



ADULTS WITH COGNITIVE DISABILITIES PROGRAM

A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts
Building connections, confidence, and community through inclusive experiences.

RECREATION

Community Bridge Choir (CBNH3)

Sing favorite songs, build confidence, and enjoy making music in a welcoming choir for adults with cognitive disabilities. Practice simple vocal techniques, meet new friends, and share the joy of singing. No experience is needed, and caregivers are welcome.



Tue, Sep. 29-Dec 1, 2026 | 6:30-7:30 p.m.

AND Fri, Dec 4, 2026 | 5:30-6:30 p.m.

(No class Oct. 27, Nov. 3, 17 & 24)

Gladstone Community Education Center

\$48 | Registration deadline: Sep. 22

Halloween BINGO with Rene (CBRH1)

Celebrate Halloween with an evening of BINGO, prizes, and laughter. Listen carefully, mark your card, and enjoy friendly competition in a welcoming environment. Costumes are encouraged but not required.



Thu, Oct 29 | 6:00-8:00 p.m.

Anpétu Téca Education Center

\$10 | Registration deadline: Oct. 22

BINGO Night (CBWH1)

Enjoy a fun evening of BINGO with friends while practicing listening skills. Win prizes, share laughs, and spend time together in a relaxed, welcoming setting.



Tue, Nov 17 | 6:00-7:30 p.m.

Sunrise Park District Service Center

\$15 | Registration deadline: Nov. 10

LEGO Create (CBRH5)

Design, build, and tell stories with LEGO bricks during this creative workshop. Build on your own base-plate, explore your imagination, and take your finished creation home at the end of class.

Wed, Nov 18 | 6:00-8:00 p.m.

Anpétu Téca Education Center

\$20 (\$10 caregiver builder)

Registration deadline: Nov. 11



Turkey BINGO with Rene (CBRH2)

Enjoy a Thanksgiving-themed evening of BINGO, prizes, and laughter. Practice listening skills, celebrate each winner, and spend time with friends in a fun, welcoming atmosphere.



Mon, Nov. 23 | 6:00-8:00 p.m.

Anpétu Téca Education Center

\$10 | Registration deadline: Nov. 16

UNO Challenge (CBNH1)

Play classic UNO along with fun variations like UNO Flip and Emoji UNO. Enjoy snacks, friendly competition, and a great evening of laughter while practicing decision-making and good sportsmanship.



Tue, Nov. 24 | 6:30-7:30 p.m.

Gladstone Community Education Center

\$10 | Registration deadline: Nov. 17

Holiday BINGO with Rene (CBRH3)

Celebrate the holidays with festive BINGO, prizes, and time with friends. Enjoy a relaxed evening filled with laughter, conversation, and friendly competition.

Thu, Dec. 17 | 6:00-8:00 p.m.

Anpétu Téca Education Center

\$10 | Registration deadline: Dec. 10

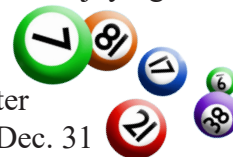
New Year's BINGO with Rene (CBRH4)

Welcome the new year with BINGO, prizes, and great company. Reconnect with friends while enjoying a fun evening of games and celebration.

Thu, Jan. 7 | 6:00-8:00 p.m.

Anpétu Téca Education Center

\$10 | Registration deadline: Dec. 31



BINGO Night with Cool Prizes (CBSH1)

Play exciting rounds of BINGO for a chance to win fun prizes. Whether you're new to the game or a longtime fan, everyone is welcome to join the fun.

Mon, Jan. 25 | 6:00-7:30 p.m.

District 833 Program Center

\$10 | Registration deadline: Jan. 18



LEARNING

Cooking with Cheryl (CBNC1A & CBNC1B)

Discover new cooking skills while preparing easy recipes you can recreate at home. Practice safe kitchen techniques, build confidence, and enjoy cooking with friends in a welcoming, hands-on environment. Caregivers are encouraged to attend if support is needed.

Thursday, Nov. 19, 2026 | 6:30–7:30 p.m.

OR Thursday, Dec. 10, 2026 | 6:30–7:30 p.m.

John Glenn Middle School

\$15 per session |

Registration deadlines: Nov. 12 and Dec. 3

Mugs & Marshmallows (CBWA4)

Ring in the New Year with friends and a steaming cup of hot chocolate! Customize your drink with a variety of delicious toppings, all served in a keepsake Community Bridge mug you get to take home. It's sure to be a cozy, enjoyable winter gathering!

Wed, Jan. 13 | 6:00–7:00 p.m.

Sunrise Park District Service Center

\$10 | Registration deadline: Jan. 6



ART

Cardboard Creations Workshop (CBWA1)

Transform ordinary cardboard into imaginative art-work using simple building and decorating techniques. Experiment with color, texture, and design while creating a unique project to display or take home.

Thu, Oct. 8 | 6:00–7:30 p.m.

Sunrise Park District Service Center

\$15 | Registration deadline: Oct. 1

Pumpkin Painting with Rene (CBRA1)

Create a colorful pumpkin using paints and seasonal designs. Experiment with colors, patterns, and creative details while enjoying a relaxed evening with friends. Take home a festive decoration and celebrate the fall season together.

Mon, Oct 19 | 6:00–8:00 p.m.

Anpétu Téča Education Center

\$15 | Registration deadline: Oct. 12



Introduction to Alcohol Inks (CBNA1)

Discover the colorful world of alcohol inks in this fun, beginner-friendly workshop. Create vibrant designs on Yupo paper while experimenting with inks, blending solutions, and markers. You'll take home several unique mini paintings. No experience needed.

Tue, Oct. 27 | 5:30–7:30 p.m.

Gladstone Community Education Center

\$25 | Registration deadline: Oct. 20



Create a Gift: Outstanding Ornaments (CBWA2)

Create handmade holiday ornaments using collage materials, paper, and found objects. Design unique keepsakes to decorate your home or share as thoughtful gifts with family and friends.

Mon, Nov. 30 | 6:00–7:30 p.m.

Sunrise Park District Service Center

\$15 | Registration deadline: Nov. 23



Holiday Decorations with Rene (CBRA2)

Make festive winter decorations including ornaments and seasonal crafts. Explore color and creativity while following simple steps to complete several cheerful projects.

Tue, Dec. 1 | 6:00–8:00 p.m.

Anpétu Téča Education Center

\$15 | Registration deadline: Nov. 24

Tree Decorating Party (CBWA3)

Decorate a wooden winter tree with paint, ribbon, buttons, and holiday accents. Enjoy seasonal treats while creating a personalized decoration to display throughout the holidays.

Tue, Dec. 8 | 6:00–7:30 p.m.

Sunrise Park District Service Center

\$15 | Registration deadline: Dec. 1



Greeting Cards with Rene (CBRA3)

Design colorful greeting cards using watercolor paints, stamps, and decorative supplies. Create handmade cards to share with family and friends while exploring your creativity.

Thu, Jan. 28 | 6:00–8:00 p.m.

Anpétu Téča Education Center

\$15 | Registration deadline: Jan. 21

FITNESS

Open Gym Series (CBNE1A-C)

Stay active through chair yoga, pickleball, and beach ball games. Improve balance, coordination, flexibility, and teamwork while enjoying movement in a welcoming, supportive environment.

Chair Yoga: Thu, Oct. 1 | 7:00-8:00 p.m.

Pickleball: Thu, Nov. 5 | 6:30-7:45 p.m.

Beach Ball Games: Thu, Jan. 14 | 6:30-7:45 p.m.

Gladstone Community Education Center

\$10 each Registration deadline: One week before each session



TRIPS & SPECIAL EVENTS

Afton Apple Orchard Hayride (CBST1)

Celebrate the fall season with an evening hayride through Afton Apple Orchard. Learn how apples are grown, visit the pumpkin patch, enjoy fresh apple cider, and take home two apples and a small pumpkin. Please dress for the weather, as this tour is outdoors.

Wed, Oct. 7 | 5:30-6:30 p.m.

Afton Apple Orchard, Hastings

\$15 | Registration deadline: Sep. 30

Halloween Costume Dance Party (CBNT1)

Dress in costume and celebrate with dancing, games, photos, snacks, and music at a comfortable volume. Enjoy an evening of fun with friends and family.

Fri, Oct. 23 | 6:00-7:30 p.m.

Gladstone Community Education Center

\$15 | Registration deadline: Oct. 16

Let's Meet for Dinner at Pizza Ranch (CBST2)

Share dinner with friends and enjoy a fun White Elephant gift exchange. Bring a wrapped item from home and spend the evening laughing, visiting, and making memories.

Mon, Dec. 7 | 6:00-7:30 p.m.

Pizza Ranch, Cottage Grove

\$5 + purchase your own dinner

Registration deadline: Nov. 30



Snow Ball Family Dance (CBNT2)

Celebrate the season with music, dancing, snacks, festive decorations, and a photo booth. Dress up, spend time with friends, and enjoy a welcoming holiday celebration.

Fri, Dec. 11 | 6:00-7:30 p.m.

Gladstone Community Education Center

\$15 | Registration deadline: Dec. 4

Trains, Tracks, and Tasty Pasta (CBNT4)

Visit the Twin Cities Model Railroad Museum, explore interactive exhibits, then enjoy lunch at Buca di Beppo. Transportation, admission, and lunch are included.

Sat, Jan. 23 | 9:30 a.m.-1:15 p.m.

Depart from Gladstone

\$40 | Registration deadline: Jan. 16



LOCATIONS

Afton Apple Orchard: 14421 90th St S, Hastings

Anpétu Téca Education Center: 1910 County Rd B W, Roseville

District 833 Program Center: 8400 East Point Douglas Rd S, Cottage Grove

Gladstone Community Education Center: 1945 Manton St, Maplewood

John Glenn Middle School: 1560 County Rd B E, Maplewood

Pizza Ranch: 7855 Harkness Ave S, Cottage Grove

Sunrise Park District Service Center: 2399 Cedar Ave, White Bear Lake

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



Gladstone Community Education Center
Community Bridge Consortium office
1945 Manton St.
Maplewood, MN 55109
651.748.7250
Monday–Thursday 8:00 a.m.–3:30 p.m.

NON-PROFIT ORG
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 4263

Register online at isd622.ce.eleyo.com

COMMUNITY BRIDGE REGISTRATION FORM

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

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Total Participant Fee \$		_____

Checks payable to: Community Bridge

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

Mailed checks will be handled as a one-time electronic fund transfer or draft.

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$	_____

Staff fee must accompany registration

Visa, MasterCard or Discover _____ Exp ____/____ Total Charge \$ _____

Signature _____ Print Name on Card _____