

COMMUNITY EDUCATION (PAGES 9-27)

EARLY LEARNING/ECFE (PAGES 4-8)



EARLY LEARNING PAGE 4

EARLY CHILDHOOD SCREENING PAGE 7

YOUTH ENRICHMENT PAGE 9



ADULT EDUCATION PAGE 15

ADULT ENRICHMENT, AGES 15+ PAGE 16

SSP SENIOR CENTER PAGE 25

REGISTER ONLINE
OR IN PERSON

<https://tridistrictce.arux.app>



FALL 2026 PROGRAM CATALOG

Questions? Give us a call or stop in!

Community Education
(651) 306-3632
100 7th Avenue North, SSP

Early Learning Office
(651) 457-9418
Office: 100 7th Avenue North, SSP
Classes: 1225 1st Avenue South, SSP

SSP Community Education

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! Come, explore, and see what CSCC has to offer!

Central Square Community Center

100 7th Avenue North, South St. Paul

Monday - Friday

5:00 am - 8:00 pm

Saturday

7:30 am - 2:00 pm

(651) 306-3632

<https://communityed.sspps.org>

Director of Community Education, Adult Education, and Early Learning

Jeanne Zehnder

Community Ed Administrative Assistant

Amy Trettel

Community Education Facilitator

Linda Jacobs-Buse

Adult Education Coordinator

Tom Umhoefer

SSP Early Learning

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

ecfe@sspps.org

<https://earlylearning.sspps.org>

Director of Community Education, Adult Education, and Early Learning

Jeanne Zehnder

Early Learning Coordinator

Kristen Sammartano-Weeks

Early Learning Administrative Assistant

Lu Campbell

Early Learning Cultural Liaison

Tere Castellanos

Parent Educator

Bethany Pankow

Early Childhood Teacher

TBD

Table of Contents

Central Square Amenities	3
--------------------------	---

Early Learning

About Early Learning	4
Daytime and Evening Classes	5
Special Events	6
Familias Latinas	6
Registration Information	7
Early Childhood Screening	7
Community Preschool	8

Youth Enrichment

Gymnastics	9
Ninja Warrior	10
Sports and Recreation	11
Health and Safety	12
Creativity	12
High School Enrichment	13

Kids' Choice	13
--------------	----

Adult Education	14
-----------------	----

Adult Enrichment (Ages 15+)

Culinary Arts	14
Creativity	16
Lifestyle	17
Finance and Real Estate	18
Health, Wellness, and Safety	20
Dance and Fitness	21
Get Fit at Central Square	22

55+ Programming

Senior Fitness	24
Senior Center	25
Senior Programming	26
Trips and Tours	26



Central Square Community Center

Programming and Registration

All Community Education courses take place at Central Square Community Center unless otherwise noted.



Registration for courses can be done online at <https://tridistrictce.arux.app> or at the Central Square front desk.

Notary Service

Monday - Friday 7:30 am - 4:00 pm

FREE Wi-Fi

Wireless Internet access is available.
No password necessary.

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.

Volunteer Opportunities

Adult Education Tutors - call Linda at 651-306-3632 or stop by the front desk for more information.

Meeting Rooms and Room Rentals

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. You can also learn more about SSPPS facility rentals on the website at www.sspps.org/dept/buildings-grounds.

All SSPPS facility rentals are scheduled through Community Education.



Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Central Kitchen, 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

Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 12:00 pm while supplies last.

Metro Dining Cards

Dine out with savings! 150 discount cards valid at each restaurant once per month. Profits from the Metro Dining Card sales benefit SSP Community Education and Central Square. Discounts include BOGO Free meal or 50% off your entree. All sales are final. No returns or exchanges. \$30/set.

Senior Craft Store

Looking for a unique handmade gift or a special something for yourself? Stop by the SSP Senior Center Craft Store, located in the Central Square lobby, and browse a wonderful selection of handmade creations crafted by our talented Senior Center members. Your purchase supports the SSP Senior Center and the members who create these one-of-a-kind items.

Are you crafty? Learn more about becoming a craft contributor in the Senior Center section of the catalog on page 25.

Swimming Pool

Central Square features an indoor pool with a diving board, large open swim area, and a portable tot dock for young children. The pool begins at a depth of 4 feet with a maximum depth of 12 feet. Length is 25 yards.

Punch card valid for 10 daily admissions
(valid for use at CSCC pool only)

\$40 adult (ages 19-64) \$15 senior (65+)

Punch card valid for 30 daily admissions
(valid for use at CSCC pool only)

\$80 adult (ages 19-64) \$30 senior (65+)

Daily Rate

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

Free lap swim for Sr Center members (ages 65+):

Mon-Fri from 7:30 am-3:00 pm

Sat from 7:30 am-2:00 pm

The monthly calendar is released around the 15th of each month. You can get a copy at Central Square or view it digitally online.

SOUTH ST. PAUL EARLY LEARNING

Early Childhood / Family Education and Preschool



Latino Families, Padres y Niños
Para inscribirse o para más información llame
at 651-306-3644 y visita la página 6 para
obtener detalles de la clase.

Classes Take Place at:

Kaposia Education Center
1225 1st Ave S- Door 2, South St. Paul
651-457-9418
earlylearning@sspps.org
<https://earlylearning.sspps.org>



Director of Community Ed and Early Learning: Jeanne Zehnder
Early Learning Coordinator: Kristen Sammartano-Weeks
Administrative Assistant: Lu Campbell
Early Learning Cultural Liaison: Tere Castellanos
Parent Educator: Bethany Pankow
Early Learning Instructor: TBD

Early Childhood and Family Education

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

Program Goal

The goal for Early Childhood and Family Education is to strengthen families through education and support with research-based child development information. The foundation of early learning is building close relationships between caregivers and children. Creating a rich learning environment by talking to your child and allowing them to explore is essential to physical and mental growth.

ECFE Is...

- For all families in the South St. Paul School District with children from birth up to kindergarten enrollment, other district residents welcome, but SSPPS families will receive registration priority
- A fun, informal place to meet, learn and play with other children and parents
- Creative play and learning activities for all families
- Here to provide the best possible start for children and for you

Immunization Requirement

Minnesota requires all children entering child care, early childhood programs, and elementary or secondary schools (public or private), have up-to-date immunizations on file with the provider.

The school district will follow up on each child enrolled as required by law. You must bring your child's immunization record on or before the first day of class. Any child who does not have up-to-date immunizations on the first day will not be allowed to attend.

Class Cancellation and Refunds

- SSP ECFE wants every parent to have the opportunity to participate
- The program reserves the right to cancel classes due to low enrollment; your fee will be refunded and you will be notified
- If you cancel a registration before class begins, a full refund will be made, less a \$10 handling fee
- If enrollment in your class choice is full and we are unable to fit you into another class, a full refund will be made
- No refunds are given after the first class is held
- Fees for cancelled days due to district closing, staff professional days, or emergencies are not refunded

SSPPS School Census

Have you registered your baby, toddler, or preschooler with SSPPS? Having your child's name on the census helps us keep you informed:

- Early childhood screenings and important milestones
- Registration information for Preschool and 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, changed your phone number, or had a new baby, you will need to update your census information. To do so, call 651-457-9418.

Early Learning Advisory Council

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs: Community Preschool and ECFE. ELAC sponsors family events, community outreach programs, engages with local government, and raises funds for the program. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email earlylearning@sspps.org.



EARLY LEARNING

Daytime Classes

Baby and me (FREE)

Ages birth-12 months

Celebrate your baby's first year in a warm and supportive environment designed just for you and your little one. Through songs, movement, and tummy time babies will have opportunities to explore and grow while strengthening the bond with their caregiver. Adults will connect with other families, discuss the joys and challenges of parenting, and gain information about child development in a relaxed, encouraging setting. This is a non-separating class.

Mon, Sept 14-Dec 14

No class Nov 30

11:00 - Noon

Tiny Tots (non-separating)

Ages 12-24 months

Join your little one for a playful morning of exploration, connection, and discovery. Tiny Tots is an ECFE class for young toddlers (12- 24 mos) to learn and grow with their parents and caregivers. This class also provides opportunities to connect with other families, share parenting experiences, and build community as your little one grows. This is a non-separating class.

Mon, Sept 14-Dec 14

No class Nov 30

11:00 am -12:00 pm

The Parenting Village (separating)

Ages 16 months-Kindergarten Enrollment

One child or more, learn together in our mixed ages class! A variety of hands-on learning opportunities promote growth in social skills, language, literacy, and problem solving.

Tues, Sept 8-Dec 15

No class Oct 13

9:30-11:30 am

Play, Talk, and Learn (separating)

Parent and Children, Birth-Kindergarten Enrollment

(Must attend both days)

Family Learning includes:

Adult Basic Education: build your skills in reading, math, and writing; improve your english speaking and writing skills.

Parent Education: Hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents.

This is a separating class. Children birth to 5 explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities.

Tues/Thurs, Sept 8-Dec 17

No class Oct 13, 15, Nov 26

12:30-2:30 pm

Calm Connections (separating)

Ages 16 months-Kindergarten Enrollment

The goal of this class is to teach Conscious Discipline techniques to help parents feel more confident in handling challenging behavior. Increase parent awareness in children, teaching them self-calming, being able to express feelings, resolve conflict, strengthen parent-child relationship(more connection, less power struggles), reduce use of punishment/coercion, increase more positive discipline tools, create a supportive community of parents for shared learning and support.

Wed, Sept 9-Dec 16

No class Oct 14, Nov 25

9:30-11:30 am

Parenting Preschoolers (separating)

Ages 3-Kindergarten Enrollment

As a parent of a preschooler, you know that your child enjoys being with other children. Preschoolers love to play, learn and explore.

This separating class is designed for children to learn, practice and gain a variety of school readiness skills. This fun-filled class provides hands-on learning including art, science, math, literacy, music, fine motor practice and large motor experiences. Plus, circle time, group games.

Together with a parent educator, parents will discuss parenting styles, emotional development and literacy skill building and other topics. Join us for a great introduction to school readiness skills and fun together. This is a separating class.

Wed, Sept 9-Dec 16

No class Oct 14, Nov 25

12:30-2:30 pm

Joy of Grandparenting (separating)

Ages 16 months-Kindergarten Enrollment

Caregiving as a grandparent brings its own set of challenges and joys! Come join other adults who are caring for young grandchildren, in a supportive environment where you can share ideas and stories, practice new strategies, and learn ways to make stronger bonds with the little ones in your life. Class starts with a shared playtime designed to build joyful connections with your grandchild.

Thurs, Sept 10-Dec 17

No class Oct 15, Nov 26

9:30-11:30 am

Stay and Play Fridays

Parent and Children, Birth-Kindergarten Enrollment

No registration required. A FUN and relaxing time for your child to explore new toys, activities and check out the muscle room to slide and climb. This is a non-separating free playtime.

The Early childhood staff is there to answer questions about child development, class information and community rescoures. Families from South St. Paul are welcomed on a first-come, first served basis until capacity is reached. Parents are responsible for the care and supervision of their children. No strollers please. Come anytime during the first hour; leave when you need to.

Fri, Sept 11-Dec 18

No class Sept 25, Nov 27

9:30-11:30 am

\$5/family at the door each class

Stay-and-Play Punch Cards \$ 25.00 (5 punches the 6th free)



EARLY LEARNING

Evening Classes

Intentional Parenting (*separating*)

Ages 16 months-Kindergarten Enrollment

In the flood of parenting advice coming at us every day from social media and influencers, it can sometimes be easy to lose sight of the way we want to parent our own children. This class gives caregivers an opportunity to learn what trusted research says, reflect on their own parenting approach through guided discussion with other adults, and gain confidence in setting limits, using practical strategies in real life situations, and strengthening loving connections with their child in a safe and encouraging space.

Tues, Sept 8-Dec 17

No class Oct 13

5:00-6:30 pm

Wiggles and Giggles (*non-separating*)

Ages Birth-2

So much changes in your child from birth to age 2. Come connect with other parents who are going through all the joys and tears of the first two years. Share stories and thoughts about where you are and what's coming next, and see all the stages of development in action as your children play, learn, and grow together. This is a non-separating class.

Wed, Sept 9-Dec 16

No class Oct 14, Nov 25

4:45-6:15 pm

Music and Movement (*non-separating*)

Ages 2.5-Kindergarten Enrollment

Children love to move! Come and learn ways you can move and have fun together. It's a great way to develop self-esteem. Dress to move!

Thurs, Sept 10-Dec 17

No class Oct 15

5:00-6:30 pm

EARLY LEARNING

Special Events

Community Baby Shower

Ages Birth-12 Months

You are invited to a baby shower for South St. Paul parents that have or are expecting a new baby in their lives up to one year old. Guardians and grandparents are also welcome! Specialists and community resources will be available to share information and answer questions. Each family will receive a complimentary gift bag. Please register online or call 651-457-9418.

Sat, Nov 14

10:00 am-12:00 pm

FREE, Central Square Community Center

Book Character Party (*non-separating*)

Ages Birth-Kindergarten Enrollment

Bring your favorite storybook or friendly character to life during Dress-Up Day for children ages 0 to 5! Little ones can wear comfortable costumes, pajamas, themed songs, and interactive story time.

Tues, Oct 13

9:30-11:30 am

\$5/family, Kaposia Education Center

Saturday Art Day

Ages Birth-Kindergarten Enrollment

Saturday Art Day is a joyful, hands-on creative program for children from birth to age 5 and their parents or caregivers.

It is a welcoming space for both children and adults to meet neighbors, make friends, and share in a community environment with help of the South St. Paul Arts Council.

Sat, Dec 12

9:30-11:30 am

Kaposia Education Center

Save the Date!

For these upcoming winter events. *Details in the next catalog.*

New Year PJ Party

Fri, Jan 8, 4:00-6:00 pm

Family Dance Party

Fri, Feb 12, 4:00-6:00 pm

EARLY LEARNING

Familias Latinas

Comienzos Sanos

¿Embarazada? ¿Un bebé recién nacido?

Queremos darle la bienvenida a usted y su bebé al distrito escolar #6! Las visitas de bienvenida se pueden hacer en casa o en nuestro centro de educación infantil para:

- Prepararse para su bebé
- Consejos e información sobre el desarrollo del embarazo y cuidado del bebé
- Supervisión del peso del bebé
- Contestar sus preguntas en general
- Recibir una bolsa de regalos de bienvenida

Regístrese en su distrito escolar

Todos los residentes del distrito escolar deben registrarse incluyendo:

- Bebés recién nacidos y niños en edad preescolar
- Nuevas familias en el distrito
- Tener su nombre registrado en el distrito escolar asegure que usted reciba información sobre:
 - Programas de ECFE
 - Evaluación del desarrollo infantil
 - Preescolar de la comunidad
 - Inscripción para Kinder y más

llamar para registrarse en la clase 651-306-3644

Clases Para Las Familias Latinas

Ages Birth-Kindergarten

Educación temprana para sus hijos de cero a 5 años de edad.

Experiencias positivas que influyen en el desarrollo de los niños donde aprenden habilidades sociales/ emocionales, desarrollo del lenguaje y matemáticas. El aprendizaje es a través del juego, leyendo, cantando y divirtiéndose.

En esta clase los Padres de Familia aprenden como construir un mejor futuro para sus hijos y como involucrarse más su educación. También obtienen información sobre áreas de Desarrollo infantil, Relaciones entre Padres e Hijos, Desarrollo Familiar, la Cultura y Recursos de la Comunidad e inglés cotidiano.

Lunes, 14th de septiembre - 14th de diciembre

No class 30 noviembre

12:45-2:45 pm

EARLY LEARNING

Registration Information

Online registration is available at <https://tridistrictce.arux.app> (or scan the QR code). Please call 651-457-9418 for assistance.

Bring a completed immunization record to class or fax to our office at 651-552-3108.



Fees

SSP Early Learning has a sliding fee scale to help families pay what they are able. Use the grid below to determine price for classes based on your household size and income.

- The class fee scale below applies to ECFE 8-14 week sessions, find the column your household size and yearly income fit and follow the column down to see fees for the specific class length
- If unsure of fee scale, call 651-457-9418
- Fees for other programs and activities are listed at the end of each class description

No family will be denied due to inability to pay

Household size	FREE	50% Discount	Full Price
2	Up to \$39,127	\$39,128-\$50,760	\$50,761 and up
3	Up to \$49,302	\$49,303-\$63,960	\$63,961 and up
4	Up to \$59,477	\$59,478-\$77,160	\$977,161and up
5	Up to \$69,652	\$69,653-\$90,360	\$90,361 and up
6	Up to \$79,827	\$79,828-\$103,560	\$103,561 and up
7	Up to \$90,002	\$90,003 and up	--
8	Up to \$100,177	\$100,178 and up	--
Class Length	FREE	50% Discount	Full Price
1 hour	\$0	\$52	\$103
90 minutes	\$0	\$74	\$147
2 hours	\$0	\$96	\$188

Multiple Children

- ECFE is no longer offering sibling care
- Additional children in the same class are half priced
- Lap babies are welcome in class, a lap baby is a non-walking infant or younger baby who remains securely held in a parent or caregiver's lap or carrier
- Lap babies are welcome to join parent groups with their caregivers
- Lap babies will be able to join the ECFE classroom fun once walking



EARLY LEARNING

Early Childhood Screening

Do you have a 3-year-old? Come and see us! Early Childhood Screenings are free and provide a valuable snapshot of your child's development as you begin to prepare for preschool or kindergarten. Our goal is to meet and get to know every family with young children in our district before they turn 4 years old. You can learn more about how your child is growing and developing, and go home with advice, support, and resources. Screenings take place at Central Square Community Center.

Why is this visit important?

- Every child is different. We can help your child build on their strengths to get ready for school learning
- Children's brains grow the fastest in the first three years of life
- The sooner we see you, the more we can offer

How it helps your child

- Get their hearing, vision, height, and weight checked
- Find out more about how they play, talk, and develop

Make your Early Childhood Screening appointment today by calling 651-306-3641

Help Me Grow

There are several programs available to help children who are showing delays in understanding concepts, speech and language, motor development, vision or hearing, and social skills. Your child may be eligible for a developmental assessment and services designed to help him/her grow.



Ages Birth to Three: 651-306-3682
Ages Three to Six: 651-457-9497

La Evaluación del Desarrollo del Niño:

La evaluación se realiza entre los 3 ½ y 4 años de edad, antes de entrar al kínder. Son gratis y se ofrece una variedad de horarios para las citas.

La evaluación consiste en los siguientes exámenes:

- Oído
- Vista
- Comunicación y lenguaje
- Desarrollo social y emocional
- Habilidad motriz
- Registro de Inmunizaciones

Recibirá información de:

- Desarrollo de su hijo(a)
- Cómo prepararlo para el kínder
- Recursos para la escuela y para los padres

Llame o envíe un correo electrónico para reservar su cita, 651-306-3644

EARLY LEARNING

From Tiny Tots to Preschool!

South St. Paul offers excellent preschool programs for children ages 3 years to kindergarten enrollment. Enrollment is open!

Our teachers strive to promote children's love of learning and curiosity through an intentionally planned "hands-on" learning environment, designed to foster the development of the whole child. Young children learn best through active involvement, in order to learn about themselves, other people and the world around them.

Our preschool classrooms encourage active exploration, investigation, and play in a variety of learning centers, plus individual, small and large group activities. Children are guided to question, solve problems and express themselves. Teachers respect and understand the uniqueness of each child.



Kaposia Education Center

ALL DAY	9:10 am - 3:25 pm
HALF DAY AM	9:10 am - 11:45 am
HALF DAY PM	12:50 pm - 3:25 pm

Lincoln Center

ALL DAY	8:30 am - 2:45 pm
HALF DAY AM	8:30 am - 11:15 am
HALF DAY PM	12:00 pm - 2:45 pm

4-Year-Old Preschool

Monday-Friday, All Day - \$710/month*
Monday-Friday, Half Day - \$355/month*

South St. Paul Public Schools Community Education offers 4-year-old Preschool for children who will be four by September 1, 2026. This includes both all-day and half-day options at both Lincoln and Kaposia. South St. Paul residents are given registration priority. Preschool may be free for some families depending on eligibility.

3-Year-Old Preschool

Monday, Wednesday, Friday- \$212/month*
For children who will be three years old by September 1, 2026
Monday, Wednesday, Friday half days, \$55 registration fee

**Class offerings and fees are subject to change*

Scholarships

A limited numbers of scholarships are available for 3-year-old Pre-school. For more information call: 651-457-9418.

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



Horarios y Tarifas de Preescolar

South St. Paul ofrece excelentes programas preescolares para niños desde los 2 años y medio hasta la inscripción al jardín de infantes.

Nuestros maestros se esfuerzan por promover el amor por el aprendizaje y la curiosidad de los niños a través de un entorno de aprendizaje "práctico" planificado intencionalmente, diseñado para fomentar el desarrollo del niño en su totalidad. Los niños pequeños aprenden mejor a través de la participación activa, para aprender sobre sí mismos, otras personas y el mundo que los rodea.

Nuestras aulas de preescolar fomentan la exploración activa, la investigación y el juego en una variedad de centros de aprendizaje, además de actividades individuales, en grupos pequeños y grandes. Los niños son guiados a cuestionar, resolver problemas y expresarse. Los maestros respetan y entienden la singularidad de cada niño.

Kaposia Education Center

TODO EL DÍA	9:10 am - 3:25 pm
MAÑANA	9:10 am - 11:45 am
TARDE	12:50 pm - 3:25 pm

Lincoln Center

TODO EL DÍA	8:30 am - 2:45 pm
MAÑANA	8:30 am - 11:15 am
TARDE	12:00 pm - 2:45 pm

Preescolar de 4 años

De lunes a viernes, jornada completa: \$710/mes*
De lunes a viernes, media jornada: \$355/mes*

El Departamento de Educación Comunitaria de las Escuelas Públicas de South St. Paul ofrece preescolar para niños de 4 años que cumplirán cuatro años antes del 1 de septiembre de 2026. Esto incluye opciones de jornada completa y media jornada en Lincoln y Kaposia. Los residentes de South St. Paul tienen prioridad de inscripción. El preescolar puede ser gratuito para algunas familias, según sus requisitos.

Preescolar de 3 años

Lunes, Miércoles, Viernes - \$212/mes*
Para niños que cumplirán tres años antes del 1 de septiembre de 2026
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$55

**La oferta de clases y las tarifas están sujetas a cambios.*

Becas

Hay un número limitado de becas disponibles. Para más información llame al: 651-306-3644

Los niños deben saber ir al baño por completo y ser independientes en el baño para poder asistir al preescolar.



YOUTH ENRICHMENT

Gymnastics at Central Square

Tumble Together (18 mos-4 years old+adult)

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

Sat, Sept 12- Nov 7 7:45-8:15 am 4000-F26A \$75	Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 7:30-8:00 am 4000-W26A \$90
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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.

Tue, Sept 8- Nov 3 3:15-4:00 pm 4001-F26C \$75	Sat, Sept 12- Nov 7 8:15-9:00 am 4001-F26B \$75
Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 8:00-8:45 am 4001-W26B \$90	

Mini Stars (Coach Approval)

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

Tue, Sept 8- Nov 3 5:00-6:00 pm 4013-F26A \$97	Sat, Sept 12- Nov 7 9:00-10:10 am 4013-F26B \$97
Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 8:45-10:00 am 4013-W26B \$145	

Mini Stars 2 (Coach Approval)

Further development of Mini Stars. We will focus on perfecting the skills progressions and development in Mini Stars 1 and continue working at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: footwork for the spring board and pop-ups.

Mon, Sept 14- Nov 2 3:30-5:30 pm 4014-F26A \$190	Mon, Nov 16- Feb 15 <i>No class Dec 21, 28</i> 5:00-6:30 pm 4014-W26A \$188
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Beginners (4-14 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.

Wed, Sept 9- Nov 4 3:00-4:00 pm 4002-F26E \$97	Thur, Sept 10- Nov 5 3:00-3:50 pm 4002-F26A \$97
Thur, Sept 10- Nov 5 3:50-4:40 pm 4002-F26B \$97	Sat, Sept 12- Nov 7 10:10-11:00 am 4002-F26C \$97
Sat, Sept 12- Nov 7 11:00 am-12:00 pm 4002-F26D \$97	
Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 10:10-11:00 am 4002-W26C \$117	Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 11:00-11:50 am 4002-W26D \$117

Intermediate Beginners

Continue to grow and develop as a gymnast as you begin to practice more intermediate skills. This class requires basic gymnastics knowledge and capability. Gymnasts should take one or more sessions of beginners before moving to intermediate. Gymnasts should have a basic understanding of the lever, handstand, cartwheel, and gymnastics vocabulary. In intermediate we will focus more on skill techniques to create a strong foundation. Coaches approval required!

Tue, Sept 8- Nov 3 4:00-5:00 pm 4009-F26A \$97	Sat, Sept 12- Nov 7 12:15-1:30 pm 4006-F26A \$114
Tues, Nov 17- Feb 16 <i>No class Dec 22 and 29</i> 6:30-7:30 pm 4009-W26B \$127	Sat, Nov 14- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 12:00-1:00 pm 4009-W26A \$117



Advanced Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

Wed, Sept 9- Nov 4 4:00-5:00 pm 4003-F26A \$97	Sat, Sept 12- Nov 7 12:15-1:30 pm 4006-F26A \$114
Sat, Nov 21- Feb 20 <i>No class Dec 26, Jan 2, Feb 13</i> 1:00-2:00 pm 4003-W26B \$117	Wed, Nov 18- Feb 17 <i>No class Dec 23,30</i> 5:15-6:15 pm 4003-W26A \$127

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.

Tues/Thurs, Sept 8-Nov 5 <i>No class Nov 25, Dec 23 and 30</i> 7:00-8:15 pm 4004-F26A \$222

Midwest Amateur Gymnastics Association (MAGA)

The Gymnastics - MAGA Team program is designed to prepare gymnasts for their high school gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence. The competitive season runs from November through the MAGA Championships in early March.

Try outs are required to be on Eclipse or Supernovas, which take place in the summer before the competitive season begins. Cosmos is by coach invitation only. If you're interested in joining SSP Gymnastics for competitive gymnastics, email sspgymnastics@gmail.com to schedule an evaluation.

Cosmos- Training Team

Gymnasts who have mastered basic skills needed for routines can join the Training Team. They will develop more advanced skills, build routines on all four events, and compete in select meets during the season.

Tues/Thurs, June 3-May 28
5:00-7:00 pm
\$2,196 full year, or payment plan option of \$183 per month

Eclipse- MAGA Team 2

At the 2026 championships, Eclipse competed in Division 10.

Mon/Wed, June 2-May 27
5:00-8:00 pm
\$2,976 full year or payment plan option of \$248 per month

Supernovas- MAGA Team 1

At the 2026 championships, Supernovas competed in Division 4.

Mon/Wed/Fri, June 2-May 27
5:00-8:00 pm
\$3,580 full year or payment plan option of \$298.30 per month



YOUTH ENRICHMENT

Ninja Warrior

Ninja classes take place at:
Conquer Ninja, 707 Commerce St, Woodbury

Intro to Ninja (5-13 years)

Ninjas develop strength and agility during this 8 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

5-9 YEARS	
Wed, Sep 9-Oct 28 4:00-5:00 pm 4994-F26C \$250	Wed, Sep 9-Oct 28 5:00-6:00 pm 4994-F26A \$250
Wed, Nov 4-Dec 16 4:00-5:00 pm 4994-F26D \$199	Wed, Nov 4-Dec 16 5:00-6:00 pm 4994-F26B \$199
5-13 YEARS	
Sat, Sep 5-Oct 24 9:00-10:00 am 4994-F26G \$250	Sat Nov 7-Dec 19 9:00-10:00 am 4994-F26H \$199
10-13 YEARS	
Wed, Sep 9-Oct 28 6:30-7:30 pm 4994-F26E \$250	Wed, Nov 4- Dec 16 6:30-7:30 pm 4994-F26F \$199

Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, balance, and friendships! We will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and more during practice. Rec Team members will learn the styles and techniques to develop their skills with over forty different obstacles! This session consists of six practices and two competitions (week 4 and week 8).

6-9 YEARS	
Fri, Sep 4-Oct 23 4:30-5:30 pm 4995-F26A \$250	Fri, Nov 6-Dec 18 4:30-5:30 pm 4995-F26B \$199
6-13 YEARS	
Fri, Sep 4-Oct 23 5:30-6:30 pm 4995-F26C \$250	Fri, Nov 6-Dec 18 5:30-6:30 pm 4995-F26D \$199
8-13 YEARS	
Fri, Sep 4-Oct 23 6:30-7:30 pm 4995-F26E \$250	Fri, Nov 6-Dec 18 6:30-7:30 pm 4995-F26F \$199

YOUTH ENRICHMENT

Sports and Recreation

DASH Sports Afterschool Camps take place at:

Kaposia Education Center (1225 1st Ave So, SSP)
Lincoln Center (357 9th Ave N, SSP)

Afterschool Soccer Camp

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of ‘Respect, Hustle, and Pride’. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

GRADES K-5

Kaposia Camp	Lincoln Camp
Mon, Sep 14-Oct 5	Wed, Sep 16-Oct 7
3:45-4:45 pm	3:05-4:05 pm
4900-F26KEC K-5	4900-F26LC K-5
\$80	\$80

Afterschool Flag Football

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.

GRADES K-5

Kaposia Camp	Lincoln Camp
Thu, Sep 17-Oct 8	Wed, Oct 14-Nov 4
3:45-4:45 pm	3:05-4:05 pm
4902-F26B K-5	4902-F26LC K-5
\$80	\$80

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.

GRADES K-5

Kaposia Camp	Lincoln Camp
Mon, Oct 19-Nov 16	Mon, Nov 19-Dec 17
<i>No class Oct 26</i>	<i>No class Nov 26</i>
3:45-4:45 pm	3:05-4:45 pm
4904-F26KEC K-5	4904-F26LC K-5
\$80	\$80



Afterschool Pickleball

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. Dash Sports Pickleball 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.

GRADES K-5

Kaposia Camp (Only offered at Kaposia this session)
Tue, Nov 24-Dec 22
No class Dec 8
3:45-4:45 pm
4903-F26 K-5
\$80

DASH Sports Tykes Camps take place at:

Kaposia Education Center (1225 1st Ave So, SSP)

Soccer Tykes

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of ‘Respect, Hustle, and Pride’. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

AGES 2-3

Mon, Sep 14-Oct 5
5:00-5:30 pm
4900-F26 Tykes 2-3
\$70, Kaposia

AGES 4-6

Mon, Sep 14-Oct 5
5:45-6:30 pm
4900-F26 Tykes 4/7
\$75, Kaposia

AGES 3-6

Sat, Sep 19-Oct 10
11:15 am-12:00 pm
4900-F26 Tykes 3/6
\$75, Kaposia

T-Ball Tykes

Looking for a fun introduction to baseball? DASH Sports T-Ball Tykes camp introduces players to key elements of throwing, fielding/ catching, batting, and baserunning. The final day of classes is ‘Game Day’ and athletes will showcase their skills in a game environment. Athletes should bring a water bottle and a baseball glove. Baseballs and bats are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

AGES 2-3

Sat, Sep 19-Oct 10
9:20-10:00 am
4907-F26 2/3 YO
\$75, Kaposia

AGES 4-6

Sat, Sep 19-Oct 10
10:20-11:00 am
4907-F26 4/6 YO
\$75, Kaposia

Basketball Tykes

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+.

AGES 2-3 (At Kaposia)

Mon, Oct 19-Nov 16

No class Oct 26

5:00-5:30 pm

4904-F26 Tykes 2-3 YO

\$70, Kaposia

AGES 4-6 (At Kaposia)

Mon, Oct 19-Nov 16

No class Oct 26

5:45-6:30 pm

4904-F26 Tykes 4-6 YO

\$75, Kaposia

Flag Football Tykes

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 is required for 3 year olds and as needed for 4-6 year olds.

AGES 3-5

Thurs, Sep 17-Oct 8

5:00-5:45 pm

4902-F26 3-5 YO

\$75, Kaposia

Floor Hockey Tykes

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 3 year olds and as needed for 4-6 year olds.

AGES 3-6

Tue, Nov 24-Dec 22

No class Dec 8

5:00-5:45 pm

4918-F26 3/6 YO

\$75

Easy CPR for Babysitters and Teens (Ages 11+)

Breathing or not breathing—this is all you need to know to determine how to care for your unconscious victim. 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. Instructor: Deb Miller.

Fri, Oct 16

8:30-11:00 am

4204-F26

\$50, Central Square

Safe Kids (ages 7+)

Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a “stranger”? This course will cover important safety principles that ALL parents want their children to know. Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you’re helping him or her safely prepare for staying home alone and emergency situations. Handbook is included. Instructor: Deb Miller.

Sat, Oct 3

9:00-11:15 am

4205-F26

\$45, Central Square

YOUTH ENRICHMENT

Creativity

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

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

9:00-11:00 am

4487-F26

\$75, Virtual

Intro to Sewing Class (Grades 3-8)

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

Fri, Sep 25

9:00 am-12:00 pm

4454-F26

\$95, Central Square

Piano Level 1 and 2 (Grades 2-5)

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

Kaposia Mornings

Mon, Sep 14-Nov 9

No class Oct 12

7:50-8:50 am

4500-F26A

\$95

Lincoln Mornings

Tue, Sep 15-Nov 10

No class Oct 13

7:10-8:10 am

4500-F26B

\$95

YOUTH ENRICHMENT

Health and Safety

One Day Class! Certified Babysitter's Training

This course is designed to provide youth (ages 11+) who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter's Training Certification and a Digital Babysitter's Handbook. Please bring a nut free bag lunch. Instructor: Deb Miller.

Fri, Sep 25

8:30 am-12:30 pm

4202-F26A

\$80, Central Square

Sat, Nov 21

8:30 am-12:30 pm

4202-F26B

\$80, Central Square





KIDS' CHOICE

School-Age Care

The South St. Paul Kids' Choice School-Age Care Program is a place where we create a safe atmosphere for youth to develop into self-confident, culturally enriched, compassionate leaders who embrace life-long learning and desire to make a positive change in the world. Kids' Choice operates during the school year at each of the elementary schools and switches between Lincoln Center and Kaposia Education Center during the summer (wherever summer programming is taking place). We offer programming before and after school, on non-school days and during the summer for youth in grades K-6. At Kids' Choice, students have a voice and we give them skills to become great leaders!

Register at: <https://tridistrictce.arux.app/>
Non-refundable registration fee of \$50 per child.



- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including covid related), or vacations.
- Fees are subject to change.

Kaposia Education Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:50 am	5 days	\$15 / day
Before School - Part-Time	6:30-8:50 am	1-4 days	\$18 / day
After School - Full-time	6:30-8:50 am	5 days	\$16 / day
After School - Part-time	3:35-6:00 pm	1-4 days	\$19 / day
Non-School Day Before Deadline	3:35-6:00 pm	--	\$46 / day
Non-School Day After Deadline	3:35-6:00 pm	--	\$50 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$23 / day
After School Drop-In	6:30 am-5:30 pm	--	\$25 / day

Lincoln Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:20 am	5 days	\$13 / day
Before School - Part-Time	6:30-8:20 am	1-4 days	\$15 / day
After School - Full-time	6:30 - 8:20 am	5 days	\$18 / day
After School - Part-time	3:00-6:00 pm	1-4 days	\$22 / day
Non-School Day Before Deadline	3:00-6:00 pm	--	\$46 / day
Non-School Day After Deadline	3:00-6:00 pm	--	\$50 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$21 / day
After School Drop-In	6:30 am-5:30 pm	--	\$27 / day



YOUTH ENRICHMENT

High School Enrichment

ACT Prep Class Virtual with Live Instructor

This 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 a course may repeat the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit www.advantageprep.net.

IN-PERSON SESSION

Wed, Oct 28-Nov 18
6:00-9:00 pm
4301-F26#342
\$180, SSP High School

SELF-PACED ONLINE

4301-F26#888
\$80

VIRTUAL SESSIONS

Sun, Sep 20- Oct 11
1:00-4:00 pm
4301-F26#939
\$180

Sun, Nov 8-Dec 6
1:00-4:00 pm
4301-F26#940
\$180



Driver's Ed

Our Driver's Education program is offered in partnership with A+ Driving School. The course is approved by the State of Minnesota and meets all requirements for training anyone under the age of 18. The course fee includes 30 hours of classroom instruction and six hours of behind the wheel instruction.

For the virtual classroom series, you must attend by logging in to the live broadcast at class time each day on a device that has the ability to be seen as well as heard for the entire class time. Please provide participant's email address during the registration process to send the meeting invite. This email needs to be accessible from the device being used. Participants missing class must wait for the next session to make up missed time.

IN-PERSON AT SSP HIGH SCHOOL

Mon-Thurs, Oct 5-22
2:45-5:45 pm
4300-F26
\$420 (Split payment option)

Mon-Thurs, Dec 2-17
2:45-5:45 pm
4300-F26
\$420 (Split payment option)



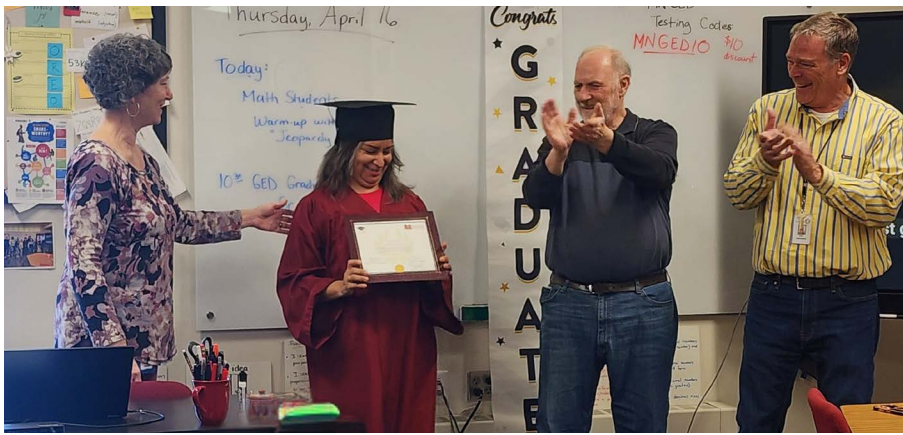
VIRTUAL

Mon-Thurs, Sep 14-30
4:00-7:00 pm
4300-F26 Sept
\$420 (Split payment option)

Mon-Thurs, Oct 5-22
4:00-7:00 pm
4300-F26 Oct
\$420 (Split payment option)

Mon-Thurs, Nov 2-17
4:00-7:00 pm
4300-F26 Nov
\$420 (Split payment option)

Mon-Thurs, Dec 2-17
4:00-7:00 pm
4300-F26 Dec
\$420 (Split payment option)



ADULT ENRICHMENT

Culinary Arts

Great Minnesota Hotdishes

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. Instructor: Laurel Severson.

Mon, Sep 21
6:00-9:00 pm
7602-F26
\$35, SSP High School

Indian Cooking: Chicken Curry - NEW!

Fragrant chicken curry made with ground spices, onions and tomatoes. Instructor: Jaidev Balchandani.

Wed, Sep 23
6:00-9:00 pm
7661-F26
\$55, SSP High School

Beginning Cake Decorating

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. Instructor: Diana Hirte.

Thurs, Sep 24
6:30-8:30 pm
7677-F26
\$35, SSP High School

Moroccan Pastilla: Moroccan's Famous Chicken Pie

Moroccan Pastilla or Bastilla is the famous chicken pie of Morocco. A light crispy warqa pastry or phyllo dough filled with delicious, shredded chicken, egg stuffing, and sweet orange blossom almond. This sophisticated sweet and savory pie will be a showstopper for any occasion or just a simple day with friends and family. While the pastilla is baking, we will make Moroccan herbal mint tea. Instructor: Ploy Khunisorn.



Thurs, Sep 24
6:00-8:00 pm
7655-F26
\$35, Virtual



ADULT EDUCATION

Free Classes for Adults

English Language Levels 1- 6

Learners are placed in the appropriate class level according to their goals and skill levels. In each class, teachers offer students a variety of learning activities and experiences to enhance their literacy, writing, speaking, and listening skills based on life skills, civics, and work related content.

English Language Conversation Class

Classes are leveled and meet once a week. Students participate in large and small group conversations, work on their pronunciation, and gain confidence.

Citizenship

This free class helps non-native speakers prepare for the citizenship process. Areas include: developing English language skills, civic content knowledge, learning about the N-400 form, and the citizenship interview.

High School Equivalency (HSE)

Adult learners are prepared for next steps based upon their goals when entering the program. Learners are tested to determine levels of readiness and are guided towards their goals which may include, but are not limited to, obtaining a HSE credential, entering college and training programs, securing a job and career advancement. Learners work closely with their teacher to complete the necessary steps to achieve their goal.

IHCC Developmental Math Partnership

In collaboration with Inver Hills Community College (IHCC), we offer a pre-Algebra math course designed for students new to the college experience and/or needing additional support to master basic mathematical concepts. This class is co-taught by an Inver Hills instructor and an SSABE instructor. Our ABE instructor works closely with the IHCC instructor, and largely one-on-one with students to help students master the required concepts and skills. Students are tested at the start of the course to determine individual areas of strength and where additional support is needed. They are re-tested at the conclusion of the course to determine progress.

Family Learning in Partnership with ECFE

Parent and Children, Birth-Kindergarten Enrollment

Adult Basic Education: build your skills in reading, math, and writing; improve your english speaking and writing skills.

Parent Education: Hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents.

Children Education: This is a separating class. Children birth to 5 explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities.

Tues/Thurs, Sept 8-Dec 17
No class Oct 13, 15, Nov 26
12:30-2:30 pm
Kaposia Education Center (1225 1st Ave S, SSP)
For more information call: 651-457-9418 or visit Central Square



Farmer’s Market Soups Cook Along - NEW!

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. Instructor: Kirsten Madaus.



Sun, Oct 4
3:30-5:00 pm
7690-F26
\$35, Virtual

Traditional Southern Cooking - A Dinner

Beginning in the 1690s, food in the U.S. Deep South was influenced by settlers from France, Germany, and Spain, along with contributions from Senegal, Africa, Cuba, and Nova Scotia. Create a memorable meal featuring Crab Dip, Cheese Straws, Gumbo, Jambalaya, Red Beans and Rice, Buttermilk Biscuits, Cheese Grits, Pecan Praline Candy, and Bread Pudding with Bourbon Sauce. A \$17 fee is due to the instructor. Instructor: Laurel Severson.

Tues, Oct 6
6:00-9:00 pm
7619-F26
\$35, SSP High School

Indian Cooking: Palak Paneer - NEW!

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. Instructor: Jaidev Balchandani.

Wed, Oct 14
6:00-9:00 pm
7662-F26
\$60, SSP High School

Vietnamese Street Food

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. Instructor: Ploy Khunisorn.



Thurs, Oct 22
6:00-8:00 pm
7693-F26
\$35, Virtual

Mile High Apple Pie

Nancy will take you through all the steps from making the crust, to preparing all the filling for your pie using the freshest apples. Everyone will leave class with a hot apple pie to share with family and friends. Boxes will be provided. Bring a rolling pin if you have one. A \$15 supply fee is paid to the instructor the night of class. Instructor: Nancy Burgeson



Wed, Oct 28
6:00-9:00 pm
7682-F26
\$35, SSP High School

French Macarons with Salted Caramel Buttercream and Chocolate Glaze

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. Instructor: Ploy Khunisorn.



Tue, Nov 3
6:00-8:00 pm
7651-F26
\$35, Virtual

Savory Galette and Apple Strudel - NEW!

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. Instructor: Ploy Khunisorn.



Tue, Nov 10
6:00-8:00 pm
7650-F26
\$35, Virtual

Best Bundt Cakes

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. Instructor: Diana Hirte.



Wed, Nov 11
6:30-8:30 pm
7679-F26
\$35, SSP High School



Air Fryer Appetizers Free Mini Class for National Community Education Week

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. Instructor: Kirsten Madaus.

Thu, Nov 12
7:00-7:30 pm
7691-F26
FREE, Virtual

Lovely Lefse

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. Instructor: Laurel Severson.

Mon, Nov 16
6:00-8:00 pm
7684-F26
\$35, SSP High School

Indian Cooking: Chicken Buryani - NEW

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

Wed, Nov 18
6:00-9:00 pm
7663-F26
\$55, SSP High School

Thanksgiving Cookies

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. Instructor: Diana Hirte.

Mon, Nov 23
6:30-8:30 pm
7678-F26
\$35, SSP High School

Holiday Cookie and Candy Make & Take

Students will participate as a group making cookies and candies for the holidays. Favorites like Russian Tea Cakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread Cookies, Chocolate Fudge and Pretzel Rods dipped in caramel and chocolate. Each student will go home with 10 dozen boxed holiday treats. All packaging is supplied. There is a supply fee of \$30 per student. Instructor: Diana Hirte.

Fri, Dec 4
6:00-9:00 pm
7680-F26
\$40, SSP High School

Mon, Dec 7
6:00-9:00 pm
7680-F26B
\$40, SSP High School



Mexican Tamales - NEW

Nothing can beat homemade tamales. They are delicious and fun to make. Particularly during the holiday season, friends and family gather to assemble tamales. It is a magical moment where we create a memory of the tamales experience. We will be making chicken mole tamales and black bean chipotle tamales. We'll also make Mexican Manchamanteles mole from scratch. Instructor: Ploy Khunisorn.

 Tues, Dec 8
6:00-8:00 pm
7656-F26
\$35, Virtual

Smørrebrød Smörgåsbord - NEW

Smørrebrød are Danish open-faced sandwiches, and a smörgåsbord is a Swedish buffet. Learn tips and tricks for hosting a Scandinavian-style buffet as Kirsten demonstrates make-ahead recipes, shopping suggestions, and styling a bountiful array of breads and toppings to appeal to a variety of eaters. Recipe handout provided, and this live class is recorded for future reference. Instructor: Kirsten Madaus.

 Thurs, Dec 10
6:30-8:00 pm
7692-F26
\$35, Virtual

Four Famous Ethnic Cookies

Learn to make traditional Scandinavian and European cookies including Krumkakes, Italian Pizzelles, Swedish Sandbakkelse, and delicate fried Rosettes dusted with confectioners' sugar. Discover recipes, tips, and techniques to help make your baking a success. Participants will make and take home a variety of treats, so please bring containers. A \$15 food fee is due to the instructor at class. Instructor: Laurel Severson.

Tues, Dec 15
6:00-9:00 pm
7685-F26
\$35, SSP High School

ADULT ENRICHMENT

Creativity

The Influential Voice: Speaking & Recording for Digital Media - NEW

In the digital age, your voice is the most powerful way to monetize your personal brand. Whether you want to launch a podcast, become an influencer, or command attention on social media, this class reveals the secrets to grow and influence your audience. Taught by David Goldberg, you will learn "Good-Better-Best" equipment setups, speaking techniques that convey confidence, and vocal techniques that keep listeners hooked. Instructor: David Goldberg.

 Mon, Sep 14, 8:30-10:00 pm and
Sat, Sep 19, 12:00-1:30 pm
7544-F26
\$35, Virtual

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

Great leaders are great “speakers”—they sell a vision and inspire action by the way they speak. Whether leading a team, pitching a client, or presenting to a board, your vocal delivery determines if people tune in or tune out. In this class, voice coach David Goldberg adapts secrets of professional broadcasters to the corporate world. You will learn to hook your audience, use vocal variety, and project authority. Instructor: David Goldberg.



Mon, Sep 21, 8:30-10:00 pm and
Sat, Sep 26, 12:00-1:30 pm
7545-F26
\$35, Virtual

Voiceover... Now is Your Time

Learn to make traditional Scandinavian and European cookies including Krumkakes, Italian Pizzelles, Swedish Sandbakkelse, and delicate fried Rosettes dusted with confectioners’ sugar. Discover recipes, tips, and techniques to help make your baking a success. Participants will make and take home a variety of treats, so please bring containers. A \$15 food fee is due to the instructor at class. Instructor: Laurel Severson.

Tues, Sep 29 6:30-8:30 pm 7543-F26A \$35, Virtual	Tues, Dec 8 6:30-8:30 pm 7543-F26B \$35, Virtual
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Puzzle Competition

Join us for our third SSP Community Education Jigsaw Puzzle Competition. How it works: Teams of single, two to four people are assigned a new, unopened 500-piece puzzle. Each team receives the same puzzle. A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins. Pre-registration is required as we only have space for 12 teams.

- Each team receives the same puzzle.
- No one sees the puzzle until the timer begins – the puzzle boxes are placed face down before the competition starts.
- Individuals or teams try to put the puzzle together the fastest.
- In the event of a tie, individuals or teams can be given an additional five minutes to work on the puzzle.
- No devices or outside assistance permitted while working on puzzle.
- Two moderators help with the event – one to handle the timer and completion times, and another to observe competitors.
- Individuals and teams are not allowed to distract or approach team tables when the competition is in progress.

Sat, Nov 7 10:00 am 7549-F26 Central Square	\$25, Individual \$35, Pairs \$45, Team (3-4)
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Unleash Your Inner Artist: A Fun, Step-by-Step Paint & Sip Experience!

Join us for an enriching painting event designed for all skill levels! Whether you’re a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on a pre-drawn canvas. Expect step-by-step instruction, friendly guidance, and a relaxing atmosphere. No experience needed, and you’ll take your art home at the end. Instructor: Linda Rinaldi.

Fri, Dec 11
6:00-8:00 pm
7548-F26
Central Square
\$25, 8x10
Canvas Panel
\$35, 8x10
Stretched Canvas
\$45, 11x14
Stretched Canvas



ADULT ENRICHMENT

Lifestyle

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

Have you ever wondered, “How did that happen overnight?” Would you like to look like the very best version of yourself and feel more confident? This class offers demonstrations of makeup techniques for women 40+ and answers your questions. You’ll receive a comprehensive handout and leave knowing the techniques and products that can help you look your very best. Instructor: Elise Marquam-Jahns.

Mon, Sep 14 6:00-8:00 pm 7888-F26A \$49, Central Square	Wed, Oct 28 6:00-8:00 pm 7889-F26B \$49, Central Square
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Your Personalized 10 Minute Out-the-Door Beautiful Makeup Routine for Women 40+

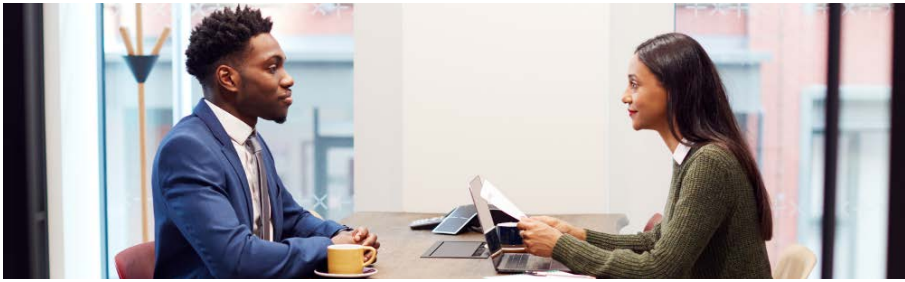
In this class, you will create a 10-minute personalized makeup routine to help you look your very best. Assess your facial features and learn the four most important research-proven steps to incorporate into your routine. You’ll also learn makeup techniques to create your most beautiful look in the least amount of time. A handout will be provided to guide you through the process. Instructor: Elise Marquam-Jahns.

Thurs, Oct 22
6:00-8:00 pm
7889-F26
\$45, Central Square

Know Your Muslim Neighbor

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.

Sat, Sep 26
10:00 am-1:00 pm
7146-F26
FREE, Central Square



Interviewing Skills That Will Change Your Future - NEW

Young people today face challenges no classroom prepares them for: sitting across from a college recruiter, internship coordinator, first job HR interviewer, or AI screening bot. With zero practice, 98% of teens mumble, rush, freeze, and use filler words. This hands-on workshop teaches teens to control their message, command the moment, and turn interviews into value. Students learn confident words, pacing, and body language. Instructor: David Goldberg.



Sat, Oct 3, 12:00-1:30 pm and
Tues, Oct 6, 5:30-7:00 pm
7547-F26
\$35, Virtual

Life Changing Interview Skills for Professionals- NEW

62% of employers reject candidates based on how they speak—yet 98% lack formal speaking training. Don't let communication skills hold you back. This hands-on workshop with premier voice coach David Goldberg teaches you to speak with clarity so decision-makers remember—and hire—you. Learn to master elevator pitches, navigate AI-screened interviews, and project executive presence. Gain tools and handle tough questions with confidence. Instructor: David Goldberg.



Mon, Oct 5, 8:30-10:00 pm and
Thurs, Oct 15, 6:30-8:00 pm
7546-F26
\$35, Virtual

Photo Organization - Print & Digital

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class 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. Instructor: Kathleen Povolny.

Tue, Oct 27
6:30-8:30 pm
7403-F26
\$29, Central Square

ADULT ENRICHMENT

Finance and Real Estate

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

Are you turning sixty-five and wondering about Medicare? Learn Medicare Part A and B, and the difference between Medicare supplements and Advantage plans. What are your choices if you are working and have a group plan? Learn when you can enroll and where to compare options to select the right plan. Includes handouts and a reference guide. Optional free one-on-one meetings are available for attendees. Instructor: John Mazzara.

Tue, Sep 8
6:00-8:00 pm
7718-F26
\$15, Free for Sr Center Members
Central Square

Pre-Planning Cremation Seminar

Informational seminar to learn how pre-planning for cremation services can help protect your family in the future. Ensure your wishes are respected and those you leave behind are cared for in one of their most difficult times. Learn about the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance, and asset protection. Presenter: Jody Holloway with National Cremation Society.

Thurs, Sep 10 6:30-7:30 pm 7150-F26A \$15, Free with SSP Sr Center Membership Central Square	Thurs, Nov 12 6:30-7:30 pm 7150-F26B \$15, Free with SSP Sr Center Membership Central Square
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5 Biggest Expenses in Retirement & How to Reduce Them - NEW

Retirement should be about freedom—not financial stress. In this class, we'll break down the 5 biggest expenses most retirees face and share practical strategies to help reduce or better manage them. From housing and healthcare to transportation and unexpected costs, you'll walk away with simple, actionable ideas to help protect your income and make your money last. Instructor: Vaughn Kavlie.

Tue, Sep 15
10:00-11:30 am
7819-F26
\$15, Free with SSP Sr Center Membership
Central Square

Moving Mom & Dad

Many face the tough decision of finding housing options for their parents. We give an overview of the housing market. We also provide a guide called Moving Mom & Dad. It covers the five common mistakes children of aging parents make and how to avoid them. Topics include conversation starters, remodeling, and senior living options, plus service providers, coupons, and a no-cost home evaluation. Instructor: John Mazzara.

Tue, Sep 15
6:00-8:00 pm
7715-F26
\$15, Free with SSP Sr Center Membership
Central Square

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

The Trust is a popular component and tool used in Estate Planning. There are a variety of different Trust options, and the question arises: "Am I using the right Trust for my needs and goals?" Often used Trusts include Living Trusts, Testamentary Trusts, and Irrevocable Trusts. We will define the strengths and weaknesses of these different types of Trusts and when to use them. Questions encouraged. Instructor: Steve Ledin Law, PLLC.

Wed, Sep 30
6:30-7:30 pm
7801-F26
\$15, Free with SSP Sr Center Membership
SSP High School





How to Win with Investment Properties

Have you ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting. Instructor: John Mazzara.

Mon, Oct 5
6:00-8:00 pm
7713-F26
\$15, Free with SSP Sr Center Membership
Central Square

First Time Home Buyers

We will review the process of buying a home from A-Z and discuss unique funding that is only available to YOU - a first-time buyer. With one program, it is possible to buy a home for as little as \$1000 of your own funds. You are generally a first-time buyer if you have not owned a home in the past 3 years. Instructor: John Mazzara.

Tue, Oct 20
6:00-8:00 pm
7719-F26
\$15, Free with SSP Sr Center Membership
Central Square

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

There are ten people we should be prepared to count on as we age and move into the last stages of our lives. Learn the roles and responsibilities of these people, how long they serve, how much guidance we can give them, and who makes ideal or bad selections for these roles. Jobs include Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee, Guardian, and more. Questions encouraged. Instructor: Steve Ledin Law, PLLC

Tue, Oct 20
6:30-7:30 pm
7803-F26
\$15, Free with SSP Sr Center Membership
SSP High School

Should I Stay or Should I Go?

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

Tue, Oct 13
10:00-11:30 am
7820-F26
\$15, Free with SSP Sr Center Membership
Central Square

Intro to Senior Housing

Aging often involves transitioning to different housing. The process involves coordinating financial and physical health considerations and frequently downsizing a home. We review these aspects so you can plan. Housing discussed: buying & renting, subsidized and elderly waivers, market-rate apartments, 55+, CCRC, independent/assisted living age in place, memory care, cooperatives, condo/townhouses. Explore alternatives to single-family living. Come with your questions to decide next steps. Instructor: John Mazzara.

Mon, Nov 9
6:00-8:00 pm
7720-F26
\$15, Free with SSP Sr Center Membership
Central Square

Let's Probate an Actual Minnesota Estate

We will walk through an actual Minnesota Probate Estate from filing the application for Probate to the final accounts and everything in between. Participants will learn the entire process with current forms, court and filing requirements, accounting steps, and procedures for sale and distribution of estate assets. We will discuss roles, responsibilities, and liabilities of an Executor/Personal Representative. Class includes real-life examples and encourages questions. Instructor: Steve Ledin Law, PLLC.

 Tue, Nov 10
6:30-7:30 pm
7800-F26
\$15, Free with SSP Sr Center Membership
Virtual

Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus: all attendees receive the Downsizing Made Easy guide PDF—a \$24.95 value. Access to preferred service providers and discount coupons are provided, as well as a no-cost home evaluation with suggested improvements to make it more salable.

Thu, Dec 3
6:00-8:00 pm
7714-F26
\$15, Free with SSP Sr Center Membership
Central Square

Four Successful Strategies to Protect the House, Farm, Cabin & More - Before and After Your Death

The concern: a family has a cabin, homestead, farm, or second home, how do we protect it? The problem: nursing home and Medicaid, estate taxes, family divorces, creditor issues, taxes and operating expenses, unequal resources of owners, in-laws, and use and enjoyment equality. The answer: real-life solutions and four paths to resolution that protect the family legacy asset without driving the family apart. Instructor: Steve Ledin Law, PLLC.

 Mon, Dec 14
6:30-7:30 pm
7802-F26
\$15, Free with SSP Sr Center Membership
Virtual





Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. Learn what dementia is, what it's like to live with the disease, and tips for communicating with people who have dementia. Everyone who attends is asked to turn their understanding of dementia into practical action that can help someone living in their community. The action can be big or small—every action counts! Presenter: Colleen Fitsch.

Tue, Oct 6
10:30-11:30 am
7145-F26
FREE, Central Square

Acupressure and Other Tools for Women 35+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more. Instructor: Janice Novak.



Wed, Oct 7
6:00-7:30 pm
7126-F26
\$35, Virtual

Acupressure for Sinus Relief

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more. Instructor: Janice Novak.



Mon, Oct 12
6:00-7:30 pm
7127-F26
\$35, Virtual

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

Class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The course will include; an online link to all the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting. This class meets "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. No written test. Instructor: Deb Miller.

Thurs, Nov 5
6:00-8:00 pm
7104-F26
\$85, Central Square



ADULT ENRICHMENT

Health, Wellness, and Safety

CPR/AED for All Ages

This is an Adult/Child/Infant CPR/AED class. It includes a two-year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course includes video instruction and an experienced instructor, dedicated to making the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims. No written test. Instructor: Deb Miller.

Thurs, Sep 17
5:30-8:00 pm
7103-F26
\$65, Central Square

Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). We'll discuss current research on antioxidants, phytochemicals, anti-aging nutrients, minerals, sustained release formulas, and herbal preparations. Instructor: Janice Novak.



Tues, Sep 22
6:00-7:30 pm
7136-F26
\$35, Virtual

Rejuvenate Your Brain: Improve Cognitive Function at Any Age

Current research shows lifestyle and diet have a big effect on how the brain ages. There are things you can do to improve how quickly and effectively brain cells communicate with each other. We'll discuss "superfoods" that reduce the damaging effects of toxins on the brain and nutrients for memory, attention, and stress. You'll learn simple strategies to help your brain stay healthy and alert. Instructor: Janice Novak.



Mon, Sep 28
6:00-7:30 pm
7125-F26
\$35, Virtual

Abdominal Strengtheners That Won't Stress Your Back/Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints. Instructor: Janice Novak.



Mon, Nov 16
6:00-7:30 pm
7175-F26
\$35, Virtual

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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



Mon, Nov 30
6:00-7:30 pm
7132-F26
\$35, Virtual



Line Dance for Weddings and Parties

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

Wed, Sep 16
6:00-7:00 pm
7700-F26
\$15, SSP High School

Wedding Dance for Couples

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

Wed, Sep 16
7:00-9:00 pm
7701-F26
\$34/couple, SSP High School

Line Dance “I Just Might” Bruno Mars

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. Instructor: Monica Mohn.

Thu, Nov 12
6:00-7:00 pm
7214-F26
\$15, SSP High School

Swing Dance: One Night of Fun

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. Instructor: Monica Mohn.

Thu, Nov 12
7:00-9:00 pm
7210-F26
\$34/couple, SSP High School

ADULT ENRICHMENT

Dance and Fitness

Let's Tap Dance

Participants will learn and/or review basics and complete dance routines. Wear comfortable clothing and don't forget your tap shoes. (Any hard leather soled shoes are okay to get started). Instructor: Stephanie Stockton.

Let's Tap- Level 1

If you took dance as a child, taken a few classes along the way or if you've always wanted to tap and you're new to it all - welcome!

Mon, Sep 14-Dec 7
10:00-11:00 am
7207-F26A Tap 1
\$135, Central Square

Wed, Sept 9-Dec 9
No class Nov 25
6:45-7:45 pm
7207-F26B Tap 1
\$135, Central Square

Let's Tap- Level 2

If you have mastered the basics of tap dance, have been working on time steps and are ready for a faster pace with more challenging choreography, this is the class for you.

Mon, Sep 14-Dec 7
11:15 am-12:15 pm
7207-F26C Tap 2
\$135, Central Square

Wed, Sep 9-Dec 9
No class Nov 25
5:30-6:30 pm
7207-F26D Tap 2
\$135, Central Square



ADULT ENRICHMENT

Get Fit at Central Square

1-day drop-in available for all classes \$8 adult, \$4 seniors 65+
All fitness classes take place at Central Square.

HIIT Boot Camp

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

Mon, Sep 14-Oct 26	Mon, Nov 2-Dec 28
5:30-6:30 pm	5:30-6:30 pm
9918-F26A	9918-F26B
\$49 adult, \$20 senior	\$62 adult, \$20 senior

Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results. Instructors: Rita Wurm/Jina Digaetano.

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

Total Body

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

Tue, Sep 1-Oct 27	Wed, Sep 2-Oct 28
5:15-6:15 am	4:30-5:30 pm
9909-F26A	9909-F26B
\$62 adult, \$20 senior	\$62 adult, \$20 senior
Thurs, Sep 3-Oct 29	Fri, Sep 4-Oct 30
5:15-6:15 am	6:00-7:00 am
9909-F26C	9909-F26D
\$62 adult, \$20 senior	\$62 adult, \$20 senior
Tues, Nov 3-Dec 29	Wed, Nov 4-Dec 30
5:15-6:15 am	No class Nov 25, Dec 23
9909-F26E	4:30-5:30 pm
\$62 adult, \$20 senior	9909-F26F
	\$49 adult, \$20 senior
Thurs, Nov 5-Dec 17	Fri, Nov 6-Dec 18
No class Nov 26	No class Nov 27
5:15-6:15 am	6:00-7:00 am
9909-F26G	9909-F26H
\$42 adult, \$20 senior	\$42 adult, \$20 senior



Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors, but all are welcome to join! Instructor: Kim Befort.

Tues, Sep 1-Oct 27	Thurs, Sep 3-Oct 29
10:30-11:15 am	10:30-11:15 am
9800-F26A	9800-F26C
\$62 adult, \$20 senior	\$62 adult, \$20 senior
Fri, Sep 4-Oct 30	
10:30-11:15 am	
9800-F26B	
\$62 adult, \$20 senior	
Tues, Nov 3-Dec 29	Thurs, Nov 5-Dec 17
10:30-11:15 am	No class Nov 26
9800-F26D	10:30-11:15 am
\$62 adult, \$20 senior	9800-F26F
	\$42 adult, \$20 senior
Fri, Nov 6-Dec 18	
No class Nov 27	
10:30-11:15 am	
9800-F26E	
\$42 adult, \$20 senior	

Cardio Kickboxing

This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout. We will use Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level. Instructor: Jina Digaetano.

Tues, Sep 1-Oct 27	Tues, Nov 3-Dec 29
5:30-6:30 pm	5:30-6:30 pm
9915-F26A	9915-F26B
\$62 adult, \$20 senior	\$62 adult, \$20 senior

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.

Tues, Sep 1-Oct 27	Tues, Nov 3-Dec 29
6:30-7:30 pm	6:30-7:30 pm
9916-F26A	9916-F26B
\$62 adult, \$20 senior	\$62 adult, \$20 senior

Abs, Core & More - NEW

Abs, Core, and More is a fusion class incorporating pilates, yoga, core mat work, and functional mobility routines. These exercises will help improve stability, posture, flexibility and target the deep abdominal muscles. These routines will focus on strengthening the entire midsection which include abs, back, glutes, and hips. Participants will perform standing, prone, and supine mat work including exercises like crunches, planks, leg lifts, and bridges. Instructor: Rita Wurm

Wed, Sep 2-Oct 28 12:00-1:00 pm 9970-F26A \$62 adult, \$20 senior	Wed, Nov 4-Dec 30 <i>No class Dec 23</i> 12:00-1:00 pm 9970-F26B \$55 adult, \$20 senior
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Aqua Interval

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

Wed, Sep 2-Oct 28 6:00-7:00 pm 9901-F26A \$62 adult, \$20 senior	Wed, Nov 4-Dec 30 <i>No class Nov 25, Dec 23</i> 6:00-7:00 pm 9901-F26B \$49 adult, \$20 senior
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Gentle Yoga

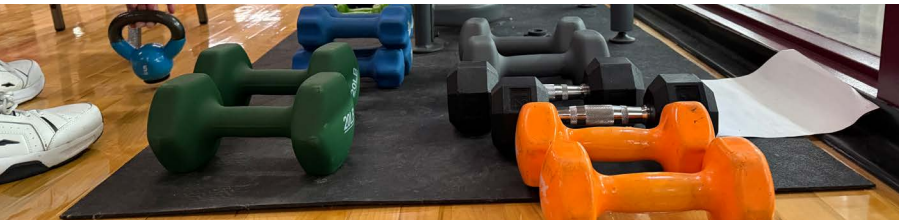
Gentle yoga moves with a slower pace with longer periods spent on working into poses; great for those new to yoga, healing from an injury, or looking for a calming practice. Chair options provided. Instructor: Bobbie Drew.

Thurs, Sep 3-Oct 29 8:30-9:15 am 9969-F26A \$62 adult, \$20 senior	Thurs, Nov 5-Dec 17 <i>No class Nov 26</i> 8:30-9:15 am 9969-F26B \$42 adult, \$20 senior
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Tai Chi for Beginners

Tai Chi for Beginners introduces the foundational principles and movements of this mind-body practice. Through this program, you will learn the first 6 forms of Yang style Tai Chi. This class is designed to help improve flexibility, balance and confidence while using gentle movements, focused intention, and deep breathing. Instructor: Bobbie Drew.

Thurs, Sep 3-Oct 29 12:00-12:45 pm 9968-F26A \$62 adult, \$20 senior	Thurs, Nov 5-Dec 17 <i>No class Nov 26</i> 12:00-12:45 pm 9968-F26B \$42 adult, \$20 senior
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Tai Chi for Arthritis & Fall Prevention

Developed by Dr. Paul Lam with Tai Chi and medical colleagues, this program utilizes Sun style Tai Chi for its ability to improve balance, strength, flexibility, and overall well-being, while also helping to prevent falls. Instructor: Bobbie Drew.

Thurs, Sep 3-Oct 29 1:00-1:45 pm 9967-F26A \$62 adult, \$20 senior	Thurs, Nov 5-Dec 17 <i>No class Nov 26</i> 1:00-1:45 pm 9967-F26B \$42 adult, \$20 senior
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R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a one stop body shock-just what you're looking for! Instructor: Rita Wurm.

Thurs, Sep 3-Oct 29 5:30-6:30 pm 9908-F26A \$62 adult, \$20 senior	Thurs, Nov 5-Dec 17 <i>No class Nov 26</i> 5:30-6:30 pm 9908-F26B \$42 adult, \$20 senior
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Yoga

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

Thurs, Sep 3-Oct 29 6:30-7:30 pm 9911-F26A \$62 adult, \$20 senior	Thurs, Nov 5-Dec 17 <i>No class Nov 26</i> 6:30-7:30 pm 9911-F26B \$42 adult, \$20 senior
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POUND®

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

Sat, Sep 12-Oct 31 9:00-10:00 am 9966-F26A \$55 adult, \$20 senior	Sat, Nov 7-Dec 17 9:00-10:00 am 9966-F26B \$42 adult, \$20 senior
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Kettlebell-TRX® Fusion

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

Sat, Sep 5-Oct 31 10:00-11:00 am 9906-F26A \$62 adult, \$20 senior	Sat, Nov 7-Dec 19 10:00-11:00 am 9906-F26B \$52.50 adult, \$20 senior
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Senior Circuit

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults. Instructors: Rita Wurm, Kim Befort and Terie Hanson.

Mon, Sep 14-Oct 26
6:15-7:15 am
9802-F26C
\$49 adult, \$20 senior

Wed, Sep 2-Oct 28
6:15-7:15 am
9802-F26A
\$62 adult, \$20 senior

Thurs, Sep 3-Oct 29
6:15-7:15 am
9802-F26B
\$62 adult, \$20 senior

Mon, Nov 2-Dec 28
6:15-7:15 am
9802-F26D
\$62 adult, \$20 seniors

Wed, Nov 4-Dec 30
6:15-7:15 am
9802-F26E
\$49 adult, \$20 seniors

Thurs, Nov 5-Dec 17
6:15-7:15 am
9802-F26F
\$42 adult, \$20 seniors

55+ ENRICHMENT

Senior Fitness at Central Square

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 related activity once per day covered by insurance. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month covered by insurance.

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes.

Silver & Fit® Explore

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join! Instructor: Kim Befort.

Fri, Sep 4-Oct 30
9:30-10:15 am
9803-F26A
\$62 adult, \$22.50 senior

Fri, Nov 6-Dec 18
No class Nov 27
9:30-10:15 am
9803-F26B
\$42 adult, \$20 senior

Silver Sneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. Instructor: Kim Befort

Tues, Sep 1-Oct 27
9:30-10:15 am
9801-F26A
\$62 adult, \$20 senior

Thurs, Sep 3-Oct 29
9:30-10:15 am
9801-F26B
\$62 adult, \$20 senior

Tues, Nov 3-Dec 29
9:30-10:15 am
9801-F26C
\$62 adult, \$20 seniors

Thurs, Nov 5-Dec 17
No class Nov 26
9:30-10:15 am
9801-F26D
\$42 adult, \$20 seniors

55+ ENRICHMENT

Central Square 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.

Learn more about the SSP Senior Center on the website at:
<https://communityed.sspps.org/programs/senior>

Become a Member

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership of \$15 includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). You do not have to be a member to participate in all events.

Senior Board meetings take place the second Wednesday of the month at 9:30 am:

- Sept 9
- Oct 14
- Nov 11
- Dec 9





Out and About Lunches

Travel monthly to a new lunch destination. Registration is required in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby. Lunches take place at 11:00 am.

September 9	Southern Social
October 14	Olive Garden
November 11	Pizza Ranch
December 9	No Out to Lunch in December

Senior Socials

Join us at Central Square for a social get together! Come for food, conversations and friends. Monetary donations accepted. From 11:30 am - 1:00 pm.

September 27	Loaded Baked Potatoes
October 22	Beer and Brats
November 5	Thanksgiving Dinner
December 17	Potluck Bingo

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 begins at 12:00 pm.

September 10	Wild Hogs
October 8	Lost City
November 12	Tombstone
December 10	Hairspray

Happy Feet

Happy Feet is scheduled the 1st & 3rd Tuesday of the month from 9:00 am-4:00 pm. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. \$45 per session. Call to make an appointment: 763-346-3390.

- Sept 8
- Oct 13
- Oct 26
- Nov 10
- Dec 8
- Dec 28

Become a Senior Craft Store Contributor

Are you a talented crafter with handmade items to share? Become a contributor to the SSP Senior Center Craft Store!

The Craft Store is a great way to showcase your creativity, share your handmade creations with the community, and earn money from your work. We're always looking for talented Senior Center members who would like to contribute their crafts to the store.

Interested in becoming a contributor? Stop by the front desk at Central Square to learn more and find out how you can get involved!

WEEKLY ACTIVITIES

Walk the Square

Come walk the Square- We're not big, but we are temperature controlled.

Monday - Friday (daily) 7:30 am - 3:30 pm

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 (daily) 8:30 - 11:00 am

Cribbage

The classic card/board game.

Mondays 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.

Mondays 1:00 - 2:30 pm

Woodcarvers

Woodcarvers Group at Central Square 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 9:00 - 11:00 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, pick up a pointer or two, and maybe even start a new hobby.

Tuesdays 1:00 - 3:00 pm

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.

Beginners 500- Wednesdays and Fridays 10:00-11:00 am
Wednesdays and Fridays 11:30 am - 2:00 pm

Hand & Foot Card Games

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 1:00 - 3:00 pm



55+ ENRICHMENT

Senior Programming at Central Square

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.

Second Monday of the month from 12:30-2:30 pm

Sept 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.

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

11:00 am-1:30 pm

7444-F26

\$20, Central Square

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! An afternoon of great tunes, delicious donuts, and unforgettable vibes. Don't miss out! Come for the music, stay for the donuts!

Tues, Nov 3

1:00-2:00 pm

7123-F26 \$10

Everything You Want to Know About Medicare

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan as well as those currently enrolled in Medicare. Instructor: Greg De Keuster.

Thurs, Sep 3

6:30-8:00 pm

7146-F26A

FREE, Central Square

Thurs, Nov 5

6:30-8:00 pm

7146-F26B

FREE Central Square

Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/ insurance course that is open to the public. A MN Highway Safety & Research Center 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 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. four hour refresher class every three years to maintain the 10% discount.

Pre-Registration is required. Call toll free 1-(888)-234-1294 or visit www.driverdiscountprogram.com.

• Thurs, Sept 24

• Thurs, Oct 22

• Thurs, Nov 19

9:00 am-1:00 pm

\$24

55+ ENRICHMENT

Trips and Tours

If you would like to board the bus at Central Square, be sure to register for the SSP location. Arrive 15 min before scheduled departure for check-in. \$10 service fee will be charged for cancellations. No refunds issued after the trip registration deadline. Spots are only held with payment. Mailed registrations may not be guaranteed, call to check availability before mailing in registration.

Women of Gangsterland

Meet your guide at Joseph's Grill and begin an informative and interesting riding tour through the historic streets of St. Paul highlighting The Women of Gangsterland, the ladies of the Roaring 20s and the Dirty 30s! This entertaining tour shines a spotlight on the women, proving that the St. Paul gangster era wasn't just for men. These women include Edna Murray the Kissing Bandit, Madame Nina Clifford, Katherine Kelly (Mrs. Machine Gun Kelly), Ma Barker and many more. We won't forget to celebrate a few good gals on the right side of the law. At the end of this 2-hour tour, the lunch menu at Joseph's Grill will be chicken breast stuffed with wild rice, swiss cheese stuffing and chablis cream sauce; garlic mashed potatoes, vegetables, beverage and a cookie.

Tues, Nov 17

Bus departs Central Square at 10:00 am

1630-SSP-F26

\$99/person, Includes transportation, lunch, and tour

**WHY SHOULD GUYS GET ALL THE CREDIT?
MEET SOME OF THE MOST INTERESTING
CHARACTERS IN SAINT PAUL HISTORY!**



**THE WOMEN OF
GANGSTERLAND**



Christmas in Duluth

Begin the day with the Full Mansion Guided Tour of Glensheen Mansion, beautifully decorated for the holiday season and showcasing the historic Congdon estate, its original interiors, family living spaces, and stunning architecture overlooking Lake Superior. Then experience the magic of Bentleyville Tour of Lights at Bayfront Festival Park, where millions of holiday lights, Christmas trees, music, Santa and his helpers, complimentary hot cocoa, coffee, popcorn, cookies, marshmallows for roasting over fire pits, a gift shop, and donation opportunities create a festive holiday tradition. Conclude the day with lunch at Canal Park Brewing in Duluth, where you'll enjoy your choice of a Canal Park Club and fries or a Classic Burger and fries, both served with a soda and a scoop of ice cream. Register by Oct 30.

Tues, Dec 1

Bus departs Central Square at 9:15 am

1699-SSP-F26B

\$135/person, Includes transportation, lunch, and tours

Annie at the Chanhassen Dinner Theater

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. Register by Dec 18.

Thurs, Jan 27

Bus departs Central Square at 10:15 am

1622-SSP-F26

\$127/person, Includes transportation, lunch, and tours



Buddy Holly at Le Musique Room

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. Register by Dec 25.

Tues, Feb 2

Bus departs Central Square at 9:30 am

1623-SSP-F26

\$108/person, includes transportation, lunch, and show

A Look Ahead

Save the dates for these upcoming Senior Center Trips and Tours. More information can be found on the Tridistrict registration site or in the winter/spring catalog this December. <https://tridistrictce.arux.app>.

Art Deco in St. Paul

Take a docent-led Art Deco Tour of the Ramsey County Courthouse and Saint Paul City Hall. Register by Jan 29.

Thurs, March 4 at 9:15 am

\$100/person

Includes transportation, lunch, and show

Overnight Trip for Summer 2027

Kentucky Ark Encounter & Creation Museum

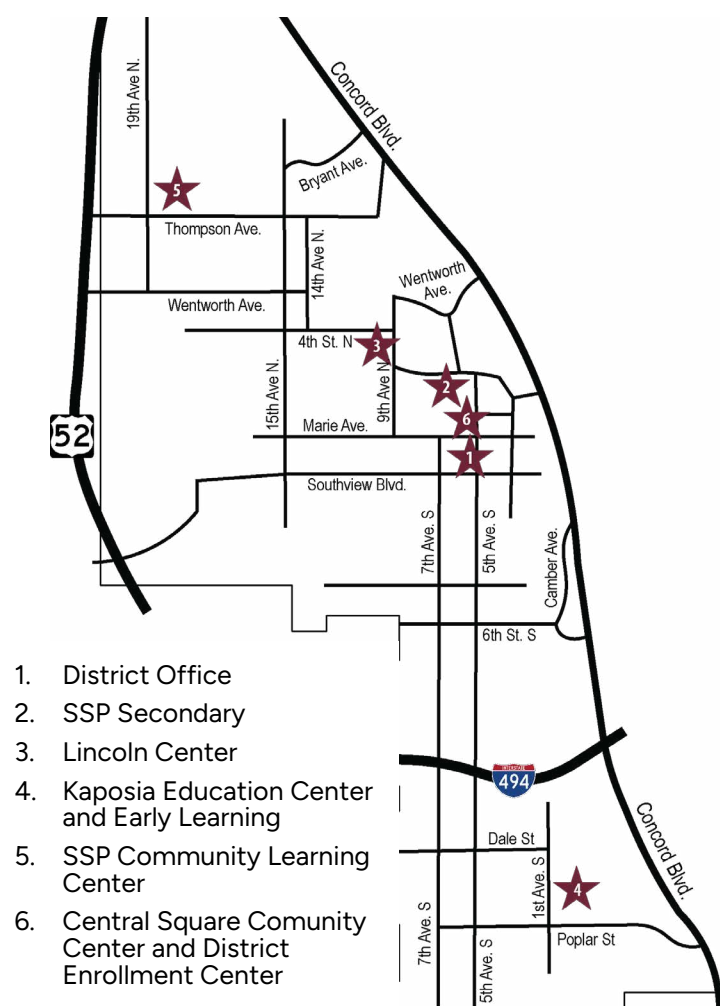
July 19-24, 2027

\$1,600 for 2/room

\$2,040 for single room

Prince includes, transportation, lodging, and at least one meal each day

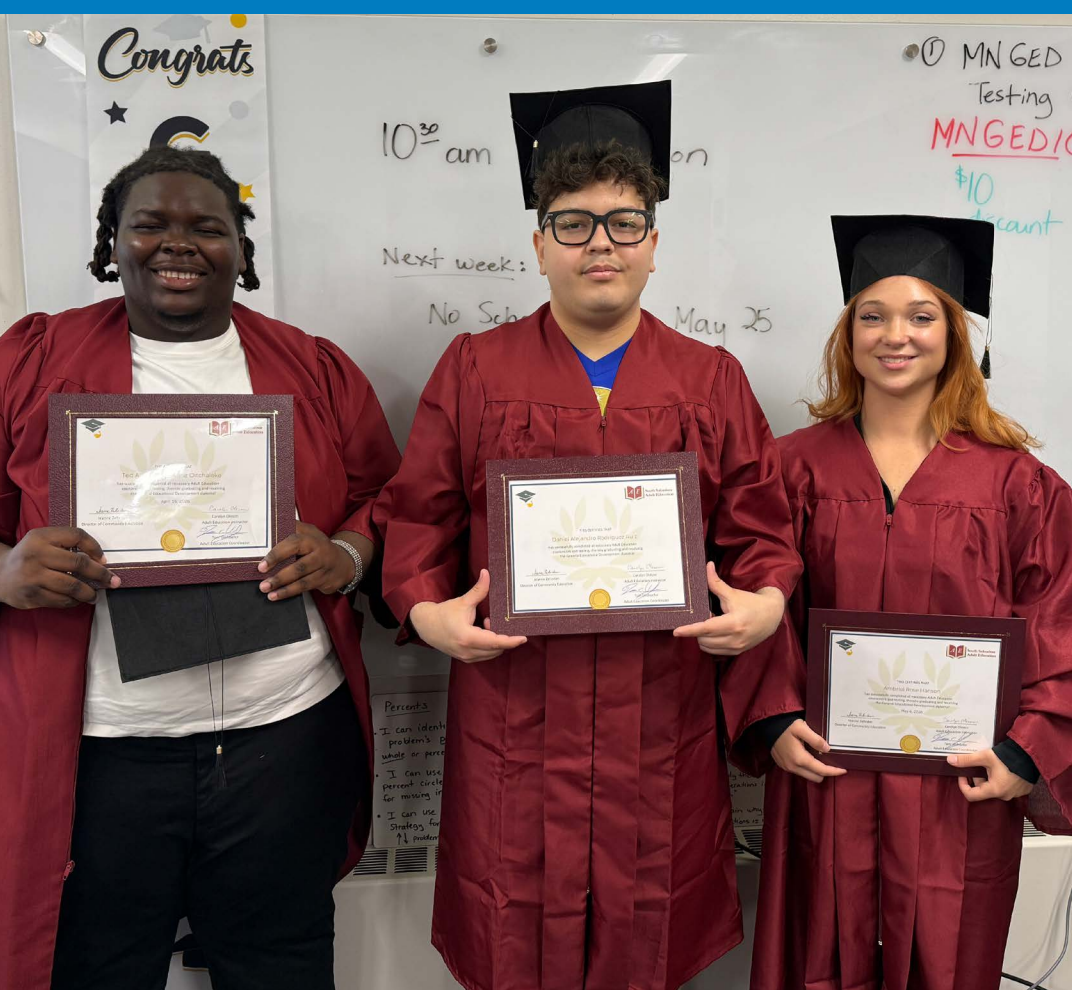




ECRWSS
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS Community Education and Early Learning

It's Never Too Late to Learn!



South Suburban Adult Education

South Suburban Adult Education's (SSABE) mission is to provide adults in the TriDistrict Area of Northern Dakota County with educational opportunities to acquire and improve their literacy skills necessary to become self-sufficient and to participate effectively as productive workers, family members, and citizens. Classes are offered during the day, evening, and online. **All Classes are FREE!**

AREAS OF STUDY

- English Language Learners (ELL)
- English Language Conversation Class (ELL)
- Online Citizenship Prep
- High School Equivalency/Academic Skills (HSE)
- Work/Career Readiness Skills
- Play, Talk, Learn: Family Learning in Partnership with ECCE

Learn more at communityed.sspps.org/abe



South Suburban
Adult Education