information.

## South St. Paul

### *District Office*

104 Fifth Ave S

### *South St. Paul Education Center*

710 19th Ave N

### *Central Square Community Center*

100 Seventh Ave N, SSP

### *South St. Paul High School*

700 Second St N

### *Lincoln Center*

357 Ninth Ave N

### *Kaposia Education Center*

1225 First Ave S

## Inver Grove Heights

### *District Office*

2990 80th St E

### *Simley High School*

2920 80th St E

### *IGH Middle School*

8167 Cahill Ave

### *Hilltop Elementary School*

3201 68th St E

### *Pine Bend Elementary School*

9875 Inver Grove Trail

### *Salem Hills Elementary School*

5899 Babcock Trail E

### *Early Learning Center*

3203 68th St E

## West St. Paul-Mendota Heights-Eagan Area

### *Two Rivers High School*

1897 Delaware Ave, MH

### *Friendly Hills Middle School*

701 Mendota Heights Rd, MH

### *Heritage E-STEM Magnet Middle School*

121 West Butler Ave, WSP

### *Garlough Environmental Magnet School*

1740 Charlton Street, WSP

### *Branch Out Building*

150 Marie Avenue East, WSP

### *Mendota Elementary School*

1979 Summit Lane, MH

### *Moreland Arts & Health Sciences Magnet Elementary School*

217 W Moreland Ave, WSP

### *Pilot Knob STEM Magnet Elementary School*

1436 Lone Oak Road, Eagan

### *Somerset Elementary School*

1355 Dodd Road, MH

### *Early Learning & Family Resource Center*

1970 Christensen Ave, WSP

### *Thompson Park Activity Center*

1200 Stassen Lane, WSP

## Partner Locations

### *Veterans Memorial Community Center*

8055 Barbara Ave, IGH

### *South St. Paul Rod & Gun Club*

600 Gun Club Rd, SSP

### *Thompson County Park*

1200 Stassen Lane, WSP

### *Harmon Park*

230 Bernard St W, WSP

### *Eastview HS*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym*

707 Commerce St, Woodbury

## TRIDISTRICT COMMUNITY EDUCATION

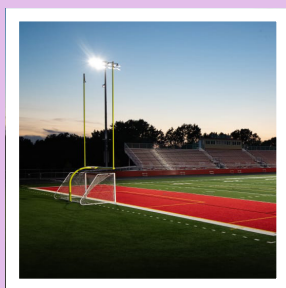
# FACILITY RENTALS

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

- » ISD 197: West St. Paul-Mendota Heights-Eagan Area
- » ISD 199: Inver Grove Heights
- » SSD 6: South St. Paul



For More Information  
[tridistrictce.org/facility-use](http://tridistrictce.org/facility-use)



## Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes.

Please contact the Community Education office in your district at the address and phone on page 61.

## Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

## Request an Accommodation

TriDistrict Community Education is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Community Education office in the district sponsoring the class, as listed on page 2.

## Need more information?

See page 53 for building locations and program contact information.

*Give us a call. We're happy to assist you!*



# Adult Programs are open to everyone age 15 and older

*unless otherwise noted.*

## Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

## Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

## Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be added if you must cancel a class. No refunds are issued after the first class session.

## Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number or email.

## Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

## Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

## Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.

## Community Education Registration

Formulario de registro de educación comunitaria

Full Name: \_\_\_\_\_ Grade (If applicable): \_\_\_\_\_  
 Nombre Completo Grado (si aplica)

Address: \_\_\_\_\_  
 Dirección

City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Ciudad Código postal

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Teléfono de casa Teléfono móvil

Email: \_\_\_\_\_ UCare Member ID: \_\_\_\_\_  
 Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: \_\_\_\_\_  
 Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Fecha de Nacimiento

Gender:  Male  Female  
 Género: Masculino o Femenino

Race:  Asian  Black/African American  American Indian/Alaska native  
 Raza  Latino/Hispanic  Native Hawaiian/other Pacific Islander  White  
 Two or more races  Other

Complete if Paying by Credit Card:  Visa  MasterCard  Discover  American Express  
 Complete si vá a pagar con tarjeta de crédito:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_  
 Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: \_\_\_\_\_ Amount \$: \_\_\_\_\_  
 Titular de la tarjeta de crédito Cantidad

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Firma Fecha

## Register

Online

tridistrict.ce.eleyo.com

This secure site is available 24/7

By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

In Person

Mon-Fri

7:30 am-4 pm IGH

7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan

Visit us at the addresses below.

By Mail

IGH

Community Education

2990 80th St E

Inver Grove Hgts, MN 55076

WSP, MH and Eagan

District 197 Aquatic Center

1897 Deleware Ave

Mendota Heights, MN 55118

SSP

Community Education

100 7th Ave N

South St. Paul, MN 55075

## 3 Ways to Pay

Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

Check

Make checks payable to Community Education.

Cash

If using cash, please register in person.

INDEPENDENT SCHOOL DISTRICT 197  
TRIDISTRICT COMMUNITY EDUCATION  
1897 DELAWARE AVE.  
MENDOTA HEIGHTS, MN 55118

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# Adult Education TESTIMONIAL



**Shirley ★★★★★**

"I am absolutely thrilled to have my GED and can hardly wait to get back to class and keep on learning!"

At 70 years old, Shirley was awarded an honorary high school diploma from her former school after they learned of her goal to obtain her GED - 62 years after she had dropped out to help care for her 13 siblings. She is a true lifelong learner!

Scan the QR code to learn  
more about our **FREE HSE &  
ELL classes!**

