



# Thompson Times



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

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

**Thompson Park Activity Center**  
1200 Stassen Lane, West St. Paul, MN 55118  
Open 9 am-4 pm, Mon-Thu

**For Information or Registration:**  
Call: 651-403-8300  
Online: [www.isd197.org/community/adults-55](http://www.isd197.org/community/adults-55)

### Special Events



**HEALTHY AGING EXPO**

Celebrating healthy aging with wellness support, community resources, housing services, refreshments, and live entertainment.

**THOMPSON PARK ACTIVITY CENTER**  
Wednesday, May 13th 10:00 AM-1:00 PM

### Senior Health Expo

The second annual Healthy Aging Expo celebrates healthy aging with wellness support, community resources, housing services, free refreshments, healthy snacks, and live music. Explore, learn, and get expert advice from senior service providers to live a vibrant and active life at every stage of aging.

Wed, May 13 10-1 pm  
*Free and open to the public. No registration needed.*

### Annual Support Drive

See page 10 for information.

### Flea Market

Start your day with treasures, treats, and community connection at TPAC's Annual Flea Market! With 25 indoor, climate-controlled vendor spots and up to 20 additional outdoor tables, you'll find antiques, crafts, collectibles, and unique finds - perfect for treasure hunters of all ages. Enjoy breakfast from a food truck, let the kids explore the playground, or walk around the lake. TPAC is the place to spend the morning, connecting with neighbors and buying some goodies.

Wed, June 24 9-1 pm  
*Free and open to the public. No registration needed.*

*\*Donate to the TPAC Table - see page 4.*

### Flea Market Vendors

Interested in being a vendor? Reserve your space early to secure your place at this popular event, indoor or outdoor spots are available. Registration required. Registration does not guarantee a spot, as all applicants will be reviewed. Vendors must be able to lift, unload, haul, and reload your own wares. Registration deadline is June 8, 2026.

Wed, June 24 7:30-8:45 am: unload and set-up  
1687-S26 10% of sales up to \$25

**Closed Dates: May 25, June 19, June 29 - July 3**

**MAY/JUNE 2026**

# LEARNING & DISCUSSION



## MN State Fair Through a Lense

Join photographer Andy Berndt for a morning of stories and stunning photos that bring the magic of the Great Minnesota Get-Together to life. Andy has been capturing the heart and hustle of the Fair since 2018, shooting tens of thousands of photos and meeting the folks who made the Fair the unforgettable experience it is. Leave smiling and counting the days until the next Fair. Speaking of which, there are 115 days between May 4 and the opening day of the State Fair on Aug 27. *Presenter: Andy Berndt*

Mon, May 4 10-11 am  
1182-S26 1 session - \$5

## Technology Help

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

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

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

Most retirees plan taxes year by year, but lasting retirement success requires a long-term strategy. Learn practical lessons for reducing lifetime taxes – not just this year’s bill. Learn how Social Security and Medicare surcharges work, avoid costly mistakes, prepare for future tax law changes, and more. Leave with clear strategies and a helpful take-home workbook to guide your next moves with confidence. *Instructor: Terrie Amundson, CFP® & Mendota Hts resident*

Mon, May 11 9:30-11 am  
1186-S26 1 session - \$4

## Landmark Tours: Your Journey Starts Here

Preview upcoming trips and learn about the ease and excitement of escorted travel. TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company rooted in the community, to fulfill your travel dreams. Catalogs available at TPAC. Drop-ins welcome. *Presenter: Landmark Tours Representative*

Tue, May 5 1-2:30 pm  
1592-S26 1 session - Free

## The Book of Kin Book Discussion with Peter Rachleff & Beth Cleary

For three weeks in May, join us to read and discuss *The Book of Kin: On Absence, Love, and Being There* by St. Paul writer Jennifer Eli Bowen, founder of the Minnesota Prison Writing Workshop. Published by Milkweed Editions, this moving essay collection explores family, community, and belonging. Professors emerita Peter Rachleff and Beth Cleary will guide lively, thoughtful conversations, building on their previous discussions of *James* with TPAC participants. Please acquire or borrow your own book to bring to class.

*Presenters: Peter Rachleff & Beth Cleary, co-founders of the East Side Freedom Library*

Thu, May 14, 21, 28 1-2:15 pm  
1178-S26 3 session - \$16

## Nature Sense with Naturalist Eloise Dietz

### Birds on the Fly

After a brief discussion about the birds we’re most likely to spot, we’ll head out on a guided birding hike through Thompson Park.

Tue, May 19 9-10:15 am  
1783-S26 May 1 session - \$10

### Summer Sentiments

Bring with you and share a favorite summer reading, poem, song, story or photo that manifests what summer is for you.

Tue, June 9 9:30-10:45 am  
1783-S26 June 1 session - \$10

# LEARNING & DISCUSSION

## Van trip to the Orfield Laboratory

Here is a fascinating behind-the-scenes visit to Orfield Laboratories, a one-of-a-kind multi-sensory research lab located in the historic Sound 80 Studios building. Known worldwide as home to the quietest place on Earth, Orfield's famous anechoic chamber holds a Guinness World Record and offers a rare opportunity to experience near-total silence. During our guided tour, we'll explore cutting-edge acoustic, lighting, and design labs; and how scientists study human comfort and perception. This unique outing blends science, history, and awe all in one visit. Fee does not include cost of lunch.

Thu, May 14	9:30 am -1:30 pm
1175-S26	1 session - \$125 includes 2-hour tour & transportation

## Explore Conversational Spanish for Absolute Beginners

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers. No prior Spanish experience required. Our instructor ensures a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey. Register early.

*Instructor: Dick Milles, former Spanish Instructor, Metropolitan State University*

Wed, May 6 - June 24	9:30-10:30 am
1841-S26 May/June	8 sessions - \$64
Wed, Jul 8 - Aug 26	9:30-10:30 am
1841-S26 Jul/Aug	8 sessions - \$64

## Explore Conversational Spanish - Level 2

This dynamic Level 2 Conversational Spanish course delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended. Our instructor ensures an engaging and immersive experience using gestures, visuals, and real-life scenarios to enhance learning. Join this enriching language journey!

*Instructor: Dick Milles, former Spanish Instructor, Metropolitan State University*

Tue, May 6 - Aug 26	10:45-11:45 am
1903-S26 May-Aug	16 session - \$128

## Understanding Wills vs Trusts: What's Right for You? with Andy Lehner

Is a will or a trust is the best way to manage your assets and protect your loved ones? Join attorney Andy Lehner as he explains the key differences, benefits, and practical uses of each. You'll learn how each can help ensure your wishes are honored, minimize complications, and provide peace of mind for your family. Walk away with a clear understanding of which tool may be right for you and how to get started planning.

*Presenter: Andy Lehner, Lehner Vander Sanden Law, West St. Paul*

Thu, May 21	9:30-11:30 am
1188-S26	1 session - \$9



## The Lost State of Franklin: America's Almost 14<sup>th</sup> State

After the American Revolution, western North Carolina was left loosely governed under the weak Articles of Confederation. Frustrated settlers took matters into their own hands and attempted to form a brand-new state called Franklin. Join historian Matthew Carter as he shares the dramatic story of this forgotten frontier experiment — why it began, why it failed, and how it directly influenced the U.S. Constitution's rules for creating new states. A fascinating look at early America's growing pains and the challenges of self-government.

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

Tue, May 26	10-11:30 am
1173-S26	1 session - \$9

# LEARNING & DISCUSSION

## Muffins with the Mayor: A Special Farwell with Mayor Dave Napier

Join a lively chat with West St. Paul Mayor David Napier. We'll converse, share ideas, and discover how you can be the change that matters in our community. Enjoy delicious muffins and hot coffee as we connect and have a good time together. Let's make civic engagement as sweet as muffins!

Tue, June 2 10-11 am  
1583-S26 1 session - \$3 to support TPAC

## Hearing Health Including Aids

Hearing health is linked to social engagement and cognitive health; and should not be neglected. This session explores key aspects of hearing health. Learn how your hearing works, see examples of modern hearing aids and accessories, and find valuable resources for tinnitus treatment. Ask questions and gain expert guidance on hearing wellness.

*Instructor: Rebecca Younk, Clinical Audiologist, Associated Hearing Care*

Mon, June 8 9:30-10:30 am  
1974-S26 1 session - \$4

## Donate to the TPAC Flea Market Table

If you would like to donate to the TPAC table, donations will be accepted on the following dates only:

**June 22, 23 and the morning of June 24.**

Your donations are greatly appreciated and may include small household items such as dishes, books, kitchen items, small accent furniture, lamps, etc. **No clothing accepted.**

All proceeds from sales will go to support TPAC programming. We sell items as an "unpriced", *Make An Offer* format, which has worked well.



## Understanding Acupuncture

Curious about acupuncture and how East Asian medicine supports healthy aging? Join this informative, welcoming introduction on how acupuncture, Tai Chi/Qi Gong, meditation, and herbal approaches work together to support balance and vitality. We'll explore how this time-tested system views age-related health, including chronic pain, neurological conditions such as Parkinson's, and supportive care during cancer treatment. This session offers practical insight, gentle education, and time for your questions in a comfortable, respectful setting.

*Presenter: Jessica Frier, Birchwood Acupuncture*

Mon, June 15 9:30-11 am  
1185-S26 1 session - \$5



## StrongHer: Self Defense for Senior Women

Designed especially for senior women who want to feel confident, aware and prepared, this workshop focuses on practical skills you can use in real life. Learn how to prevent attacks before they happen. We welcome women age 14+, but special attention will be given to techniques that are realistic and adaptable for older adults. Modifications will be offered to ensure comfort and safety for all. You will practice techniques using striking pads, so dress comfortably for light movement. A waiver will be provided due to the physical nature.

*Master Instructor: Jena Bushey, Legacy Martial Arts*

Tue, June 16 9:30-11:30 am  
1183-S26 1 session - \$35

# LEARNING & DISCUSSION

## Building Brain-Healthy Habits with the Alzheimer's Association

Discover practical, research-based strategies to support memory and thinking at every age. This engaging program highlights everyday habits—like physical activity, nutrition, and lifelong learning—that may help reduce the risk of cognitive decline. You'll learn why brain health matters now and in the years ahead. Leave with a simple, personalized plan you can put into action right away.

*Presenter: Alzheimer's Association, Minnesota Chapter*

Mon, June 22 10-11:30 am  
1174-S26 1 session - \$4

# GAMES



## Learn to Play Chess

Learn to play chess or improve your chess playing ability! Professor Berger (Coach Dave) has experience teaching players of all skill levels and ages. Using a practical approach ensures everyone learns as they play. Coach Dave will add in a variety of exercises, techniques, and strategies so that you can advance your playing ability to the level you wish to achieve. Everyone is welcome!

*Instructor: Coach Dave Berger, competitive chess tournament player*

Mon, Apr 27-June 22 1-2:30 pm  
1187-S26 7 session - \$20

# GAMES

## Home Before Dark Bridge

This group enjoys having fun! Sign up with a partner.

Mondays, starting Apr 6 3-5:30 pm  
1612-S26 \$22 Apr-Oct

## Bocce Ball

Enjoy some camaraderie and skillful competition in a game that brings fun and health benefits. Played outdoors.

Mon, May 4-June 22 9:45-10:45 am  
1596-S26 May/June 7 sessions - \$8  
Mon, July 6-Aug 29 9:45-10:45 am  
1596-S26 July/Aug 9 sessions - \$8

## Bean Bag Toss

We supply the boards and bags, while you supply the fun and competitive spirit of the game. Played outdoors.

1643-S26 8 sessions each - \$8  
Tue, May 5-June 23 9:45-10:45 am  
Tue, July 7- Aug 25 9:45-10:45 am

## Hand & Foot

Race to get rid of all your cards. Come join the fun!

Wednesdays 9:30 am-12:15 pm  
1735-S26 \$15 May-Aug

## Cribbage

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

Wednesdays 1-3 pm  
1856-S26 \$15 May-Aug

## Scrabble

Sharpen your word skills and out-word your fellow players!

Wednesdays 1-3 pm  
1114-S26 \$15 May-Aug

## Puzzle Padooza

Use a puzzle from the TPAC library, or bring your own.

Tue, June 16, July 7, 21, Aug 4 & 18 1-3 pm  
1135-S26 5 sessions - \$10

## Mah Jongg

An ancient Chinese game with a modern twist.

Thursdays 1-3:45 pm  
1613-S26 \$15 May-Aug

# GROUPS

- Groups that meet monthly pay \$10 per year. The year begins in Sept and ends the following August.
- Groups that meet weekly pay \$15 per trimester. The current trimester begins May 1 and ends Aug 31.
- Keeping our fees low for everyone is important and at the same time, those fees are critical to support our programs. Discounts are not offered for days you cannot attend.

## Umbrella Projects Group



We On April 11, the Umbrella group held the 7<sup>th</sup> Annual Days for Girls Sewing Event!

With the exception of 2020 & 2021 (due to Covid), the event has been going since 2018. *More information can be found at [daysforgirls.org](http://daysforgirls.org).*

Guest of Honor Ann Wederspahn started the TPAC Umbrella Group Sewing Day for Days for Girls in 2018. Karen Griffin presented her with a Certificate of Recognition for her vision, leadership and commitment to making the world a better place. (pictured below)

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

*No meetings June, July or August*



## Men's Topics & Toast

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

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

## Great Decisions Group

Space is limited. Call 651-403-8300 for information.  
*May topic: US-China Relations in the New Trump Era*

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

## Caregiver Support Group

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

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

## TPAC Out & About Group

Gather for social outings each month. Call TPAC for info.  
Dates Vary  
1609-F25 Annually - \$10 Sep-Aug

## Mystery Book Club

Enjoy stimulating discussions on our interpretations, speculations and theories of our next mystery book!

**May book:** *A Time for Mercy* by John Grisham

**June book:** *Y is for Yesterday* by Sue Grafton

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

**Reminder:**  
**No groups the week of June 29-July 2**

# FITNESS & HEALTH

## Pilates

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

Tuesdays	1113-S26	2-3 pm
May 5-26		4 sessions - \$36
June 2-23		4 sessions - \$36

## 3X3 Fitness

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

Tue/Thu	9:15-10 am
1635-S26	\$8 May-June



## Tai Chi Chih for Health - Intermediate

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, June 10-Aug 26	9:15-10 am
1160-S26	\$88 June-Aug

*No class July 1*

## Fitness and Balance for Life

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

*Instructor: Naomi Marzinske*

Thu, May 7-June 25	10:30-11:30 am
1317-S26	8 sessions - \$64

## Line Dancing

Line dancing is a fun way to exercise and can be as gentle or as energetic as you want. Improve your muscle tone and coordination, strengthen bones, and stay mentally fit. For experienced line dancers.

*Instructor: Margaret Christians*

Thu, May 7 - June 4	9-10 am
1615-S26	\$5 May

## Foot Care Available at TPAC

Your feet have done a lot for you over the years; now it's time to give them some love! Taking good care of your feet helps you stay active, comfortable and independent. Service includes assessment of skin and nails; cleaning, trimming and filing of toenails; moisturizing foot massage; management of calluses, corns and ingrown nails. *Providers: Alicia, RN CFCS and Elizabeth, RN*

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

## Wednesday Walkers

Meet at TPAC parking lot every Wednesday at 9 am to carpool to a specially selected walking path usually about 2.5 miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inclement weather. Members take turns choosing a destination for walking. Season begins with potluck breakfast on May 13, ending with a potluck lunch on Oct 28. Exercise, friendship, and nature keep this group engaged and motivated!

*Facilitator: Kathy Kladstrup*

Wednesdays	9 am
1610-S26	\$15 / season

# CREATIVE ARTS

*Reminder: No classes the week of June 29-July 2*

## Block Printing with Caponi on the Road

Realize your true artistic abilities by learning how to create linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. You will carve images into a linoleum block, then use it to make a series of prints.

*Instructor: Erin Stahl, Caponi on the Road*

Tue, May 19 1:30-3:30 pm  
1193-S26 1 session - \$35

## Rock Painting

Transform ordinary rocks into beautiful and colorful creations! Enjoy a friendly, creative atmosphere, learn simple techniques and leave with beautifully painted rocks to display or give as gifts! No experience needed. Brighten a garden, doorstep, or someone's day. All supplies provided.

*Instructor: Johanna Nelson*

Mon, June 22 1-3 pm  
1101-S26 1 session - \$6

## Knitting Group

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

*Facilitator: JoAnn Ellingboe*

Mondays 1-3 pm  
1600-S26 \$15 May-Aug

## Crafting for a Cause

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

*Facilitator: Rita Schnoor*

2nd Tue 12-1 pm  
1598-F25 Free

## Open Watercolor Painting

Join other artists and enjoy music and conversation. There is no instructor, so paint what inspires you and share ideas.

Bring your own supplies. *Facilitator: Art Thell*

Tuesdays 9:30-11:30 am  
1602-S26 \$15 May-Aug

## Paint like Bob Ross: Storms a Brewing

You can paint like Bob Ross. Learn simple techniques to create your own masterpiece - no experience needed. You will learn step by step how to paint using the wet-on-wet technique. Materials provided. A fun and relaxing day of painting. "There are no mistakes, just happy little accidents".

Tue, June 2 12-4 pm  
1783-S26 1 session - \$50

## 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. There is no instructor, but sharing your techniques is welcome. Bring your own art supplies.

1st & 3rd Wed 1-3 pm  
1595-S26 \$15 May-Aug

## Watercolor Introduction

Watercolor Introduction will be offered in July.

*Instructor: Linda Stout*

Mondays 1491-W26 1-3 pm  
July 6-27 4 sessions - \$80

## Watercolor I

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

*Prereq: Watercolor Intro or instructor consent*

*Instructor: Linda Stout*

Tuesdays 1302-W26 1-3 pm  
May 5-26 4 sessions - \$80  
June 2-23 4 sessions - \$80

## Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. *Prereq: Watercolor Intro or instructor consent. Instructor: Linda Stout*

Wednesdays 1191-W26 1-3 pm  
May 6-27 4 sessions - \$80  
June 3-24 4 sessions - \$80

# TRIPS & TOURS

## Hudson, WI Luncheon Cruise

Enjoy the St. Croix River aboard the Afton Princes or Grand Duchess with a professional licensed Captain and Crew. The scenery is beautiful every season! View the rugged landscapes, majestic views, woodlands and wildlife. On board luncheon menu includes chicken marsala, mostaccoli pasta with red sauce, vegetables, Caesar salad, Italian cold pasta salad, dessert, water and coffee. Browse through the unique and eclectic independently owned shops in the historic downtown area and up on the hill.

Wed, July 15                      Depart TPAC 10:30 am/Return 3:30 pm  
\$100                                      Register by Fri, June 12  
1161-WSP-S26



## Olof Swensson Farm

This historic homestead reflects an immigrant's dream and the legacy of a remarkably skilled and self-taught Minnesotan. Swensson was a farmer, scholar, builder, and visionary whose handcrafted tools and intricately designed 1880s timber barn showcase his ingenuity, craftsmanship, and enduring impact.

We'll stop at Rivers Restaurant for lunch for the homemade meatloaf meal. You may think it's mom's but it's ours! Smothered in beef gravy and served with a vegetable, mashed potatoes with gravy, dinner roll, beverage, dessert. Explore Chippewa City with a brief historic introduction by a staff before enjoying a self-guided tour. Discover 24 buildings recreating an 1800s village, including log cabins, shops, and a church.

Thu, Aug 13                      Depart TPAC 6:45 am/Return 7:00 pm  
\$108                                      Register by Fri, Jul 10  
1162-WSP-S26

## Trips & Tours Information

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

## Crow River Winery & Carlson's Apple Orchard

Take a guided tasting and tour at Crow River Winery and Bistro near Hutchinson, MN. Embracing their Minnesota roots, for over fifteen years they have nurtured their Cold Climate vines and grapes. Spanning across 36 acres of vineyards, they prioritize eco-friendly farming practices to care for these unique local vines with a passion to transform their grapes into exquisite wines on site. Taste the magic in every glass! Next up: Carlson's Orchard Bakery in Winsted to purchase apples and delicious baked goods.

Thu, Sept. 24                      Depart TPAC 9:15 am/Return 5:15 pm  
\$99                                      Register by Fri, Apr 15  
1163-WSP-F26

## Great Northern Trains (2<sup>nd</sup> bus added!)

The historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Ride the rails to Bean Creek. On board lunch of chicken entree, rice, veges, cookie, coffee & lemonade in the dining car. After lunch enjoy the relaxing scenery from the train as it travels into rural Wisconsin. Stop to buy cheese at the Burnett Dairy Cooperative retail store near Grantsburg, WI.

Tue, Oct 13                      Depart TPAC 8 am/Return 4:30 pm  
\$111                                      Register by Fri, Sept 11  
1164-WSP-F26

# TPAC Annual Support Drive



TPAC depends on contributions as a significant part of our operating budget. Please consider a tax deductible donation to support the quality and variety of programming that you expect and enjoy.

Mail or drop off your check written to "ISD 197 - TPAC", call with credit card, or donate online at: **tridistrictce.arux.app** and search "Donations to Thompson Park".

**We genuinely Thank You for your support,**

Brenda Myran, Coordinator  
TPAC Advisory Council Members



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Would you like your name listed in the Thompson Times? **Yes / No** (Please circle for donations greater than \$25)

**Mail to:** Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul, MN 55118



**Contributions for 2025/2026 as of April 9: \$8,548**

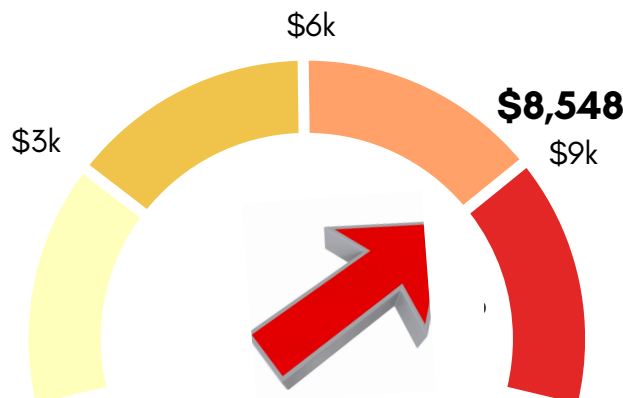
**Our goal is \$12,000 by June 30, 2026.**

## Friend (\$25-49)

Anonymous

## Benefactor (\$50-99)

Anonymous  
Tom & Lorri Evans



## Patron (\$100+)

Anonymous  
Arthur Lemke  
Kenneth & Joyce Patten

# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

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

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

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

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

## E-News

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

## Services

- Free Memory Screening provided by DARTS at DARTS:  
Call 651-455-1560 for an appointment
- Free Legal Services: Call 651-222-4731
- Free Health Insurance Counseling:  
Call 1-800-333-2433 for an appointment or go to [www.trellisconnects.org](http://www.trellisconnects.org).
- Foot Care: \$65, call 651-403-8300 for an appointment
- Fare for All: affordable groceries—call 763-450-3880

## Difficulty Hearing

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

## Suggestion Box

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

## TPAC Advisory Council Opening

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

## Fees for Groups & Clubs

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

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-Apr / May-Aug / Sep-Dec

## Cancellations/Refunds

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

## Inclement Weather & Closures

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

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## Opportunities to Volunteer

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



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

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
TWIN CITIES MN  
PERMIT #2015

## Address Service Requested

# 55+ DRIVER'S DISCOUNT COURSE

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

Persons aged 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law.

Participants must complete the four hour refresher class every three years to maintain the 10% discount.

### 4-Hour Course Dates at Thompson Park Activity Center

Thursdays	12-4 pm	\$24
May 7	May 21	
June 11	June 18	

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

