



# TriDistrict

COMMUNITY EDUCATION

# SUMMER 2026

MAY - AUGUST

FIND SOMETHING NEW TO LEARN, EXPLORE,  
AND ENJOY WITH COMMUNITY EDUCATION.

**DIVE IN! SUMMER SWIM  
LESSONS PG 54-55**

**SOAK UP THE SUN AND NEW SKILLS WITH  
FREE ADULT EDUCATION CLASSES! PG. 19**

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

# TRIDISTRICT COMMUNITY EDUCATION

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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

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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

### Guided Reflection Circle

Learn to hear what is in the silence of your heart. Personal reflection on a selected reading combines with optional group sharing to help you see who you are, what you value, how you interact with the world. The personal reflection will be on a poem, essay, book excerpt, or a few quotes around a common theme. Most people write during this time; some prefer to let the words sink in by reading them over and over or sitting with them in silence; some draw. Whatever helps the words sink deep into your heart.

**Instructor:** *Jennifer Westpfahl*

Sat, May 2 7546-S26A Central Square, SSP	9-10 am 1 session - \$25
Sat, Jun 6 7546-S26C Central Square, SSP	9-10 am 1 session - \$25
Mon, Jun 29 7546-S26D Central Square, SSP	6-7 pm 1 session - \$25
Mon, Jul 13 7546-S26E Central Square, SSP	6-7 pm 1 session - \$25
Sat, Aug 1 7546-S26F Central Square, SSP	9-10 am 1 session - \$25



### Sewing Workshop: Beginner Friendly!

Learn the essentials of sewing in this fun, hands-on workshop! Participants will build basic sewing skills while creating their own projects from scratch. We'll practice both hand-sewing and sewing machine techniques. All materials included.

**Instructor:** *Nena Rivas*

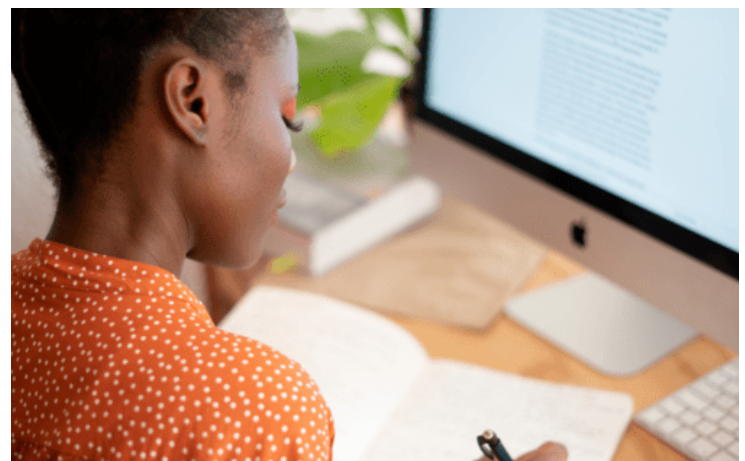
Thu, Jul 16 6120-S26 Thompson Park Activity Center, WSP	4:30-7 pm 1 session - \$115
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### Landscape Oil Painting like Bob Ross

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 6100-W26 Steep Mountains Two Rivers HS, MH	5:30-8:30 pm 1 session - \$65
Tue, Jul 14 6100-S26 Winter Pines Two Rivers HS, MH	5-7:30 pm 1 session - \$65



### ONLINE Write Your First Novel

Have you been thinking about writing a novel but just haven't started? This intensive course will provide a schedule for crafting a novel from start to finish, which you can finish in as little as 90 days! Learn how to stay motivated throughout the journey as you craft multidimensional characters, immersive settings, and a detailed plot outline. Full description online.

**Instructor:** *LeeAnne Krusemark*

Fri, Jul 17 6858-S26	6-9 pm 1 session - \$45
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### ONLINE Meet the Publisher/Agent & Get Your Manuscript Critiqued

Ever wanted feedback from a real publishing professional? Submit one page of your manuscript for an in-class critique and gain expert insight on poetry, fiction, nonfiction, or children's writing. Led by author, editor, and Harvard Adult Education publishing professor LeeAnne Krusemark. Informative handouts for future use are included in class fee.

**Instructor:** *LeeAnne Krusemark*

Fri, Jul 24 6861-S26	6-7:30 pm 1 session - \$30
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**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.

2nd Wed of each month                      5:30-8:00 pm  
 6199-S26    4 Sessions - \$15  
 Two Rivers HS, MH                              Drop-in \$5

**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, Jul 21    6-8 pm  
 7548-S26  
 Central Square, SSP



**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: Abby Baldoza and Alex Goss*

Mon, May 11    6:30-8:30 pm  
 7543-S26A    1 session - \$30  
 Thu, Jul 9    6:30-8:30 pm  
 7543-S26B    1 session - \$30

**From Good to Gorgeous: Makeup Tips & Techniques for Women 40+**

Have you ever wondered "How did that happen overnight?" Would you like to look like the very best version of yourself and feel more confident? Makeup routines we used in our 20s and 30s don't work for us anymore, but what does? This class will offer demonstrations of makeup techniques for women 40+ and answer your questions. You will receive a comprehensive hand-out and leave knowing the techniques and types of products that will help you look your very best.

*Instructor: Elise Marquam-Jahns*

Tue, Jun 2    6-8 pm  
 7888-S26    1 session - \$49  
 Central Square, SSP



**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*

Mon, Jun 8    6-8 pm  
 7889-S26    1 session - \$45  
 Central Square, SSP

**Puzzle Competition**

Join us for our third 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, Jun 20    10 am-1 pm  
 7545-S26    1 session - \$25 individual,  
 Central Square, SSP                                      \$35 pairs, \$45 teams (3-4)

## CULINARY ARTS

### **ONLINE** Beat the Heat Chicken Burrito Bowls: Instant Pot Edition

Skip the stove and keep your kitchen cool this summer with this fast, fresh and flavorful at-home cook-along! During this cook-along experience you'll learn to make delicious chicken burrito bowls using the Instant Pot™ or any other electric multi-cooker, and Chef Tess' personal recipe - perfect for a quick, nutritious and budget-friendly meal. Come join the fun! What are you waiting for? Full description online.

**Instructor:** Tess Georgakopoulos

Fri, Jun 12 6-7 pm  
6857-S26 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! Full description online

**Instructor:** Tess Georgakopoulos

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



### **ONLINE** Hand-Pulled Noodles from Scratch

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup.

**Instructor:** Ploy Khunisorn

Tue, Aug 4 6-8 pm  
7656-S26 1 session - \$35

Register now and make sure you get into your favorite classes!

### **ONLINE** Korean Street Food: Chicken Bulgogi Bibimbap

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with chicken bulgogi, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce. We will finish the class with spiced peach dessert.

**Instructor:** Ploy Khunisorn

Tue, Jul 21 6-8 pm  
7655-S26 1 session - \$35



### **ONLINE** Moroccan Cuisine

Discover the exotic and enticing cuisine of Morocco in this online interactive class. You will learn how to make Moroccan chicken tagine, couscous, and salad. While cooking, we will talk about Moroccan spices, including Ras el Hanout, and varieties of other types of tagine dishes. You do not need a tagine pot to make tagine.

**Instructor:** Ploy Khunisorn

Thu, May 14 6-8 pm  
7653-S26 1 session - \$35

### **ONLINE** Summer Skewer Snacks

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

**Instructor:** Kirsten Madaus

Thu, May 14 6:30-8 pm  
7660-S26 1 session - \$35

### **ONLINE** Thai Street Food

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

**Instructor:** Ploy Khunisorn

Tue, Jun 9 6-8 pm  
7654-S26 1 session - \$35



### Amazing Balsamic Vinegar Truffles

Learn a new way to make Truffles using aged flavored Balsamic Vinegars. The flavors of raspberry, strawberry, blackberry and black cherry are truly amazing. We will use melted chocolates to mold beautiful truffles. Each student will make 18 truffles that they will take home in a provided box.

**Instructor:** *Diana Hirte*

Tue, May 5 6:30-8 pm  
 7479-S26 1 session - \$45  
 South St. Paul HS, SSP

### Chocolate Chip Cookies - Everyone's Favorite!

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

**Instructor:** *Laurel Severson*

Thu, May 7 6-9 pm  
 7693-S26 1 session - \$35  
 South St. Paul HS, SSP

### Let Them Eat Cake!

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

**Instructor:** *Nancy Burgeson*

Mon, May 11 6-9 pm  
 7683-S26 1 session - \$35  
 South St. Paul HS, SSP

### Summer Cupcake Fun

Learn how to create your own spectacular decorated cupcakes. Using buttercream icing we will create hydrangeas, sunflowers, ice cream sundaes and more. Learn some basic techniques that work on larger cakes too. Decorate 10 cupcakes in class to take home. There is a supply fee of \$12 per student in this class.

**Instructor:** *Diana Hirte*

Tue, Jul 14 6:30-8:30 pm  
 7651-S26 1 session - \$45  
 South St. Paul HS, SSP

### DANCE & FITNESS



### Early Bird Walking Group

Start your day with energy and fresh air! Join our early morning walking group, perfect for medium-paced walkers. Enjoy great conversation, exercise, and a refreshing start to your morning routine. The group meets every Tuesday and Thursday morning at Wentworth Park parking lot for a three mile walk. Come when you can!

Tue/Thu, May 5-Oct 29 6-7 am  
 6315-S26 52 Sessions - \$10  
 Wentworth Park, MH

### Line Dance for Weddings and Parties

Just in time for the weddings & party season! No need to sit and watch any more: step into the party with this workshop of the popular line dances like Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

**Instructor:** *Monica Mohn*

Wed, May 27 6-7 pm  
 6310-S26 1 session - \$15  
 Moreland Elementary, WSP

### Wedding Dance for Couples

You thought about it! You wanted to! But where did the time go? Not to worry. Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction", will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Feel free to bring your special song! Couples only please.

**Instructor:** *Monica Mohn*

Wed, May 27 7-9 pm  
 6308-S26 1 session - \$34  
 Moreland Elementary, WSP

## Virtual Fitness Classes with Rita Wurm 9913-S26

### Central Square Virtual Fitness Class Schedule

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



#### 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.

#### 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.

#### 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.

#### 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.

#### 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

## GET FIT AT CENTRAL SQUARE



#### 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**

Tue, May 5-June 30 9909-S26A Central Square, SSP	5:15-6:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Wed, May 6-June 24 9909-S26B Central Square, SSP	4:30-5:30 pm 8 sessions - \$55 adult \$20 senior (65+)
Thu, May 7-June 25 9909-S26C Central Square, SSP	5:15-6:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, May 1-June 26 9909-S26D Central Square, SSP <i>No class June 19</i>	6-7 am 8 sessions - \$55 adult, \$20 senior (65+)
Tue, July 14-Aug 25 9909-S26E Central Square, SSP	5:15-6:15 am 7 sessions - \$49 adult, \$20 senior (65+)
Wed, July 1-Aug 26 9909-S26F Central Square, SSP <i>No class July 8</i>	4:30-5:30 pm 8 sessions - \$55 adult, \$20 senior (65+)
Thu, July 2-Aug 27 9909-S26G Central Square, SSP <i>No class July 9</i>	5:15-6:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Fri, July 17-Aug 28 9909-S26H Central Square, SSP	6-7 am 7 sessions - \$49 adult, \$20 senior (65+)

#### 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**

Thu, May 7-June 25 9969-S26B Central Square, SSP	12-12:45 pm 8 sessions - \$55 adult, \$20 senior (65+)
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**Friday Night Bootcamp**

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

**Instructor: Michelle Richter**

Fri, May 1-29	6-7 pm
9903-S26A	5 sessions - \$35 adult,
Central Square, SSP	\$20 senior (65+)



**Kettlebell - TRX® Fusion**

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility, and balance while combining cardio drills and kettlebells.

**Instructor: Michelle Richter**

Sat, May 2-June 20	8-9 am
9906-S26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Sat, July 18-Aug 29	8-9 am
9906-S26B	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

**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**

Thu, May 7-June 25	5:30-6:30 pm
9908-S26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Thu, July 2-Aug 27	5:30-6:30 pm
9908-S26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class July 9	



**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**

Tue, May 5-June 30	5:30-6:30 pm
9915-S26A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, July 14-Aug 25	5:30-6:30 pm
9915-S26B	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

**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**

Tue, May 5-June 30	6:30-7:30 pm
9916-S26A	9 sessions - \$62 adult,
Central Square, SSP	\$20 senior (65+)
Tue, July 14-Aug 25	6:30-7:30 pm
9916-S26B	7 sessions - \$49 adult,
Central Square, SSP	\$20 senior (65+)

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

**Yoga**

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for a yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation.

**Instructor: Rita Wurm**

Thu, May 7-June 25	6:30-7:30 pm
9911-S26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Thu, July 2-Aug 27	6:30-7:30 pm
9911-S26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class July 9	

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

## HIIT Boot Camp

Are you ready for some HIIT Boot Camp?! Come join us for a fun filled class with a combination of High Intensity Interval Training and Boot Camp moves and drills! This class will utilize a variety of equipment and will accommodate all fitness levels!

**Instructor: Michelle Richter**

Mon, May 4-June 29	5:30-6:30 pm
9918-S26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class May 25	
Mon, July 13-Aug 31	5:30-6:30 pm
9918-S26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)

## Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results.

**Instructors: Rita Wurm/Jina Digaetano**

Mon, May 4-June 29	6:30-7:30 pm
9902-S26A	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class May 25	
Mon, July 13-Aug 31	6:30-7:30 pm
9902-W26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)



## POUND®

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

**Instructor: Erin Donnelly**

Sat, May 2-30	11 am-12 pm
9966-S26A	5 sessions - \$42 adult,
Central Square, SSP	\$20 senior (65+)

## 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**

Wed, May 6-June 24	8:30-9:30 am
9967-S26B	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
Wed, July 1- Aug 26	8:30-9:30 am
9967-S26D	8sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class July 8	



## 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**

Mon, May 4-June 29	8:30-9:30 am
9968-S26C	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)
No class May 25	
Mon, July 13-Aug 31	8:30-9:30 am
9968-S26D	8 sessions - \$55 adult,
Central Square, SSP	\$20 senior (65+)

## MONEY

### 6 Steps to Legacy Planning for the Generations

Estate planning doesn't have to feel intimidating or impersonal. In this practical class, you'll learn how generational planning helps individuals share more than money your wishes, stories, and values—so the next generation has clarity and direction. You'll see what happens when a legacy isn't planned, how to plan for sudden incapacity, and how to successfully transfer both tangible and intangible wealth. You'll leave with a simple six-step process and a clear next step you can take immediately. You don't need to be wealthy to benefit; you need to be clear. Whether you're 45 or 75, this framework helps you align paperwork, people, and purpose.

**Instructor: Rolf White**

Wed, Jun 17	6:30-7:30 pm
5917-S26	1 session - \$12
Simley HS, IGH	



**Downsizing in the Current Housing Market**

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons 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, Jun 22 6-8 pm  
 7714-S26 1 session - \$12\*  
 Central Square, SSP



**9 Secrets to Creating an Effective Estate Plan**

This class covers common pitfalls, misconceptions and just plain bad information out in today's marketplace. We will discuss and provide detailed information on the tools and strategies to ensure: (i) a peaceful transition between generations, (ii) a clear understanding of tax implications of your choices, and (iii) the best methods to protect your hard-earned assets. Attending this class will help you gain valuable insights and experience to make informed decisions for you and your family's future. All questions are welcome.

**Instructor: Steve Ledin**

Thu, May 28 6:30-7:30 pm  
 7803-S26 1 session - \$12\*  
 Central Square, SSP

Thu, May 28 6:30-7:30 pm  
 6859-S26 1 session - \$12



**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**

Tue, May 5 6-8 pm  
 7719-S26 1 session - \$12\*  
 Central Square, SSP

**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

**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**

Thu, Aug 20 6-8 pm  
 7716-S26 1 session - \$12\*  
 Central Square, SSP

**Five Common Mistakes That Can Ruin Your Hard-Earned Retirement**

Join our expert presenters with over 50 years of experience helping Minnesotans plan for a secure retirement. Discover critical milestones and often overlooked areas that can make or break your retirement, whether you're in your 40s, 50s, or 60s. Gain insights, real-life examples, and answers to your questions in a relaxed and informative learning session.

**Instructor: Steve Ledin**

Mon, Aug 10 6:30-8 pm  
 7804-S26 1 session - \$12\*  
 Central Square, SSP

Mon, Aug 10 6:30-8:30 pm  
 5921-S26 1 session - \$12

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



## Getting Long-Term Care Planning Right: New Approaches for People at All Stages

Long-term care (LTC) planning is one of the most commonly overlooked parts of retirement. This workshop explains what long-term care is, who is most likely to need it, and why many people mistakenly assume Medicare or Medicaid will cover the cost. Participants will explore the emotional and financial risks of having no plan, learn about today's long-term care options, and gain practical insight into why creating a personalized LTC plan matters for themselves and their families.

**Instructor: Rolf White**

Wed, Jul 8 6:30-8 pm  
5918-S26 1 session - \$12  
Simley HS, IGH

## **ONLINE** How to Retire From the Attorney's Perspective

This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects include: (i) Estate planning while working and during retirement, (ii) When to take your Social Security, (iii) Key financial products and services available in the market, (iv) What to look for in a professional, and (v) the final plans before the end. Bring your questions, this class is an interactive forum.

**Instructor: Steve Ledin**

Tue, May 19 10:30-11:30 am  
7802-S26 1 session - \$12\*

## 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? Should I gift my money away? What if my spouse goes into the nursing home and exhausts our money? Learn how to create an effective plan to deal with these uncertainties.

**Instructor: Steve Ledin**

Thu, Jul 16 6:30-7:30 pm  
7800-S26 1 session - \$12\*  
Central Square, SSP

Thu, Jul 9 6:30-8:30 pm  
5920-S26 1 session - \$12



## 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**

Thu, Jun 4 6-8 pm  
7713-S26 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**

Thu, Jul 23 6-8 pm  
7720-S26 1 session - \$12\*  
Central Square, SSP

## **ONLINE** 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, May 12 6:30-7:30 pm  
5505-S26 1 session - \$12  
Wed, Jun 3 6:30-7:30 pm  
7818-S26 1 session - \$12\*

**Taxes in Retirement**

In retirement, your tax rate may vary widely over the years based on the timing and order... Learn about: The critical tax question you must answer BEFORE retirement What the Social Security "tax trap" is and how you can avoid it Why tapping assets in the wrong order can trigger higher Medicare premiums The four stages of retirement and important tax actions in each stage Mistakes to avoid when it comes to your investment portfolio, health care, and estate

**Instructor: Rolf White**

Tue, Apr 21 6:30-8 pm  
 5821-S26 1 session - \$12  
 Inver Grove Heights MS, IGH

**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**

Thu, May 21 6-8 pm  
 7718-S26 1 session - \$12\*  
 Central Square, SSP



**The Ins and Outs of Medicare**

Join us to explore the Ins and Outs of Medicare! Participants are encouraged to engage with the presenters/licensed health agents. We will discuss its history, the differences between Medicare vs Medicaid, eligibility, the different parts, how doctors and hospitals work with Medicare, what a Medicare supplement and part D plan are, how it works if you retire early and many rules associated with choosing a Medicare plan that's right for you!

**Instructor: Rolf White**

Wed, May 20 6:30-8:30 pm  
 5916-S26 1 Session - \$12  
 Inver Grove Heights MS, IGH

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

**Medicare Basics**

Medicare is very complicated and confusing for most people. Learn about Medicare Parts A,B,& D. Medicare does not cover all medical costs, so you will learn how a Medicare Supplement Plan and Part C can help! There will be time at the end to answer individual questions. Due to a significant contribution we are able to offer this class for free. Registration is still required to attend.

**Instructor Rebecca Buck**

Tue, May 26 6-7:15 pm  
 6400-S26 1 session - \$0  
 Two Rivers HS, MH



**Writing Your Own Will**

Without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Prior to class, information will be sent to you. During class, learn the background on estates and wills, then prepare a legal will. The will is notarized with a witness at class. This class is 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. Bring an ID and a pen to class.

**Instructor: Kristin Davis**

Thu, Jun 18 6:30-8:30 pm  
 7821-S26A 1 session - \$50  
 Central Square, SSP  
 Wed, Aug 12 6:30-8:30 pm  
 7821-S26B 1 session - \$50  
 Central Square, SSP

**Write Your Own Power of Attorney & Healthcare Directive**

Everyone should have a health care directive and a power of attorney. 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, prepared forms, and have access to witnesses and a notary public. Bring your driver's license. This class is a supplement to the Writing Your Own Will class.

**Instructor: Kristin Davis**

Mon, Jul 27 6-8 pm  
 7822-S26 1 session - \$50  
 Central Square, SSP

## TECHNOLOGY

### **ONLINE** Google Sheets for Awesome Beginners

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work, school, or play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze and visualize your data using Google Sheets!

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

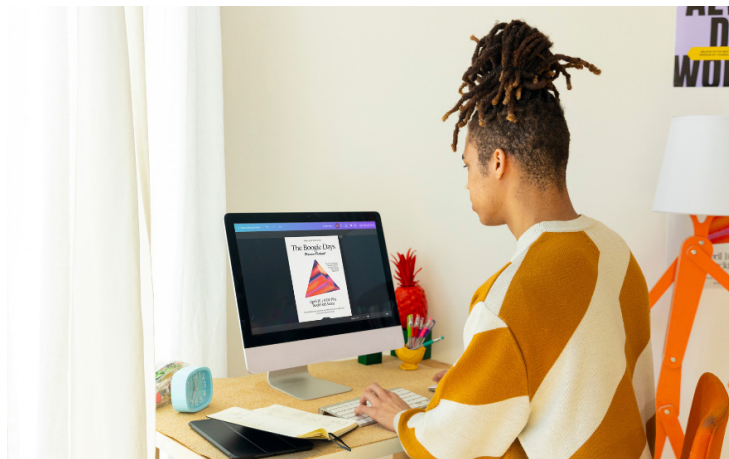
Tue, Jun 23 12-1 pm  
6809-S26 1 session - \$29

### **ONLINE** Canva Creative Projects

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and crafters! This online interactive class will teach you how to harness the power of Canva to bring your creative projects to life. You'll learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Whether you're working from scratch or customizing templates, you'll receive step-by-step guidance to turn your ideas into beautiful, print-ready projects.

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

Mon, Aug 10 12-1 pm  
6860-S26 1 session - \$29



### **ONLINE** Canva Power Hour: Advanced Tricks That Save You Time!

Take your Canva skills to the next level with advanced techniques and hidden features that will streamline your design workflow. This intensive one-hour workshop is perfect for users already familiar with Canva basics who want to discover time-saving shortcuts, professional design hacks, and lesser known tools that make creating stunning graphics effortless. Leave with insider tips that will transform how you approach design projects and cut your creation time in half.

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

Thu, May 7 12-1 pm  
6854-Sp26 1 session - \$29

### Intro to Bitcoin, Blockchain, DeFi: What are these?

Curious about Bitcoin, Blockchain, and DeFi? This course clarifies these concepts and explores how blockchain technology is reshaping financial services. Build on your existing knowledge and gain a clearer understanding of how these advancements could impact your life and the future of finance.

**Instructor:** Jim McKie

Thu, May 14 6:30-8:30 pm  
6601-S26 1 session - \$15  
Two Rivers HS, MH



### Deep Dive into Bitcoin, Blockchain, and DeFi!

Expand your foundational knowledge with a deeper exploration of Bitcoin, Blockchain, and DeFi. Building on introductory concepts, this class introduces advanced topics and offers guidance for those asking, "How do I get involved in the crypto world?"

**Instructor:** Jim McKie

Mon, Tue, May 18-19 6:30-8:30 pm  
6602-S26 2 sessions - \$29  
Two Rivers HS, MH

### **ONLINE** AI Doesn't Have to be Scary

Join this beginner-friendly online workshop designed to help you understand artificial intelligence in a clear, practical, and approachable way. Learn how AI is already part of everyday life, explore opportunities to grow your skills, and gain confidence navigating a rapidly changing digital future. No technical experience required—just curiosity and a willingness to learn.

**Instructor:** La Tasha De Shawn Reed

Tue, May 5 5:45-7:45 pm  
7160-S26A 1 session - \$65  
Tue, Jun 16 5:45-7:45 pm  
7160-S26B 1 session - \$65  
Tue, Jul 21 5:45-7:45 pm  
7160-S26C 1 session - \$65  
Tue, Aug 18 5:45-7:45 pm  
7160-S26D 1 session - \$65



### 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, May 7	12-4 pm
Thu, May 21	12-4 pm
Thu, June 11	12-4 pm
Thu, June 18	12-4 pm
Thu, July 16	12-4 pm
Thu, Aug 6	12-4 pm
Thu, Aug 20	12-4 pm

### Central Square Community Center

Four Hour Program - \$24

Thu, May 15	9 am-1 pm
Thu, June 25	
Thu, Sept 18	

### Veterans Memorial Community Center

Four Hour Program - \$24

Tue, May 5	1-5 pm
Wed, May 13	5-9 pm
Tues, June 9	1-5 pm
Wed, July 15	5-9 pm
Wed, Aug 12	1-5 pm
Tues, Sept 8	1-5 pm
Wed, Sept 16	5-9 pm

## WELLNESS, HEALTH & SAFETY



### Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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

**Instructor: Janice Novak**

Wed, May 20  
7132-S26

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



### Astrology Charts

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. We will pull up each person's birth chart and go through the basics. Get hands-on experience in interpreting astrology and learn the difference between signs, houses and planets.

**Instructor: Lily McNamara**

Tue, Aug 18  
7493-S26

6-8 pm  
1 session - \$45



### Affirmations Made Easy

Stop using ineffective generic phrases to boost your energy and manifesting. Learn your specific style to make your affirmations matter. From verbs to vibes it all counts.

**Instructor: Lily McNamara**

Tue, May 19  
7490-S26

6-8 pm  
1 session - \$45



### Energetic Boundaries

How do you know your energetic boundaries? How do you know when to set them? Learn what a boundary is and what your boundaries are. How to set them so that they aren't crossed.

**Instructor: Lily McNamara**

Tue, Jun 16  
7491-S26

6-8 pm  
1 session - \$45

## 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 Miller

Thu, May 14 5:30-8 pm  
7103-S26 1 session - \$65  
Central Square, SSP



## Feeling Overwhelmed? Get to the Root of Your Stress

There are a million ways to "de-stress", but how do you know where to start? This workshop will help you understand what's actually driving your stress so you can be in the real source of your stress and leave with easy, repeatable tools you can put into practice immediately.

**Instructor** Christie Amundson DPT, Certified QNRT Practitioner, FDNP

Wed, Jul 29 6-7:30 pm  
6704-S26 1 session - \$12  
Two Rivers HS, MH

## **ONLINE** Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field or to simply to understand your family's medical visits. You will leave with a solid foundation of this highly specialized language as well as basic medical billing and coding terminology. After submitting and passing the open-book exam, you will earn a Certificate of Completion. Workbook included.

**Instructors:** LeeAnne Krusemark and Vanessa Grinnell, RRT

Sun, Jul 19 2-5 pm  
6836-S26 1 session - \$45

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

Join for 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. 6pm - Introduction for both Weight Loss and Smoking Cessation. 7pm - Weight Loss Hypnosis. 8pm - Stop Smoking/Chewing Tobacco Hypnosis.

**Instructor:** Mary F Fischer

Tue, Jun 2 5:30-8:30 pm  
7111-S26 1 session - \$60 one topic,  
Central Square, SSP \$120 two topics



## 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

Tue, May 5-26 5:30-7:30 pm  
6702-S26 4 Sessions - \$40  
Two Rivers HS, MH

## Lose Weight, Feel Great: Pain-Friendly Strategies That Work for Fat Loss

Is your weight loss plan being hindered by pain? Discover effective strategies to burn fat, manage pain and improve your health—while working with your body instead of against it. Learn how to create a simple, science-backed, pain-friendly plan to lose weight, gain energy, and improve your overall health—without resorting to extreme diets or workouts.

**Instructor:** Christie Amundson

Wed, Jun 10 6-7:30 pm  
5701-S26 1 session - \$12  
Simley HS, IGH

ONLINE

**Past Lives Workshop**

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity.

**Instructor:** Lily McNamara

Tue, Jul 21 6-8 pm  
7492-S26 1 session - \$45

**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 Miller

Thu, Jun 4 6-7:30 pm  
7104-S26A 1 session - \$85  
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 Miller

Sat, Aug 8 8-9:30 am  
7104-S26B 1 session - \$85  
Central Square, SSP

**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, May 16 9:30-11:30 am  
6700-S26 May 1 session - \$45  
Cottage Grove Ravine Regional Park  
Sat, Jul 11 9-11 am  
6700-S26 July 1 session - \$45  
Cottage Grove Ravine Regional Park

**WORLD LANGUAGE****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, Jun 29-Aug 17 6:30-8 pm  
6901-S26 8 Sessions - \$80  
Somerset Elementary, MH

ONLINE

**Beginner Spanish Boost**

Kickstart your Spanish journey with this engaging summer course, perfect for beginners! Designed for those with little to no experience, you'll learn essential vocabulary, basic grammar, and practical phrases for everyday conversations. Through group discussions and break out conversation, you'll have the foundational skills to keep learning and speaking with confidence.

**Instructor:** Futura Language Professionals

Mon, Jun 1-22 6-7 pm  
6846-S26 4 Sessions - \$85

ONLINE

**Cooking Up Spanish: A Taste of Spanish Language Through Food**

Spice up your Spanish skills in this fun and interactive online class centered around food and cooking! You'll build practical vocab and conversational confidence through learning food, drink and practicing kitchen conversations like following recipes and cooking together. Learn traditional Hispanic dishes and the rich culinary culture behind them. Perfect for food lovers looking to bring flavor to their Spanish.

**Instructor:** Futura Language Professionals

Tue, Jun 2-23 6-7 pm  
6845-S26 4 Sessions - \$85

**Did you know?**

Most adult Community Education classes are appropriate for ages 16+.

# Makers Market

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Mendota Heights, MN 55118

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9 am - 3 pm

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# 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



## Crafts with a Master Gardener!

Our local Dakota County Master Gardeners will be coming for fun, nature based crafts and activities. Come see them in May to plant microgreens at the Branch Out Building and in July for a Scavenger Hunt at Thompson Park. They will also join us in August at our annual picnic party! See full description online.

Tue, May 5	6-7 pm
1008-S26 May	1 session - \$5
Branch Out Building	
Tue, July 7	6-7 pm
1008-S26 July	1 session - \$5
Thompson Park Picnic Pavilion	

## CULINARY

### Chocolate & Peanut Butter Crispy Bars

Do you like chocolate? Do you like peanut butter? Join us for a cooking class where these two classics come together. We will create a crispy brownie peanut butter treat. This is an easy to make recipe that will really impress your family and friends!

Wed, May 13	6-7:30 pm
1027-S26	1 session - \$9

### Parmesan Ranch Snack Mix

Join us for this fun, hands-on activity where we will create a salty, crunchy snack. We will enjoy socializing with peers and working together with one another. This snack mix will contain Chex cereal, goldfish crackers, pretzels and ranch seasoning. Everyone will get to bring a snack bag home to enjoy. See you there!!

Mon, July 6	6-7:15 pm
1028-S26	1 session - \$9

## WELLNESS

### Access Open Gym Night

Join us for a night of games, movement and fun with friends. Basketball, pickleball, and other games will be available to choose from. We look forward to getting together and getting some energy out in this fun new class.

Mon, July 27	6-7 pm
1086-S26	1 session - \$5
Heritage Middle School, WSP	

## ARTS AND CRAFTS

### Cyanotype Prints

Come join us as we create these beautiful master pieces! Learn to create this art using special paint, found objects and the sunlight! We will take a short walk to pick up items in nature to use in these prints. Join your peers for a night of fun and creating!

Thu, May 21	6-7 pm
1004-S26	1 session - \$6

### Melted Bead Suncatcher

Unleash your creativity! Come create these fun and colorful suncatchers while socializing with peers. We can't wait to see your beautiful creations come to life. Your friends and family will love them. See you there!

Thu, June 4	6-7:15 pm
1005-S26	1 session - \$6

### 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!

Fri, June 12	6:30-8 pm
1000-S26	1 session - \$6

**Walk at the Dome**

Do you enjoy walking for your health? Do you enjoy chatting with friends? Come to our new walking group where these two favorites come together. We will meet at the West Saint Paul dome and walk for an hour. You can take breaks as needed. We are excited for this new adventure!

Wed, May 27	10-11 am
1085-S26 May	1 session - \$5
WSP Dome	
Thu, June 25	10-11 am
1085-S26 June	1 session - \$5
WSP Dome	

**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.

Fri, May 8	6-8:30 pm
1040-S26	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, May 18	6-7:15 pm
1041-S26	1 session - \$5

**Pizza and Bingo**

Everyone loves pizza and BINGO! Come on over to meet new friends, play bingo, enjoy some slices of joy (wait, we mean pizza!) and have a good time. All participants win a prize! Pre-registration is not required, but helpful for ordering pizza.

Mon, June 22	5:30-7:30 pm
1044-S26 June	1 session - \$10
Tue, July 21	5:30-7:30 pm
1044-S26 July	1 session - \$10
Thu, Aug 13	5:30-7:30 pm
1044-S26 Aug	1 session - \$10

**Culver's Custard & Chat Night**

Summer is a great time for ice cream! Join us as we socialize with friends and enjoy a sweet treat. This will include a small dish of custard and one topping of your choice for all registered participants.

Thu, July 16	6-7 pm
1048-S26	1 session - \$9
Culver's, WSP	
Tue, Aug 11	6-7 pm
1048-S26	1 session - \$9
Culver's, WSP	

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

**Karaoke**

Come join your friends for some fun and share your talents at our Karaoke Night. We will have some of your favorite songs to choose from. Don't want to sing? Then come and dance while your friends provide the music.

Mon, Aug 3	6-7:30 pm
1042-S26	1 session - \$5

**SPECIAL EVENTS****Dodge Nature Farm Tour with Access Project**

Get up and close to farm life as we tour Dodge Nature Center's barn, chicken coop and pastures at the Main Property in West St. Paul. You'll enjoy the sights and sounds (and smells) of a small, sustainable farm as you see and learn about farm life, farm animals and the roles they play in peoples' lives.

Wed, June 17	5-6 pm
1068-S26	1 session - \$10
Dodge Nature Center, WSP	Farm Entrance

**Access Project's End of Summer Picnic**

Let's celebrate the end of summer with great food, games, crafts, music, and, most importantly, friends! There will be a covered space available so come rain or shine! There is no cost for caregivers to assist.

Fri, Aug 7	5:30-7:30 pm
1070-S26	1 session - \$10
Thompson Park, WSP	

**Fall Registration Open House**

Curious about what Access Project offers or want help signing up? We will socialize, enjoy a snack and you can register for new classes that we have available for our Fall session. A staff member will help you register and tell you a bit about the classes we are offering.

Thu, Sep 3	6-7 pm
1063-S26	1 session - Free

**Coffee Chat Hour**

Meet friends and new people over a cup of coffee, or any other drink you prefer! This is a time to socialize outside of Access Project and develop new relationships. As this is not a formal class our staff will try to be there to socialize but not supervise. Bring a caregiver if needed and money for your purchases. No registration is required. Call 651-403-8331 for more information.

3rd Tuesday of every month	3-4 pm
Caribou Coffee, West St. Paul	

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 \$15/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.

### 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 with Rita Wurm**

9913-S26

**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.

**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.

**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.

**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.

**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

**Senior Circuit**

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

**Instructor: Rita Wurm**

Mon, May 4-June 29 9802-S26A Central Square, SSP No class May 25	6:15-7:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Wed, May 6-June 24 9802-S26B Central Square, SSP	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, May 7-June 25 9802-S26C Central Square, SSP	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Mon, July 13-Aug 31 9802-S26D Central Square, SSP	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Wed, July 1-Aug 26 9802-S26E Central Square, SSP No class July 8	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Thu, July 2-Aug 27 9802-S26F Central Square, SSP No class July 9	6:15-7:15 am 8 sessions - \$55 adult, \$20 senior (65+)

**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, May 1-Jun 26 9803-S26A Central Square, SSP	9:30-10:15 am 8 sessions - \$55 adult, \$22.50 senior (65+)
Fri, July 17-Aug 28 9803-S26B Central Square, SSP	9:30-10:15 am 7 sessions - \$49 adult, \$20 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, May 5-June 30 9801-S26B Central Square, SSP	9:30-10:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, May 7-June 25 9801-S26A Central Square, SSP	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)
Tue, July 14-Aug 25 9801-S26C Central Square, SSP	9:30-10:15 am 7 sessions - \$49 adult, \$20 senior (65+)
Thu, July 2-Aug 27 9801-S26D Central Square, SSP No class July 9	9:30-10:15 am 8 sessions - \$55 adult, \$20 senior (65+)

**Drop-in - \$8 adult, \$4 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.

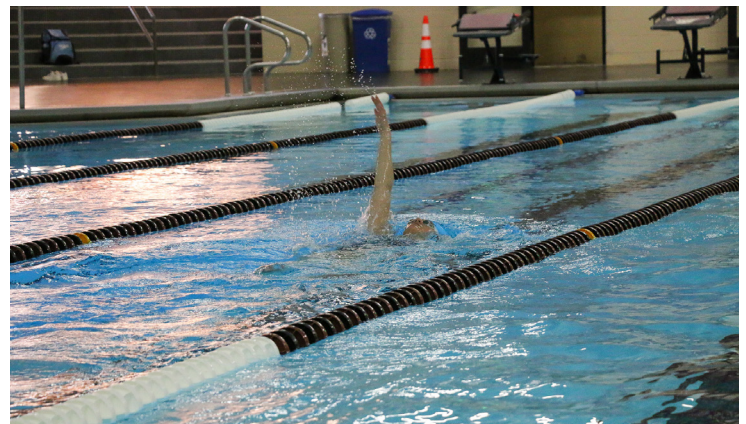
Thursdays 1-3 pm

**Lap Swim**

A calendar with dates and times will be provided. Schedule and fees are subject to change.

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

**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 Tuesday of the month      9 am-4 pm  
 May 12                                      \$45 per session  
 June 8  
 July 13  
 Aug 10  
 Sept 14  
 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 Wednesday of the month      9:30 am  
 Wed, May 13  
 Wed, June 10  
 Wed, Aug 12  
 Wed, Sept 9

**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 Wednesday of the month      11 am  
 Wed, May 13                                  The Copperfield  
 Wed, June 10                                Andiamo  
 Wed, July 8                                  Blvd Tavern  
 Wed, Aug 12                                 House of Coates

**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, May 14                                  Tea Party  
 Thu, June 18                                Ice Cream Social  
 Thu, July 23                                 Summer Cookout  
 Thu, Aug 20                                 Salisbury Steak Meatballs

**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, May 21  
 Thu, June 11  
 Thu, July 16  
 Thu, Aug 13

**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.

May 26: *Where the Crawdads Sing* by Deia Owens  
 Where the Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder.

June 26: *A Good Time for the Truth* by Sun Yung Shin  
 Essays that challenge, discomfort, disorient, galvanize, and inspire all of us to evolve now, for our shared future.

July 26: *Americanah* by Chimamanda Ngozi Adichie  
 A young woman from Nigeria leaves behind her home and her first love to start a new life in America, only to find her dreams are not all she expected.

Aug 26: *The Lager Queen of Minnesota* by J. Ryan Stradal  
 This novel is the story of Mariel and Ned, a couple from two very different restaurant families in rustic Minnesota, and the legacy of love and tragedy, of hardship and hope, that unites and divides them.

**DoNot Forget the Music!**

Join us for a sweet time with live music by Mary Hall, who will take you on a musical journey with the Bee Gee's. After years of traveling as a solo entertainer in the nightclub scene, she has transitioned to new venues. With her three octave voice range and unique guitar style, Mary Hall incorporates a wide variety of styles spanning several decades. Great tunes, delicious donuts, unforgettable vibes. Don't miss out – come for the music, stay for the donut!

Thu, June 4                                      1-2 pm  
 7123-S26                                        1 session - \$10

**Crazy BINGO**

Calling all seniors! Get ready for an afternoon of fun, sponsored by Allina Health | Aetna. We'll play a variety of bingo games with crazy twists to keep the excitement rolling. While you play, you'll enjoy refreshments and have the chance to win some great prizes. Don't miss out on the fun...let us know you're coming and sign up by May 15.

Tue, May 26                                      11:30 am-1 pm  
 7124-S26                                        1 session - Free

**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 DeKeuster**

Thu, July 16                                      6:30-8 pm  
 7146-S26                                        1 session - Free

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)

**HISTORY SERIES**

**Top 10 Most Surprising Events in Dakota  
County History**

**Thursday, April 16 • Free**

Gangster hideouts. Objects from space. NFL secrets. Join local historian Joe Atkins for a fast-moving, 60-minute look at 10 strange and unexpected events from Dakota County’s past—many of them little-known even to longtime residents. Short, visual stories are designed to spark conversation, laughter, and plenty of “I never knew that!” moments. Coffee by Cuppa More Pages.

**Time:** 10 am **Location:** VMCC, Community Room 2  
**Code:** AP-P0416 **Register by:** Thursday, April 9

**Notorious Dakota**

**Thursday, May 14 • Free**

Today, Dakota County is one of the safest counties of its size in the nation—but that wasn’t always the case. From the 1800s through the mid-1900s, the area had a “Wild West” reputation, with gangsters, bootleggers, swindlers, and even notorious names like Jesse James, Ma Barker, and John Dillinger passing through local communities. This presentation by local historian Joe Atkins looks back at those times—not to glorify crime, but to remember victims, honor courageous law enforcement and citizens, and appreciate how far our county has come. Ice cream served by Hometown Sweets.

**Time:** 1 pm **Location:** VMCC, Community Room 1  
**Code:** AP-S0714 **Register by:** Thursday, May 7

**Mississippi River Greenway Walking History Tour**

**Thursday, September 3 • Free**

Enjoy a guided 1.5-mile walking history tour along the scenic Mississippi River Greenway, led by local historian Joe Atkins. Hear stories behind local landmarks, including the Rock Island Swing Bridge, a former gangster escape route, the “Great Train Heist,” Dakota County’s oldest schoolhouse, an IGH connection to the NFL Draft, and the site of the county’s only assassination. The tour is paced for active older adults with and ends with an optional lunch at Mississippi Pub at your own expense.

**Time:** 10:30 am **Location:** Rock Island Swing Bridge  
**Code:** AP-S0903 **Register by:** Thursday, August 27

**Senior Prom**

**Tuesday, April 14 • \$18 per person**

Dust off your dancing shoes and step back in time for a dazzling afternoon of nostalgia and fun! Relive the magic of prom with glamorous attire, lunch with delicious refreshments, and non-stop dancing to the smooth sounds of the Simley and Mahtomedi High School jazz bands. This intergenerational event celebrates community spirit and joyful connections—perfect for ages 55+. Dress to impress in your favorite retro formal wear (ties and corsages encouraged!).

**Time:** 11:30 am **Location:** VMCC, National Guard Gymnasium **Code:** AP-P0414 **Register by:** Tuesday, April 7

**EDUCATIONAL PROGRAMS**

**Operation Shamrock: Cyber and Cryptocurrency Scams**

**Wednesday, May 13 • Free**

Kindahl Larson will talk about the top scams affecting our community including “pig butchering,” phishing, romance, employment, and investment scams. We’ll also cover Minnesota cases and statistics, how to spot red flags, and include resources and steps to take if you or a love one are a victim of a scam.

**Time:** 10:30 am **Location:** VMCC, Community Room 1  
**Code:** AP-P0513 **Register by:** Wednesday, May 6

**Biking & Birding**

**Saturday, May 16 • Free**

Explore the Mississippi River corridor on a guided biking event at the Rock Island Swing Bridge. This outing will be led by a Dakota County Parks Naturalist. Enjoy a leisurely ride with frequent stops to look for eagles, waterfowl, songbirds, and other wildlife, while learning tips for identifying birds and discovering the history and habitat of the area. Participants must bring their own bike and helmet; binoculars are recommended but not required. This program is ideal for adults and families with older children who are comfortable biking at an easy pace.

**Time:** 10 am **Location:** Rock Island Swing Bridge  
**Code:** AP-P0516 **Register by:** Friday, May 8

**CarFit**

**Thursday, May 28 • Free**

Learn how small adjustments can help keep you safer on the road! Trained technicians will review how your vehicle fits you and show you simple ways to improve comfort, safety, and visibility. In about 20 minutes, you will learn practical tips to help you drive more comfortably and safely.

**Time:** 20-minute appointments between 1–3:30 p.m.  
**Location:** IGH Fire Station #2, 9200 Courthouse Boulevard  
**Code:** AP-P0528 **Register by:** Thursday, May 21

**Artist Trading Cards with Cheers Pablo**

**Thursday, July 16 • \$25**

Create miniature works of art and connect with others in this fun, relaxed class designed for seniors and active older adults. Artist Trading Cards (ATCs) are small, playing-card-sized pieces of art that you design, decorate, and then trade or keep as a mini collection. With step-by-step guidance from a Cheers Pablo instructor, you’ll experiment with color, pattern, and simple mixed-media techniques—no art experience needed. All supplies are provided, and everyone will go home with several finished cards and plenty of inspiration to keep creating.

**Time:** 10:30 am **Code:** AP-S0716  
**Location:** VMCC, Community Room 1  
**Register by:** Thursday, July 9

**Registration  
is required  
for all  
programs.**

# IGH Senior Club

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

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

2026 Membership: \$20 per person. Please deposit your membership and lunch registrations in the Senior Club locked drop box located inside the VMCC north entry (door E) by the Parks and Recreation Department office near the east ice rink. Registration forms and envelopes are provided at the drop box location. Please make checks payable to the Senior Club.

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 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

### MAY 18 • \$15

- Burrito buffet with chicken, beef and carnitas from Chipotle Mexican Grill
- BINGO

### JULY 20 • \$10

- Picnic at South Valley Park (2810 70th St. E.)
- Join us for summer grilling (by Parks & Recreation Director Adam Lares)

### JUNE 15 • \$14

- Chicken from The Coop
- Entertainment: The Squires Band

### AUGUST 17 • \$14

- Chicken chow mein and sweet & sour chicken from Peking Cafe
- BINGO

### Weekly Card Games

All experience levels are welcome. No registration required. Contact Gary at [club55igh@gmail.com](mailto:club55igh@gmail.com) with questions.

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: Friday • 12:30 pm

### 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).

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

**May 18\***      *The White Darkness* by David Grann

**June 22**      *Miseducation—How Climate Change Is Taught in America* by Katie Worth

**July 27**      *Strong Voices—Fifteen American Speeches Worth Knowing* by Tonya Bolden

**Aug. 24**      *This Is the Story of a Happy Marriage* by Ann Patchett  
\*third Monday of the month

#### Fiction Book Club: Tuesdays • 1 pm • VMCC

Meets every second Tuesday of the month.

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

**May 12**      *The Paris Daughter* by Kristin Harmel

**June 9**      *Winter Garden: A Novel* by Kristin Hannah

**July 14**      *The Forest of Vanishing Stars* by Kristin Harmel

**Aug. 11**      *Leaving Time: A Novel* by Jodi Picoult

### Contemporary Line Dancing

Tuesdays, April 21–May 26

Line dancing is an excellent way to increase coordination, balance and enrich memory...and it's FUN! No partner is needed.

Cost: \$45      Register by: Tuesday, April 14

Beginner Time: 12:15–1:15 pm      Code: AP-P0407B

Intermediate/Adv. Time: 1:30–3 pm      Code: AP-P0407A

### Pickleball

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)

Register for summer lessons and leagues at [ighmn.gov/Register](http://ighmn.gov/Register)

### Happy Feet Foot Services

On the second Friday and fourth Tuesday of the month, enjoy a 30-minute appointment with a nurse for a foot soak, nail trim, foot massage and treatment. Call 763-346-3390 to set up an appointment. No drop-ins.



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)

**FREE** INVER GROVE HEIGHTS PARKS & REC

**Healthy Living FAIR**

**Wednesday, April 15 • 10 am–1 pm**  
VETERANS MEMORIAL COMMUNITY CENTER

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)

### 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 May 25, Jun 19, 29-30, Jul 1-3

### Contact and Registration Information:

TPAC Phone: 651-403-8300

Online: [www.isd197.org](http://www.isd197.org) and click Community, then 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

**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 - Twin Cities Mobile Market

Affordable groceries for all. Details at [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org) or call 763-450-3860.

### 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 May-Aug programming. Annual fees cover Sep 2025 to Aug 2026.*

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

**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, refreshments, live entertainment and a few new surprises. 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

**TPAC's Annual Flea Market and Food Truck Event**

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

Proudly sponsored by Thompson Park Activity Center, a district 197 Community Education program for Adults 55+ dedicated to bringing neighbors together to learn and grow.

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

**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 applications will be reviewed. Vendors must be able to lift, unload, haul, and reload your own wares. Registration deadline June 8.

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

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

**An Hour of Laugh-Out-Loud Stories with Chad Filley**

Settle in for a comedy hour packed with laughter as Chad Filley, the Norsk Storyteller, takes the stage! With rapid-fire humor and spot-on observations, Chad turns everyday life—parenthood, marriage, teaching, coaching, and even firefighting—into hilarious, laugh-out-loud stories. Just when you think you know where a story is going, he throws in a surprise. Warm, witty, and wonderfully relatable, this is a feel-good hour of comedy that proves life's little moments really are the funniest. Dessert included. Register by July 16.

Wed, July 22 1-2 pm  
1169-S26 1 session - \$12

**Flower Power Hour with Deb Brown & Brian Ziemiak**

Break out the bell bottoms — it's time to relive the soundtrack of your youth! Join Twin Cities performers Deb Brown and Brian Ziemiak for an uplifting afternoon celebrating the unforgettable hits of the '60s and '70s. With years of experience, this duo brings both talent and heart to every song. Sing along to the music that shaped a generation. We're going all in on the Flower Power spirit — so come dressed to groove. Music has always brought people together and this joyful hour at Thompson Park will do just that. Dessert included. Register by Aug 13.

Wed, Aug 19 1-2 pm  
1170-S26 1 session - \$12

**TPAC LEARNING & 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  
No technology help May 25 or June 29

**Minnesota State Fair Through a Lens**

Join MN State Fair 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 countless folks who make 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 opening day of the 2026 Minnesota State Fair on August 27.

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

**Landmark Tours: See The World**

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

**Nature Sense with Eloise Dietz**

Join Naturalist Eloise Deitz each month for a fun, hands-on Nature Sense series at Thompson Park. Explore summer plants, 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 on the Fly**

After a brief discussion about the birds we’re most likely to spot (including their mating behaviors, nesting habits, and egg-laying patterns), we’ll head out on a guided birding hike through the TPAC woodlands, open grassy areas, and along the scenic Thompson Park Lake trail. Bring binoculars and field guides if you have them; dress appropriately for the weather. Observe, listen, and enjoy the beauty of birds in their natural habitat.

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

**Summer Sentiments**

Bring with you and share a favorite summer reading, poem, song, story, picture or photo that manifests what "summer" is for you. Following this share fest, we will take a summer hike on TPAC trails.

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

**A Summer Garden Tour**

Back by popular demand! Spend a delightful morning exploring several nearby neighborhood gardens, each uniquely designed and bursting with color at their July peak. Meet at Thompson Park at 9:15 am to check in and organize carpools before heading out together to each garden location. Along the way, enjoy conversation and the beauty of summer in full bloom. Return to TPAC around noon. Space is limited, reserve your spot early.

Tue, July 14 9:15-11:45 am  
1783-S26 July 1 session - \$10

**The Taste of Summer**

Summer is bursting with flavor in our gardens and in the wild! Join us for a hands-on, sensory adventure as we explore what’s ripe, ready, and delicious this season. Together we’ll identify, gather, and sample the fresh bounty that makes summer so memorable. Come curious and ready to savor the season.

Tue, Aug 4 9:30-10:45 am  
1783-S26 Aug 1 session - \$10

**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-S26 1 session - \$12

**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. Join CFP® professional Terrie Amundson for this practical session on reducing lifetime taxes — not just this year’s bill. Learn how Social Security and Medicare surcharges really work, avoid costly mistakes, prepare for future tax law changes, and determine when Roth conversions make sense. You’ll leave with clear strategies and a helpful take-home workbook to guide your next moves with confidence.

**Instructor: Terrie Amundson, CFP® and Mendota Heights resident**

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



**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 sessions - \$16

**Van Trip to the Orfield Laboratory**

Join us this spring for 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 in one unforgettable visit.

Thu, May 14 9:30 am-1:30 pm  
1175-S26 1 session- transportation and  
Fee does not include cost of lunch 2-hour tour - \$125

## Explore Conversational Spanish for Absolute Beginners - Level 1

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers, no prior Spanish experience required. 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

No class July 1.

## 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. Prior elementary Spanish experience recommended.

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

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

No class July 1.

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

Have you ever wondered whether 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 14th 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

## Muffins with the Mayor: A Special Farewell Morning with Mayor David 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

## Hearing Health including Aids

Hearing health is linked to social engagement and cognitive health and should not be neglected. This informative session explores key aspects of hearing health. Learn how your hearing works, see examples of modern hearing aids and accessories, and about valuable resources for tinnitus treatment. This session offers valuable insights to help you stay informed and connected. Don't miss this opportunity to ask questions and gain expert guidance on hearing wellness.

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

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

## Rock Painting with Johanna

Transform ordinary rocks into beautiful and colorful creations! Enjoy a friendly, creative atmosphere, learn simple techniques, share ideas, and leave with beautifully painted rocks to display or give as gifts! No experience needed—just bring your imagination. 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

## 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. Designed especially for seniors, 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

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

**Women's Self Defense Seminar**

Open to all women age 14 and up, or age 12 with a parent or guardian participating. Learn about preventing attacks before they happen and what to do against some of the most common attacks. We will be getting hands on! Modifications may be available for older populations. Taught by a female martial artist with over 30 years of experience. A waiver will be provided since physical activity using a striking pad will be used. Families are welcome with minimum age starting at 14 and up. Dress for physical movement and stretching.

**Master Instructor: Jena Bushey, Legacy Martial Arts**

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

**Building Brain-Healthy Habits presented by 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 to support TPAC



**Sign Language 101**

Have you ever wanted to learn American Sign Language? This is the perfect place to start! This short, beginner-friendly class is designed especially for older adults and offers more than just a new skill—it's a great way to keep your mind sharp, improve memory, and boost cognitive health. Taught by patient and experienced instructor Suzanne Downs, she makes learning fun and accessible. Discover the joy of new learning and the power of connection through ASL.

Instructor: Suzanne Downs

Mon, July 6-Aug 31 10:30-11:30 am  
1108-S26 9 sessions - \$54

**Lunch & Learn: How to Spot Predatory Lending**

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. Exodus Lending is a nonprofit organization who has helped Minnesotans escape predatory debt cycles for over 10 years. They help refinance people out of predatory loans and offer alternative loans through nonprofit partners; and also organize community members and advocate for legislation that protects consumers.

**Presenter: Meghan Olsen Biebighauser, Exodus Lending**

Tue, July 7 11 am-12:30 pm  
1156-S26 1 session - \$9

**Hydrogen & Helium in Minnesota: Opportunity, Debate, and the Future of Energy**

Hydrogen and helium are gaining attention across Minnesota— but what do they mean for our state's energy future? Join Don Elsenheimer with the Minnesota Department of Natural Resources, for a clear, balanced overview of the science, supply potential, regulatory process, and public debate surrounding their development. Explore the opportunities, environmental considerations, and policy decisions shaping what comes next. An informative program with time for thoughtful questions and discussion.

**Presenter: Don Elsenheimer, PhD, Gas Production Regulatory Mgr, MN DNR**

Thu, July 16 9:30-11 am  
1184-S26 1 session - \$5

**Drones for Your Safety**

Discover how drones help protect our community. Since 2015, the Dakota County Sheriff's Office Drone Unit has located missing children and seniors, documented crash and crime scenes, assisted at major fires, and safely tracked suspects—reducing risk for first responders and the public. Sean Qualy will share real-life examples, answer questions, and offer a live drone demonstration. Youth are encouraged to attend with a parent or grandparent for a meaningful, multi-generational learning experience.

**Presenter: Sean Qualy, Dakota County Sheriff's Office**

Wed, July 29 1-2:30 pm  
1853-S26 1 session - \$5

**Understanding the Midterm Elections: What Voters Should Know**

Elections shape important decisions at the local, state, and national levels, as will the upcoming midterms. Join us for an informative and thoughtful presentation designed to help voters better understand what is on the ballot, how midterm elections historically function, and the key issues influencing this year's races. Professor Myers will focus on the election process, trends, and civic participation — offering clear, non-partisan information to help you feel confident and prepared as an engaged citizen. Bring your questions and curiosity.

**Presenter: C. Daniel Myers, Associate Professor, Department of Political Science, U of M**

Tue, July 21 10-11:30 am  
1172-S26 1 session- \$5

**You're Invited to a Puff Pastry Bruncheon**

Join us for a delightful Puff Pastry Bruncheon hosted by our friend Adina—a treat for both your taste buds and your curiosity! Adina will share a live, easy-to-follow demonstration showing how versatile puff pastry can be, along with plenty of ideas you can try at home. Enjoy a relaxed lunch, warm conversation, and the joy of learning something new in good company. Come hungry, leave inspired, and maybe even a little puff-pastry confident. Space is limited.

Tue, July 30 10 am-12 pm  
1181-S26 1 session - \$24

**Living Comfortably: Understanding and Preventing Incontinence**

Experiencing bladder leakage, urgency, or frequent trips to the bathroom? You're not alone—and effective help is available. This informative workshop explains why urinary issues occur, how the pelvic floor and bladder work together, and practical steps you can take to improve symptoms and regain confidence. Led by a physical therapist with 25+ years of experience and advanced certification in pelvic health. This supportive session welcomes your questions in a respectful, educational setting.

**Presenter:** Sarah Glesmann, Sakura Pelvic Health

Mon, Aug 3 10-11:30 am  
1179-S26 1 session - \$5

**West St. Paul Reader: Get the Local Scoop**

What's happening in your neighborhood? Find out what's going on as West St. Paul Reader editor and founder Kevin D. Hendricks shares the latest neighborhood news. West St. Paul Reader is a local news website committed to informing the community. You'll learn how local news works, meet inspiring neighbors and discover history. Ideal for residents new to the area, as well as long-timers who can test their trivia knowledge.

Tue, Aug 4 10-11 am  
1911-S26 1 session - \$3

**Van Trip: Civil War Tour of MN State Capitol**

Designed with lifelong learners in mind, this 90-minute guided tour offers a look at how Minnesotans shaped the Civil War—and how that still resonates today. Through moving memorials and remarkable works of art, you'll explore stories of courage, sacrifice, and leadership that transformed young soldiers into future governors and leaders. In the Governor's Reception Room, view dramatic paintings depicting Minnesota regiments in battle and carefully preserved battle flags. Hear personal stories of how war experiences shaped the lives of Minnesota leaders. Gain a deeper connection to our shared past.

**Requested Tour Guide:** Rick McGee, MNHS

Wed, Aug 5 11:30 am-3:30 pm  
Simple lunch stop prior to tour  
1176-S26 1 session - \$40  
Fee does not include cost of lunch.

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

**Quill Work Porcupine Study with the Traveling Naturalist**

Beyond their prickly reputation you will find an often overlooked, yet compelling animal, unique to the forests in which it lives. From careful mating to seven-month pregnancy to self-defense of its own quills, the porcupine is special in many unexpected ways. The shed quills are the basis of creating some of the best-known native embroidery art. From working with a non-releasable porcupine to teaching birch bark and quill work, Melonie Shipman has found many endearing traits of this little-known treetop dweller. You will, too.

**Presenter:** Melanie Shipman, Traveling Naturalist

Thu, Aug 6 10-11 am  
1177-S26 1 session - \$9

**Medicine Ball: Basketball, Boarding Schools & the Power of Native Storytelling**

Dakota/Diné filmmaker Leya Hale, producer of the powerful documentary Medicine Ball will share her inspiring film where Leya explores how the game of basketball — introduced in Indian boarding schools — became a source of resilience, cultural pride, and community strength for Native athletes and their families. The film follows the journeys of Native college basketball players as they navigate life on a campus with a complex history, revealing how sport can be a bridge between past and present and a catalyst for empowerment.

**Presenter:** Leya Hale, Dakota/Dine' filmmaker

Thu, Aug 11 10-11:30 am  
1189-S26 1 session - \$5

**Honk & Holler - Craig v. Boren and Ruth Bader Ginsburg**

Ruth Bader Ginsburg brought this case before the Supreme Court, in which men were the victims of discrimination, but she also demonstrated that it discriminated against women. In addition, Ginsburg brought other cases where women were victims. In doing so, Ginsburg won from the courts important constitutional rights for women across the nation. The (Honk & Holler) - Craig v. Boren case ruling has been cited in over 1,000 other cases and continues to influence gender equality rulings today.

**Presenter:** Frank Sachs

Mon, Aug 24 10-11 am  
1190-S26 1 session - \$10

**Leathercraft 101: A Beginner's Guide**

Discover the art of leatherworking in this hands-on beginner's course! Whether you're looking to craft your own wallets, bags, or accessories, Leathercraft 101 will teach you the essential skills to get started. Learn how to select the right leather, master cutting and stitching techniques, and finish your projects with a professional touch. Through guided instruction and practical exercises, you'll create your own handcrafted leather items while gaining the confidence to continue your leathercraft journey.

**Instructor: Jim Kern**

Tue, Aug 25 & Sept 1  
1180-S26  
9 am-12 pm  
2 sessions - \$70,  
includes all materials

**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. You can join us at any time throughout the year.

**Facilitator: Rob Meyer**

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

**Umbrella Project**

Join us as we share our time, resources, and talents to better our communities; near and far. Each month, we select a cause to do a project, with an option to bring donations.

Second Mondays  
1599-F25  
10-11:30 am  
Free

No meetings June, July or Aug.

**Great Decisions Group 2026**

Thought-provoking conversations around US foreign policy and the ever-evolving global landscape.

**Facilitator: Charles Happach**

Second Mondays  
1296-W26 Group  
No meeting June, July, Aug.  
1 pm  
\$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. 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  
1565-F25  
10:30-11:30 am  
\$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  
1597-F25  
1-2:30 pm  
Free

**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

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

## CREATIVE ART

**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  
1192-S26 1 session - \$35

**Paint Like Bob Ross: Storms A Brewing**

Have you ever wanted to paint like Bob Ross? Now you can. Join me and learn the simple techniques to create your own masterpiece. No painting experience needed. During this four hour class, I will teach you step by step how to paint using the wet on wet technique. All materials provided. So come join me for a fun relaxing day of painting. And remember, "There are no mistakes, just happy little accidents".

**Bob Ross Instructor:** Valarie Namen

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

**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-S26 \$15 May-Aug

**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

Mondays, July 6-27 1-3 pm  
1491-S26 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-S26  
May 5-26 4 sessions - \$80  
June 2-23 4 sessions - \$80  
July 7-28 4 sessions - \$80  
Aug 4-25 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.

Prerequisite: Watercolor I or instructor approval.

**Instructor:** Linda Stout

Wednesdays 1-3 pm  
1191-S26  
May 6-27 4 sessions - \$80  
June 3-24 4 sessions - \$80  
July 8-29 4 sessions - \$80  
Aug 5-26 4 sessions - \$80

**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-S26 \$15 May-Aug  
No class June 30.

**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  
No group June 30.

**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-S26 \$15 May-Aug  
No group July 1

**Merry Time Art: Paint Like Van Gogh**

In this class you will be creating an acrylic landscape painting on an 8 x 10 inch canvas in the style of Van Gogh. You will learn a bit of history about him and his style of painting as a professional artist leads you step-by-step through the creation of your masterpiece. All supplies included.

Instructor: Vanessa Merry  
Tue, Aug 11 1-3 pm  
1191-S26 1 session - \$40

**FITNESS & HEALTHY LIVING**

**Wednesday Walkers - Walk, Talk, and Gawk**

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 ends with a potluck lunch on Oct 29. Exercise, friendship, and nature keep this group engaged and motivated!

Facilitator: JoAnn Ellingboe and Kathy Kladstrup

Wednesdays, May 13-Oct 29 9 am  
1610-S26 \$15 for season



**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, May 6-June 24 9:15-10 am  
1160-S26 May-June 8 sessions-\$64  
Wed, July 8-Aug 26 9:15-10 am  
1160-S26 July-Aug 8 sessions - \$64

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

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

**Proper care of your feet is vital to your well-being.**

- Assessment of skin and nails
- Moisturing foot massage
- Cleaning, trimming and filing of toenails
- Management of calluses & corns & ingrown nails

**Foot Care**

Your feet have done a lot for you! As you get older, taking good care of your feet help you stay active, comfortable and independent. At your appointment, we'll provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care for fungal toenails. Appointments required.

Provided by Alicia Hoemke, RN, CFCS and Elizabeth Yang, RN

Thu \$65  
Call 651-403-8300 for an appointment.

**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-S26 \$8 May-June  
No class June 30.

**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, May 7-June 25 10:30-11:30 am  
1317-S26 May-June 8 sessions - \$64  
Thu, July 9-Aug 27 10:30-11:30 am  
1317-S26 July-Aug 8 sessions - \$64

**Introduction to Nordic Walking**

It's a technique that uses poles to drive you along as you walk. Long poles keep the muscles in your body engaged, transforming a regular walk into a more intensive, full body workout. Research shows Nordic walking gives you a bigger fat burn and unique health benefits, like improved back posture. Instructor provides instruction on technique. Specially designed poles are provided - not to be confused with trekking poles. Class is held outside; wear comfortable shoes and dress for the weather.

**Instructor:** Kay Okey

Tue, July 14 9-10:30 am  
1967-S26 1 session - \$23

**Nordic Pole Walk**

Organized Nordic outdoor walking sessions for those wanting a refresher on techniques or just want to walk with others. Poles provided.

Tue, July 21 & 28 9-9:45 am  
1968-S26 2 sessions - \$15

**CARDS & GAMES****Home Before Dark**

Call 651-403-8300 or details and availability, as we need to coordinate pairs and groups of four.

Mondays, Apr 6-Oct 28 3-5:30 pm

**Learn to Play Chess**

Learn to play chess or improve your chess playing ability! Professor Berger (a.k.a. Coach Dave) has experience teaching players of all skill levels and ages. He uses a practical approach so 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

Mondays, Apr 27-June 22 1-2:30  
1187-S26 8 sessions - \$20  
No class May 25

**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 300-500-piece puzzles to share. Come for an hour or stay the whole afternoon.

June 16-Aug 18, 1st & 3rd Tue 1-3:30 pm  
1135-S26 5 sessions - \$9

**Bocce Ball**

Enjoy new and old friends and a little competition of Bocce Ball with some fresh air on the grounds of Thompson Park. Simply aim to toss your bocce balls closer to the pallino (little white ball) than your opponents. Games are self-monitored. Gather around TPAC's patio for some outdoor enjoyment.

Mondays, May 4-June 22 9:45-10:45 am  
1596-S26 7 sessions - \$8  
No games May 25.  
Mon, July 6-Aug 31 9:45-10:45 am  
9 sessions - \$8

**Bean Bag Toss**

Bean Bag Toss, or Corn Hole, is a great summer past-time, whether you're playing or watching your next competitor! We supply the boards and bags, while you supply the fun and competitive spirit of the game. Played outdoors.

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

**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-S26 \$15 May-Aug  
No games July 1.

**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 May-Aug  
No games July 1.

**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 us!

**Facilitator:** Laura Palodichuk

Wednesdays 9:30 am-12:15 pm  
1735-S26 \$15 May-Aug  
No games July 1.

**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. Lessons are not being taught this session.

**Facilitator:** Carol Beaves

Thursdays 1-3:45 pm  
1613-S26 \$15 May-Aug  
No games July 2

## **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.

### **Hudson WI Luncheon Cruise**

Enjoy the St. Croix River aboard the Afton Princes or Grand Duchess. Enjoy a boat ride along the shores of Minnesota and Wisconsin on the Scenic St. Croix River 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: Chicken Marsala, Mostaccoli Pasta with Red Sauce, Hot Vegetables, Caesar Salad, Italian Cold Pasta Salad, Chef's Choice Dessert, Ice Water and Coffee. There is a cash bar. Browse through the unique and eclectic independently owned shops in the historic downtown area and up on the hill. Be sure to visit the Knoke's Chocolates and Nuts Store.

Wed, July 15 \$100

Register by: Fri, June 12

Location	Departure	Return	Registration
TPAC	10:30 am	3:30 pm	1161-WSP-S26
SSP	10:15 am	3:45 pm	1601-SSP-S26
IGH	10:00 am	4:00 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

### **Olof Swensson Farm**

He was one of Minnesota's most innovative immigrants, and this family homestead epitomizes the immigrant's dream. Swensson was a farmer, self-taught scholar, man of letters, visionary prophet, statesman, carpenter, bricklayer and self-professed lay-minister. The loom and spinning wheels were made by Mr. Swensson. The large timber-framed barn was built in the 1880's. The unique barn features an elaborate system of wind-bracing and notching which attests to Swensson's skills as a designer and builder.

The Rivers Restaurant for lunch Menu: Homemade Meatloaf Meal. You may think it's mom's but it's ours! Smothered in beef gravy and served with the vegetable of the day, mashed potatoes with gravy, dinner roll, beverage, dessert.

Chippewa City. A staff member will give a brief introduction and present materials for a self guided experience. There are 24 buildings replicating a late 1800's village, complete with town square and boardwalk as well as a centrally located bandstand/gazebo. You can go inside the authentic log cabins, 1880's church, Millinery Shop, Blacksmith Shop, General Store and many others. Historic Chippewa City inspired renowned artist Terry Redlin. His Doctor series features the Chippewa Bank Building, and many of his log homes replicate those at this site.

Thursday, August 13 \$108

Register by: Friday, July 10

Location	Departure	Return	Registration
TPAC	6:45 am	7:00 pm	1162-WSP-S26
SSP	7:00 am	6:45 pm	1605-SSP-S26
IGH	7:15 am	6:30 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

### **UPCOMING TRIPS:**

**November: Women of Gangsterland**

**December: Glensheen & Bentleyville Returns**

**January: Chanhassen**

**February: TBD**

**Crow River Winery & Carlson’s Apple Orchard**

Arrive at the Crow River Winery and Bistro. It is a farm winery 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. Nature stands as their closest ally, and they invest their effort, resources, and passion to transform their grapes into exquisite wines, all of which are processed and made at this winery. Taste the magic in every glass. Lunch menu: Cranberry Turkey Club - Turkey, Provolone Cheese, and Fresh Arugula on a Toasted Ciabatta Bun, topped with House-Made Cranberry Wine Aioli crafted with Crow River Winery Cranberry Wine. Take a guided tasting and tour with a Crow River Winery staff. They will provide an educational tour followed by a wine tasting. Carlson’s Orchard Bakery in Winsted. Purchase apples and delicious baked goods.

Thur, September 24 \$99  
 Register by: Fri, August 21

Location	Departure	Return	Registration
TPAC	9:45 am	5:15 pm	1163-WSP-F26
SSP	9:30 am	5:00 pm	1606-SSP-F26
IGH	9:15 am	4:45 pm	www.ighmn.gov/register



**Great Northern Trains**

NW Wisconsin Regional Visitor Center in Trego, WI. Take time to use the rest room and visit the gift store. The train staff will load guests into the dining cars. The historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. Ride the rails to Bean Creek. Have lunch in the dining car. Menu: Chicken Entrée with Rice, Vegetable, Dinner Roll, Cookie and Coffee or Lemonade. 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. Coffee, Ice Cream, Fried Cheese Curds and other concessions are available for purchase at the Bistro.

Tuesday, October 13 \$111  
 Register by: Fri, September 11

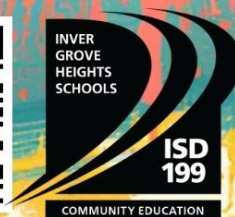
Location	Departure	Return	Registration
TPAC	8:00 am	4:30 pm	1164-WSP-F26
SSP	7:45 am	4:45 pm	1607-SSP-F26
IGH	7:30 am	5:00 pm	www.ighmn.gov/register



**LOCAL SUMMER FUN**

Discover summer opportunities right here in Inver Grove Heights.

**REGISTER TODAY**



**IGH Community Education**  
 Call 651.306.7501



**IGH Parks & Rec**  
 Call 651.450.2480

## 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

Jun 15-30	9:00 a.m-12:00 p.m
3300-S26B	10 sessions - \$420
Aug 3-18	1:00-4:00 pm
4300-S26D	10 sessions - \$420

### South St. Paul High School

May 4-19	2:45-5:45 pm
4300-S26A	10 sessions - \$420

### Two Rivers High School

School District 197 Youth Enrichment partners with Safeway Driving School to offer our Driver's Education classes. Students must be at least 14.5 years old to join the class.

**Instructor: Safeway Driving School**

Mon-Fri, June 8-22	9am-12pm
Mon-Fri, June 8-22	1pm-4pm
Mon-Fri, July 6-17	9am-12pm
Mon-Fri, July 27-Aug 7	9am-12pm
Mon-Fri, July 27-Aug 7	1pm-4pm
No class June 19	10 sessions-\$420



## Virtual Courses

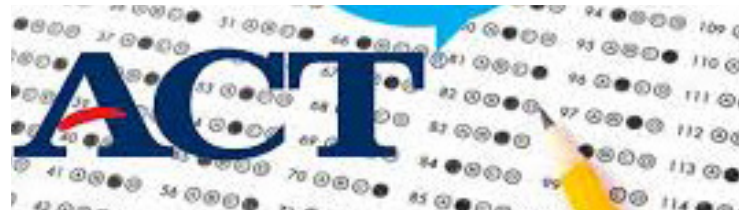
Mon-Fri, June 8-22	9am-12pm
Mon-Fri, July 13-24	1pm-4pm
Mon-Fri, Aug 3-14	9am-12pm
Mon-Thu, Apr 6-21	4-7 pm
No class June 19	10 sessions-\$420



## 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, Aug 2-Aug 23	1 pm-4 pm
3301-S26#938	4 sessions - \$180



## 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
S26#888	\$80
4301-S26#777	\$80



**MINNESOTA BOAT CLUB  
JUNIOR CREW**  
(ages 14 to 18)

- Learn to row camps held in the spring and summer
- Team practices held 5x/week 3x/week commitment

1 South Wabasha Street, St. Paul  
Learn more at: [minnesotaboatclub.org](http://minnesotaboatclub.org)

This activity is not sponsored by ISD 199 or TriDistrict Community Education

**SSP YOUTH: GYMNASTICS AT CENTRAL SQUARE**

Registration for summer will open June 1st



**SUMMER GYMNASTICS**

**AGES 18 MONTHS-14 YEARS**

- TUMBLE TOGETHER
- TUMBLE BEES
- MINI STARS
- MINI STARS 2
- BEGINNERS
- INTERMEDIATE BEGINNERS
- ADVANCED BEGINNERS
- FLIPS
- PRE-TEAM & MAGA TEAMS



SCAN ME



**Gymnastics - Tumble Together**

*Ages 18 months-4 (+ 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.

Tue, June 16-Aug 18 3-3:30 pm  
 4000-S26A 9 sessions - \$92  
 No class July 7

**Gymnastics - Tumble Bees**

*Ages 3-4*

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, June 16-Aug 18 2-2:45 pm  
 4001-S26A 9 sessions - \$92  
 No class July 7

**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.

Tue, June 16-Aug 18 5-6 pm  
 4013-S26A 9 sessions - \$92  
 No class July 7  
 Wed, June 17-Aug 19 3-4 pm  
 4013-S26B 8 sessions - \$82  
 No class July 1 & 8

**Gymnastics - Mini Stars 2**

Further development of Mini Stars. We will focus on perfecting the skills progressions and development in Mini Stars 1 and continue working 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: footwork for the spring board and pop-ups. Coach Approval Required.

Mon, June 15-Aug 17 3:30-5 pm  
 4014-S26A 9 sessions - \$152  
 No class July 6

**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, June 16-Aug 18 12-1 pm  
 4002-S26A 9 sessions - \$92  
 No class July 7  
 Tue, June 16-Aug 18 1-2 pm  
 4002-S26B 9 sessions - \$92  
 No class July 7  
 Wed, June 17-Aug 19 3-4 pm  
 4002-S26C 8 sessions - \$82  
 No class July 1 & 8

**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. Coach Approval Required.

Tue, June 16-Aug 18 6:30-7:30 pm  
 4009-S26A 9 sessions - \$92  
 No class July 7

**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, June 17-Aug 19 4-5 pm  
 4003-S26A 8 sessions - \$82  
 No class July 1 and 8

**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/Thu, June 16-Aug 20 3:45-5 pm  
 4004-S26A 17 sessions - \$240  
 No class July 2, 7 & 9

## 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, May 15 5-6 pm  
4005-S26A 1 session - \$10



## Gymnastics - Full Day Camp

Ages 5-14

Come and explore the gym and discover the sport of gymnastics in a full day camp. Participants will learn about floor, bars, beam, vault and practice some of the basic elements of gymnastics such as leaps, jumps, and turns. No prior gymnastics experience is required. Please send two snacks, lunch, and water bottle with your child each day.

Mon-Fri, June 8-12 8 am - 4 pm  
4008-S26A 5 sessions - \$325  
Mon-Wed Aug 25-27 8 am - 4 pm  
4008-S26B 3 sessions - \$195

## SSP YOUTH: HEALTH AND SAFETY

### One Day Class! Certified Babysitter's Training

Ages 11+

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

**Instructor: Deb Miller**

Fri, June 5 8 am-12 pm  
4202-S26 1 session - \$80  
Central Square, SSP

## Easy CPR for Babysitters and Teens

Ages 11+

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 Miller**

Fri, Aug 7 8-10:30 am  
4204-S26B 1 session - \$50  
Central Square, SSP

## Safe Kids

Ages 7+

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 Miller**

Sat, May 16 8:30-11 am  
4205-S26 1 session - \$45  
Central Square, SSP

## SSP YOUTH: SPORTS & RECREATION

### Intro to Ninja

Ages 5-13

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-S26

**5-9 Year Olds** 5-6 pm  
Wed, June 3-24 4 sessions - \$108  
Wed, July 8-29 4 sessions - \$108  
Wed, Aug 5-26 4 sessions - \$108  
Mon, July 6-Aug 24 8 sessions - \$215  
**10-13 Year Olds** 6:30-7:30 pm  
Wed, June 3-25 4 sessions - \$108  
Wed, July 8-29 4 sessions - \$108  
Wed, Aug 5-26 4 sessions - \$108  
Mon, July 6-Aug 24 8 Sessions - \$215

**Ninja Summer Camps**

**Ages 6-13**

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer. Conquer Ninja Gym, 707 Commerce St, Woodbury

4996-S26	9-11 am
Mon-Thu, June 8-11	4 sessions - \$175
Mon-Thu, June 15-18	4 sessions - \$175
Mon-Thu, June 22-25	4 sessions - \$175
Mon-Thu, July 6-9	4 sessions - \$175
Mon-Thu, July 13-16	4 sessions - \$175
Mon-Thu, July 20-23	4 sessions - \$175
Mon-Thu, July 27-30	4 sessions - \$175
Mon-Thu, Aug 3-6	4 sessions - \$175
Mon-Thu, Aug 10-13	4 sessions - \$175
Mon-Thu, Aug 17-20	4 sessions - \$175
Mon-Thu, Aug 24-27	4 sessions - \$175

**Conquer Ninja Rec Team**

**Ages 6-13**

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-S26	
<b>6-9 Year Olds</b>	5-6 pm
Fri, July 10-Aug 28	8 sessions - \$225
<b>10-13 Year Olds</b>	6:30-7:30 pm
Fri, July 10-Aug 28	8 sessions - \$225

**Full Day Multi-Sports Camp**

DASH Sports Summer Full Day Multi-Sports camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Key sports skills will be taught and practiced in all 3 sports including: dribbling, passing, shooting, defense, and more! Also included are fun games such as Dodgeball, Capture the Flag, Kickball, and more! Camp ends with games/scrimmages the final day for each sport. Campers should wear sunscreen, bring a water bottle, lunch, two snacks, and athletic shoes and clothing. All equipment is provided.

Mon-Thu, June 8-11	9 am-4 pm
4901-S26	4 sessions - \$229
Kaposia Edu Ctr, SSP	

**Ultimate Games Camp**

DASH Sports Summer Ultimate Games camp provides participants with a fun experience learning and playing your favorite physical education games! Games will include: Capture the Flag, Kickball, Dodgeball, Tag Games, Ultimate Frisbee/Football, Soccer, Sharks and Minnows, and more! Participants will learn teamwork, and values such as respect, hustle, and pride, all in a fun environment. Campers should bring a snack, water bottle, and wear sunscreen. All other equipment is provided.

Mon-Thu, June 15-18	1-4 pm
4904-S26 6-12 YO	4 sessions - \$129
Kaposia Edu Ctr, 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.

Mon-Thu, June 15-18	5-5:45 pm
4905-S26 2/5 YO	4 sessions - \$69
Kaposia Edu Ctr, SSP	

**Soccer Tykes**

DASH Sports Soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle and wear athletic clothing & shoes (spikes and shin guards optional). Soccer balls 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.

Mon-Thu, June 8-11	5-5:45 pm
4902-S26 2/5 YO	4 sessions - \$69
Kaposia Edu Ctr, SSP	
Mon-Thu, July 13-16	5-5:45 pm
4917-S26 2/5 YO	4 sessions - \$69
Kaposia Edu Ctr, SSP	

## Soccer Camp

DASH Sports Summer soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training 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 where athletes can showcase their skills. Athletes should bring a water bottle, sunscreen, and a snack (spikes and shin guards are optional). Balls are provided.

Mon-Thu, June 15-18	9 am-12 pm
4903-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	
Mon-Thu, July 13-16	1-4 pm
4916-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	

## Jr. NBA Basketball Camp

DASH Sports Summer Jr. NBA basketball camps provide players with a well-rounded basketball experience covering a broad range of skills training and skill-based games. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided. Each participant may receive a custom Jr. NBA Jersey of their favorite team with their name and number printed on the back to keep (additional \$30 fee).

Mon-Thu, June 22-25	1-4 pm
4907-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	

## Basketball Tykes

DASH Sports Basketball Tykes camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle & wear athletic clothing & shoes. Balls 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.

Mon-Thu, June 22-25	5-5:45 pm
4908-S26 2/5 YO	4 sessions - \$69
Kaposia Edu Ctr, SSP	
Mon-Thu, July 27-30	5-5:45 pm
4922-S26 2/5 YO	4 sessions - \$69
Kaposia Edu Ctr, SSP	

## SNAG GOLF Camp

DASH Sports SNAG Golf Summer camps provide participants instruction on golf fundamentals 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 wear sunscreen and bring water and a snack. All equipment is provided.

Mon-Thu, June 29-July 2	9 am-12 pm
4909-S26 6/10 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	



## Volleyball Camp

DASH Sports Summer Volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced throughout the week. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game! The final day of camp ends with scrimmages and games for players to showcase their skills. Athletes should bring a water bottle and snack (knee pads optional). Balls are provided.

Mon-Thu, June 22-25	9 am-12 pm
4906-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	
Mon-Thu, July 27-30	1-4 pm
4923-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	

## NFL Flag Football Camp

DASH Sports officially licensed NFL 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, and defense will be taught, and players will be challenged at an appropriate level in a fun, positive environment. Players have the option to add an official NFL Flag Jersey and flag belts to keep (\$30 additional). Athletes should bring a water bottle and a snack (spikes/cleats, and mouthguards are optional). All other equipment is provided.

Mon-Thu, June 29-July 2	1-4 pm
4910-S26 6/12 Y/O	4 sessions - \$129
Kaposia Edu Ctr, SSP	

## Cheer Camp

DASH Sports Summer Cheer camps provide athletes with an introduction to cheerleading. Campers will learn several cheers with focus on body control, jumping, and proper hand movements. Emphasis will be placed on sportsmanship, teamwork, and a positive attitude! Athletes should wear sunscreen and bring a water bottle and a snack.

Mon-Thu, June 29-July 2	1-4 pm
4911-S26 6/12 YO	4 sessions - \$129
Kaposia Edu Ctr, SSP	

### Flag Football

DASH Sports Summer 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, and defense will be taught, and players will be challenged at an appropriate level in a fun, positive environment. Camp ends with scrimmages/games the final day where players can showcase their skills. Athletes should wear sunscreen and bring a water bottle and a snack (spikes/cleats, and mouthguards are optional). Flag belts and footballs are provided.

Mon-Thu, Aug 3-6 1-4 pm  
4912-S26 6/12 YO 4 sessions - \$129  
Kaposia Edu Ctr, SSP

### Flag Football Tykes

DASH Sports Flag Football Tykes camps provide players with an introductory experience to football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught. Fun, skill-based games will be played. Athletes should bring a water bottle and wear athletic clothing & shoes (spikes/cleats are optional). Footballs and flag belts 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.

Mon-Thu, June 29-July 2 5-5:45 pm  
4914-S26 2/5 YO 4 sessions - \$69  
Kaposia Edu Ctr, SSP

Mon-Thu, Aug 3-6 5-5:45 pm  
4913-S26 2/5 YO 4 sessions - \$69  
Kaposia Edu Ctr, SSP

### Track & Field

DASH Sports Summer Track & Field camps provide participants with practice in several areas including: sprinting, throwing (javelin and shot put), relay running, long jumping and distance running. Emphasis is on technique and proper form. All players will be timed/tested on the first and last day. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall track and field performance. Campers should wear sunscreen, bring a water bottle, snack, and wear athletic clothing/shoes.

Mon-Thu, July 13-16 9 am-12 pm  
4915-S26 6/12 YO 4 sessions - \$129  
Kaposia Edu Ctr, SSP

### Floor Hockey

DASH Sports Summer Floor Hockey camps provide players with a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Athletes should wear sunscreen and bring a water bottle and a snack. Sticks and pucks are provided.

Mon-Thu, July 20-23 9 am-12 pm  
4918-S26 6/12 YO 4 sessions - \$129  
Kaposia Edu Ctr, SSP

### USTA Red Ball Tennis Camp

DASH Sports USTA Red Ball Tennis camps provide participants with introductory experience to the game. With modified equipment and lower compression red balls, this camp will supercharge the success of your players. Key elements of the serve, forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, and the overhead smash will be taught. Participants should wear sunscreen and athletic clothing/shoes and bring a tennis racket (optional if you have one), water bottle, and a snack. Balls and all other equipment are provided.

Mon-Thu, July 20-23 1-4 pm  
4919-S26 6/12 YO 4 sessions - \$129  
Kaposia Edu Ctr, SSP

### Tennis Tykes

DASH Sports Tennis Tykes camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and ball striking as well as gameplay. Basic elements of the serve, forehand, and backhand will be taught and practiced. Participants should bring a tennis racket, water bottle, and athletic clothing.

Mon-Thu, July 20-23 5-5:45 pm  
4920-S26 3/5 YO 4 sessions - \$69  
Kaposia Edu Ctr, SSP



### Basketball Camp

DASH Sports Summer 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. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided.

Mon-Thu, July 27-30 9 am-12 pm  
4921-S26 6/12 YO 4 sessions - \$129  
Kaposia Edu Ctr, SSP



**Create It with Cardboard****Grades: 2-4**

Join this fun and active class as students plan, design, create, and try out their cardboard creations! Build a foosball game, skee ball, putting green, marble maze, shield and sword, or any other creative idea! In this camp, students will have the opportunity to choose what they want to build and then have fun using it!

**Instructor: Garlough Teacher, Kris Goldade**

Mon-Thu, June 8-11 9am-12pm  
2742-Su26 4 sessions - \$99/\$75  
Mendota Elementary, MH

**Mega Mess with Kidcreate****Grades: K-4**

We'll paint with plaster, tie-dye, make papier mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home- leave the mess with us. After all, art can be a mega messy good time! Please pack a nut free snack and drink for your child each day.

Mon-Thu, June 8-11 9am-12pm  
2403-26Su 4 sessions - \$169/\$149  
Mendota Elementary, MH

**Basketball Camp with DASH Sports****Grades: 1-4**

DASH Sports Summer 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. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided.

Mon-Thu, June 8-11 1pm-4pm  
2483-Su26 4 sessions - \$129/\$115  
Mendota Elementary, MH

**Cardboard, Duct Tape & Things That Bounce****Grades: 2-4**

What do these 3 things have in common? Join this fun and active class and find out! We will use duct tape, cardboard, and things that bounce to create exciting and interactive games! We'll also use things that bounce to play games indoors and outdoors. Bring your ideas and get ready to create, compete, and play!

**Instructor: Garlough Teacher, Kris Goldade**

Mon-Thu, June 8-11 1pm-4pm  
2745-S26 4 sessions - \$99/\$75  
Mendota Elementary, MH

**Eco Explorers with KidScientific****Grades: K-4**

Unleash your inner explorer in this wild science class! Kids will create a storm in a jar, build animal habitats, and stamp animal tracks while learning about weather and wildlife. It's a hands-on adventure packed with creativity, discovery, and fun! Please pack a nut free snack and drink for your child each day.

Mon-Thu, June 8-11 1pm-4pm  
2402-Su26 4 sessions - \$159/\$139  
Mendota Elementary, MH

**Warriors Youth Summer Jazz****Grades: 7-12**

Students in Summer Jazz will play jazz classics as well as contemporary jazz tunes. It is open to any Fall 2025 incoming 7th-12th grade student who plays saxophone, trumpet, trombone, piano, bass, drum set, electric guitar, or vibraphone.

**Instructor: John Baumgartner**

Tue/Thu, June 9-July 30 12:30pm-2pm  
2384-TRHS 15 sessions - \$150/\$115  
Two Rivers HS, MH  
No Class July 2

**One-Day Class: Tie Dye Party with Kidcreate****Grades: K-4**

This is NOT a project you want your kids doing at home! Send your kids to class to make a tie-dyed shirt they will wear all year long. Children must bring their own white t-shirt to class. Please pack a nut free snack and drink for your child.

Fri, June 12 9am-12pm  
2472-Su26 1 session - \$49/\$39  
Mendota Elementary, MH

**Scavenger Hunt and Create, Build, Experiment****Grades 2-4**

Each day, students will read clues as they go on a SCAVENGER HUNT! The hunt may be inside or outside! The items students find on the hunt are the items that they will use to create, make, or experiment with that day! Every day will be something new, fun, and creative!

**Instructor: Garlough Teacher, Kris Goldade**

Mon-Thu, June 15-18 9am-12pm  
2745-Su26 4 sessions - \$99/\$75  
Mendota Elementary, MH

**Money Explorers with Wings Financial Foundation****Grades: 5-8**

In this camp students will partake in a series of games and activities where they earn simulated money. Students will have different roles within the camp and be presented with different opportunities to spend, share and save their money. This will culminate in students being able to use their earned money to purchase items in a simulated store on the final day of camp.

**Instructor: Jared Little, Educational Specialist with Wings Financial Foundation**

Mon-Thu, June 15-18 9:30am-12pm  
2316-Su26 4 sessions - \$135/\$110  
Mendota Elementary, MH

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



## Foam, Slime & Potions with KidScientific

**Grades:** K-4

Dive into a world of exciting experiments and discoveries! In this hands-on camp, kids will explore foam, slime, and potions while creating color-changing elixirs and bouncy balls. Each activity blends creativity with science, sparking curiosity and wonder. Learning becomes a bubbling cauldron of fun and unforgettable exploration!

Instructor: Kidcreate Studios

Mon-Thu, June 15-18

2402-S26

Mendota Elementary, MH

1pm-4pm

4 sessions - \$159/\$139



## Pee-Wee Warriors Colorguard

**Grades:** 2-6

Experience summer parade marching with the Two Rivers Colorguard! Students will learn basic flag and dance skills that will be incorporated into a short song that they will walk in the Mendota Days Parade and perform! Participants will be given a Two Rivers Colorguard T-Shirt.

**Instructor:** TRHS Coach Katie Hoflock

Tue, June 9-July 7

Sat, July 11

2942-Su26

Two Rivers HS, MH

5-6pm

11am-1:30pm

6 sessions: \$35

## The Amazing Race

**Grades:** 3-5

Every day, students will participate in a new and fun AMAZING RACE! They will search for the clue box and complete an activity before receiving their next clue! It will be amazing and fast-paced as groups race the clock and the other teams!

**Instructor:** Garlough Teacher, Kris Goldade

Mon-Thu, June 15-18

2745-26Sum

Mendota Elementary, MH

1pm-4pm

4 sessions - \$99/\$75

## Volleyball Camp with DASH Sports

**Grades:** 1-4

DASH Sports Summer Volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced throughout the week. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game!

Mon-Thu, June 15-18

2485-Su26

Mendota Elementary, MH

1pm-4pm

4 sessions - \$129/\$115

## Warriors Youth Track & Field Camp

**Grades:** 1-4 & 5-8

Join The Warrior Track and Field Coaches and Athletes for a fun, energizing week of camp! We will keep your young track star moving, improving and building confidence as they run, jump and throw all week long. Age appropriate instruction developed by the varsity coaching staff.

Mon-Thu, June 15-19

Grades 1-4

2889-S26A

Grades 5-8

2888-S26B

Two Rivers HS, MH

10:30am-12:30pm

1pm-3pm

4 sessions - \$89/\$49/\$25

## Warriors Youth Boys Basketball Camp

**Grades:** 4-6 & 7-9

Join us for the Two Rivers Warriors Youth Basketball Camp, a fun and competitive six-day camp designed to develop fundamental skills, improve basketball IQ, and build confidence on the court! Led by Two Rivers High School Head Coach Isaiah Robinson and the Warriors coaching staff and players.

Mon-Wed, Jun 15-24

Grades 4-6

2713-Su26B

Grades 7-9

2713-S26B

Two Rivers HS, MH

9am-10:30am

10:30am-12pm

6 sessions - \$115/\$89

## Fabulab: Create, Craft & Glow! STEM Camp

**Grades:** K-4

Build, create, and bring fairy magic to life! In this indoor STEM camp, kids design and create fairy houses, bridges, and glowing lanterns to bring their own magical garden world to life!

**Instructor:** Engineering for Kids

Mon-Thu, June 15-18

2639-Su26

Mendota Elementary, MH

9am-12pm

4 sessions - \$169/\$150

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



## Spanish Summer Camp: Spanish Sports & Games Vamos a Ganar! (Let's Win!)

**Grades:** 1-5

In this dynamic camp, kids explore the world of sports, games, and the Olympics while learning Spanish through interactive activities, songs, and teamwork. Campers will build vocabulary, practice mini conversations, and discover games and athletes from across the Spanish-speaking world — all in a fun, high-energy environment.

**Instructor:** Futura Languages Staff

Mon-Thu, June 22-25 1pm-3pm  
2134-S26 4 sessions - \$149/\$130  
Mendota Elementary, MH

## Floor Hockey Camp with DASH Sports

**Grades:** 1-4

DASH Sports Summer Floor Hockey camps provide players with a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment.

Mon-Thu, June 22-25 1pm-4pm  
2485-26Su 4 sessions - \$129/\$115  
Mendota Elementary, MH

## Warriors Youth Co-Ed Basketball Camp

**Grades:** 3-9

Join us for the Two Rivers Warriors Basketball Camp, where young athletes from 3rd to 9th grade can hone their skills and passion for the game! Participants will embark on an exciting journey of skill development, covering essential aspects such as shooting, ball handling, passing, and defense, alongside other fundamental techniques.

**Led by Two Rivers High School Head Coach Nia Hollie and the Warriors coaching staff and players.**

Mon-Thu, June 22-25 9am-1pm  
2713-Su26 4 sessions - \$130/\$105  
Friendly Hills MS, MH

## Warriors Youth Co-Ed Wrestling Camp

**Grades:** 1-6

Get ready for an action packed summer camp! Our camp features Wrestling technique, agility and strength training, scavenger hunts, and games. This camp is about staying moving and having a blast.

**Instructor:** TRHS Coach Mason Young

Mon-Thu, June 22-25 9am-3pm  
2053-Su26 4 sessions - \$250/\$220  
Two Rivers HS, MH

## Build a Fairy World STEM Camp

**Grades:** K-4

Build, create, and bring fairy magic to life! In this indoor STEM camp, kids design and create fairy houses, bridges, and glowing lanterns to bring their own magical garden world to life!

**Instructor:** Engineering for Kids

Mon-Thu, June 22-25 9am-12pm  
2486-Su26 4 sessions - \$169/\$150  
Mendota Elementary, MH



## USTA Youth Tennis Camp

**Grades:** 3-6

Youth summer tennis camp will follow the American Development Model and the USTA's 5 C's: Competence, Confidence, Character, Connection & Creativity!

**Instructors will be Two Rivers & South St. Paul HS Varsity Tennis Players trained by USTA & a USTA manager.**

Mon-Thu, June 22-25 9am-12pm  
2395-Su26 4 sessions - \$150/\$125  
Two Rivers HS, MH

## Intro to Songwriting and Music Production Camp

**Grades:** 5-10

This summer camp intensive is for aspiring songwriters and producers and a good precursor to the TRHS music production course. The five-day camp guides students on the essentials of writing, recording and producing original music through the use of GarageBand, a DAW (digital audio workstation) that comes with every apple device.

**Instructor:** Andrew Thoreen

Mon-Fri, June 22-26 9am-12pm  
2671-Su26 5 sessions - \$275/\$235  
Two Rivers HS, MH

## Middle School Debate Workshop

**Grades:** 6-9

Are you interested in politics? Do you enjoy discussing your views on critical issues? During this workshop students will see a live debate and learn about the skills required to participate.

**Instructor:** Ben Geiger

Thu, June 25 8:30am-1pm  
2115-S26 1-session - \$20/\$15  
Two Rivers HS, MH

## Middle School Speech Workshop

**Grades:** 6-9

Do you love to act, or enjoy politics, or just want to share your personal message. If so, Speech might be an activity you want to learn more about.

**Instructor:** Ben Geiger

Fri, June 26 8:30am-1pm  
2115-S26 1-session - \$20/\$15  
Two Rivers HS, MH

## Adventure Engineers: Ocean Explorers STEM Camp

**Grades:** K-4

Young engineers, big ocean adventures! Explore the shore indoors with hands-on STEM fun! Dig for fossils, make sand slime, craft coral reefs, explore tide pools, and uncover ocean treasures.

**Instructor:** *Engineering for Kids*

Mon-Thu, July 6-9	9am-12pm
2472-Su26	4 sessions - \$169/\$150
Garlough Elementary, WSP	

## Teeny Tiny Treats with Kidcreate

**Grades:** K-4

Step into a world of mini masterpieces in this sweet art class! Little artists will whip up adorable mini desserts like milkshake slime, clay cakes, and tiny ice cream sundaes. It's a hands-on adventure bursting with creativity, fun, and oh-so-tiny treats! Please pack a nut free snack and drink for your child each day.

Mon-Thu, July 6-9	1pm-4pm
2402-Sum26	4 sessions - \$159/\$139
Garlough Elementary, WSP	

## Beginners: Warriors Co-Ed Youth Golf Camp

**Grades:** 6-10

Join members of the Boys and Girls Two Rivers High School Varsity Team and Coach Schwister on Tuesdays & Thursdays July 8-31st at Inver Wood Golf Course.

Tue/Thu, July 7-30	Tue, 10am-11am Thu, 10am-12:30pm
2135-Su26	8 sessions - \$75/\$60
Inver Wood Golf Course, IGH	Youth on Course Card required

## Intermediate: Warriors Co-Ed Youth Golf Camp

**Grades:** 6-10

Join members of the Boys and Girls Two Rivers High School Varsity Team and Coach Schwister on Tuesdays & Thursdays July 8-31st at Inver Wood Golf Course.

Tue/Thu, July 7-30	Tue, 11am-12:30pm Thu, 10am-12:30pm
2135-Su26Int	8 sessions - \$75/\$60
Inver Wood Golf Course, IGH	Youth on Course Card required

## Wizards of Chess Summer Camp

**Grades:** 1-6

Whether you are new to chess or an experienced player there will be material covered for all! Whether you are new to chess or an experienced player there will be material covered for all! We will go over opening theory, 2 openings, tactics, endgames and fun variations of chess.

**Instructor:** *Veronica Harrison, owner of Wizards of Chess*

Mon-Thu, July 13-16	9am-3:30pm
2253-S26	4 sessions - \$169/\$145
Garlough Elementary, WSP	
Mon-Thu, Aug 3-6	9am-3:30pm
2252-Su26	4 sessions - \$169/\$145
Mendota Elementary, MH	

## Warriors Youth Football Camp

**Grades:** 2-8

Our youth football camp teaches age appropriate football skills and techniques. Hosted by the Two Rivers Football Coaches and Players on Warrior Field.

**Instructors:** *Coach Orth & Coach Carpenter*

Tue-Thu, July 14-16	10:30am-12pm
2474-Su26	3 sessions - \$75/\$60
Two Rivers HS, MH	

## Warriors Youth Soccer Camp

**Ages:** 8-14

This camp is offered to all youth ages 8-14 regardless of club affiliation or skill level. Emphasis will be on teaching the fundamentals of the game, developing and improving individual skills based on current ability, and encouraging a team mentality.

**Instructor:** *TRHS Coach Doud*

Mon-Thu, July 20-23	9am-11am
2085-Su26	4 sessions - \$89/\$70
Two Rivers HS, MH	

## Glinda and Friends for Good Musical Theater with Mayer Arts

**Grades:** K-3

Help Glinda and the Wicked Witch of the West save Oz in the final act of this Wickedly Wonderful story! Choose a character, learn music and choreography and create your own musical. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

Mon-Thu, July 20-23	9am-12pm
2887-Su26B	4 sessions - \$119/\$99
Two Rivers HS, MH	

## KPop Demon Hunters Musical Theater with Mayer Arts

**Grades:** 3-6

Show Them How It's Done! Choose a character, learn music and choreography and create your own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

Mon-Thu, July 20-23	1pm-4pm
2887-Su26	4 sessions - \$119/\$99
Two Rivers HS, MH	

## Curious about Clay with Abrakadoodle

**Grades:** K-4

If you love clay this is the camp for you. Learn about sculpting, color-mixing, and decorative design. In this fun camp we'll make kitty cat bowls, doggie faces, a pretty pink pig, a funny face pencil holder and more. We'll use air dry and model magic clay, unique materials and clay tools to create our sculptures.

Mon-Thu, July 27-30	10am-12pm
2086-26Su	4 sessions - \$119/\$99
Garlough Elementary, WSP	

**Drama Lab**

**Grades: 1-5**

Drama Lab is a creative haven where budding performers unleash their imagination and hone their acting skills. Led by experienced instructors, students explore the exciting world of theatre through engaging activities, improvisation games, character development, and scene work.

**Instructor: Drama Lab Staff**

Mon-Thu, July 27-30 1pm-3pm  
 2452-Su26 4 sessions - \$95/\$75  
 Garlough Elementary, MH



**Art Sampler with Abrakadoodle**

**Grades: K-4**

Sample lots of different kinds of art in this fun and creative camp. We'll use paper mâché, clay, canvas, chalk, paint and more to create some fabulous art. Make a paper mâché bowl, sculpt cute owls and silly animals, paint a colorful canvas, make some 3D birds with fancy feathers and more.

Mon-Thu, Aug 3-6 10am-12pm  
 2086-Su26 4 sessions - \$119/\$99  
 Mendota Elementary, MH

**Ultimate Games Camp with DASH Sports**

**Grades: 1-4**

DASH Sports Summer Phys. Ed Games (Ultimate Games) camp provides participants with a fun experience learning and playing your favorite physical education games! Games will include: Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Soccer, Sharks and Minnows, and more!

Mon-Thu, Aug 3-6 1pm-4pm  
 2474-26Su 4 sessions - \$129/\$115  
 Mendota Elementary, MH

**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. They will craft and sew a project of their own creation. All material and tools provided.

Instructor: Nena Rivas, owner of Nena's Atelier in Oakdale, MN  
 Thur, Aug 6 9am-12pm  
 2003-Su26 1 session - \$95/\$75  
 Mendota Elementary, MH

**One-Day Class: Tie Dye Party with Kidcreate**

**Grades: K-4**

This is NOT a project you want your kids doing at home! Send your kids to class to make a tie-dyed shirt they will wear all year long. Children must bring their own white t-shirt to class. Please pack a nut free snack and drink for your child.

Fri, Aug 7 9am-12pm  
 2472-26Su 1 session - \$49/\$39  
 Mendota Elementary, MH

**FAMILY PROGRAMS**

**Telescopes for Beginners: Discover the Night Sky!**

Curious about stargazing but not sure where to start? Join us for a fun, hands-on introduction to telescopes designed for families and absolute beginners! You'll learn to align and aim a telescope, what all that astronomy jargon really means, and about equipment options (and costs!). Weather permitting, participants will use a simple reflector telescope to spot Jupiter and its moons, and get a glimpse of what today's digital telescopes can do. Limited space available.

**Instructor Natalie Broshar**

Sat, May 9 7-10 pm  
 6001-S26 Free  
 Mendota Elementary School



**Tour de Rec**

Create memories, connect with friends, and have fun this summer with our mobile recreation initiative, designed to bring enjoyment 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.

Tuesdays	1:30-2:30 pm
	Free
June 9: Sports Galore	Haskel Park, WSP
June 16: Recycled Crafts	Garlough Pavilion, WSP
June 23: Chalk & Lemonade	Victoria Highlands, MH
July 7: Yard & Field Games	Wentworth Park, MH
July 14: Splash Pad Fun	Harmon Park, WSP
July 21: Tea Party	Rogers Park, MH
July 28: Earthy Art	Hagstrom Kings Park, MH
Aug 4: Puppet Show	Thompson Park, WSP

# SCHOOL AGE CARE

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

### 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 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 2026-27 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



### 2026-2027 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: a.m. a 6 p.m.

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



**Año Escolar de 2026-2027**

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



**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)

**Cuidado del año escolar 26-27 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!

# AQUATICS

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

## 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, May 5-June 30 9800-S26A Central Square, SSP	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, May 7-June 25 9800-S26B Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$22.50 senior (65+)
Fri, May 1-June 29 9800-S26C Central Square, SSP	10:30-11:15 am 10 sessions - \$69 adult, \$20 senior (65+)
Tue, July 14-Aug 25 9800-S26D Central Square, SSP	10:30-11:15 am 7 sessions - \$49 adult, \$20 senior (65+)
Thu, July 2-Aug 27 9800-S26E Central Square, SSP	10:30-11:15 am 8 sessions - \$55 adult, \$22.50 senior (65+)
No Class July 9	
Fri, July 17-Aug 28 9800-S26F Central Square, SSP	10:30-11:15 am 7 sessions - \$49 adult, \$20 senior (65+)
No class July 10	

## 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, May 6-June 24 9901-S26A Central Square, SSP	6-7 pm 8 sessions - \$55 adult, \$20 senior (65+)
Wed, July 1-Aug 26 9901-S26B Central Square, SSP	6-7 pm 8 sessions - \$55 adult, \$20 senior (65+)
No class July 8	

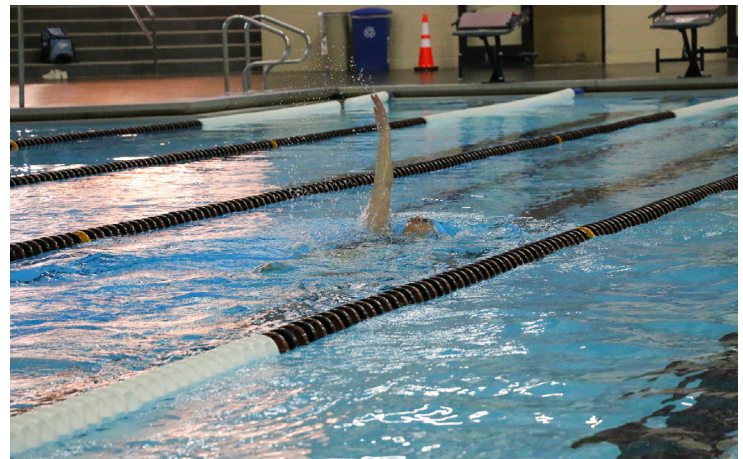


Scan QR Code  
for the lap swim  
schedule at  
Central Square

## Lap Swim

A calendar with dates and times will be provided. Schedule and fees are subject to change.

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

## SSP SWIM LESSONS AT CENTRAL SQUARE

\*Classes are subject to change

### Parent Tot

**12 months-4 years + adult**

Learn to enjoy the water safely with your child.

- Enter and exit the water safely
- Submerge and explore underwater
- Glide and recover on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back, 5 yd

### Preschool

**Ages 3-5**

Learn to enjoy water safety and perform basic skills.

- Enter and exit the water safely
- Submerge and explore underwater
- Glide and recover on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back, 5 yd



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!

## Level 1

### Ages 5 & Older

Become comfortable in the water learning basic skills.

- Enter and exit the water safely
- Submerge and explore underwater
- Glide front and back
- Float on back
- Explore treading
- Roll over: front to back/back to front
- Swim on front and back, 5 yd

## Level 2

### Ages 6 & Older

Experience success with fundamental skills.

- Jump into shoulder-deep water
- Breath control, bobbing and rotary breathing
- Float and glide on front and back
- Roll over: front to back/back to front
- Change direction while swimming
- Tread water, 15 sec
- Swim on front and back, 15 yd

## Level 3

### Ages 6 & Older

Achieve basic swimming competency learning front crawl and elementary backstroke.

- Jump into deep water
- Kneeling dive
- Survival float, back float and tread water
- Breaststroke kick, dolphin kick, scissors kick, 25 yd each
- Front crawl and elementary backstroke, 15 yd each

## Level 4

### Ages 7 & Older

Improve swimming skills, increase endurance and learn back crawl, breaststroke, butterfly and sidestroke.

- Standing dive
- Feet-first surface dive and swim underwater
- Survival swim, 1 min
- Tread water, 2 min
- Front crawl and elementary backstroke, 25 yd each
- Back crawl, breaststroke, butterfly and sidestroke, 15 yd each

## DISTRICT 197 AQUATICS

Summer 197 Aquatics Program plans, including swim lessons, have not yet been finalized. Please ensure your account is set up to receive marketing communications for when plans are finalized.

To do this, navigate to your account profile and select "Yes" for marketing communications. In addition, please use the QR below to access the registration portal.

### Youth Group (Ages: 6 mos-17 years) & Private Swim (Ages: 4-17) Lessons

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment. If the class is full, please sign-up for the waitlist. The waitlist allows us to better serve you as openings come up and determine if more classes can be offered.

### Water Safety Aide (Ages: 13-17)

A class for those interested in assisting swim instructors emphasizing lesson levels and proper teaching techniques. A great class for students ages 13 and up who love water, enjoy working with children, and are considering seeking future employment as a Water Safety Instructor or Lifeguard. There will be an opportunity after completion of this session to volunteer and get hands-on experience during our summer swim lessons. Students who complete this course can continue to volunteer in our aquatics program to build their skills and resume for future job opportunities in the aquatics field.

### Intro to Swim Team (Completed Level 4+)

This introductory program is designed for swimmers who have successfully completed Learn to Swim Level 4 and wish to engage in more swimming within a fun and supportive environment. Unlike traditional swim lessons, this program emphasizes mechanics, endurance, time clock interpretation, basic swimming sets, and the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly.

### School District 197 Lap Swim (Ages: 18+)

School District 197 Aquatic Center is hosting adult lap swim. Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Registration is required and space is limited.

SCAN FOR  
AQUATICS  
PROGRAMS



# EARLY LEARNING

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





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, 2026)**

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, 2026)**

Mon-Fri	5 full days	9:30 am - 3:45 pm
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**ThreeSchool (Age 3 years by Sep 1, 2026)**

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, 2026)**

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, 2026)**

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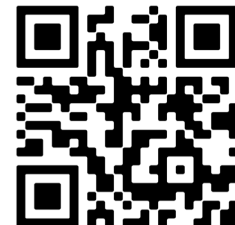


**Community Preschool**

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 26-27 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, 2026

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

### Preschool Open House

Lincoln: TBD  
Kaposia: TBD

### 3 Year Old Preschool

\$206/month - Must be 3 by Sept 1, 2026  
\$50 registration fee

<b>Kaposia Education Center</b>	<b>Lincoln Center</b>
Morning - M/W/F 9:10-11:55 am	Morning - M/W/F 8:30-11:15 am
Afternoon - M/W/F 12:40-3:25 pm	Afternoon - M/W/F 12-2:45 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

<b>Kaposia Education Center</b>	<b>Lincoln Center</b>
Mon-Fri - AM - \$345/month 9:10-11:55 am	Mon-Fri - AM - \$345/month 8:30-11:15 am
Mon-Fri - PM - \$345/month 12:40-3:25 pm	Mon-Fri - PM - \$345/month 12-2:45 pm
Mon-Fri - All Day - \$690/month 9:10 am-3:25 pm	Mon-Fri - All Day - \$690/month 8:30 am-2:45 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

### ECFE SUMMER PROGRAMING 2026

Classes are held at Kaposia Education Center  
1225 First Ave S. SSP Door 2

### Wednesday Stay and Play Summer 2026

It's a fun and relaxing time for you and your child to explore new toys, activities and check out the muscle room to slide and climb.

- The Early Learning staff is there to answer questions about child development, class information, and community resources.
- Families from South St. Paul are welcome on first -come, first-served basis until room capacity is reached.
- Parents are responsible for care and supervision of their children.

No strollers please.

- Come anytime during the first hour; leave when you need to.

Wed, Jun 17, 24, Jul 8, 15, 22, 29, Aug 5, 12  
9:30-Noon \$5 per time

### The Power of Playful Parenting

18 months to 5 years old-No sibling care.

Play is how young children learn and connect. In this ECFE class, families will explore how playful interactions support brain development, big feelings, and strong relationships. Through guided play and support their child's growth at home.

Wed, July 8, 15, 22, 29 5:30 to 7 pm.  
\$50.00 per family

**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

[www.earlylearning.isd199.org](http://www.earlylearning.isd199.org)



**IGH Early Learning**

**Early Learning Office**  
 3203 68th St E, Inver Grove Heights  
 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.

**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.

**PRESCHOOL REGISTRATION FOR 2026-2027 IS NOW OPEN!**

- 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



For information on IGH preschool and ECFE, 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



Inspire, Innovate, & Excel with  
Inver Grove Heights Schools

**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

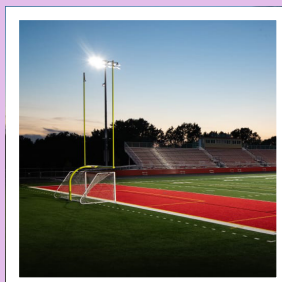
# FACILITY RENTALS

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)



# REGISTRATION

## 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 63.

## 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 63.

## Need more information?

See page 61 for building locations and page 3 for 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](http://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 Delaware 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

Non-Profit Org.  
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Permit No. 2015

**ECRWSS**  
**Postal Patron**

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*¿Quieres Aprender*  
**INGLES?**

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**CHÉCANOS**

**Phone:** 651-306-3632  
**Website:** [communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)

