



TriDistrict

COMMUNITY EDUCATION

FALL 2026

SEP-DEC



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

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Para traducción en español llame a:

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

IGH	651-306-7501
SSP: Tere Castellanos	651-306-3644
ISD 197	651-403-8520



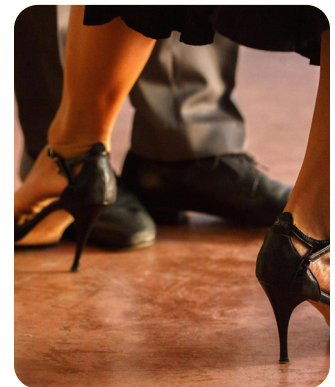
Identifies an online class

FEATURED COURSES**Crop Art****Page 4**

You admired it at the State Fair, learn more about this unique art and create your own masterpiece.

Dance Classes**Pages 9-10**

Looking to get active? We've got you covered! Dancing keeps you fit and active while boosting your mood, making exercise feel less like a chore and more like a celebration.

**Skills for Disagreeing Better****Page 17**

Our communities are feeling divided these days. Learning to disagree better transforms conflict into progress, allowing us to bridge divides, build stronger relationships, and find smarter solutions together.

**EMAIL UPDATES FOR NEW CLASSES**

Sign up for our E-news online at www.tridistrictce.org to get information on upcoming classes and events.

FOLLOW US ON:

@TriCommunityEd



@TriDistrict_Communityed



WHAT IS TRIDISTRICT COMMUNITY EDUCATION?

TriDistrict Community Education is a collaborative partnership between three neighboring school districts-Inver Grove Heights Schools, West St. Paul-Mendota Heights-Eagan Area Schools, and South St. Paul Public Schools. Together, we connect communities through lifelong learning, enrichment, and meaningful experiences for all ages.

INVER GROVE HEIGHTS SCHOOLS (ISD 199)

Inver Grove Heights Community Education connects residents of all ages across the community. Families can take advantage of our early learning programs, quality enrichment programming and school age childcare, Spartan Kids Care. The IGH Community Theatre provides a creative atmosphere for actors, crew members and the community to enjoy. Senior programming is provided in partnership with the City of Inver Grove Heights.

SOUTH ST. PAUL PUBLIC SCHOOLS (SSD 6)

South St. Paul Community Education at Central Square Community Center (CSCC) is a place where our community can come together to learn, grow and socialize! We believe in lifelong learning opportunities for families and individuals of all ages. Programming includes: Early Learning and ECFE, Youth & Adult Enrichment, Gymnastics, Aquatics, Adult Education (ABE), and Senior Center Programming.

WEST ST. PAUL-MENDOTA HEIGHTS-EAGAN AREA SCHOOLS (ISD 197)

In West St. Paul, Mendota Heights and Eagan Area Community Education, we bring neighbors together to learn, socialize, and thrive. Everyone is welcome! We offer top-tier early learning, school-age care (including a vibrant middle school program), swim lessons, summer camps, and youth classes. For adults, we offer enrichment, special events, trips, and games, plus inclusive programming for all abilities. No matter your age or interest, there is a place for you here.

By working together, TriDistrict strengthens programming across all three communities, providing residents with a broader, more compelling selection of classes and experiences than any one district could offer alone.

CONTACT US

Adult Enrichment & Family Programming

IGH 651-306-7501
SSP 651-306-3632
ISD 197 651-403-8331

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
ISD 197 651-403-8390

School Age Care

IGH 651-306-7501
SSP 651-306-3631
ISD 197 651-403-8054

Youth

IGH 651-306-7501
SSP 651-306-3632
ISD 197 651-403-8522

CREATIVE ARTS

Colorful Glass Mosaic Sun Catcher or Candle Lantern*Instructor: Lindsey Guetter*

Explore the colorful world of glass mosaic art in this two-day class! Create a suncatcher or candle lantern using pre-cut glass, patterns, and vibrant designs with inspirations from the idea book. Day one focuses on designing and building your project; day two covers grouting and basic glass-cutting skills. Homework may be a possibility. Candle lantern is 11" tall and the sun catchers are 10", 8", or 6" in diameter. All supplies are included.

Location: Two Rivers HS, MH

Wed, Dec 2 & 9

6-9 pm

6107-F26

2 sessions - \$60-\$85

Unique Glass Mosaic Table or Sign*Instructor: Lindsey Guetter*

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

Location: IGH MS

Mon, Oct 19 & 26

6-9 pm

5001-F26

2 sessions - \$65-\$115

Crop Art: A Minnesota Tradition*Instructor: Erin Stahl, Caponi Art Park*

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

Location: Two Rivers HS, MH

Tue, Oct 6

6:30-8:00 pm

6110-F26

1 session - \$35

From Good to Gorgeous: Makeup Tips & Techniques for Women 40+*Instructor: Elise Marquam-Jahns*

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 handout and leave knowing the techniques and types of products that will help you look your very best.

Location: Central Square, SSP

Mon, Sep 14

6-8 pm

7888-F26

1 session - \$49

Wed, Oct 28

6-8 pm

7888-F26B

1 session - \$49

Personalized 10 Minute Out-the-Door Beautiful Makeup Routine for Women 40+*Instructor: Elise Marquam-Jahns*

In this class, design a personalized 10-minute makeup routine tailored to your facial features. Discover four key research-backed steps and expert techniques to enhance your beauty quickly. A helpful handout will guide you through each stage for a flawless, time-efficient look.

Location: Central Square, SSP

Thu, Oct 22

6-8 pm

7889-F26

1 session - \$45

**Instant Guitar for Hopelessly Busy People***Instructor: Craig Coffman*

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Learn some basic chords that will get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. For ages 13+.

Tue, Nov 24

6:30-9 pm

6703-F26

1 session - \$65

**Instant Piano for Hopelessly Busy People***Instructor: Craig Coffman*

In just a few hours, discover piano secrets that offer years of enjoyment. Learn professional chord methods—fun and easier than traditional ways. Fee covers the online book, follow-up lessons, class recording, and optional Q&A sessions. The class blends hands-on instruction with lectures, suitable for ages 13 and up.

Mon, Nov 23

6:30-9:30 pm

6702-F26

1 session - \$65

**Instant Ukulele for Hopelessly Busy People***Instructor: Craig Coffman*

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment! This crash course will teach you basic cords to get you playing along with your favorite songs. Fee includes online book, recorded follow up lessons, and optional live periodic Q&A's. For ages 13+

Thu, Nov 19

6:30-9 pm

6704-F26

1 session - \$65

Landscape Oil Painting like Bob Ross

Instructor: Mike Tischendorf

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.

Location: Two Rivers HS, MH

Wed, Sep 23 5:30-8:30 pm
6100-F26 Whispering Mt Pines 1 session - \$65



Intro to Classical Oil Painting: Wine Bottle

Instructor: Kevin P Klein

In this beginner-friendly class you will learn classic oil painting techniques from famous artists while creating your own work of art that you take home. For fall we will focus on Wine Bottle with Flowers in a still-life style. All materials provided. Wear clothes that can get paint on them.

Location: Two Rivers HS, MH

Tue, Nov 17 6-9 pm
6106-F26 1 session - \$60

Learn to Knit

Instructor: Suzanne Ross

If this is your first venture into knitting or you want to get back into this fun and creative craft then this is the class for you. Learn the basics of knitting such as casting on, knit and purl stitches, and binding off. Use your new skills to make a set of cotton dish cloths. The yarn for your first dish cloth is provided. Bring a pair of size 8 needles to the first class to get started.

Location: TPAC

Thu, Sep 24-Oct 15 6:30-8:30 pm
6102-F26 4 sessions - \$35

Knitting: Stash Buster

Instructor: Suzanne Ross

Don't let leftover yarn go to waste! This class teaches you to create scarves, shawls, pillows, and home decor from single squares. Expand your skills to make cozy afghans, table runners, and more. Bring your yarn stash and explore endless crafting options!

Location: TPAC

Thu, Oct 29-Dec 10 6:30-8:30 pm
6104-F26 5 sessions - \$44



Knitting Studio

Instructor: Suzanne Ross

Relax and knit with us in workshops designed for all skill levels. Bring your projects or patterns for collaborative advice and support. This class encourages sharing and guidance without lengthy direct instruction. Join fellow knitters to enjoy crafting together in a friendly and supportive environment.

Location: TPAC

Tue, Sep 22-Oct 20 6:30-8:30 pm
6101-F26 Sep/Oct 5 sessions - \$35
Tue, Oct 27-Dec 8 6:30-8:30 pm
6101-F26 Nov/Dec 5 sessions - \$35

Mini Macrame Wall Hanging

Instructor: Erin Stahl, Caponi Art Park

Experience the revival of macrame, the classic art of decorative knot-tying, in this hands-on class. Create a stylish wall hanging that blends vintage charm with modern flair. Learn timeless techniques and leave with a unique piece that adds warmth and character to your home décor.

Location: Two Rivers HS, MH

Tue, Nov 10 6:30-9 pm
6109-F26 1 session - \$50



Life Changing Interview Skills for Professionals

Instructor: Abby Baldoza and Alex Goss

62% of employers reject candidates due to communication, but 98% lack formal training. Join voice coach David Goldberg's workshop to master clear speaking, elevator pitches, AI interviews, and executive presence. Gain confidence and stand out to decision-makers for better hiring chances.

Mon/Thu, Oct 5 & 15 6:30-10 pm
7546-F26 2 sessions - \$35



Professional Speaking & Presence: How to Leverage Your Voice to Influence & Inspire

Instructor: Abby Baldoza and Alex Goss

Effective leaders speak to inspire and engage. This course, led by voice coach David Goldberg, applies broadcasting techniques to corporate speaking. Master audience engagement, vocal variety, and authoritative projection to ensure your message is heard clearly, whether leading teams, pitching clients, or presenting to boards.

Mon/Sat, Sep 21 & 26 7545-F26 2 sessions - \$35

NEW

**Interviewing Skills That Will Change Your Future***Instructor: Abby Baldoza and Alex Goss*

Young people face interview challenges no school prepares them for: from college recruiters to AI bots. Without rehearsal, 98% falter. This workshop trains teens to master their message, pacing, and body language, helping them confidently engage interviewers and turn interviews into valuable chances.

Tue/Sat, Oct 3 & 6
7547-F26

12-7 pm
2 sessions - \$35

NEW

**The Influential Voice: Speaking & Recording for Digital Media***Instructor: Abby Baldoza and Alex Goss*

In this class, master your voice to build and monetize your personal brand. David Goldberg shares secrets to podcasting, social media influence, and audience engagement. Gain skills in equipment setups and vocal confidence to attract and retain listeners.

Mon/Sat, Sep 14 & Sep 19
7544-F26

2 sessions - \$35

**Unleash Your Inner Artist: A Fun, Step-by-Step Paint and Sip Experience!***Instructor: Linda Rinaldi*

Discover your inner artist at our painting event. Acrylic painting on pre-drawn canvases, guided instruction for all levels. Enjoy a relaxing session and bring home your masterpiece. No prior experience required.

Location: Central Square, SSP

Fri, Dec 11
7548-F26

6-8 pm
1 session - \$25-\$45

**Voiceover... Now is Your Time***Instructor: Abby Baldoza and Alex Goss*

Discover a unique path into the rewarding voice-over industry in this class. Manage your work on your terms, anytime, with low costs. Perfect for part-time or full-time pursuits. Plus, get a 1-on-1 script read and personalized voice evaluation with the instructor to boost your skills.

Tue, Sep 29
7543-F26A

6:30-8:30 pm
1 session - \$35

Tue, Dec 8
7543-F26B

6:30-8:30 pm
1 session - \$35

CULINARY ARTS**Air Fryer Appetizers Free Mini Class for National Community Education Week***Instructor: Kirsten Madaus*

Try online cooking with this free mini class! Cook along with Kirsten as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables. Recipe handout provided before class and link to class recording shared afterwards.

Thu, Nov 12
7691-F26

7-7:30 pm
1 session - Free

Beginning Cake Decorating*Instructor: Diana Hirte*

Decorate an 8" celebration cake to take home and gain skills in shell borders, writing, stars, and rosettes. There will be starter kits available to take home for an additional \$12. We do have a supply fee of \$12 payable to the instructor the night of class.

Location: South St. Paul HS, SSP

Thu, Sep 24
7677-F26

6:30-8:30 pm
1 session - \$35

Best Bundt Cakes*Instructor: Diana Hirte*

Bundt Cakes have become very popular. Learn tips and tricks as we prepare, bake and glaze several types of bundt cakes in class. Students will take home four boxed 5" bundt cakes. We will make Lemon, Triple Chocolate, Cherry Cheesecake and one seasonal flavor cake. There is a supply fee of \$12 per student in this class.

Location: South St. Paul HS, SSP

Wed, Nov 11
7679-F26

6:30-8:30 pm
1 session - \$35

NEW

**Farmer's Market Soups Cook Along***Instructor: Kirsten Madaus*

Use farmer's market produce to make satisfying soup! Join Kirsten live online to cook along—or watch and ask questions—as she prepares Colorful Chicken & Squash Soup and Greens & All Beet Soup. She will also demonstrate a pantry-friendly Thai Pumpkin Soup. Recipe handout provided, and the live class is recorded so you can refer back as needed.

Sun, Oct 4
7690-F26

3:30-5 pm
1 session - \$35

Four Famous Ethnic Cookies*Instructor: Laurel Severson*

Join us to bake traditional Scandinavian and European cookies like Krumkakes, Italian Pizzelles, Swedish Sandbakkelse, and fried Rosettes. Learn recipes, tips, and techniques for baking success. Make and take home your treats—bring containers. A \$15 food fee is payable to the instructor during class.

Location: South St. Paul HS, SSP

Tue, Dec 15
7685-F26

6-9 pm
1 session - \$35

**Cooking Classes with Chef Tess**

Cook-Along with Chef Tess in these engaging and live in-person online culinary classes! With her own original curated recipes, Chef Tess takes you through each recipe from start to finish with helpful tips, history, and fun facts. Check out full descriptions and menus online for each class. Registration fee covers all members living in the same household.

Freezer Pizza and Fast "Liquid" Pizza: Easy Meal Prep for Busy Nights

Fri, Oct 9 5:30-8 pm
6206-F26 \$45 per household

Handcrafted Tortellini Workshop

Sat, Oct 10 4-6:30 pm
6207-F26 \$45 per household

Air Fryer Hype: Copycat KFC™, Doughnut & Crave worthy Creations

Fri, Nov 6 5:30-8 pm
6208-F26 \$45 per household

**Knead to Know: Bread Making Master-Class for Beginners & Beyond**

Sat, Nov 14 4-7:30 pm
6209-F26 \$99 per household

Holiday Cookie Workshop: Royal Icing and Bakery Black and White Cookies

Fri, Dec 4 5:30-8 pm
6210-F26 \$40 per household

Mediterranean Mezze Charcuterie Board & Platter

Sat, Dec 12 4-6:30 pm
6211-F26 \$50 per household

**French Macarons with Salted Caramel Buttercream and Chocolate Glaze**

Instructor: Ploy Khunisoron

French macarons are not difficult to make once you master the techniques. Learn step-by-step how to make macaron shells, salted caramel buttercream, and chocolate glaze. We'll discuss different ideas for making your macarons beautiful and share tips for success. Options are available for almond, nut, and tree nut allergies. No option for egg allergy.

Tue, Nov 3 6-8 pm
7651-F26 1 session - \$35

Great Minnesota Hotdishes

Instructor: Laurel Severson

Tired of Beef? Create Risotto with Porcini Mushroom, Tofu Stroganoff, a hearty Garbanzo Bean and Lentil Soup, Black-eyed Peas with Cabbage and Cheese and Chili with Kidney Beans and Bulgur, Quinoa Salad with Bell Peppers and Olives, and the famous Nepali Dhal using lentils. A \$16 food fee is due to the instructor at class.

Location: South St. Paul HS, SSP

Mon, Sep 21 6-9 pm
7602-F26 1 session - \$35

Holiday Cookie and Candy Make & Take

Instructor: Diana Hirte

Students will join a group activity making holiday treats like Russian Teacakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread, Chocolate Fudge, and caramel-chocolate dipped pretzel rods. Each student receives 10 dozen treats boxed to take home. Packaging is provided. A \$30 supply fee applies per student.

Location: South St. Paul HS, SSP

Fri, Dec 4 6-9 pm
7680-F26 1 session - \$40
Mon, Dec 7 6-9 pm
7680-F26B 1 session - \$40

**Indian Cooking: Butter Chicken**

Instructor: Jaidev Balchandani

Discover the rich, comforting flavors of Indian Butter Chicken in this hands-on cooking class! Learn how to create tender chicken simmered in a velvety tomato-based sauce infused with butter, cream, and warm aromatic spices. Perfect for beginners and food lovers alike.

Location: Two Rivers HS, MH

Fri, Oct 9 6-9 pm
6201-F26 1 session - \$55

**Indian Cooking: Chicken Biryani**

Instructor: Jaidev Balchandani

A fragrant, spiced mixed rice dish from the Indian subcontinent, made by layering chicken with basmati rice, herbs, and spices

Location: South St. Paul HS, SSP

Wed, Nov 18 6-9 pm
7663-F26 1 session - \$55

NEW

Indian Cooking: Chicken Curry*Instructor: Jaidev Balchandani*

Fragrant chicken curry made with ground spices, onions and tomatoes.

Location: South St. Paul HS, SSP

Wed, Sep 23

6-9 pm

7661-F26

1 session - \$55

NEW

Indian Cooking: Palak Paneer*Instructor: Jaidev Balchandani*

A popular North Indian curry made from spinach (palak) and Indian cottage cheese (paneer) in a creamy, spiced sauce, often served with rice or naan.

Location: South St. Paul HS, SSP

Wed, Oct 14

6-9 pm

7662-F26

1 session - \$60

NEW

Indian Cooking: Paneer Tikka Masal*Instructor: Jaidev Balchandani*

A popular North Indian curry featuring marinated and grilled paneer (Indian cottage cheese) in a rich, creamy, spiced tomato-onion gravy

Location: Two Rivers HS, MH

Fri, Dec 11

6-8 pm

6200-F26

1 session - \$55

**Lovely Lefse***Instructor: Laurel Severson*

This wonderful Norwegian delicacy is made for banquets, holidays, weddings and all special occasions. If you are Norwegian and missed recording Grandma's recipe, tips and techniques-this is the class for you! Note: other nationalities find lefse delicious too! A \$10 food fee is due to the instructor at class.

Location: South St. Paul HS, SSP

Mon, Nov 16

6-8 pm

7684-F26

1 session - \$35

NEW

**Mexican Tamales***Instructor: Ploy Khunisorn*

Nothing beats homemade tamales, especially during the holidays. Friends and family gather to make chicken mole and black bean chipotle tamales, sharing joy and tradition. We'll also prepare Mexican Manchamanteles mole from scratch, creating delicious memories together in this magical experience.

Tue, Dec 8

6-8 pm

7656-F26

1 session - \$35

**Mile High Apple Pie***Instructor: Nancy Burgeson*

Nancy guides you step-by-step in making crust and filling with fresh apples. Each participant takes home a hot apple pie to share. Boxes provided. Bring a rolling pin if available. A \$15 supply fee is payable to the instructor on class night.

Location: South St. Paul HS, SSP

Wed, Oct 28

6-9 pm

7682-F26

1 session - \$35

NEW

**Moroccan Pastilla: Moroccan's Famous Chicken Pie***Instructor: Ploy Khunisorn*

Famous Moroccan Pastilla is a chicken pie with crispy warqa pastry enclosing shredded chicken, egg, and sweet orange blossom almonds. This unique sweet-savory dish impresses guests. Meanwhile, Moroccan herbal mint tea is made, creating a perfect pairing for any gathering or casual day.

Thu, Sep 24

6-8 pm

7655-F26

1 session - \$35

NEW

**Savory Galette and Apple Strudel***Instructor: Ploy Khunisorn*

Fall into the season with a homemade galette and strudel. In this fun, interactive online class, you'll learn a technique for making a pie crust from scratch, and we'll use 100% butter. We'll turn this pie crust into a savory spinach-and-cheese galette. While the galette bakes, we'll make apple strudel with store-bought phyllo dough.

Tue, Nov 10

6-8 pm

7650-F26

1 session - \$35

NEW

**Smørrebrød Smörgåsbord***Instructor: Kirsten Madaus*

Discover how to host a Scandinavian-style buffet with Kirsten's make-ahead recipes, shopping tips, and styling advice for breads and toppings. Enjoy Danish smørrebrød and Swedish smörgåsbord delights. Recipe handout included; class recorded for later viewing.

Thu, Dec 10

6:30-8 pm

7692-F26

1 session - \$35

Thanksgiving Cookies

Instructor: Diana Hirte

Students will decorate 10 Thanksgiving theme cookies to take home using marshmallow fondant and royal icing. There is a supply fee of \$12 per student in this class.

Location: South St. Paul HS, SSP

Mon, Nov 23
7678-F26

6:30-8:30 pm
1 session - \$35

Traditional Southern Cooking-A Dinner

Instructor: Laurel Severson

Delight in a memorable Southern meal inspired by settlers from France, Germany, Spain, and Africa. Savor Crab Dip, Cheese Straws, Gumbo, Jambalaya, Red Beans and Rice, Buttermilk Biscuits, Cheese Grits, Pecan Praline Candy, and Bread Pudding with Bourbon Sauce. Supply fee is \$17.

Location: South St. Paul HS, SSP

Tue, Oct 6
7619-F26

6-9 pm
1 session - \$35



Vietnamese Street Food

Instructor: Ploy Khunisor

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this online interactive cooking class, we'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken.

Thu, Oct 22
7693-F26

6-8 pm
1 session - \$35

DANCE & FITNESS

Let's Tap Dance 1 & 2

Instructor: Stephanie Stockton

Join Let's Tap 1 to learn basics and simple routines. Wear comfy clothes and tap shoes or hard leather-soled shoes to start. Let's Tap 2 is for those who know the basics, want faster pace, and more challenging choreography. Perfect for all skill levels looking to tap dance.

Location: Central Square, SSP

Mon, Sep 14-Dec 7	10-11 am
7207-F26A Tap 1	13 sessions - \$135
Wed, Sep 9-Dec 9	6:45-7:45 pm
7207-F26B Tap 1	13 sessions - \$135
Mon, Sep 14-Dec 7	11:15 am-12:15 pm
7207-F26C Tap 2	13 sessions - \$135
Wed, Sep 9-Dec 9	5:30-6:30 pm
7207-F26D Tap 2	13 sessions - \$135

Coed Adult Basketball Clinic

Instructor: SAHR Sports

Join Full Court Action for fast-paced basketball games and skill-building in a social setting. Whether for fitness, competition, or fun, this program suits all adults 18+. SAHR Sports provides instruction, coordination, and equipment to enhance your experience on the hardwood.

Location: Friendly Hills MS

Mon, Nov 9-Nov 30
6317-F26

6:30-8 pm
4 sessions - \$120



Coed Adult Volleyball Clinic

Instructor: SAHR Sports

Join lively volleyball games and skill sessions designed for beginners, returning players, or those wanting to stay active. Enjoy competitive and social play with instruction, coordination, and equipment provided by SAHR Sports. Suitable for ages 18 and over.

Location: Friendly Hills MS

Mon, Oct 5-26
6316-F26

6:30-8 pm
4 sessions - \$120

Date Night Dancing (for Couples)

Instructor: Monica Mohn

Dance close and reconnect with simple, romantic moves perfect for any occasion. This fun, flirty class lets couples laugh, glide, and twirl together, creating magical moments from weddings to kitchen floors. No experience needed—just bring your partner and enjoy a lighthearted date night filled with joy and connection.

Location: Garlough Elem, WSP

Wed, Oct 7
6303-F26

7-9 pm
1 session - \$34 per couple

Line Dance for Weddings and Parties

Instructor: Monica Mohn

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!

Location: South St. Paul HS, SSP

Wed, Sep 16
7700-F26

6-7 pm
1 session - \$15

Ballroom Blast

Instructor: Monica Mohn

Experience one magical night of dance in this workshop. By the end of the night you'll find yourself whirling to Waltz, rotating to the romantic Rumba, and floating across the floor with the flirty Foxtrot! Weeknights have never held such possibilities. Couples only please

Location: Garlough Elem, WSP

Tue, Dec 8
6306-F26

7-9pm
1 session - \$34 per couple

Line Dance: "Happy" by Pharrell Williams*Instructor: Monica Mohn*

This song just invites you to move your feet, sing along and be "happy"; so come along and learn this joyous line dance to the inspiring song by Pharrell Williams from "Despicable Me 2"! No partner required.

Location: Garlough Elem, WSP

Tue, Dec 8
6312-F26

6-7 pm
1 session - \$15

**Line Dance: "I Just Might" by Bruno Mars***Instructor: Monica Mohn*

Hit the dance floor to Bruno Mars' latest hit! This night is all about fun, laughter, and good ol' funky vibes. No partner? No problem! Line dancing is all about moving together, so bring your friends or come solo and join the fun. You'll be toe-tappin', heel-kickin' and grinnin' ear to ear by the end of the night.

Location: South St. Paul HS, SSP

Thu, Nov 12
7214-F26

6-7 pm
1 session - \$15

Line Dance: Texas Hold'Em by Beyonce*Instructor: Monica Mohn*

Get ready to kick up your heels and join the fun as we dance to Beyoncé's latest hit with a country twist! No partner needed-just bring your enthusiasm for a night full of fun, rhythm, and new moves!

Location: Garlough Elem, WSP

Wed, Oct 7
6313-F26

6-7 pm
1 session - \$15

Nordic Pole Walking*Instructor: Kay Okey*

Nordic Walking is an enhanced walking technique that uses poles to work your upper body. We use specially designed poles, not to be confused with trekking poles, to enhance your natural walking experience. Burn more calories and improve your posture and gait! Specially designed Nordic poles are provided for use by the instructor.

Location: TPAC

Wed, Sep 30
6301-F26

4-5:15 pm
1 session - \$35

Pickleball: Open Gym*Instructor:*

Want to try pickleball or improve your game? Courts will have pickleball markings. In this open house style, arrive anytime, rotate players, or partner up so everyone plays. Nets are provided; paddles and balls are limited. Please bring your own equipment if possible to ensure you can play. Enjoy a fun, social pickleball experience!

Location: Somerset Elem, MH

Mon, Sep 21-Dec 14
6006-F26 Mon

6:30-8:00 pm
12 sessions - \$84

Wed, Sep 30-Dec 16
6006-F26 Wed

6:30-8:30 pm
10 sessions - \$70

Location: Heritage MS, WSP

Tue, Sep 22-Dec 1
6006-F26 Tue

7-9 pm
10 sessions - \$70

Salsa Dance Workshop*Instructor: Monica Mohn*

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

Location: Simley HS, IGH

Tue, Oct 20
5526-F26

7-9 pm
1 session - \$34 per couple

**Swing Dance: One Night of Fun***Instructor: Monica Mohn*

One day! One dance! A lifetime of fun! Now is the perfect time to try swing dancing. Learn easy swing patterns you can use for years to come. Couple only please.

Location: South St. Paul HS, SSP

Thu, Nov 12
7210-F26

7-9 pm
1 session - \$34 per couple

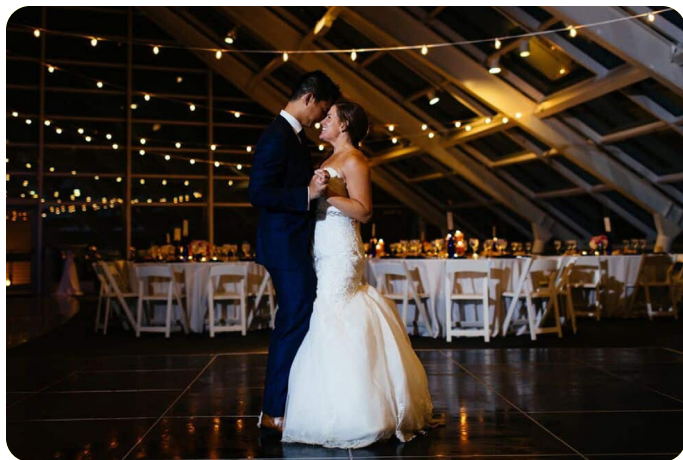
Thriller Line Dance*Instructor: Monica Mohn*

Get into the spirit of fall and Halloween with this fun line dancing version of Thriller, a dance that still inspires us all! Learn popular steps and routines set to catchy music, perfect for beginners and seasoned dancers alike. No partner needed but why not gather friends and family for a thrilling night of fun? Ages 13+

Location: Simley HS, IGH

Tue, Oct 20
5523-F26

6-7 pm
1 session - \$15



Wedding Dance for Couples

Instructor: Monica Mohn

You wanted to dance but time slipped away! Monica Mohn, nominated for Best Wedding Dance Instruction by MNBride, offers fun, easy moves and tips to help you shine on your big day. Bring your special song! Couples only, join now and dance with confidence!

Location: South St. Paul HS, SSP

Wed, Sep 16 7-9 pm
7701-F26 1 session - \$34 per couple

GET FIT AT CENTRAL SQUARE

Cardio Kickboxing

Instructor: Jina Digaetano

This interval class blends fun kickboxing with energetic music for a high calorie burn and full body workout using Turbo Kick choreography and other drills to boost fitness.

Location: Central Square, SSP

Tue, Sep 1-Oct 27 5:30-6:30 pm
9915-F26A 9 sessions - \$62 adult,
\$20 senior (65+)

Tue, Nov 3-Dec 29 5:30-6:30 pm
9915-F26B 9 sessions - \$62 adult,
\$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

Location: Central Square, SSP

Tue, Sep 1-Oct 27 6:30-7:30 pm
9916-F26A 9 sessions - \$62 adult,
\$20 senior (65+)

Tue, Nov 3-Dec 29 6:30-7:30 pm
9916-F26B 9 sessions - \$62 adult,
\$20 senior (65+)

Drop-In: \$8 Adult, \$4 Senior (65+)

Total Body

Instructor: Kim Befort

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.

Location: Central Square, SSP

Tue, Sep 1-Oct 27 5:15-6:15 am
9909-F26A 9 sessions - \$62 adult,
\$20 senior (65+)

Wed, Sep 2-Oct 28 4:30-5:30 pm
9909-F26B 9 sessions - \$62 adult,
\$20 senior (65+)

Thu, Sep 3-Oct 29 5:15-6:15 am
9909-F26C 9 sessions - \$62 adult,
\$20 senior (65+)

Fri, Sep 4-Oct 30 6-7 am
9909-F26D 9 sessions - \$62 adult,
\$20 senior (65+)

Tue, Nov 3-Dec 29 5:15-6:15 am
9909-F26E 9 sessions - \$62 adult,
\$20 senior (65+)

Wed, Nov 4-Dec 30 4:30-5:30 pm
9909-F26F 7 sessions - \$49 adult,
\$20 senior (65+)

Thu, Nov 5-Dec 17 5:15-6:15 am
9909-F26G 6 sessions - \$42 adult,
\$20 senior (65+)

Fri, Nov 6-Dec 18 6-7 am
9909-F26H 6 sessions - \$42 adult,
\$20 senior (65+)

No class Nov 25 & Dec 23

Kettlebell-TRX® Fusion

Instructor: Michelle Richter

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.

Location: Central Square, SSP

Sat, Sep 5-Oct 31 10-11 am
9906-F26A 9 sessions - \$62 adult,
\$20 senior (65+)

Sat, Nov 7-Dec 26 10-11 am
9906-F26B 8 sessions - \$55 adult,
\$20 senior (65+)

R.I.P.E.D.®

Instructor: Rita Wurm

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!

Location: Central Square, SSP

Thu, Sep 3-Oct 29 5:30-6:30 pm
9908-F25 9 sessions - \$62 adult,
\$20 senior (65+)

Thu, Nov 5-Dec 17 5:30-6:30 pm
9908-F26B 6 sessions - \$42 adult,
\$20 senior (65+)

No class Nov 26

Yoga

Instructor: Rita Wurm

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.

Location: Central Square, SSP

Thu, Sep 3-Oct 29	6:30-7:30 pm
9911-F26A	9 sessions - \$62 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17	6:30-7:30 pm
9911-S26B	6 sessions - \$42 adult, \$20 senior (65+)
No class Nov 26	

HIIT Boot Camp

Instructor: Michelle Richter

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!

Location: Central Square, SSP

Mon, Sep 14-Oct 26	5:30-6:30 pm
9918-F26A	7 sessions - \$49 adult, \$20 senior (65+)
Mon, Nov 2-Dec 28	5:30-6:30 pm
9918-F26B	9 sessions - \$62 adult, \$20 senior (65+)

Yoga Fusion

Instructor: Rita Wurm and Jina Digaetano

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

Location: Central Square, SSP

Mon, Sep 14-Oct 26	6:30-7:30 pm
9902-F26A	7 sessions - \$49 adult, \$20 senior (65+)
Mon, Nov 2-Dec 28	6:30-7:30 pm
9902-F26B	9 sessions - \$62 adult, \$20 senior (65+)

POUND®

Instructor: Erin Donnelly

POUND® is designed for all fitness levels and is easy to modify. It is a cardio jam session inspired by the energizing fun of playing the drums. Become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Each song creates fat-burning sequences. Drumming builds timing, coordination, speed, endurance, and musicality. Bring a water bottle and yoga mat.

Location: Central Square, SSP

Sat, Sep 12-Oct 31	9-10 am
9966-F26A	8 sessions - \$55 adult, \$20 senior (65+)
Sat, Nov 7-Dec 19	9-10 am
9966-F26B	6 sessions - \$42 adult, \$20 senior (65+)
No class Nov 28	



Tai Chi for Arthritis & Fall Prevention

Instructor: Bobbie Drew

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.

Location: Central Square, SSP

Thu, Sep 3-Oct 29	1-1:45 pm
9967-F26A	9 sessions - \$62 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17	1-1:45 pm
9967-F26B	6 sessions - \$42 adult, \$20 senior (65+)
No class Nov 26	

Tai Chi for Beginners

Instructor: Bobbie Drew

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.

Location: Central Square, SSP

Thu, Sep 3-Oct 29	12-12:45 pm
9968-F26A	9 sessions - \$62 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17	12-12:45 pm
9968-F26B	6 sessions - \$42 adult, \$20 senior (65+)
No class Nov 26	

Gentle Yoga

Instructor: Bobbie Drew

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.

Location: Central Square, SSP

Thu, Sep 3-Oct 29	8:30-9:15 am
9969-F26A	9 sessions - \$62 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17	8:30-9:15 am
9969-F26B	6 sessions - \$42 adult, \$20 senior (65+)
No class Nov 26	

Drop-In: \$8 Adult, \$4 Senior (65+)

NEW

Abs Core & More*Instructor: Rita Wurm*

Abs, Core, and More combines pilates, yoga, and functional mobility to enhance stability, posture, and flexibility. This fusion class targets deep abdominal muscles and strengthens the midsection, including abs, back, glutes, and hips, through exercises like crunches, planks, leg lifts, and bridges on the mat.

Location: Central Square, SSP

Wed, Sep 2-Oct 28	8:30-9:15 am
9970-F26A	9 sessions - \$62 adult, \$20 senior (65+)
Wed, Nov 4-Dec 30	8:30-9:15 am
9970-F26B	8 sessions - \$55 adult, \$20 senior (65+)
No class Dec 23	

MONEY

NEW

5 Biggest Expenses in Retirement & How to Reduce Them*Instructor: Vaughn Kavlie*

Retirement means freedom, not financial strain. We'll cover the 5 largest retiree expenses and practical ways to handle them. From housing and healthcare to unexpected costs, you'll learn simple tips to protect your income and extend your funds.

Location: Central Square, SSP

Tue, Sep 15	10-11:30 am
7819-F26	1 session - \$15*

**6 Steps to Legacy Planning for the Generations***Instructor: Rolf White*

This course simplifies estate planning, emphasizing generational legacy beyond finances. Learn to communicate your values, prepare for incapacity, and prevent surprises. Follow a clear six-step plan to align your documents, family, and intentions. Ideal for anyone seeking clarity and meaningful legacy, regardless of age or wealth.

Location: Simley HS, IGH

Thu, Sep 17	6:30-7:30 pm
5917-F26	1 session - \$12

Downsizing in the Current Housing Market*Instructor: John Mazzara*

Considering downsizing but don't know where to start or what to do? Bonus: all attendees receive the Downsizing Made Easy guide PDF worth \$24.95, plus access to preferred providers, discount coupons, and a free home evaluation with improvement suggestions.

Location: Central Square, SSP

Thu, Dec 3	6-8 pm
7714-F26	1 session - \$12*

**First Time Home Buyers***Instructor: John Mazzara*

We will cover the home buying process from start to finish and discuss special funding just for first-time buyers. With one program, you can buy a home with as little as \$1000 of your own money. You're a first-time buyer if you haven't owned a home in 3 years.

Location: Central Square, SSP

Tue, Oct 20	6-8 pm
7719-F26	1 session - \$15*

**Four Successful Strategies to Protect the House, Farm, Cabin & More-Before and After Your Death***Instructor: Steve Ledin*

A family's cabin or farm faces threats from Medicaid, taxes, divorces, creditors, and unequal ownership. Four practical paths provide real-life solutions to preserve the legacy asset and uphold family unity and equality in usage and enjoyment.

Mon, Dec 14	6:30-7:30 pm
7802-F26	1 session - \$15*

How to Win with Investment Properties*Instructor: John Mazzara*

Interested in becoming a landlord or investing in real estate? Discover opportunities in today's Twin Cities market, how to analyze properties, tax tips, lease essentials, and the buying, selling, and renting process.

Location: Central Square, SSP

Mon, Oct 5	6-8 pm
7713-F26	1 session - \$15*

Classes marked with a * are free
with SSP Senior Center Membership

Intro to Senior Housing

Instructor: John Mazzara

Aging leads to housing changes, finances, and downsizing. We cover buying, renting, subsidies, waivers, market-rate, 55+ communities, CCRCs, assisted living, memory care, condos, and townhouses. Explore options and inquire.

Location: Central Square, SSP

Mon, Nov 9
7720-F26

6-8 pm
1 session - \$15*



Let's Probate an Actual Minnesota Estate

Instructor: Steve Ledin

Explore a complete Minnesota Probate Estate journey, from application to final accounts. Learn current forms, court requirements, accounting, asset distribution, and Executor duties. Real-life examples and Q&A enhance understanding.

Tue, Nov 10
7800-F26

6:30-7:30 pm
1 session - \$15*



Maximize Your Social Security Benefits

Instructor: Rolf White

Getting close to retirement? Understand how marriage influences Social Security, optimal claiming times, managing income sources, tax implications, working while receiving benefits, and strategies for high earners. This session helps you secure the maximum Social Security benefits you deserve.

Location: Simley HS, IGH

Wed, Dec 2
5919-F26

6:30-8:00 pm
1 session - \$12

The Retirement Sweet Spot: Balancing Health, Wealth, and the Freedom to Enjoy Both

Instructor: Christie Amundson

Discover how to confidently enjoy retirement by managing your finances and health wisely. Learn practical spending strategies and unique health tips beyond diet and exercise to maintain energy, mobility, and independence. Ideal for retirees and those preparing for retirement to secure a fulfilling future.

Location: Simley HS, IGH

Wed, Nov 11
5508-F26

6-7:30 pm
1 sessions - \$12

Trusts and Long-Term Estate Planning: Why You Can't Always Trust Your Trust

Instructor: Steve Ledin

The Trust is a key estate planning tool with various types like Living, Testamentary, and Irrevocable Trusts. Choosing the right Trust depends on your specific goals and needs. We will explore each Trust's strengths and weaknesses and guide you on when to use them. Questions are welcome.

Location: South St. Paul HS, SSP

Wed, Sep 30
7801-F26

6:30-7:30 pm
1 session - \$15*

Wed, Sep 30
6401-F26

6:30-7:30 pm
1 session - \$15



Moving Mom & Dad

Instructor: John Mazzara

Choosing housing for aging parents is difficult. We present a housing market summary and 'Moving Mom & Dad,' a guide detailing five typical errors children make, with guidance on dialogue, remodeling, senior living options, service providers, discounts, and complimentary home evaluations.

Location: Central Square, SSP

Tue, Sep 15
7715-F26

6-8 pm
1 session - \$15*

Should I Stay or Should I Go?

Instructor: Vaughn Kavlie

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

Location: Central Square, SSP

Tue, Oct 13
7820-F26

10-11:30 am
1 session - \$15*

Taxes in Retirement

Instructor: Rolf White

Your retirement tax rate depends on timing and sequence. Key topics cover the main tax question before retiring, avoiding Social Security tax traps, Medicare premium hikes, four tax-smart retirement stages, and common investing, healthcare, and estate pitfalls.

Location: Simley HS, IGH

Thu, Nov 5
5821-F26

6:30-8:00 pm
1 session - \$12

The 10 Important People You Need for Your Estate Plan to Work

Instructor: Steve Ledin

There are ten essential roles to know as we age, including Attorney-In-Fact, Health Care Agent, Executor, Trustee, and Guardian. Learn their duties, service duration, guidance limits, and who suits or doesn't. Questions are encouraged.

Location: South St. Paul HS, SSP

Tue, Oct 20
7803-F26

6:30-7:30 pm
1 session - \$15*

Tue, Oct 20
6402-F26

6:30-7:30 pm
1 session - \$15



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

Instructor: John Mazzara

Turning 65 soon? Explore Medicare Parts A and B, supplements versus Advantage plans, and your group insurance options if still employed. Learn enrollment periods and access comparison tools. Includes handouts, a reference guide, plus optional free personal meetings for attendees.

Location: Central Square, SSP

Tue, Sep 8
7718-F26

6-8 pm
1 session - \$15*

The Ins and Outs of Medicare

Instructor: Rolf White

Join us to explore Medicare's ins and outs! Engage with licensed agents as we cover its history, Medicare vs Medicaid, eligibility, parts, doctor and hospital roles, Medicare supplements, Part D plans, early retirement impacts, and essential rules for choosing the right Medicare plan for you.

Location: Simley HS, IGH

Tue, Oct 13
5916-F26

6:30-8:30 pm
1 session - \$12



Will Taxes Affect Your Retirement

Instructor: Kevin Schwartz

Master investment tax status for informed choices and fair payments. Discover future tax risks, tax-free retirement income strategies, Social Security taxes, and ways to optimize within current tax brackets at this seminar.

Location: Two Rivers HS, MH

Thu, Oct 8
6409-F26

6:30-7:30 pm
1 sessions - \$15

Write Your Own Power of Attorney & Healthcare Directive

Instructor: Kristin Davis

Everyone needs a health care directive and power of attorney at any age. These documents help loved ones manage your health and finances if incapacitated. This class provides tools, instructions, forms, witnesses, and a notary. Bring your driver's license. Perfect alongside the Writing Your Own Will class.

Location: Simley HS, IGH

Tue, Oct 27
5737-F26

6-8:30 pm
1 session - \$55

Classes marked with a * are free
with SSP Senior Center Membership

Writing Your Own Will

Instructor: Kristin Davis

Having a will is essential for everyone to avoid state decisions on your estate. This class helps you prepare a legal will with professional forms, notarization, and witness. It's for estates under \$2 million without business ownership. Register individually and bring ID and pen to class.

Location: Simley HS, IGH

Tue, Sep 15
5736-F26

6-8:30 pm
1 session - \$55



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

Instructor: Jim McKie

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.

Location: Two Rivers HS, MH

Thu, Sep 24
6601-F26 Sep

6:30-8:30 pm
1 session - \$19

Tue, Oct 20
6601-F26 Oct

6:30-8:30 pm
1 session - \$19

Tue, Nov 24
6601-F26 Nov

6:30-8:30 pm
1 session - \$19

TECHNOLOGY



Phone Photo Rescue Workshop for Beginners!

Instructor: Nickie Welsh

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

Tue, Oct 27
6601-F26

12-1 pm
1 session - \$29

**Everyday Microsoft Office™ Application Series!***Instructor: Don Grooms*

Microsoft's family of Office applications are standard for businesses worldwide but they are equally handy at home. This family of classes will introduce you to the fundamentals of Excel, PowerPoint, and MSWord for practical use at home. For example, use Excel for simple home budgets, PowerPoint for fun and interesting photo presentation, and MSWord for journaling!

Location: Two Rivers HS, MH**Everyday Excel Part 1**

Wed, Oct 14 6:30-8 pm
6604-F26 1 session - \$20

Everyday PowerPoint

Tue, Nov 17 6:30-8 pm
6605-F26 1 session - \$20

**Bring a laptop to class with either a Microsoft 365 license account downloaded or the Microsoft 365 cloud access free account. Links available online.*

Photo Organization: Print & Digital*Instructor: Kathy Povolny*

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class addresses the unique needs of Millennials, Gen X, and Baby Boomers as every generation's photo situation is different, including slides, negatives, VHS, film movies, prints, and old memorabilia. We will talk about AI, scanners, cloud storage, digitizing, and restoration of older photos.

Location: Central Square, SSP

Tue, Oct 27 6:30-8:30 pm
7403-F26 1 session - \$29

**Practical ChatGPT Training for Everyone***Instructor: Nickie Welsh*

Discover what ChatGPT is and how AI powers it in this engaging class. Learn its impact on daily life, practical uses at work and home, and why it's revolutionizing technology. Stay ahead in a tech-savvy world with essential knowledge about ChatGPT's role and benefits.

Tue, Nov 10 12-1 pm
6602-F26 1 session - \$29

**Swipe Smart: A Safety Guide to Dating Apps***Instructor: Nickie Welsh*

Dating apps revolutionize connection, but safety is key. This one-hour class teaches you to navigate popular apps, safeguard personal info, and use safety features, ensuring confident, secure interactions.

Tue, Dec 8 12-1 pm
6603-F26 1 session - \$29

WELLNESS, HEALTH & SAFETY**Abdominal Strengtheners That Won't Stress Your Back/Neck***Instructor: Janice Novak*

Abdominal muscles lose strength and shape due to pregnancies, surgeries, prolonged sitting, and bad posture. Try exercises that target all four abdominal layers safely, without stressing the back or neck, and without needing to get on the floor. These are better than crunches, which risk joint stress.

Mon, Nov 16 6-7:30 pm
7175-F26 1 session - \$35

**Acupressure for Sinus Relief, Headaches & More***Instructor: Janice Novak*

Acupressure, an Eastern technique pressing key body points, helps unblock energy flow via meridians. Chronic sinus issues are common now. Stimulating certain acupressure points can provide relief from sinus blockages and headaches, helping many find natural and lasting comfort from sinus troubles.

Mon, Oct 12 6-7:30 pm
7127-F26 1 session - \$35

**Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo***Instructor: Janice Novak*

Acupressure works by pressing key body points to stimulate energy flow through meridians, the body's energy channels. This technique can relieve and prevent migraines, headaches, nausea, and vertigo naturally, offering effective relief without harmful side effects.

Mon, Nov 30 6-7:30 pm
7132-F26 1 session - \$35

Braver Angels: Skills for Disagreeing Better

Instructor: Kraig Finwall

This workshop addresses growing political animosity by teaching practical listening skills and respectful sharing of views. Participants learn to foster understanding, reduce conflict, and promote community well-being. Decorum is required to ensure a constructive environment where all voices feel heard and respected.

Location: TPAC

Wed, Oct 21 7-8:30 pm
6705-F26 1 session - \$20

CPR/AED for All Ages

Instructor: Deb Miller

This comprehensive CPR/AED course certifies you for two years and grants unlimited digital workbook access. It includes video lessons and expert guidance, focusing on CPR for all ages, AED training, and choking response. The class is fun and practical, with no written test necessary.

Location: Central Square, SSP

Thu, Sep 17 5:30-8 pm
7103-F26 1 session - \$65

Feeling Overwhelmed? Get to the Root of your Stress

Instructor: Christie Amundson

This workshop helps you identify the true sources of your stress and equips you with easy, effective strategies to manage it. Gain clarity on your stress triggers and leave empowered with practical tools you can use right away to reduce tension.

Location: Simley HS, IGH

Wed, Nov 18 6-7:30 pm
5702-F26 1 session - \$12

From Frustration to Focus: Helping Kids with ADHD Succeed

Instructor: Richard Frieder and Tye Moe

Discover drug-free strategies in this workshop designed for parents of children with ADHD. Understand brain and body-based approaches, attention variations, and internal stressors impacting your child's focus, behavior, and overall well-being.

Location: Two Rivers HS, MH

Tue, Oct 27 6:30-7:45 pm
6701-F26 1 session - \$15

Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Instructor: Mary F Fischer

Stay relaxed and fully aware during sessions. Bring a pillow or blanket; sit or recline. Quit snacking, overeating, smoking, or chewing tobacco without withdrawal or weight gain. Schedule: 6 pm intro, 7 pm weight loss hypnosis, 8 pm quit tobacco hypnosis. Includes reinforcement CD and lifetime membership.

Location: Central Square, SSP

Tue, Sep 29 5:30-8:30 pm
7111-F26 1 session - \$60-\$120

Pediatric CPR/First Aid Blended Learning with In Person Skills Check

Instructor: Deb Miller

Complete a 2-year certification with unlimited digital workbook access from the American Safety and Health Institute. Includes online videos and an experienced, fun instructor. This course meets MN Child Care Licensing Pediatric CPR/AED & First Aid requirements, and no written test is needed.

Location: Central Square, SSP

Thu, Nov 5 6-8 pm
7104-F26 1 session - \$85

Shinrin Yoku Forest Bathing

Instructor: David Michael Motzenbecker

Experience tranquility on a 2-hour forest bathing walk in a quiet park. Reconnect with nature's healing power through sensory immersion and shared calm moments. Leave refreshed, renewed, and with cherished memories of peace away from daily hustle.

Location: Cottage Grove Ravine Regional Park

Sat, Sep 26 9-11 am
6700-F26 Sep 1 session - \$45
Sun, Oct 18 2-4 pm
6700-F26 Oct 1 session - \$45



The Tsars of Russia: A Virtual Tour of Russia's Imperial Past

Instructor: June Gossler Anderson

Explore Russian history through its influential rulers Ivan the Terrible, Peter the Great, Catherine the Great, and Tsar Nicholas II. This series offers insights into their reigns and virtual tours of landmarks like Red Square, the Kremlin, and the Cathedral of Peter and Paul.

Tue/Thu, Sep 29-Oct 6 7-8 pm
6706-F26 3 sessions - \$45



Vitamins & Herbs: Facts and Fallacies

Instructor: Janice Novak

This workshop clarifies vitamin supplement confusion, teaching seven guidelines to identify balanced supplements. Explore research on antioxidants, phytochemicals, anti-aging nutrients, minerals, sustained release formulas, and herbal preparations. The instructor does not sell supplements, ensuring unbiased advice to help you make informed choices about your health.

Tue, Sep 22 6-7:30 pm
7136-F26 1 session - \$35

WORLD LANGUAGE

**Chinese Culture Appreciation Night!***Instructor: Youmei Hou*

Experience an evening of culture, music, and flavor at our Chinese Culture Appreciation Night! Enjoy traditional songs, delicious cuisine, and a welcoming atmosphere while exploring the rich traditions and vibrant spirit of Chinese culture. Chinese Language participants get a discount. Join us for the celebration!!

Location: Two Rivers HS, MH

Thu, Oct 22
6910-F26

6:30-8:30 pm
1 session - \$10-\$20

Chinese Language: Beginner 1*Instructor: Youmei Hou*

Experience a new language! Learn basic Mandarin Chinese through fun, interactive in-person lessons. Develop essential vocabulary, pronunciation, and conversation skills for everyday situations all while learning about the Chinese culture. All materials are included.

Location: Two Rivers HS, MH

Thu, Sep 17-Oct 8
6904-F26

6:30-7:30 pm
4 sessions - \$120

**Adult Conversational Spanish: Beginner Part 1***Instructor: Futura Language Professionals*

Always wanted to learn or refresh your Spanish? This class focuses on building conversational skills through interactive practice. Topics include greetings, pronunciation, numbers, food, clothing and basic grammar. You'll engage in small conversations and explore cultural insights like word origins and dialects.

Mon, Oct 19-Nov 30
6906-F26 (Mon)

6-7 pm
6 sessions - \$120

Tue, Oct 20-Dec 1
6906-F26 (Tue)

6-7 pm
6 sessions - \$120

Wed, Oct 21-Dec 2
6906-F26 (Wed)

6-7 pm
6 sessions - \$120



**Scholarships
available**

BE A CUB SCOUT!

ALL YOUTH, BOYS & GIRLS GRADES K-5 INVITED TO JOIN CUB SCOUTS



ALL YOUTH, BOYS & GIRLS AGES 11-18 INVITED TO SCOUTS BSA!

JOIN SCOUTS BSA

[GoScouting.org](https://www.goscouting.org)



NORTHERN STAR SCOUTING





Adult Conversational Spanish: Beginner Part 2

Instructor: Futura Language Professionals

Continue your Spanish journey in Beginner Spanish Part Two! Build on conversational skills for directions, restaurants and everyday interactions. Learn vocabulary on weather, dates, family and key verbs like ser and tener. Explore cultural topics on food, family and friendships. Open to new and returning students.

Mon, Oct 19-Nov 30	6-7 pm
6907-F26 (Mon)	6 sessions - \$120
Tue, Oct 20-Dec 1	6-7 pm
6907-F26 (Tue)	6 sessions - \$120



Adult Conversational Spanish: Intermediate Part 1

Instructor: Futura Language Professionals

This intermediate course helps adults improve conversation skills through interactive lessons. Topics include AR verb conjugation, infinitives, future tense, prepositions, and more. Practice making plans, discussing preference, and explore holiday traditions in Spanish-speaking countries. Open to new and students.

Wed, Oct 21-Dec 2	6-7 pm
6908-F26	6 sessions - \$120

American Sign Language (ASL) Beginner

Instructor: Suzanne Downs

Learn American Sign Language fundamentals in this interactive course. Practice the alphabet, numbers, essential phrases, and vocabulary through engaging activities. Develop finger spelling, facial expression, and grammar skills to communicate with the Deaf community. Designed for beginners with no previous experience.

Location: Somerset Elem, MH

Mon, Oct 5-Nov 23	6:30-8:00 pm
6900-F26	8 sessions - \$80

Did you know?

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

SPECIAL EVENTS

Know Your Muslim Neighbor

Instructor: Mashood Yunus and Jennifer Ann Zagozda

Class covers the basic Islamic belief system and commonalities and differences. It is geared toward honest discussion with time for Q & A. There is often curiosity about the lifestyle of Muslims but no platform to ask and learn. The importance of family and community will be discussed and light food will be served. Bring your own beverage.

Location: Central Square, SSP

Sat, Sep 26	10 am-1 pm
7146-F26	1 session - Free

Makers Market

Two Rivers High School
1897 Delaware Ave
Mendota Heights, MN 55118

Sat, Nov 14, 2026
9 am - 3 pm

Find it, Love it, Cherish it!

1500+ Attendees in 2025!

Interested in being a vendor? Scan QR Code

In Partnership with

For more information call 651-403-8331

Makers Market 2026 Vendor Registration

Applications for the 2026 Makers Market are now being accepted. The Makers Market celebrates local artists and small businesses, providing an opportunity to connect with community members while getting a head start on shopping for unique holiday gifts. All proceeds from vendor registration fees support District 197 family programs, which bring low-cost enrichment and learning opportunities to our district. The 2026 Makers Market will take place on Sat. Nov 14 from 9:00 a.m.-3:00 p.m. at Two Rivers High School.

Registration and payment do not guarantee participation. All applications are reviewed first. Approved vendors receive an email with a welcome letter and next steps. Registration fees are nonrefundable after approval. Due to many applications, acceptance or denial letters will be sent by early August. Booth locations depend on participants, product type, and electrical needs. Location requests are considered.

If your application is denied, you will receive a full refund of your registration fee along with an explanation of why it was denied. This is usually due to a duplication of your small business or the need to limit similar vendor products. Two Rivers High School is located at 1897 Delaware Avenue. Mendota Heights, MN 55118.

You will be asked to agree to Makers Market expectations during the registration process. If you have questions, please contact 651-403-8331.

Location: Two Rivers HS, MH

Sat, Nov 14	7 am-4 pm
6123-F26	1 session - \$55-\$99

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 ÁREAS DE ESTUDIO

English Language Learners (ELL)
Aprendices del idioma Inglés (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



South Suburban
Adult Education

communityed.sspps.org/programs/ae



Scan QR code for more info!

¡Escanee el código QR para más información!

SSP AQUATICS AT CENTRAL SQUARE

Aqua Fitness

Instructor: Kim Befort

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!

Tue, Sep 1-Oct 27 9800-F26A	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Fri, Sep 4-Oct 30 9800-F26B	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, Sep 3-Oct 29 9800-F26C	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Tue, Nov 3-Dec 29 9800-F26D	10:30-11:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Fri, Nov 6-Dec 18 9800-F26E No class Nov 27	10:30-11:15 am 6 sessions - \$42 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17 9800-F26F No class Nov 26	10:30-11:15 am 6 sessions - \$42 adult, \$20 senior (65+)



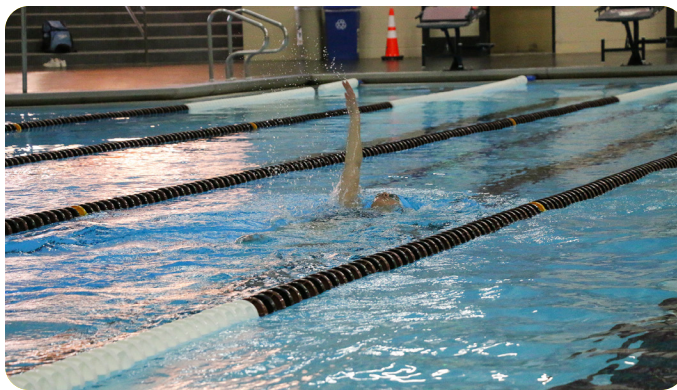
Aqua Interval

Instructor: Kim Befort

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.

Wed, Sep 2-Oct 28 9901-F26A	6-7 pm 9 sessions - \$62 adult, \$20 senior (65+)
Wed, Nov 4-Dec 30 9901-F26B No class Nov 25 & Dec 23	6-7 pm 7 sessions - \$49 adult, \$20 senior (65+)

Drop-In: \$8 Adult, \$4 Senior (65+)



Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. communityed.sspps.org/programs/swimming-pool

Punch Card	10 admissions	\$40 adult (19-64 yrs)
9012-26/27		\$15 senior (65+)
Punch Card	30 admissions	\$80 adult (19-64 yrs)
9012-26/27		\$30 senior (65+)

Daily Rate

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

*Free lap swim is available for Senior Center members (65+)

during the following times:

Mon-Fri from 7:30 am-3 pm

Sat from 7:30 am-1:30 pm

Schedule is subject to change.

Scan here for the
lap swim schedule
at Central Square!



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.

Location: School District 197 Aquatic Center, MH

Wed, Aug 19-Dec 16 6:30-8:30 pm

6197-Fall26 \$7 per session

No class Oct 14 & Nov 11 & 25

**New to the community?
TriDistrict classes and activities
are a great way to meet new
friends. Sign up today!**

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: tridistrictce.arux.app. Click on Access Project.

Mail: Access Project Program
Karyn Solseng
1200 Stassen Lane
West St. Paul, MN 55118

ARTS AND CRAFTS

Sharpie Coffee Mugs

Have you ever searched for the perfect coffee mug for you or that special friend? Well search no more, join us as we make personalized coffee mugs with sharpie markers. Will will have a variety of colors and stencils to choose from. Come join us for a relaxing night of coloring and creating.

Mon, Sep 14 6-7 pm
1001-F26 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!

Tue, Sep 22 6-7:30 pm
1000-F26 Sep 1 session - \$6
Thu, Nov 19 6-7:30 pm
1000-F26 Nov 1 session - \$6

Tissue Paper Halloween Jars

Join us as we let the creativity flow by creating these fun and useful Halloween themed tissue jars. Come learn a new art technique and create with us. These are just the perfect size to store your fall treats inside.

Thu, Oct 22 6-7:30 pm
1002-F26 1 session - \$6

Celery Print Owls

Come learn how to create these cute celery print owls. Just two simple supplies: celery and paint. Come create and socialize with friends. Can't wait to see what you make!

Mon, Nov 9 6-7:15 pm
1003-F26 1 session - \$6

Guided Drawing with Access Staff

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

Thu, Dec 3 6-7:15 pm
1007-F26 1 session - \$6

Crafts with Master Gardeners

Our local Dakota County Master Gardeners will be coming every month for a series of fun, nature based crafts and activities!

Healthy Harvest

Taste garden fresh vegetables and make your own salsa or dip.

Wed, Sep 2 6-7 pm
1008-F26 Sep 1 session - \$5

All About Apples

Try a variety of apples, make some cider, and create a work of art...with apples!

Wed, Oct 7 6-7 pm
1008-F26 Oct 1 session - \$5

Flower Power

Tie-dye a pair of socks with dyes made from flowers, fruits, and veggies.

Wed, Nov 4 6-7 pm
1008-F26 Nov 1 session - \$5

Winter Craft

Wed, Dec 2 6-7 pm
1008-F26 Dec 1 session - Free

CULINARY

Buffalo Chicken Dip

Do you like chicken? Do you like spicy food? Come join us for a class where these two favorites come together. Join us for a night making buffalo chicken dip, and socializing with peers. We hope to see you there. This dip contains Dairy.

Thu, Sep 24 6-7:15 pm
1020-F26 1 session - \$9

Cool Whip Cookies

Come learn how to make these four ingredient cookies. They are both easy to make and delicious. We will be making two different flavors: strawberry and lemon.

Wed, Oct 28 6-7 pm
1021-F26 1 session - \$9

Pizza Bagels

Come create your own bagel pizzas. We will offer a variety of toppings and easy to follow directions. We will enjoy eating our pizzas and socializing with peers.

Mon, Nov 30 6-7 pm
1022-F26 1 session - \$9

Candy Popcorn

Do you like candy? Do you like popcorn? Join us for a fun class where we will learn the ins and outs of creating candy popcorn. This will be a wonderful fall treat. See you there!

Thu, Dec 17 6-7 pm
1023-F26 1 session - \$9

WELLNESS

Disney Just Dance™

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

Tue, Oct 13 6-7 pm
1080-F26 Oct 1 session - \$5
Mon, Dec 7 6-7 pm
1080-F26 Dec 1 session - \$5

Self Defense at Boltz's Gym

Build confidence, safety awareness, and practical self-defense skills in a supportive and encouraging environment. We will focus on simple techniques, communication skills, and real-life safety strategies while promoting empowerment and personal independence.

Location: Boltz's Gym, MH

Thu, Oct 1 6-7 pm
1082-F26 1 session - \$10

SOCIAL

Friday Fun Night

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

Fri, Sep 11 6-8:30 pm
1040-F26 Sep 1 session - \$10
Fri, Oct 9 6-8:30 pm
1040-F26 Costumes 1 session - \$10
Fri, Nov 13 6-8:30 pm
1040-F26 Nov 1 session - \$10
Fri, Dec 11 6-8:30 pm
1040-F26 Dec 1 session - \$10

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, Sep 28 6-7:15 pm
1041-F26 Sep 1 session - \$5
Mon, Oct 19 6-7:15 pm
1041-F26 Oct 1 session - \$5
Mon, Nov 23 6-7:15 pm
1041-F26 Nov 1 session - \$5
Mon, Dec 14 6-7:15 pm
1041-F26 Dec 1 session - \$5



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. Pre-registration is not required but appreciated.

Wed, Sep 16 6-7:30 pm
1042-F26 Sep 1 session - \$5
Mon, Nov 2 6-7:30 pm
1042-F26 Nov 1 session - \$5

SPECIAL EVENTS

Holiday Lights Bus Tour

Sit back, relax, and enjoy the magic of the season on our Holiday Lights Bus Tour! Gather with friends as we travel through beautifully decorated neighborhoods filled with sparkling displays, festive cheer, and holiday spirit. A cozy and joyful evening for all! Caregivers will need to register and pay as well.

Tue, Dec 8 6:30-8:30 pm
1071-F26 1 session - \$25

**Unfortunately we were unable to get a bus with a lift.*

Access Project Registration and Open House

Curious about what Access Project offers or want help signing up? Come join us to register for new classes we have available for the next session. A staff member will help you register and tell you a bit about the classes we are offering. Once you have registered, join our Master Gardeners for a fun craft!

Wed, Dec 2 5:30-7 pm
1063-F26 1 session - Free

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

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 or call: 651-450-2480

To view the current Scoop/IGH Parks and Recreation brochure visit ighmn.gov/CurrentBrochure

EDUCATIONAL PROGRAMS

Beneficiary Designations: The Unsung Heroes of Your Estate Plan

Tue, Sep 29 | Free

Learn how to unlock the secrets of beneficiary designations to ensure quick, tax-smart transfers to your heirs or Trust. This practical workshop equips you to navigate asset transfers, evade common pitfalls, and help ensure all your assets blend seamlessly with your WILL or TRUST for a foolproof family legacy. Led by Jeff Litfin, Generations Legal Services

Time: 10:30 am

Location: VMCC, Community Room 1

Code: AP-F124

Register by: Mon, Sep 22

Medicare and Mocktails

Wed, Sep 30 | Free

Medicare can feel overwhelming, but it doesn't have to be. Join us for an informative and fun session, learning the ins and outs of Medicare, while enjoying non-alcoholic cocktails.

Whether you're getting ready to start Medicare, considering retirement, or already enrolled, this session will give you valuable insights.

This is a free event, compliments of Allina Health | Aetna, that will also include snacks, giveaways and door prizes.

Time: 10:30 am

Location: VMCC, Community Room 1

Code: AP-F125

Register by: Wed, Sep 23

Binder Project

Thu, Oct 15 | Free

Learn why it is important to organize your key personal information, documents, and wishes to ease both expected and unexpected life transitions. In this overview session, you'll discover what information to gather, simple ways to keep it organized, available resources, and how to keep your trusted contacts informed. Session led by Jeanine Brattebo with The Prepared Family, LLC

Time: 1 pm

Location: VMCC, Community Room 1

Code: AP-F126

Register by: Thu, Oct 8

**REGISTRATION IS
REQUIRED FOR ALL
PROGRAMS.**

Peripheral Neuropathy

Wed, Nov 4 | Free

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and quality of life naturally! Reduce the symptoms of your neuropathy or reverse it without the use of medications, injections or surgery. Identify the three biggest mistakes people make when treating neuropathy so you can avoid them and have success. Dr. Cody Rodewald has treated over 3,000 neuropathy and spinal cases. He received his Doctor of Chiropractic from Palmer College of Chiropractic and his Board Certification in Chronic Pain and Neuropathy from the American College of Physical Medicine. Offered in cooperation with ALIGN Integrated Health.

Time: 11 am

Location: VMCC, Community Room 1

Code: AP-F127

Register by: Wed, Oct 28

Girls in a World at War

Wed, Nov 18 | Free

Peggy Munro Scholberg, a resident of Apple Valley, is delighted to bring her mother's story from World War II to publication. Girls in a World at War offers a firsthand account of young women who served in a General Hospital in France during WWII, located near the Battle of the Bulge. Their patients included survivors released from the Dachau concentration camp. The narrative includes crossing the Atlantic, lodging in a castle, and working with German prisoners of war. Trips to Paris, weddings, and the celebration of Victory in Europe (VE) Day are also included.

Time: 10:30 am

Location: VMCC, Community Room 1

Code: AP-F128

Register by: Wed, Nov 11

Coming Home to Wholeness with Dr. Ryan Hetland

A 3-Part Guide to Hormones, Stress, and Gut Health

Are fatigue, weight gain, poor sleep, brain fog, anxiety, or hormone symptoms affecting your quality of life? Join Dr. Ryan Hetland for a three-part educational series on the connections between hormones, stress, the nervous system, and gut health. Learn practical, natural strategies to support healing and restore balance from the inside out.

Time: 6 pm

Location: VMCC, Community Room 2

Register by: one week before class starts

Session 1: Why Your Hormones Feel Out of Balance

Explore the common causes of hormone imbalance, including stress, inflammation, blood sugar issues, and gut dysfunction.

Date: Sep 24

Code: AP-F123-1

Session 2: The Stress-Hormone Connection

Learn how chronic stress affects hormones, energy, sleep, and overall health, plus simple strategies to help your body shift into healing mode.

Date: Oct 8

Code: AP-F123-2

Session 3: The Gut-Hormone Connection

Discover how gut health impacts hormone balance, metabolism, weight, mood, and wellness, along with practical ways to support digestion naturally.

Date: Oct 22

Code: AP-F123-3

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 & 2027 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.**

Sep 21 • \$15

Pulled Pork sandwich, salad bar and chips catered by Alice's restaurant. Entertainment by Accordionist Bill Koncar

Oct 19 • \$20

Ribs, potatoes au gratin, corn, buns Caesar salad catered by Casper's. Senior Club Board nominations. • BINGO

Nov 16 • Free

Pie and ice cream • Board Elections • BINGO
(still must register for planning purposes)

Fri, Dec 4 • Holiday Luncheon • \$15

Steak, baby red potatoes, glazed carrots, salad, dessert from Trophy House • Entertainment
(Please note this is on a Friday and will not be held on the third Mon of Dec)

Weekly Card Games

All experience levels are welcome. No registration required. Contact Gary at ighseniorclub@gmail.com with questions.

Location: VMCC, Senior Center

NEW! Open play Tuesdays at 1 pm

500: Mon • 1 pm (except the third Mon of the month)

Cribbage: Tue • 1 pm Bridge: Wed • 12:30 pm

Euchre: Thu • 1 pm Hand & Foot: Fri • 12:30 pm

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

ENRICHMENT PROGRAMS

Veterans Discussion Group

Sep 23, Oct 21, Nov 18 | 10:30 am | Free

All branches, all backgrounds, everyone is welcome. Come connect with fellow Veterans who share your experiences. This is a casual supportive space to share stories, talk about challenges and successes, build comradery and friendships, resource sharing, support one another and connect. Offered in cooperation with Synergy Home Care.

Session 1: Wed, Sep 23 Code: AP-F122-1

Session 2: Wed, Oct 21 Code: AP-F122-2

Session 3: Wed, Nov 18 Code: AP-F122-3

Location: VMCC Register one week prior to date

Landmark Tours Travel Show

Tue, Sep 22 | Free

Come check out the exciting travel opportunities offered by Landmark Tours! A local, family-owned tour operator, Landmark's exclusive packages features round trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional tour manager. If you can't attend the presentation, call 612-230-2040 for a catalog or visit GoWithLandmark.com.

Time: 1 p.m.

Location: VMCC, Community Room 3

Code: AP-F121

Register by: Tue, Sep 15

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

Register for fall lessons and leagues at ighmn.gov/Register



ACTIVE AGING WEEK

Adventure Awaits at Every Age!

October 5-9

Participate in Around-the-World fitness offerings, activities and speakers. Get your passport stamped throughout the week for a chance at winning prizes!

ighmn.gov/Events

VETERANS MEMORIAL COMMUNITY CENTER

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

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.

Metro Dining Cards

Dine out with savings! 150 discount cards valid at each restaurant once per month. Discounts include BOGO Free meal or 50% off your entree. All sales are final. No returns or exchanges. \$30 per set.

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+). Starting Jan 2027, membership cost is \$20/Year.

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.

Senior Circuit

Instructors: Rita Wurm, Kim Befort and Terie Hanson

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

Wed, Sep 2-Oct 28 9802-F26A	6:15-7:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, Sep 3-Oct 29 9802-F26B	6:15-7:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Mon, Sep 14-Oct 26 9802-F26C	6:15-7:15 am 7 sessions - \$49 adult, \$20 senior (65+)
Mon, Nov 2-Dec 28 9802-F26D	6:15-7:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Wed, Nov 4-Dec 30 9802-F26E No class Nov 25 and Dec 23	6:15-7:15 am 7 sessions - \$49 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17 9802-F26F No class Nov 26	6:15-7:15 am 6 sessions - \$42 adult, \$20 senior (65+)



Silver & Fit® Explore

Instructor: Kim Befort

Silver & Fit® Explore is designed for older adults who are just getting started or returning to an exercise routine. Participating in this class helps increase heart health, muscular endurance and strength, flexibility, and balance. As fitness improves, you may have more energy for daily tasks and may sleep better at night. This gentle workout includes seated exercise options. Focused toward seniors 55+, but all are welcome.

Fri, Sep 4-Oct 30 9803-F26A	9:30-10:15 am 9 sessions - \$62 adult, \$22.50 senior (65+)
Fri, Nov 6-Dec 18 9803-F26B No class Nov 27	9:30-10:15 am 6 sessions - \$42 adult, \$20 senior (65+)

Drop-In: \$8 Adult, \$4 Senior (65+)



Silver Sneakers® Classic

Instructor: Kim Befort

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.

Tue, Sep 1-Oct 27 9801-F26A	9:30-10:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, Sep 3-Oct 29 9801-F26B	9:30-10:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Tue, Nov 3-Dec 29 9801-F26C	9:30-10:15 am 9 sessions - \$62 adult, \$20 senior (65+)
Thu, Nov 5-Dec 17 9801-F26D No class Nov 26	9:30-10:15 am 6 sessions - \$42 adult, \$20 senior (65+)

UPCOMING EVENTS

Happy Feet

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

Second Tuesdays	9 am-4 pm
Sep 8	\$45 per session
Oct 13 & 26	
Nov 10	
Dec 8 & 28	
Call to make an appointment: 763-346-3390	

Senior Board Meetings

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

Second Wednesdays	9:30 am
Wed, Sep 9	
Wed, Oct 14	
Wed, Nov 11	
Wed, Dec 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 Wednesdays	11 am
Wed, Sep 9	Southern Social
Wed, Oct 14	Olive Garden
Wed, Nov 11	Pizza Ranch
Wed, Dec 9	No out to lunch in December



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, Sep 17	Loaded Baked Potato
Thu, Oct 15	Beer & Brats
Thu, Nov 5	Turkey Dinner
Thu, Dec 17	Potluck

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.

Sep 14: *Beartown* by Frederik Backman

Beartown explores the hopes that bring a small community together, the secrets that tear it apart, and the courage it takes for an individual to go against the grain.

Oct 12: *Kitchens of the Midwest* by Ryan Stradal

A young girl navigates a tumultuous childhood to become one of the top chefs in the country.

Nov 9: *The Scent Keeper* by Erica Bauermeister

A moving and evocative coming of age novel about childhood stories, families lost and found, and how a fragrance conjures memories capable of shaping the course of our lives

Dec 14: *Hour of the Witch* by Chris Bohjalian

A young Puritan women-faithful, resourceful, but afraid of the demons that dog her soul-plots her escape from a violent marriage.

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, Sep 10	Wild Hogs
Thu, Oct 8	Lost City
Thu, Nov 12	Tombstone
Thu, Dec 10	Hairspray

Fall Fashion Show

Celebrate the season in style at our annual Fall Fashion Show! Enjoy an afternoon of fun, fashion, and community as our very own South St. Paul Senior Center members take the runway to showcase the latest fall looks provided by Chosen Threads. Gather with friends, be inspired by seasonal fashion trends, and cheer on our talented models. A delicious lunch from The Coop is included with registration.

Wed, Oct 21	11 am-1:30 pm
7444-F26	1 session - \$20

DoNot Forget the Music!

Join us for a sweet time with live music by Vinnie Rose, who will take you on a musical journey through the decades-featuring swing, rock country, pop, blues and more! Great tunes, delicious donuts, unforgettable vibes! Don't miss out - come for the music, stay for the donut!

Tue, Nov 3	1-2 pm
7123-F26	1 session - \$10



Everything You Want to Know About Medicare

Instructor: Greg De Keuster

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.

Thu, Sep 3	6:30-8 pm
7146-F26A	1 session - Free
Thu, Nov 5	6:30-8 pm
7146-F25B	1 session - Free

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

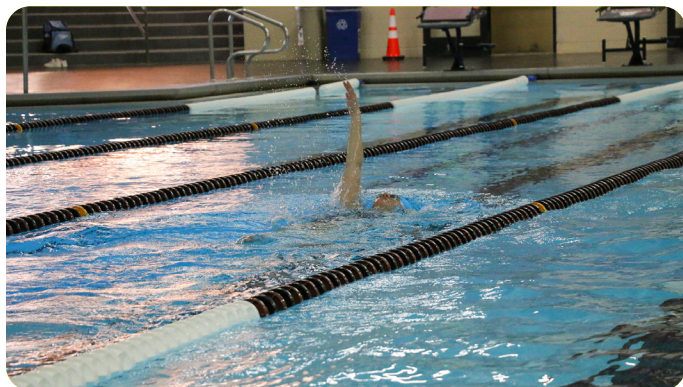
Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays 1-3 pm

Lap Swim

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

Punch Card	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

The schedule is subject to change.

Scan here for the
lap swim schedule
at Central Square!



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 Sep 7, Oct 22-23, Nov 26-27, Dec 23-Jan 1

Contact and Registration

Information:

TPAC Phone: 651-403-8300

Online: 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+ 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 for an appointment.

Fare For All - Twin Cities Mobile Market

Affordable groceries for all. Details at 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 Sep-Dec programming. Annual fees cover Sep 2026 to Aug 2027.

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

TPAC EVENTS

Autumn Overture with the Inver Hills Community Band

Over 25 years, the Inver Hills Community Band has thrilled audiences with dynamic, polished performances that unite generations. This exceptional ensemble—featuring talented students, retired music educators, and accomplished musicians—delivers an inspiring blend of classical masterworks, patriotic favorites, and contemporary selections. Performed with contagious enthusiasm, their music promises a delightful afternoon. Come enjoy the energy, artistry, and joy of live instrumental music—and be part of the excitement that makes each performance unforgettable. Dessert included. Register by Sep 10.

Wed, Sep 16
1171-F26

1-2 pm
1 session - \$12

**Moonlight & Melodies with Tim Patrick**

Settle in for a wonderful afternoon of timeless music as acclaimed Twin Cities crooner Tim Patrick brings his signature style to TPAC. Tim delivers the unforgettable songs of Frank Sinatra, Dean Martin, Tony Bennett, and other legendary crooners. With a special nod to the season, this October concert will feature smooth standards and autumn-inspired favorites perfect for crisp fall afternoons and Halloween's golden glow. A sophisticated hour of music, memories, and classic crooner charm. Dessert included. Register by Oct 22.

Tue, Oct 27
1195-F26

1-2 pm
1 session - \$12

Voices of Vietnam: Honoring Service, Confronting Memory, and Understanding a Divided Era

This Veterans Day, hear directly from Vietnam-era veterans in a powerful panel discussion reflecting on service during one of America's most turbulent and misunderstood chapters. From enlistment and daily military life to return home and decades of reflection, these stories span the full experience of service—combat and non-combat alike. This conversation offers a rare opportunity to honor all who served, acknowledge the lasting burdens many carried in silence, and come together in understanding, recognition, and healing across more than fifty years of history.

Wed, Nov 11
1196-F26

10-11:30 am
1 session - Free;
but please register

A Salute to Service: A Veterans Day Concert

Join us for a thoughtful afternoon of music, remembrance, and gratitude as we honor the courage and sacrifice of our nation's veterans. Veterans Day invites us to pause—to remember those who served in conflicts long past and to hold in our thoughts those who continue to serve in an often uncertain world. Featuring the talented trombone ensemble T-Bone Time, performing beloved patriotic selections including "America the Beautiful", "God Bless America", "The Stars and Stripes Forever", and a moving Armed Forces medley recognizing each branch of military service. Together, we gather not to measure history's decisions, but to honor those who answered the call and to reflect with gratitude and hope for peace. Registration required.

Wed, Nov 11
1197-F26

1-2:30 pm
1 session - Free

**Snowflake Soirée: A John Denver Theme Featuring Dennis Curley**

Celebrate the season with music, memory, and winter warmth as John Denver tribute artist Dennis Curley brings the timeless spirit of John Denver to life. While not a traditional holiday concert, this special performance captures the heart of the season through beloved classics like "Rocky Mountain High", "Sunshine on My Shoulders", and "Take Me Home, Country Roads"—songs that reflect peace, nature, and togetherness. Set within the cozy glow of December, the Snowflake Soirée offers a perfect midwinter escape filled with nostalgia, community, and song.

Thu, Dec 17
1198-F26

1-2 pm
1 session - \$12

LIFELONG LEARNING

Law, Limits & Leadership

Join constitutional law expert Richard Painter as he examines ten current laws and policies challenging constitutional protections and civil liberties, offering a clear legal perspective on today's pressing issues without political bias.

Thu, Sep 3
1234-F26

10-11:30 am
1 session - \$9

Register early; register one week or more in advance.

Nature Sense with Eloise Dietz - 1783-F26

Join Naturalist Eloise Dietz 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.

**Off Site Visit to Wakan Tipi**

Join us for a carpool trip from TPAC to Wakan Tipi, formerly Bruce Vento Nature Sanctuary. Explore this sacred site, enjoy level trails, observe wildlife, and learn about Native culture and environmental stewardship. We'll also visit the Interpretive Center if open during our visit. Car Pool to site.

Tue, Sep 8 \$12 10 am-12 pm

Apple Fun

Celebrate apple harvest season with a fun look at apple history, folklore, and traditions. Sample a variety of apples, discover creative serving ideas, and share a favorite apple recipe if you'd like. A delicious way to welcome fall!

Tue, Oct 6 \$15 10:30-11:45 am

Frost on the Pumpkins

Halloween may be over, but pumpkins, squash, and gourds are just getting started! Explore their fascinating history, folklore, and many uses while enjoying seasonal food samples. You'll never look at these fall favorites quite the same way again.

Tue, Nov 3 \$15 10:30-11:45 am

Feathers and Fur in Winter

How do Minnesota animals survive winter? Discover the remarkable changes in feathers, fur, and behavior that help wildlife endure the cold months. From migration and hibernation to winter coats and camouflage, we'll explore nature's strategies for survival.

Tue, Dec 1 \$10 10:30-11:45 am

An Evening at the Cambodian Buddhist Temple (Van Trip)

Join us for an evening visit to Watt Munisotaram, a beautiful Cambodian Buddhist temple. Guided by monks, explore the grounds, learn about Buddhism, Cambodian culture, and a community's inspiring story of heritage and new beginnings in Minnesota. Dinner is on your own locally. Fee includes tour and transportation

Thu, Sep 3 Depart TPAC 2 pm
Return 6:30 pm
1199-F26 1 session - \$40

Senior Tour of Homes

Presenter: Eunice Newbauer, Choice Connections

Join a guided tour of four senior living communities in Northern Dakota County. Learn about independent living, assisted living, residential care, and memory care options. Enjoy comfortable bus rides, refreshments, lunch, and valuable information in a friendly, pressure-free setting. Space is limited, reserve today! Fee includes transportation, refreshments, and lunch

Thu, Sep 10 9:30 am-3 pm
1504-F26 1 session - \$35

Watts Next? A Community Conversation About Energy

Presenter: Erik Simonson, Excel Energy

Explore Minnesota's energy future as providers balance nuclear, wind, solar, and natural gas to meet growing demands. This presentation reveals strategies for reliability, affordability, and environmental goals amid emerging technologies shaping power decisions nationwide.

Tue, Sep 15 10-11:30 am
1219-F26 1 session - \$5

**The Secret Lives of Urban Coyotes and Foxes**

Presenter: Geoff Miller, U of M Researcher

Explore the lives of urban coyotes and foxes with University of Minnesota researcher Geoff Miller. The Twin Cities Coyote and Fox Project tracks these animals with GPS to understand their survival and behavior in human-shaped landscapes, featuring research near Thompson Park and revealing insights about Minnesota's wildlife.

Mon, Sep 21 10-11:30 am
1226-F26 1 session - \$9

New To Medicare?

Presenters: Sheri Salloway Yarosh, MBA, Vanclemens Insurance and Harvey Perle, Perle and Co.

We will be discussing general options for obtaining Medicare. If you're turning 65 or leaving an Employer Health Plan, learn how and when to sign up for Medicare, Basic Medicare vocabulary, considerations to think about when choosing plans and why working with an independent agent at no cost to you, can assist you in making a smart choice. No sales involved!

Tue, Sep 22 10-11:30 am
1213-F26 1 session - \$5

Inventing the American Nation - Writing and Understanding the Constitution and The Bill of Rights

Presenter: Frank Sachs

Ratified in 1788, the Constitution established the U.S. federal democratic republic with three branches: Legislative, Executive, and Judicial. It ensures checks and balances, protecting citizen rights. The Bill of Rights was later added to safeguard fundamental freedoms and limit government power.



Mon, Sep 28

Article I of the Constitution – How the legislature was designed to work and how it has evolved over time.

Mon, Oct 5

Article II of the Constitution – How the Executive was designed to work and how it has evolved over time.

Mon, Oct 19

Article III of the Constitution – How the Judiciary was designed to work and how it has evolved over time.

Mon, Oct 26

Bill of Rights - Part 1: The Bill's Origin Story. The how and why did we need a Bill of Rights.

Mon, Nov 2

Bill of Rights - Part 2: What Civil Liberties does it protect and how it became part of our daily lives?

Mon, Sep 28-Oct 26 10-11:30 am
1203-F26 5 sessions - \$59

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 intentional with the strategies you choose. You'll learn how to spot the real source of your stress and leave with easy, repeatable tools you can put into practice immediately.

Wed, Sep 23 1:30-3 pm
1224-F26 1 session - \$5

Register early; register one week or more in advance.



Soup's On at TPAC!

Join us monthly to celebrate fall flavors with local cooks preparing favorite soups. Sample delicious creations, enjoy conversation, and gather culinary inspiration. Receive printed recipes to recreate seasonal warmth at home in your kitchen. A cozy event for soup lovers and home cooks alike.

1206-F26 1 session - \$19 each

Soup with Mystery Guest

Tue, Sep 22 12-1:30 pm

Soup "For All Seasons", with Adina Overbee

Thu, Oct 8 10:30 am-12:30 pm

Soup with Lisa Grathen, Director of Community Education

Mon, Nov 16 11 am-12:30 pm

Soup with Chef Mimi Selam, Mediterranean Soup

Tue, Dec 8 12-1:30 pm

Aging in the Community: Housing Options in West St Paul

Presenter: Jess Luce, sponsored by Dakota County Public Health, Thompson Park Activity Center, and Living Longer and Stronger in West St. Paul

Considering your future housing? Join us in West St. Paul to explore aging in place, home safety changes, and community support. Discover options like condos, cooperatives, senior housing, independent and assisted living. Learn resources to help you stay comfortably in your home and make informed choices.

Tue, Sep 29 10-11:30 am
1223-F26 1 session - \$4

The Retirement Sweet Spot: Balancing Health, Wealth, and the Freedom to Enjoy Both

Presented by: Terrie Amundson CFP & Christie Amundson
Retirement means little without health and financial confidence. Learn practical ways to determine safe spending and explore health strategies beyond diet and exercise to maintain energy, mobility, and independence. Ideal for retirees and those preparing for retirement to truly enjoy this stage of life.

Wed, Sep 30 1-2:30 pm
1205-F26 1 session - \$5

From Farm to Table: The Ferndale Story (Van Trip)

Visit Ferndale Market, a renowned Minnesota family farm. Owner John Peterson shares its farming heritage and free-range turkey care. Tour the market, sample turkey products, and see turkeys onsite if weather allows. Transportation and tour included; lunch at Rancho Loco is on your own.

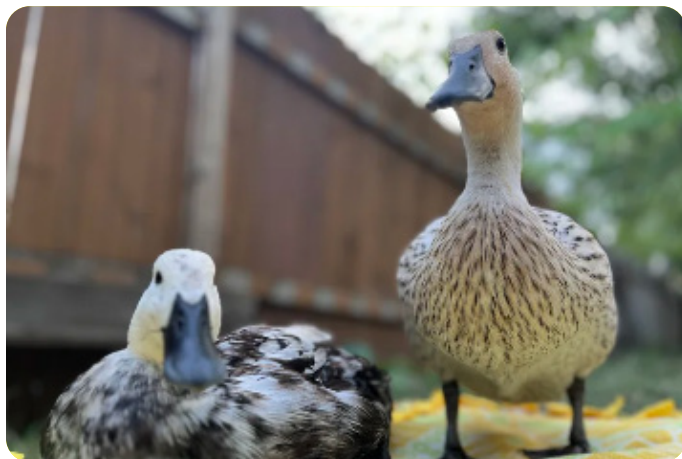
Wed, Oct 7

Depart TPAC 10 am

Return 3pm

1201-F26

1 session - \$40



Cluck, Duck & Learn

Presenters: Dana & Craig, Flock Sitting MN

Discover backyard chicken and duck care with Dana and Craig from Flock Sitting MN. Designed for seniors, this session includes breed recognition, flock traits, egg insights, seasonal care, enrichment, and health tips. Engage in lively discussions and practical guidance for Minnesota poultry owners.

Mon, Nov 23

2-3:30 pm

1212-F26

1 session - \$5

Understanding Homelessness in Minnesota: Facts, Challenges, and Community Responses

Presenter: Beacon Interfaith Housing Collaborative

Join Beacon Interfaith Housing Collaborative for a fact-based discussion on homelessness in Minnesota. Learn about trends, causes, barriers, public safety, and the roles of government, nonprofits, and residents in addressing housing instability and exploring potential solutions.

Tue, Oct 20

10:30-11:30 am

1202-F26

1 session - \$5

Moose is Loose: With Traveling Naturalist, Melonie Shipman

Presenter: Melanie Shipman, lifelong Naturalist

Join Melonie Shipman as she reveals the lives of deer family members across North America, including white-tailed deer, caribou, and moose. Understand their special adaptations, challenges of winter and predators, and appreciate these familiar creatures with fresh insight and knowledge.

Thu, Oct 29

10:30-11:30 am

1211-F26

1 session - \$12

Joe Atkins: What's the Scoop?

Join Dakota County Commissioner Joe Atkins for an engaging discussion on local projects, priorities, and current issues. Known for his clear communication, Joe shares valuable insights and answers your questions. Don't miss this chance to connect with a trusted community leader and learn about important county updates. Fee is to support TPAC programs.

Mon, Oct 5

1-2 pm

1236-F26

1 session - \$4



The True-Life Tales of a Forensic Entomologist

Presenter: Val Cervenka, Forensic Entomologist

Discover how insects aid crime investigations with Val Cervenka, the first female board-certified forensic entomologist in the U.S. Over 25 years, she helped solve 50+ homicides by analyzing insect evidence to determine time since death. Real case studies and photos reveal the science behind uncovering truth.

Thu, Oct 29

1-2:30 pm

1218-F26

1 session - \$12

Cooperative Housing: A Viable Option

Presenter: Arty Dorman, Resident of Real Life Co Op

Learn about Senior Cooperative Housing as a distinct financial and community option for older adults. This class covers differences from rentals, condos, assisted living, governance, equity, and Minnesota's leadership. Participants gain insights on fostering community, researching properties, touring, and joining waitlists to make informed housing choices.

Wed, Nov 18

11 am-12 pm

1216-F26

1 session - \$5

Immigration Rights

Presenter: Jewish Community Action Agency

Whether you are directly impacted, supporting a loved one, or simply seeking greater understanding, this presentation offers timely and practical information for our community.

Knowledge builds stronger communities. Explore the legal rights of immigrant individuals and families, current resources available for support, and ways community members can respond with understanding and compassion. This discussion will offer factual information, practical guidance, and an opportunity to better understand how we can be informed allies to our friends and neighbors.

Tue, Nov 10

10-11:30 am

1214-F26

1 session - \$5

Minnesota's Hidden Connection to South Africa's Freedom Struggle

Presenter: Cherif Keita, Carlton College distinguished scholar and award-winning filmmaker

Explore Minnesota's historical connections to South Africa's fight for justice with Chérif Keita. This presentation reveals a century of global engagement and dedication to human dignity, celebrating Minnesota's national recognition for welcoming and protecting immigrant neighbors.

Thu, Nov 12 10-11:30 am
1222-F26 1 session - \$9



A Taste of Coffee Craftsmanship

Presenter: Sam Kjellberg, SK Coffee

Enjoy a private coffee tasting with Sam Kjellberg of SK Coffee. Sample three distinct roasts, learn the roasting process, and bring home fresh beans. Meet at 550 Vandalia St, St Paul, 10:30 am; carpool at TPAC, 10 am. Perfect for coffee lovers seeking adventure.

Tue, Nov 17 10:30 am-12 pm
1217-F26 1 session - \$25

Volunteering at Every Ability: Opportunities for Adults 55+

Presenter: Garrett Zaffke, Dakota Cty Volunteer Coordinator

Garrett will share how volunteers support parks, libraries, environmental projects and community events. Enrich your community and your own life with by getting connected with your interests, schedule and abilities. Please register.

Wed, Sept 9 11 am-12:30 pm
1236-F26 1 session - Free

Behind the Runway: What Keeps MSP Moving Safely

Presenters: Elisa Underhill and Nathan Sams

Join Elisa Underhill and Nathan Sams for an exclusive look inside Minneapolis–Saint Paul International Airport. Understand how passenger experiences are crafted and learn about runway upkeep, including tire rubber removal techniques. Get a rare insight into the technology and teamwork ensuring safe operations at one of America's busiest airports.

Thu, Dec 10 10-11:30 am
1210-F26 1 session - \$9



A Royal Morning at TPAC

Presenter: Winter Carnival Royalty members

Explore the rich history of the Saint Paul Winter Carnival with TPAC's The Legacy of the Royal Mantles. Discover the exquisite 18-foot ceremonial robes created after 1953, tied to Queen Elizabeth II's Coronation. Experience captivating stories and a rare glimpse into St. Paul's cherished traditions.

Thu, Dec 3 1-2 pm
1220-F26 1 session - \$5

Becoming an Ally for LGBTQ Youth: A Culturally Vital Workshop

Presenter: Trevor Project MN

Join this welcoming workshop designed for older adults to support LGBTQ youth. Learn about inclusive language, coming out, and unique challenges in homes and schools. Through guided activities, participants gain tools to reduce bias, foster compassion, and build an inclusive community for all.

Thu, Dec 3 9:30-11 am
1227-F26 1 session - \$5

85 Years Ago Today Since Pearl Harbor

Presenter: Historian Frank Sachs

On December 7, 1941, Pearl Harbor was attacked by Japan in a surprise strike labeled "a day that will live in infamy." This presentation explores the long U.S.-Japan relationship, mutual misunderstandings, the attack's planning and execution, and its devastating consequences.

Mon, Dec 7 10-11:30 am
1227-F26 1 session - \$9

Creating Your Estate Planning Blueprint

Presenter: Terrie Amundson, CFP

Secure your financial future with expert guidance from Terrie Amundson. This workshop explores wills, trusts, retirement accounts, tax strategies, and legacy planning. Learn about QCDs and Roth conversions to protect loved ones and transfer wealth. A workbook will help you create a tailored estate plan.

Tue, Dec 8 9:30-11 am
1228-F26 1 session - \$5

Register early; register one week or more in advance.

Christmas Rock with Johanna

Celebrate the season at Christmas Rock, a hands-on rock painting workshop. With materials included, design your own festive rock guided by an experienced instructor. Make a heartfelt gift or keepsake in a fun, creative environment full of holiday spirit and winter magic.

Tue, Dec 15 10:30 am-12:30 pm
1204-F26 1 session - \$6

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 on Sep 7 or Dec 28.



Metro Dining Cards

Dine out with savings! 150 discount cards valid at each restaurant once per month. Discounts include BOGO Free meal or 50% off your entree. Available at TPAC Mon-Thu, 9 am-4 pm. All sales are final. No returns or exchanges.

\$30 per set

Explore Conversational Spanish - Level 1

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

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. No prior Spanish experience required. Register early.

Wed, Sep 2-Oct 28 9:30-10:30 am
1841-F26 Sep/Oct 9 sessions - \$72
Wed, Nov 4-Dec 16 9:30-10:30 am
1841-F26 Nov/Dec 7 sessions - \$56

Explore Conversational Spanish - Level 2

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

Level 2 delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Prior elementary Spanish experience recommended.

Wed, Sep 2-Dec 16 10:45-11:45 am
1903-F26 Sep-Dec 16 sessions - \$128

Landmark Tours: See The World

Presenter: Landmark Tours Representative

Embarking on a journey of exploration and discovery is a magnificent way to enrich our lives. Landmark Tours believes that every trip should be a remarkable experience. Your premier guided travel experts. Catalogs available at TPAC. Drop-ins welcome.

Thu, Sep 17 1-2:30 pm
1592-F26 1 session - Free
Thu, Nov 19 1-2:30 pm
1592-F26 1 session - Free

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 September and extends through December.

Fees are important to supporting Thompson Park Activity Center programming. Discounts are not offered for days you cannot attend.

Men's Toast and Topic

Facilitator: Rob Meyer

Begin your day with coffee, toast, and friendly conversation. This casual gathering invites men to connect, share stories, and discuss diverse topics in a welcoming environment. Join us anytime to listen, contribute, and enjoy camaraderie that grows through meaningful dialogue and shared experiences.

Last Mondays 9-10 am
1746-F26 \$10 annually



Umbrella Project

Join us as we share our time, resources, and talents to better our communities, near and far, as we open doors to new friendships, and explore new volunteer opportunities along the way. Each month, we select a cause to do a project, with an option to bring donations. Join us for our kickoff meeting Sep 14 and our annual potluck brunch!

Second Mondays 10-11:30 am
1599-F26 Free

Great Decisions Group 2026

Facilitator: Charles Happach

Join us for thought-provoking conversations around US foreign policy and the ever-evolving global landscape.

Second Mondays
1296-W26 Group

1 pm
\$10 annually, Jan-Dec



Mystery Book Club

Facilitator: Joyce Wahlquist

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!

Second Tuesdays
1565-F26

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-F26

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-F26

\$10 annually, Sep-Aug

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

CREATIVE ART



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
1600-F26

1-3 pm
\$15 Sep-Dec

Open Watercolor Painting

Facilitator: Art Thell

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

Tuesdays
1602-F26

9:30-11:30 am
\$15 Sep-Dec

Watercolor Painting Introduction

Instructor: Linda Stout

Unleash your artistic potential in our beginner watercolor classes! You'll explore essential materials, learn foundational techniques, and understand color theory basics to mix pigments and create beautiful paintings. These classes are designed for beginners and are required before enrolling in Watercolor I. Supplies are provided by the instructor for a fee of \$65-70, payable on the first day of class.

Mon, Nov 2-30
1491-F26

1-3 pm
5 sessions - \$110

Watercolor I

Instructor: Linda Stout

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.

Tuesdays
1302-F26
Sep 1-29
Oct 6-27
Nov 3-24
Dec 1-15

1-3 pm
5 sessions - \$110
4 sessions - \$88
4 sessions - \$88
3 sessions - \$66

Watercolor II

Instructor: Linda Stout

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.

Wednesdays	1-3 pm
1191-F26	
Sep 2-30	5 sessions - \$110
Oct 7-28	4 sessions - \$88
Nov 4-18	3 sessions - \$66
Dec 2-16	3 sessions - \$66



Crafting for a Cause

Facilitator: Rita Schnoor

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.

Second Tuesdays	12-1 pm
1598-F26	Free

Mixed Media Art Group

Join us for a fun, relaxing afternoon with friends, novice to skilled artists, who enjoy expressing their inner selves using various art mediums from acrylic paints to colored pencils to pastels and beyond. Bring your own art supplies.

First and Third Wednesdays	1-3 pm
1595-F26	\$15 Sep-Dec

FITNESS & HEALTHY LIVING

Pilates

Instructor: Stephanie Stockton

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.

Tue, Sep 8-Oct 27	2-3 pm
1113-F26 Sep-Oct	8 sessions - \$64
Tue, Nov 3-Dec 15	2-3 pm
1113-F26 Nov-Dec	7 sessions - \$56

Tai Chi Chih For Health - Intermediate Level

Instructor: Theresa May, nationally accredited instructor

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.

Wed, Sep 2-Oct 28	9:15-10 am
1160-F26 Sep-Oct	9 sessions-\$72
Wed, Nov 4-Dec 16	9:15-10 am
1160-F26 Nov-Dec	6 sessions - \$48
No class Nov 11	
Wed, Sept 16-Oct 21	10:15-11 am
1238-F26 For Beginners	6 sessions-\$48



Foot Care

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

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, and file corns/calluses. We do not diagnose or prescribe treatments. Appointment required - call 651-403-8300.

Thu	\$65
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3X3 Fitness

Facilitator: Barb Erickson

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 you!

Tue/Thu	9:15-10 am
1635-F26	\$15 Sep-Dec

Fitness and Balance for Life

Instructor: Naomi Marzinske

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 bring your own gear. Your path to better health awaits.

Thu, Sep 3-Oct 29	10:30-11:30 am
1317-F26 Sep-Oct	8 sessions - \$64
No class Oct 22	
Thu, Nov 5-Dec 17	10:30-11:30 am
1317-F26 Nov-Dec	6 sessions - \$48
No class Nov 26	

CARDS & GAMES

Learn to Play Mah Jongg*Facilitator: Carol Beaves*

Mah Jongg is a rummy-like game played with tiles rather than cards. Learn to play from an experienced player in a patient and fun setting. Space is limited.

1st & 3rd Tue 10 am-12 pm
1225-F26 Oct 6-Dec 15 6 sessions - \$42

Learn to Play Chess*Instructor: Coach Dave Berger, competitive chess tournament player*

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!

Mon, Sep 14-Oct 26 1-2:30 pm
1187-F26 7 sessions - \$42

**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.

Mon, Sep 14-Oct 26 9:45-10:45 am
1596-F26 7 sessions - \$8

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.

1st & 3rd Tue, Sep 1-Dec 15 1-3:30 pm
1135-F26 8 sessions - \$15

Register early; register one week or more in advance.

Bean Bag Toss

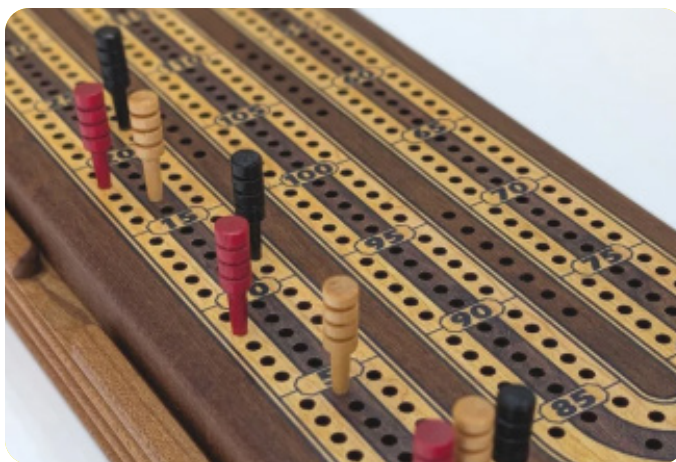
What better way to enjoy the crisp fall air than the fun of friends and some Corn Hole! We supply the boards and bags, while you supply the fun and competitive spirit of the game. Played outdoors.

Tue, Sep 1-Oct 27 9:45-10:45 am
1643-F26 Sep-Oct 9 sessions - \$10

Hand & Foot*Facilitator: Laura Palodichuk*

Join us for an exciting card game merging canasta elements. Team up with two to six players, build melds, and score points by creating sets and runs. Whether you love the game or want to learn, come join the fun!

Wednesdays 9:30 am-12:15 pm
1735-F26 \$15 Sep-Dec

**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-F26 \$15 Sep-Dec

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-F26 \$15 Sep-Dec

Mah Jongg*Facilitator: Carol Beaves*

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. This group is for people who know how to play. There is no instructor.

Thursdays 1-3:45 pm
1613-F26 \$15 Sep-Dec
No games Oct 22, Nov 26, Dec 23, 30

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.

Looking Ahead:

March: TBD

April: The Jason Show & Radio Museum

May: Zypher Train - Duluth

June: Gardens of the Twin Cities

Women of Gangsterland

Meet your guide at Joseph's Grill for an informative and interesting tour guide for The Women of Gangsterland Tour. Let's hear it for the ladies of the Roaring 20's and the Dirty 30's! This entertaining tour with a twist proves that the St. Paul gangster era wasn't just for men by shining a spotlight on the women - including Edna Murray the Kissing Bandit, Madame Nina Clifford, Katherine Kelly (Mrs. Machine Gun Kelly), Ma Barker and many more! The tour also celebrates a few good gals on the right side of the law. This is scheduled as a riding tour through the historic streets of St. Paul. Lunch is at Joseph's Grill: Chicken Breast Stuffed with Wild Rice, Swiss Cheese Stuffing and Chablis Cream Sauce. Garlic Mashed Potatoes, Vegetable of the Day, Beverage, Cookie.

Tue, Nov 17,

\$99

Register by: Fri, Oct 16

Location	Departure	Return	Registration
TPAC	10:15 am	2:30 pm	1165-WSP-F26
SSP	10:00 am	2:45 pm	1630-SSP-F26
IGH	09:45 am	3:00 pm	www.ighmn.gov/register



Christmas in Duluth

Lunch, which you'll choose your menu item at sign up, is at Canal Park Brewing Company for a casual lunch.

Visit Glensheen Mansion in Duluth this Holiday Season and enjoy a guided tour of its beautifully decorated rooms. Located on Lake Superior, the estate features original interiors in Renaissance, Colonial, and Arts & Crafts styles. The tour reveals the Congdon family's lifestyle and the lives of those who worked there, offering a fascinating glimpse into the mansion's rich history and exquisite design.

Visit the Bentleyville Tour of Lights for a magical holiday experience featuring millions of twinkling lights, Christmas trees, and festive music. Explore the 20-acre area with Santa's helpers, fire pits, and both indoor and outdoor merchandise shops. Complimentary hot cocoa, coffee, popcorn, cookies, and marshmallows for roasting add warmth to the night. Watch children's faces light up as they await their chance to meet Santa himself.

Wed, Dec 9

\$135

Register by: Fri, Nov 6

Location	Departure	Return	Registration
TPAC	9:30 am	10:00 pm	1229-WSP-F26
SSP	9:15 am	10:15 pm	1699-SSP-F26
IGH	9 am	10:30 pm	www.ighmn.gov/register

Annie

Chanhassen Annie

Based on the popular comic strip, ANNIE tells the story of a spunky little orphan full of optimism who shines through the most difficult situations. Unlike the other children at the dreary orphanage, Annie believes that her parents will one day return to claim her. In a stroke of luck, she ends up in the lap of luxury with Depression-era billionaire Oliver "Daddy" Warbucks. When Warbucks offers to adopt her, she asks for help. Warbucks' whopping reward for Annie's parents attracts the attention of con artists who hatch a plot to kidnap Annie and take the reward. But no worries! This splashy family musical has a happy ending for Annie, Sandy, Daddy Warbucks and the whole gang.

Thu, Jan 27

\$127

Register by: Fri, Dec 18

Location	Departure	Return	Registration
TPAC	10:00 am	5:00 pm	1233-WSP-F26
SSP	10:15 am	4:45 pm	1622-SSP-F26
IGH	10:30 am	4:30 pm	www.ighmn.gov/register

Buddy Holly Tribute Le Musique Room in St. Michael

Step into a time machine and relive the heyday of rock 'n roll with Holy Rocka Rollaz as they proudly present "My Buddy," a soul-stirring Buddy Holly tribute concert! Be transported back to an era where every strum of the guitar and beat of the drums brought pure excitement and liberation to the stage. This special concert also commemorates the anniversary of the passing of Buddy Holly on February 3, 1959, honoring one of rock and roll's most influential pioneers.

Lunch at B's Resort Bar & Grill in Albertville, menu: Soup & Sandwich, beverage and Dessert.

Tue, Feb 9

\$108

Register by: Fri, Dec 18

Location	Departure	Return	Registration
TPAC	9:15 am	4:00 pm	1232-WSP-F26
SSP	9:30 am	4:15 pm	1623-SSP-F26
IGH	9:15 am	4:30 pm	www.ighmn.gov/register



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.

PRE-REGISTRATION IS REQUIRED.

Thompson Park Activity Center

Four Hour Program - \$24

Thu, Sep 3	12-4 pm
Thu, Sep 17	
Thu, Oct 1	
Thu, Oct 15	
Thu, Nov 5	
Thu, Nov 19	
Thu, Dec 3	

Central Square Community Center

Four Hour Program - \$24

Thu, Sep 24	9 am-1 pm
Thu, Oct 22	
Thu, Nov 19	

Veterans Memorial Community Center

Four Hour Program - \$24

Tue, Sep 8	1-5 pm
Wed, Sep 16	5-9 pm
Tue, Oct 6	1-5 pm
Wed, Oct 14	5-9 pm
Tue, Nov 17	1-5 pm
Tue, Dec 8	1-5 pm

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

Sep 14-30 3:45-6:45 pm
3300-F26 10 sessions - \$420
No class Sep 28

Nov 2-17 3:45-6:45 pm
3300-F2N 10 sessions - \$420

South St. Paul High School

Oct 5-22 2:45-5:45 pm
4300-F26 10 sessions - \$420
Dec 2-17 2:45-5:45 pm
4300-F26 10 sessions - \$420

Two Rivers High School

School District 197 Community Education is thrilled to partner with Safeway Driving School! Get your teen road-ready with 30 hours of interactive classroom instruction and 6 hours of professional Behind-the-Wheel training. Register today!

Mon-Thu Sep 22-Oct 7 3:15-6:15 pm
2302-1Sept26 10 sessions - \$420

Mon-Thu Oct 26-Nov 12 3:15-6:15 pm
2302-2Oct26 10 sessions - \$420
No Class Nov 2, 3

Mon-Thu Nov 30-Dec 15 3:15-6:15 pm
2302-3Dec26 10 sessions - \$420



Virtual Courses

Sep 14-30 4-7 pm
Oct 5-22 4-7 pm
Nov 2-17 4-7 pm
Nov 11-Dec 1 4-7 pm
Dec 2-17 4-7 pm
10 sessions-\$420



ACT Prep Class

Instructor: Advantage Prep

This in-person class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management.

Students who complete the course may repeat it as often as they wish in future offerings—free of charge. All class materials are included in the course fee.

Simley High School

Oct 29-Nov 19 6-9 pm
3301-F26 4 sessions-\$180

South St. Paul High School

Thu, Oct 28-Nov 18 6-9 pm
4301-F26#342 4 sessions - \$180

Two Rivers High School

Thu, Sep 17-Oct 8 6-9 pm
2304-Sept26 4 sessions-\$180

Tue, Oct 27-Dec 1 6-9 pm
2304-Oct26 4 sessions-\$180

No Class Nov 3 & 24



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 8-23 1-4pm
F26#938 4 sessions - \$180

Sun, Sep 20- Oct 11 1-4pm
F26#939 4 sessions - \$180

Sun, Nov 8-Dec 6 1-4 pm
F26#940 4 sessions - \$180

No class Nov 29



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
F26#777 \$80

DISTRICT 197 YOUTH ACTIVITIES

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



Evening Wizards of Chess, Chess Club! (Grades: 1-6)

Instructor: Veronica Harrison--owner of Wizard of Chess

Join our National Award-Winning Program! Students of all skill levels will master chess through encouraging, fun, and personalized instruction. Playing chess boosts creativity, memory, independence, and logical thinking. We teach absolute beginners too! All equipment is provided, and each session features exciting new material.

Location Somerset Elementary

Mon, Oct 5-Nov 23 6-7pm
2302-F26 7 sessions - \$79/\$65

Kung Fu (Ages: 5+)

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

Learn practical Kung Fu techniques for lifelong fitness and self-defense. Perfect for beginners to black belts, this fun, active class strengthens mind and body while building leadership, discipline, and confidence. Progressive skill-building improves coordination and self-awareness. Optional uniform and certification available.

Location Pilot Knob Elementary

Fri, Sep 25-Nov 13 7 Sessions - \$95/\$81
2784-1F26 6:15-6:45pm, Beginner
2785-2F26 6:50-7:20pm, White-Blue Belt

2785-Fall26 7:25-7:55pm, Sparring and
 Instruments
2786-1F26 8-8:30pm, Purple-Black Belt

**SCAN FOR SCHOOL
DISTRICT 197
YOUTH ENRICHMENT**

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



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

HOSTED BY

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

SSP YOUTH HEALTH AND SAFETY

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

Instructor: Deb Miller

This babysitting course equips youth with essential skills in leadership, safety, child care, and first aid, preparing them to provide responsible care for children and infants. Participants earn a Babysitter's Training Certification and receive a Digital Handbook. Please bring a nut-free bag lunch for the session.

Location: Central Square, SSP

Fri, Sep 25	8:30 am-12:30 pm
4202-F26A	1 session - \$80
Sat, Nov 21	8:30 am-12:30 pm
4202-F26B	1 session - \$80

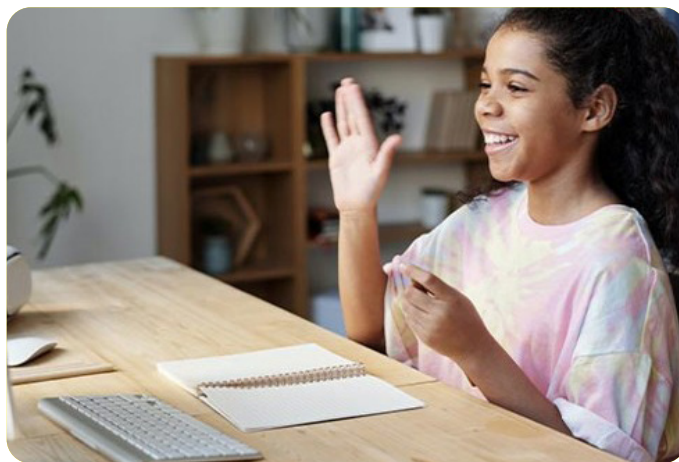
Easy CPR for Babysitters and Teens (ages 11 & up)

Instructor: Deb Miller

Breathing or not breathing—this is all you need to know to determine how to care for your unconscious victim. This CPR class is easy to learn and remember. Learn how to recognize emergencies, 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. No written test required.

Location: Central Square, SSP

Fri, Oct 16	8:30-11 am
4204-F26	1 session - \$50



Safe Kids (ages 8 & up)

Instructor: Deb Miller

Does your child know what to do in an emergency situation? Do they know what to do if approached by a dog, how to use a fire extinguisher, or how to tell if someone is a "stranger"? This course covers important safety principles for children. Give your child training on becoming a self-care kid, helping prepare for staying home alone and emergency situations. Handbook included.

Location: Central Square, SSP

Sat, Oct 3	9-11:15 am
4205-F26	1 session - \$45

SSP YOUTH GYMNASTICS

Gymnastics - Tumble Together*(18 months-4 years old + adult)*

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

Location: Central Square, SSP

Sat, Sep 12- Nov 7	7:45-8:15 am
4000-F26A	9 sessions - \$75
Sat, Nov 21- Feb 20	7:30-8 am
4000-W26A	11 sessions - \$90
No Class: Dec 26, Jan 2, Feb 13	

Gymnastics - Tumble Bees*(3-4 years old)*

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

Location: Central Square, SSP

Tue, Sep 8- Nov 3	3:15-4 pm
4001-F26C	9 sessions - \$75
Sat, Sep 12- Nov 7	8:15-9 am
4001-F26B	9 sessions - \$75
Sat, Nov 21- Feb 20	8-8:45 am
4001-W26B	11 sessions - \$90
No Class: Dec 26, Jan 2, Feb 13	

**Gymnastics - Flips***(Coach Approval)*

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.

Location: Central Square, SSP

Tue/Thu, Sep 8-Nov 5	7-8:15 pm
4004-F26A	17 sessions - \$222

Gymnastics - Training Team*(Coach Approval)*

Gymnastics proficient in the basic skills needed to form routines will join our Training Team. Gymnasts will learn more difficult skills and create routines on all four events.

Location: Central Square, SSP

Tue/Thu, Jun 9-May 27	5-7 pm
4010-S27B	\$2196 full year or
	\$183 per month

**Gymnastics - MAGA Team 1**

Open to skilled students, the Gymnastics - MAGA Team program prepares gymnasts for high school competition. It fosters strength, flexibility, and confidence, encouraging participation in other activities. Skill levels are tailored to meet specific requirements and individual capabilities. Tryouts are required.

Location: Central Square, SSP

Mon/Wed/Fri, Jun 8-May 26	5-8 pm
4023-SY26-27AA	\$3180 full year or
	\$298 per month

Gymnastics - MAGA Team 2

Open to skilled students, the Gymnastics - MAGA Team helps develop strength, flexibility, and confidence. This program offers competitive experience and prepares gymnasts for high school, tailoring skill development to each participant's ability and required standards. Tryouts are required.

Location: Central Square, SSP

Mon/Wed, Jun 8-May 26	5-8 pm
4024-SY 26-27A	\$2976 full year or
	\$248 per month

Gymnastics - Mini Stars*(Coach Approval)*

Designed for bright young gymnasts, Mini Stars accelerates skill development with tougher progressions. It emphasizes splits, bridges, cartwheels, and handstands on floor; pullovers and back hip circles on bars; jumps and dismounts on beam; plus springboard footwork and pop-ups on vault.

Location: Central Square, SSP

Tue, Sep 8- Nov 3	5-6 pm
4013-F26A	9 sessions - \$97
Sat, Sep 12- Nov 7	9-10:10 am
4013-F26B	9 sessions - \$97
Sat, Nov 21- Feb 20	8:45-10 am
4013-W26B	11 sessions - \$146
No Class: Dec 26, Jan 2, Feb 13	

Gymnastics - Mini Stars 2

(Coach Approval)

We aim to enhance Mini Stars by refining skill progressions in Mini Stars 1, increasing pace and difficulty. Focus areas include foundational elements: floor skills like splits and handstands, bars pullovers and back hip circles, beam jumps and dismounts, and vault footwork, springboard, and pop-ups.

Location: Central Square, SSP

Mon, Sep 14- Nov 2	3:30-5:30 pm
4014-F26A	8 sessions - \$190
Mon, Nov 16- Feb 15	5-6:30 pm
4014-W26A	12 sessions - \$188
No Class: Dec 21, 28	

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.

Location: Central Square, SSP

Wed, Sep 9- Nov 4	3-4 pm
4002-F26E	9 sessions - \$97
Thu, Sep 10- Nov 5	3-3:50 pm
4002-F26A	9 sessions - \$97
Thu, Sep 10- Nov 5	3:50-4:40 pm
4002-F26B	9 sessions - \$97
Sat, Sep 12- Nov 7	10:10-11 am
4002-F26C	9 sessions - \$97
Sat, Sep 12- Nov 7	11 am-12 am
4002-F26D	9 sessions - \$97
Sat, Nov 21- Feb 20	10:10-11 am
4002-W26C	11 sessions - \$117
No Class: Dec 26, Jan 2, Feb 13	
Sat, Nov 21- Feb 20	11-11:50 am
4002-W26D	11 sessions - \$117
No Class: Dec 26, Jan 2, Feb 13	

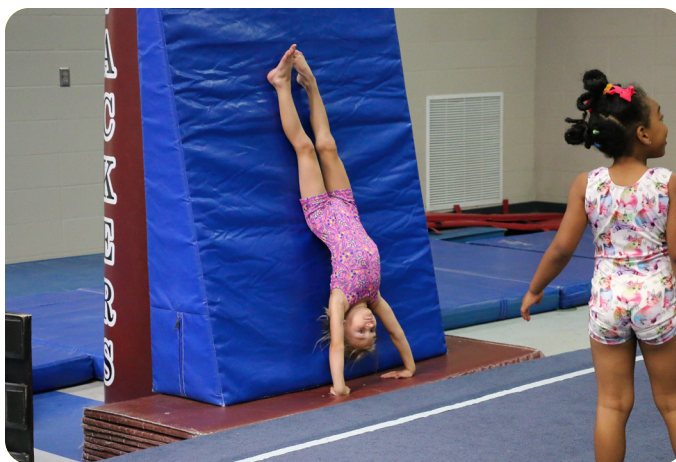
Gymnastics - Intermediate Beginners

(Coach Approval)

Grow as a gymnast by learning intermediate skills after mastering beginner basics. Prior sessions are recommended. Gymnasts should understand levers, handstands, cartwheels, and terminology. The class emphasizes skill technique to build a strong foundation for advancing gymnastics proficiency.

Location: Central Square, SSP

Tue, Sep 8- Nov 3	4-5 pm
4009-F26A	9 sessions - \$97
Sat, Sep 12- Nov 7	12:15-1:30 pm
	(mixed Inter/Adv)
4006-F26A	9 sessions - \$114
Sat, Nov 14- Feb 20	12-1 pm
4009-W26A	11 sessions - \$117
No Class: Dec 26, Jan 2, Feb 13	
Tue, Nov 17- Feb 16	6:30-7:30 pm
4009-W26B	12 sessions - \$127
No Class Dec 22, 29	



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.

Location: Central Square, SSP

Wed, Sep 9- Nov 4	4-5 pm
4003-F26A	9 sessions - \$97
Sat, Sep 12- Nov 7	12:15-1:30 pm
	(mixed Inter/Adv)
4006-F26A	9 sessions - \$114
Sat, Nov 21- Feb 20	1-2 pm
4003-W26B	11 sessions - \$117
No Class: Dec 26, Jan 2, Feb 13	
Wed, Nov 18- Feb 17	5:15-6:15 pm
4003-W26A	12 sessions - \$127
No Class: Dec 23, 30	

SSP YOUTH SPORTS & RECREATION

Intro to Ninja (5-13 years)

Ninjas build strength and agility in this 8-week course by mastering various ninja-inspired obstacles like warped walls and salmon ladders. Enhance flexibility, coordination, and problem-solving skills useful for ninja tests or athletic performance. All classes are coached by an experienced Ninja Trainer. Conquer Ninja Gym, 707 Commerce St, Woodbury 4994-F26

5-9 Year Olds	4-5 pm
Wed, Sep 9-Oct 28	8 sessions - \$250
Wed, Nov 4-Dec 16	6 sessions - \$199
5-9 Year Olds	5-6 pm
Wed, Sep 9-Oct 28	8 sessions - \$250
Wed, Nov 4-Dec 16	6 sessions - \$199
5-13 Year Olds	9-10 am
Sat, Sep 5-Oct 24	8 sessions - \$250
Sat Nov 7-Dec 19	6 sessions - \$199
10-13 Year Olds	6:30-7:30 pm
Wed, Sep 9-Oct 28	8 sessions - \$215
Wed, Nov 4- Dec 16	6 sessions - \$199

Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is a popular, exciting way for kids to gain confidence, strength, and balance. Practicing on real, TV-inspired obstacles like warped walls and salmon ladders, Rec Team members develop skills with over forty obstacles, making friends and improving teamwork. This session consists of six practices and two competitions (week 4 and week 8). Conquer Ninja Gym, 707 Commerce St, Woodbury

4995-F26

6-9 Year Olds	4:30-5:30 pm
Fri, Sep 4-Oct 23	8 sessions - \$250
Fri, Nov 6-Dec 18	6 sessions - \$199
6-13 Year Olds	5:30-6:30 pm
Fri, Sep 4-Oct 23	8 sessions - \$250
Fri, Nov 6-Dec 18	6 sessions - \$199
8-13 Year Olds	6:30-7:30 pm
Fri, Sep 4-Oct 23	8 sessions - \$250
Fri, Nov 6-Dec 18	6 sessions - \$199

Afterschool Pickleball (Grades K-5)

Instructor: DASH Sports

Pickleball is a fun sport that combines elements of tennis, badminton, and ping-pong. Pickleball camps provide an introductory experience in a fun and positive atmosphere. Elements of serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with games on the final day. Participants should wear athletic clothes and bring a water bottle. Paddles provided if needed; balls and equipment are provided.

Location: Kaposia Edu Ctr, SSP

Tue, Nov 24-Dec 22	3:45-4:45 pm
4903-F26 K-5	4 sessions - \$80
No class Dec 8	

Afterschool Basketball Camp

DASH Sports basketball camps provide a well-rounded basketball experience covering skills training and skill-based games. Players will learn to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages/games on the final day. Athletes should bring a water bottle and wear athletic clothing and shoes. Balls are provided. Parent participation is required for ages 2-3 and recommended for ages 4+.

Location: Kaposia Edu Ctr, SSP

Mon, Oct 19-Nov 16	3:45-4:45 pm
4904-F26KEC K-5	4 sessions - \$80
No class Nov 26	
Mon, Oct 19-Nov 16	5-5:30 pm
4904-F26 Tykes 2-3 YO	4 sessions - \$70
Mon, Oct 19-Nov 16	5:45-6:30 pm
4904-F26 Tykes 4-6 YO	4 sessions - \$75
Location: Lincoln Ctr, SSP	
Mon, Nov 19-Dec 17	3:05-4:45 pm
4904-F26LC K-5	4 sessions - \$80
No class Nov 26	

Afterschool Soccer Camp

Instructor: DASH Sports

At DASH Sports soccer camps, players develop skills in dribbling, passing, shooting, and defense through engaging training and games. Grouped by ability, campers learn in a supportive atmosphere emphasizing Respect, Hustle, and Pride. The camp finishes with a scrimmage on the last day. Athletes need a water bottle; spikes and shin guards are optional. Balls are supplied for all sessions.

Location: Kaposia Edu Ctr, SSP

Mon, Sep 14-Oct 5	3:45-4:45 pm
4900-F26KEC K-5	4 sessions - \$80

Location: Lincoln Ctr, SSP

Wed, Sep 16-Oct 7	3:05-4:05 pm
4900-F26LC K-5	4 sessions - \$80



Soccer Tykes

Instructor: DASH Sports

DASH Sports Soccer Tykes camps offer introductory soccer training focusing on dribbling, passing, and shooting. Fun, skill-based games help reinforce learning. Athletes should wear athletic clothes, bring water, and can use spikes or shin guards if desired. Soccer balls are provided. Parent participation is mandatory for 2-3 year olds and suggested for children aged 4-6 for extra support.

Location: Kaposia Edu Ctr, SSP

Wed, Sep 14-Oct 5	5-5:30 pm
4900-F26 Tykes 2-3	4 sessions - \$70
Wed, Sep 14-Oct 5	5:45-6:30 pm
4900-F26 Tykes 4/7	4 sessions - \$75
Sat, Sep 19-Oct 10	11:15 am-12 pm
4900-F26 Tykes 3/6	4 sessions - \$75

T-Ball Tykes

Instructor: DASH Sports

Join DASH Sports T-Ball Tykes camp for a fun introduction to baseball basics like throwing, catching, batting, and baserunning. The final day features 'Game Day' where players showcase their skills in a game environment. Bring a water bottle and baseball glove; balls and bats are provided. Parent participation is required for ages 2-3 and recommended for ages 4 and up.

Location: Kaposia Edu Ctr, SSP

Sat, Sep 19-Oct 10	9:20-10 am
4907-F26 2/3 YO	4 sessions - \$75
Sat, Sep 19-Oct 10	10:20-11 am
4907-F26 4/6 YO	4 sessions - \$75

Afterschool Flag Football

Instructor: DASH Sports

Flag football camps provide a well-rounded experience in a little to no contact safe environment. Elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment. Camp ends with a scrimmage the final day. Bring a water bottle. Spikes/cleats and mouthguards are optional. Footballs and flag belts are provided.

Location: Lincoln Ctr, SSP

Wed, Oct 14-Nov 4 3:05-4 pm
4902-F26LC K-5 4 sessions - \$80

Location: Kaposia Edu Ctr, SSP

Thu, Sep 17-Oct 8 3:45-4:45 pm
4902-F26B K-5 4 sessions - \$80

Flag Football Tykes

Instructor: DASH Sports

Camp provides an introductory experience to football in a little to no contact safe environment. Elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played. Bring a water bottle and wear athletic clothing and shoes (spikes/cleats optional). Footballs and flag belts are provided. Parent participation required for ages 2-3 and recommended for ages 4-6.

Location: Kaposia Edu Ctr, SSP

Thu, Sep 17-Oct 8 5-5:45 pm
4902-F26 3-5 YO 4 sessions - \$75



Floor Hockey Tykes

Instructor: DASH Sports

Camps provide little athletes with an introductory hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot in a fun and positive environment. Bring a water bottle and wear athletic clothing & shoes. Sticks and pucks are provided. Parent participation is required for 2-3 year olds and as needed for 4-6 year olds.

Location: Kaposia Edu Ctr, SSP

Tue, Nov 24-Dec 22 5-5:45 pm
4918-F26 3/6 YO 4 sessions - \$75
No class Dec 8

SSP YOUTH IMAGE & DESIGN



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

Instructor: Code Championship

Build a computer bot to compete against other coders! This is the perfect way to explore competitive coding. No previous coding experience necessary. The Code Championship Series is four online tournaments hosted on Google Meet. If you have a modern browser, no download is required. Players must be able to navigate the internet. The Google Meet link will be emailed two days before the tournament.

Sat, Oct 24-Nov 14 9-11 am
4487-F26 4 sessions - \$75



Intro to Sewing Class (Grades 3-8)

Instructor: Nena Rivas

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

Location: Central Square, SSP

Fri, Sep 25 9 am-12 pm
4454-F26 1 session - \$95

SSP YOUTH PERFORMANCE ARTS

Piano Level 1 and 2 (Grades 2-5)

Instructor: Lori Lencowski

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

Location: Kaposia Edu Ctr, SSP

Mon, Sep 14-Nov 9 7:50-8:50 am
4500-F26A 8 sessions - \$95
No class Oct 12

Location: Lincoln Ctr, SSP

Tue, Sep 15-Nov 10 7:10-8:10 am
4500-F26B 8 sessions - \$95
No class Oct 13



Telescopes for Beginners: Discover the Night Sky!

Instructor Natalie Broshar

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.

Location: Thompson Park Picnic Pavilion

Sat, Oct 17

5:30-8 pm

6001-F26

\$10 per family

FREE FAMILY FUN!



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!

First Thursdays

6-7 pm

Month **Theme**

Location

Oct Spooky Cookies

Harmon Park, WSP

Nov Just Dance™ Night

Moreland Elementary, WSP

Dec Holiday Gift Making

TPAC, WSP

Jan Puppets, Puzzles,

Mendota Heights City Hall

Popcorn, & Pajamas

DARTS Learning Buddies & Pen Pals

Become a Learning Buddy!

- Volunteer 1-2 hours/week in a local elementary school
- Help students with math, reading, science or art
- Create intergenerational friendships

Scan to learn more!



Volunteers age 55+ welcome.

Want to volunteer from home?

Contact us about our Pen Pal program!

Contact Annie at DARTS to learn more:



volunteer@darts1.org



651-455-1560



dartsconnects.org



Welcome Baby!

Families with new babies are invited to the
**COMMUNITY
BABY SHOWERS**

Saturday, October 10

10:00 -11:30 am

**Inver Grove Heights
Early Learning Center**

Saturday, November 14

10:00am -12:00pm

**South Saint Paul
Central Square**



2026-2027 School Year Care Offers:

Experienced, welltrained staff; Activities reflect various interests, talents,

and values; Art, outdoor time, science, service learning, homework assistance, physical activities, and more.

Personal experimentado y altamente cualificado; Las actividades reflejan diversos intereses, talentos y valores; Arte, actividades al aire libre, ciencia, aprendizaje-servicio, asistencia con las tareas escolares, actividades físicas y más.

Located in:

Hilltop Elementary, Pine Bend Elementary, Salem Hills Elementary

Spartan Kids' Care

For more information, please call 651-306-7502 or visit our website at www.spartankidscare.org

Para más información, por favor llame al 651-306-7502 o visite nuestro sitio web en www.spartankidscare.org

Hours:

AM Care at Hilltop: 6 am-start of school day

PM Care at your home school: After school-6 pm

Non-School Days at Hilltop: 7am - 5pm



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.

Kids' Choice es un programa para antes y después del horario escolar, así como para días no lectivos, que ofrece una variedad de

actividades. Se ofrece flexibilidad de horarios.

Located in:

Kaposia Education Center
Lincoln Center

South St. Paul Kids' Choice

For more information, please call 651-306-3631 or visit us online at communityed.sspps.org/programs/kids-choice

Para más información, por favor llame al 651-306-3631 o visítenos en línea en communityed.sspps.org/programs/kids-choice

Hours:

Mon-Fri: 6:30 am-start of school day

Mon-Fri: After school-6 pm

Non-School Days: 6:30 am-5:30 pm

Summer Hours: 6:30 am-5:30 pm



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.

Cuidado infantil de calidad, proporcionado por personal experimentado y capacitado, donde los niños eligen sus actividades en función de sus intereses, pasan tiempo jugando al aire libre y tienen la oportunidad de realizar sus tareas escolares.

District 197 School Age Care

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

Para más información, por favor llame al 651-403-8053. También puede visitar nuestro sitio web escaneando el código QR.

Located in:

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



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.

Encore es un programa que satisface las necesidades únicas de los estudiantes de secundaria que buscan independencia, todo ello dentro de un entorno seguro y afectuoso. Las actividades son variadas y se basan en los intereses de los estudiantes. El programa tiene su sede en el Noreen Activity Center. El programa previo al horario escolar se lleva a cabo en Heritage y Friendly Hills.

Hours:

Mon-Fri: 6:30 am-start of school day

Mon-Fri: After school-6 pm

Non-School Days: 7 am-6 pm

Summer Hours: 7 am-6 pm



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

New baby?

Free baby classes & home visits.

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

South St, Paul

651-457-9418

West St. Paul-Mendota Heights-Eagan Area

651-403-8390

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



INVER GROVE HEIGHTS SCHOOLS



Early Learning Office
3203 68th St E, IGH
(connected to Hilltop Elementary,
door 2)
Phone: (651) 306-7503
Email: EarlyLearning@isd199.org
www.ighEarlyLearning.org

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.

New Baby? Join us at the Community Baby Shower on Sat, Oct 10, 10-11:30 am

4 Year old preschool

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

3 Year old preschool

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

Financial assistance available.

For more preschool information email preschool@isd199.org or call 651-306-7503.

Para información preescolar en español, llame al 651-306-7505



SOUTH ST PAUL



Kaposia Education Center
1225 1st Ave S, South St. Paul
Lincoln Center
357 9th Ave N, South St. Paul
Phone: 651-457-9418
www.sspps.org

Preschool is free for most families. Call 651-457-9418 for more information.

3 Year Old Preschool (Must be 3 by Sep 1, 2027)

Kaposia Education Center

Mon/Wed/Fri AM - 9:10-11:45 am
Mon/Wed/Fri PM - 12:50-3:25 pm

Lincoln Center

Mon/Wed/Fri AM - 8:30-11:15 am
Mon/Wed/Fri PM - 12:00-2:45 pm

4 Year Old Preschool (Must be 4 by Sep 1, 2026)

Kaposia Education Center

Mon-Fri AM - 9:10-11:45 am
Mon-Fri PM - 12:50-3:25 pm
Mon-Fri All Day- 9:10 am-3:25 pm

Lincoln Center

Mon-Fri AM - 8:30-11:15 am
Mon-Fri PM - 12:00-2:45 pm
Mon-Fri All Day - 8:30 am-2:45 pm

ECFE Fall Events

Open House at Kaposia: Thu, Sep 3, 4-6 pm

Book Character Party at Kaposia: Tue, Oct 13, 9:30-11:30 am

Community Fall Baby Shower at Central Square: Sat, Nov 14, 10 am-12 pm

Parent/Child Art Event at Kaposia: Sat, Dec 12, 9:30-11:30 am



WEST ST PAUL-MENDOTA HEIGHTS-EAGAN AREA



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

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

ThreeSchool (Age 3 years by Sep 1, 2026)

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

Extended Day Options with a class AT ELC ONLY

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.



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 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 or call **651-306-7825** with questions and for more information.



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 ☎ 651-457-9400 ☎ 104 5th Ave S, SSP



SCHOOL DISTRICT 197
West St. Paul + Mendota Heights + Eagan Area

Nurture. Inspire. Prepare.

TOGETHER, WE THRIVE!

For more information about our schools, programs,
and how to enroll, visit isd197.org or call 651-403-7030.

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

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

South St. Paul High School
700 Second St N

Lincoln Center
357 Ninth Ave N

Kaposia Education Center
1225 First Ave S

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

For More Information
tridistrictce.org/facility-use



Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes. Please contact the Community Education office in your district at the address and phone on page 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

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IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

In Person

Mon-Fri

IGH

7:30 am-4 pm

SSP

7:30 am-4 pm

WSP-MH-Eagan

Call ahead

Visit us at the addresses below.

By Mail

IGH

Community Education
2990 80th St E
Inver Grove Hgts, MN
55076

SSP

Community Education
100 7th Ave N
South St. Paul, MN
55075

WSP-MH-Eagan

District 197

Aquatic Center
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Mendota Heights, MN
55118

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