



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

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

ARTS & CRAFTS

**Last Minute Card Making & Party**

Need a card for Valentine's Day? Or a card to show your appreciation for a friend? We have the supplies, bring your creativity! If you want: Wear red, purple, or pink and bring a small store-bought treat to share!

Wed, Feb 11 \$15  
6 - 7:30 p.m. CBWA1  
White Bear Lake Senior Center

**Tree Sky Perspective Painting – with Rene**

Imagine you're lying under the trees. How would you paint the trees and sky?

Thu, Feb 19 \$15  
6 - 8 p.m. CBRA1  
Anpétu Těča Education Center



**Tweet-Sized Wood Bird**

Create a charming wooden bird perfect for gifting or decorating your room. You'll paint, assemble, and personalize a pre-cut wooden bird using a variety of colors and patterns.

Mon, Apr 20 \$15  
6 - 7:30 p.m. CBWA2  
White Bear Lake Senior Center



**Spring Rock Painting**

Using a variety of acrylic paints, learn how to make colorful mini works of art on rocks. Bring joy to someone by sharing a rock you created, or hide one in your garden or local park. You will make up to 3 rock masterpieces. Sample ideas provided or create your own. All supplies included.

Thu, Apr 30 \$10  
6 - 7:30 p.m. CBSA1  
East Ridge High School



**Paint Pots – with Rene**

Get ready for summer by painting new garden pots.

Mon, May 11 \$15  
6 - 8 p.m. CBRA2  
Anpétu Těča Education Center

**Adaptive Pottery: Create with Clay**

Do you love to create things with your hands? If so, join us and use a pottery wheel or hand-building techniques to make a variety of decorative objects. One of the objects could be a Mother/Father/Someone Special gift. Participants will use bright colors to glaze their pieces at the end of class. You will be notified when you can pick up your finished pieces.

Sat, May 2 \$25  
3 - 5 p.m. CBNA1A  
Craig Seath Pottery

Sat, May 30 \$25  
3 - 5 p.m. CBNA1B  
Craig Seath Pottery



**The Great Art Supply Cleanout**

There's leftover paints, scraps of paper, canvas, beads, glue, feathers, papers, etc. Let's put them to good use! In this hands-on, creative class, we'll dive into all those miscellaneous art supplies and turn them into unique projects. Bring your imagination and get ready to create!

Fri, May 15 \$15  
6 - 7:30 p.m. CBWA3  
White Bear Lake Senior Center

**Hot Mosaics – Fused Glass Creations**

Hot Mosaics, combines two forms of glass art – mosaicking and glass fusing! Make a dramatic fused mosaic six-inch plate or candle holder. Your design will be embellished with fun pieces of colorful glass, dichroic glass, stringer, murrines and pebbles. Once done, your creation will be fired by the instructor (7-10 days required). Participants will pick up their creation from the instructor's home.

Wed, May 27 \$25  
6 - 9 p.m. CBNA2  
Skyview Middle School



**Sharp Marker Aluminum Foil Doodles**

Doodle on aluminum foil and color with markers to create stunning multi-reflective abstract art. Find out how in the real world, bug and beetle wings are similarly reflective.

Thu, May 21 \$10  
6:30 - 7:30 p.m. CBSA2  
East Ridge High School



## HOBBY & LEISURE

### Learn about Native American Culture and Touch a Real Buffalo Hide

Using an Indigenous Education Cultural Trunk, you'll explore authentic, hands-on items that bring Ojibwe and Dakota lifeways to life. Examine objects such as toy-sized cradleboards, moc-casins, medicine bags, and even a buffalo bone sled. You'll also learn about the natural world through an amazing full buffalo hide. Experience a meaningful, memorable introduction to the culture and history that shape our region.

Mon, Feb 2 \$10  
6 - 7:30 p.m. CBSH1  
District 833 Program Center

### Valentine BINGO – with Rene

Come for fun and collect your prize after calling B I N G O.

Thu, Feb 5 \$10  
6 - 8 p.m. CBRH3  
Anpétu Téča Education Center



### Meet Furry Friends at the Animal Humane Society

Learn about the good work the Animal Humane Society does to provide care, shelter, and medical attention to thousands of homeless, surrendered, or rescued animals. You'll take a tour of the adoption floor and even have a chance to interact with one of the animals ready for adoption.

Wed, Feb 25 \$10  
6 - 7 p.m. CBSH2  
Animal Humane Society of Woodbury

### Come Sing with Community Ed!

Join us for an upbeat evening where everyone's a star! You can take your turn at the mic, sing with a buddy, or enjoy the show from the audience. This inclusive karaoke night is designed for adults with developmental disabilities, with Community Education staff joining the fun. Expect great music, lots of laughs, and a welcoming space for all voices!

Mon, Mar 2 \$10  
6 - 7:30 p.m. CBSH3  
District 833 Program Center



### Sip and Sing 'Round the Fireplace

Hot cocoa, cider and song will take the chill out of this late winter evening as you gather around the large brick fireplace in the Katherine Abbott Park Center in Mahtomedi. Karen Hillmann and her guitar will be ready for your sing-along requests.

Thu, Mar 5 \$10  
6 - 7:15 p.m. CBNE2  
Katherine Abbott Park

### Pizza Dinner in White Bear Lake

Join us for dinner! We will order Domino's pizza, listen to music and just hang out! Feel free to bring a game we can play!

Thu, Mar 12 \$15  
5:30 - 7 p.m. CBWH1  
White Bear Lake Senior Center



### Family Feud

Will you be able to guess what the survey says? Join us as we play this popular game show.

Tue, Mar 31 \$10  
6 - 8 p.m. CBRH2  
Anpétu Téča Education Center

### Shepard Farm: Reptiles and Amphibians

Join naturalist Michael as you dive into the world of reptiles and amphibians- we will be getting hands-on! Meet a snake, talk to a turtle and make friends with a frog in this evening program! If you are feeling brave, you can even hold some animals! Don't miss out on this evening of exploration!

PCAs attend at no cost but must be registered.

Tue, Mar 17 \$10  
6 - 7 p.m. CBSH4  
Dodge Nature Center – Shepard Farm Property



### St Patrick's Day BINGO – with Rene

Come for fun and collect your prize after calling B I N G O.

Tue, Mar 17 \$10  
6 - 8 p.m. CBRH4  
Anpétu Téča Education Center

### BINGO – with Rene

Come for fun and collect your prize after calling B I N G O.

Wed, Apr 8 \$10  
6 - 8 p.m. CBRH5A  
Anpétu Téča Education Center

Wed, May 6 \$10  
6 - 8 p.m. CBRH5B  
Anpétu Téča Education Center



### Blank Slate

Will you be the 1st person to earn 25 points? In this game, you try to match just one other player as you fill in the blank.

Tue, Apr 21 \$10  
6 - 8 p.m. CBRH1  
Anpétu Téča Education Center

### Theatre: An Evening of Improv Where YOU Participate!

Looking for a fun, low-pressure way to try something new, meet great people, share some laughs, and keep your mind active?

Join us for a creative, joy-filled introduction to improvisational theatre! We'll explore improv through engaging activities that mix theatre, movement, storytelling, and playful games. Along the way, participants build real-life skills—like confident communication, flexible thinking, social connection, teamwork, and self-expression—all while having a great time. No experience needed. Just bring your curiosity, and get ready to laugh, learn, and grow together!

Mon, May 18 \$15  
6 - 7:30 p.m. CBSH5  
District 833 Program Center



## SPORTS, EXERCISE & RECREATION

### Adaptive Chair Yoga

Refresh your mind and body with this gentle and relaxing form of exercise! Instructor Gil will guide participants through a series of breathing and stretching exercises suitable for ALL abilities. Yoga mats available but bring your own if desired. This class will be three sessions.

Thu, Apr 16 - Apr 30      \$21 (3 Sessions)  
7 - 8 p.m.                      CBNE1  
Gladstone Community Education Center

### Country Line Dance: "Boots on the Ground"

Learn this new and exciting line dance that is sure to become a favorite, along with the classic "Slappin' Leather". No partner needed for a night of fun! Enjoy toe tappin' and hip shakin' classic country moves!

Thu, Feb 12                  \$8  
6 - 7 p.m.                      CBSE2  
Cottage Grove Middle School



### Party Line Dance

Step onto the floor and experience the fun of line dancing! You will learn three of the most popular line dances: Electric Slide, Cha Cha Slide and Cupid Shuffle. No partner needed for an entire evening of dance.

Thu, Apr 9                      \$8  
6 - 7 p.m.                      CBSE3  
Park High School



### Self Defense for Beginners

Join our self-defense seminar designed for adults with disabilities. Learn practical skills for personal safety, conflict de-escalation, and assertive communication. Build confidence, independence, and peace of mind through strategies that strengthen both body and mind. Experience training that empowers you for life!

Wed, Feb 4                      \$15  
6 - 7:30 p.m.                      CBNE3  
Skyview Middle School

## TRIPS & SPECIAL EVENTS

### St. Patrick's Day Dance

Groove to classic Irish tunes and enjoy a wide array of crowd-favorite hits from our DJ's full repertoire. Don't forget to wear your best green attire—it's the color of the night! Caregivers who wish to eat treats are also asked to register.

Fri, Mar 20                      \$15/\$10 caregiver with treats  
6 - 7:30 p.m.                      CBNT2  
Gladstone Community Education Center



### Valentine's Day Dance Party

Put on your best red attire and join us at Gladstone for this beloved dance! Capture unforgettable moments in our photo booth with candid snapshots of you and your crew. Enjoy a sweet treat catered by Ellie Sullivan as you dance the night away. Caregivers who wish to eat treats are also asked to register.

Fri, Feb 13                      \$15/\$10 caregiver with treats  
6 - 7:30 p.m.                      CBNT1  
Gladstone Community Education Center



### Volunteer at Valley Outreach

Join us in making a difference! Spend time with your Community Bridge friends at Valley Outreach in Stillwater as we assist with their Clothing Program. This program provides free clothing to clients and operates as a thrift store open to the public, offering high-quality, gently used clothing at affordable prices. Our role will include sorting clothing. Volunteer spots are limited to 12 participants. Participants who need significant support should be accompanied. Staff and family members are encouraged to join and must register for this event.

Tue, Apr 7                      **FREE**  
5 - 6:30 p.m.                      CBNT4  
Valley Outreach

## COMMUNITY BRIDGE T-BALL / SOFTBALL LEAGUE

Join one of three Community Bridge Consortium beginner-level teams for a fun, inclusive introduction to T-ball and softball. Participants will learn and enjoy the game by hitting the ball, running the bases, and playing a variety of in-field positions in a supportive, welcoming environment. Batters may choose to hit from a batting tee or from a coach-pitched ball. Each participant receives a team T-shirt and a participation medal. The season includes weekly practices, scrimmages, and concludes with a Saturday tournament.

### Practices

Thursdays, May 7 - June 4 (5 sessions)  
6:30 - 8 p.m.  
Cost: \$60



### Tournament

Saturday, June 6 | 9:30 a.m. - 1:30 p.m.  
Lakewood Hills Park  
2110 Orchard Ln, White Bear Lake

In the event of poor weather or unplayable field conditions, the tournament will move indoors to John Glenn Middle School. Participants will be notified if a location change is necessary. **Scrimmage schedules and directions will be provided at the first practice.**

CBNE4

**North St. Paul-Maplewood-Oakdale Team** | Coaches: Taylor Broussard & Steve Crane | Robinhood Park: 2039 Manton St, Maplewood

CBWE1

**White Bear Lake Area Team** | Coach: Amy Lewellen-Contras | Matoska Field #1: Matoska International Elementary School: 2530 Spruce Pl, White Bear Lake

CBSE1

**South Washington County Team** | Coach: Judy Ptacek | Hemingway Field #41, Cottage Grove (Directions sent upon registration)

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



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 PERMIT NO. 4263

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

Register online at [isd622.ce.eleyo.com](http://isd622.ce.eleyo.com)

**COMMUNITY BRIDGE REGISTRATION FORM**

Name \_\_\_\_\_ Home/Group Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Group Home Name \_\_\_\_\_ Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Group Home Email \_\_\_\_\_  Uses a wheelchair  Requires one-to-one assistance  
 Medical, seizure, behavioral or other conditions instructor should be aware of: \_\_\_\_\_

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
<b>Total Participant Fee \$</b>		_____

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
<b>Total Staff Fee \$</b>	_____

*Staff fee must accompany registration*

Checks payable to: Community Bridge  
 Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109  
 Mailed checks will be handled as a one-time electronic fund transfer or draft.

Visa, MasterCard or Discover \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ Total Charge \$ \_\_\_\_\_

Signature \_\_\_\_\_ Print Name on Card \_\_\_\_\_