



Thompson Times

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

Thompson Park Activity Center (TPAC) Serving Adults 55+

Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Open 9 am-4 pm, Mon-Thu

For Information or Registration:

Call: 651-403-8300

Online: www.isd197.org/community/adults-55

Special Events

Renew your
Subscription
Now!



Autumn Overture with the Inver Hills Community Band

The Inver Hills Community Band will deliver another polished performance with an inspiring blend of classical masterworks, patriotic favorites and contemporary selections. Enjoy a delightful afternoon of music performed with contagious enthusiasm! Dessert included. Register by Sept 10th.

Wed, Sep 16
1171-F26

1-2 pm
\$12



Moonlight and Melodies with Tim Patrick

TPAC's favorite crooner Tim Patrick is back with an afternoon of timeless music. Singing the unforgettable songs of Frank Sinatra, Dean Martin and Tony Bennett, today's concert will have a special nod to the season featuring smooth standards and autumn-inspired favorites for a crisp fall afternoon. Dessert included. Registration required.

Tue, Oct 27
1195-F26

1-2 pm
\$12

Closed Dates: Sep 7 & Oct 22

SEP/OCT 2026

LEARNING & DISCUSSION

Law, Limits & Leadership

Join constitutional law scholar Richard Painter to examine ten current laws, executive actions and policy proposals raising serious constitutional, legal and civil liberties questions. This engaging discussion will offer a legal lense – not a political one – helping you understand the constitutional principles shaping today’s most debated public policies. *Presenter: Richard Painter*

Thu, Sep 3 10-11:30 am
1234-F26 1 session – \$9



Technology Help

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

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

An Evening at the Cambodian Buddhist Temple (van trip)

Step outside our usual daytime programs and join us for a unique evening visit to Watt Munisotaram, the beautiful Cambodian Buddhist temple. Guided by resident monks, we’ll tour the temple grounds, learn about Buddhist beliefs and practices, discover Cambodian culture and traditions, and hear the inspiring story of a community that preserved its heritage while building a new life in Minnesota. This special experience offers an opportunity for cultural discovery and thoughtful conversation in a peaceful setting unlike any other TPAC program this year. Dinner locally at your own expense.

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

Nature Sense with Naturalist Eloise Dietz

Offsite Visit to Wakan Tipi

Carpool from TPAC to Wakan Tipi, formerly Bruce Vento Nature Scantuary. Explore this sacred site, enjoy level trails, observe wildlife, and learn about Native culture and environmental stewardship. We’ll also visit the Interpretive Center. Carpool to site.

Wed, Sep 9 10 am – 12 pm
1783-F26 Sep 1 session – \$12

Apple Fun

Celebrate apple harvest season with a fun look at apple history, folklore and traditions. Sample a variety of apples, discover creative serving ideas and share a favorite apple recipe if you’d like.

Tue, Oct 6 10:30-11:45 am
1783-F26 Oct 1 session – \$15

Volunteering at Every Ability: Opportunities for Adults 55+

Wondering where your talents and life experience are needed most? Join Garrett Zaffke as he shares how volunteers support parks, libraries, environmental projects, community events, and other essential county services. Garrett connects people of all interests, schedules, and physical abilities with meaningful opportunities. Whether you prefer active outdoor work or flexible, seated roles, discover how giving back can enrich your community—and your own life as well. Please register.

Presenter: Garrett Zaffke, Dakota Cty Volunteer Coordinator

Wed, Sep 9 11 am-12:30 pm
1239-F26 1 session – Free

Senior Tour of Homes

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

Presenter: Eunice Newbauer, Choice Connections

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

LEARNING & DISCUSSION

Watt's Next?

A Community Conversation about Energy

As Minnesota faces growing energy demands and increasing pressure to provide reliable carbon-free power, understanding the future role of nuclear, wind, solar, natural gas, and other sources has never been more important. Learn how energy providers are balancing reliability, affordability, environmental goals, and emerging technologies while planning for the decades ahead. Look at the challenges, opportunities, and decisions shaping the future of energy in Minnesota.

Presenter: Erik Simonson, Excel Energy

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

Landmark Tours: Your Journey Starts Here

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

Presenter: Landmark Tours Representative

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

The Secret Lives of Urban Coyotes and Foxes

Coyotes, red foxes, and even gray foxes live right here in our neighborhoods! This is an eye-opening look at the Twin Cities Coyote and Fox Project. Using GPS tracking collars, researchers follow these adaptable urban carnivores to learn how they survive and interact in landscapes shaped by people. Geoff will share fascinating local stories—including research conducted near Thompson Park itself—and reveal what these surprising neighbors can teach us about wildlife in modern Minnesota.

Presenter: Geoff Miller, U of M Researcher

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

Explore Conversational Spanish - Level 1

Learn the basics of Spanish. Space is limited.

Instructor: Dick Milles, Professor Emeritus Metro State U

Wed, Sep 2 – Oct 28	9:30–10:30 am
1841-F26 Sep–Oct	9 session – \$72

Explore Conversational Spanish - Level 2

Learn a bit more of Spanish. Space is limited.

Instructor: Dick Milles, Professor Emeritus Metro State U

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



Soup's On at TPAC!

Celebrate the flavors of fall with this cozy gathering each month for soup lovers and home cooks. Each features a local cook as they demonstrate, prepare, and serve one or two of their favorite fall soups in the TPAC kitchen. Enjoy sampling a delicious homemade creation while gathering for conversation, inspiration, and shared culinary ideas. Leave with a copy of the featured recipe, making it easy to recreate the warmth of the season in your own kitchen.

1206-F26	each (1) session – \$19
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Soup With Mystery Guest

Tue, Sept 22	12–1:30 pm
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Soup "For All Seasons" with Adina Overbee

Adina has shown many culinary skills for years and this time she is featuring the diverse and satisfying flavors of soups no matter the season.

Thu, Oct 8	11 am–12:30 pm
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LEARNING & DISCUSSION

New to Medicare?

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

Presenters: *Harvey Perle & Co. and Sheri Salloway Yarosh*

Tue, Sep 22

1213-F26

10-11:30 am

1 session - \$5

Feeling Overwhelmed? Get to the Root of Your Stress

There are a million ways to "de-stress," but how do you know where to start? Understand what's actually driving your stress so you can be intentional with the strategies you choose. Learn how to spot the real source of your stress and leave with easy, repeatable tools you can put into practice.

Wed, Sep 23

1224-F26

1:30-3 pm

1 session - \$5

Inventing the American Nation: Writing & Understanding the Constitution/Bill of Rights

Ratified in 1788 and effective since 1789, our Constitution has been the supreme law of the United States, defining the government's structure and protecting fundamental citizen rights. It established a federal democratic republic with three separate branches - Legislative (Congress), - Executive (President), and Judicial (Court system) - using a checks and balances system to prevent any one branch from becoming too powerful. We will also discuss why they chose to add a Bill of Rights and what it protects. *Presenter: Frank Sachs*

Sept 28 **Article I of the Constitution - Legislature**

Oct 5 **Article II of the Constitution - Executive**

Oct 12 **Article III of the Constitution - Judiciary**

- Learn how each was designed & how each has evolved

Oct 19 **Bill of Rights - Part 1:** The Bill's Origin Story.

The how and why did we need a Bill of Rights.

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

Mondays, Sep 28-Nov 2

1203-F26

10-11:30 am

5 sessions - \$59

No class Oct 12



Aging in the Community - Housing Options in West St. Paul

Thinking about your future housing options? Join us for an informative presentation focused on aging well in West St. Paul. Explore important questions about aging in place, home safety modifications, and whether staying in your current home is the best fit. Learn about available community services to help you stay in your home, available resources, and housing options including condos, cooperatives, Dakota County's Senior Housing Program, independent living, and assisted living apartments.

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



Tue, Sep 29

1223-F26

10-11:30 am

1 session - \$4

Retirement Sweet Spot: Balance Health, Wealth & the Freedom to Enjoy Both

What good is retirement if you don't have the health or financial confidence to enjoy it? Discover practical ways to answer one of retirement's biggest questions: "How much can I safely spend while I'm healthy enough to enjoy it?" We'll also define specific health strategies (beyond the typical "diet and exercise" conversation) that can help preserve the energy, mobility, and independence needed to fully enjoy retirement. Perfect for current retirees and those preparing for retirement.

Presented by: Terrie Amundson CFP & Christie Amundson

Wed, Sep 30

1205-F26

1-2:30 pm

1 session - \$5

LEARNING & DISCUSSION

Joe Atkins: What's the Scoop?

Join Commissioner Joe Atkins for an engaging community conversation as he shares updates on county projects, local priorities, and the issues shaping Dakota County today. Known for his approachable style and clear communication, Joe will offer insights into what's happening behind the scenes and what it means for our communities. Bring your questions and curiosity for this informative opportunity to hear directly from one of Dakota County's most trusted local leaders.

Instructor: Joe Atkins, Dakota County Commissioner

Mon, Oct 5	1-2 pm
1236-F26	1 session - \$4
	<i>*fee supports TPAC programs</i>

Farm to Table: The Ferndale Story (van trip)

Visit Ferndale Market, one of Minnesota's best-known family farms. Farmer and owner John Peterson will share the fascinating story of Ferndale's multi-generational farming heritage, its commitment to raising free-range turkeys, and the evolution of local food production in Minnesota. We'll browse the on-farm market, sample some of Ferndale's popular turkey products, and learn what it takes to operate a successful family farm in today's world. If farm activities permit, we may even enjoy a drive through part of the property to see the turkeys. Lunch cost on your own at Rancho Loco.

Wed, Oct 7	10 am-3 pm
1201-F26	1 session - \$40 includes transportation & farm visit

Understanding Homelessness in Minnesota

Homelessness remains one of Minnesota's most visible and complex challenges. BIH Collaborative is one of Minnesota's largest organizations working to address housing instability and homelessness. This fact-based discussion will include current trends, contributing factors, barriers to stable housing, public safety concerns, and roles of government, nonprofits, and local residents. Learn about the statistics, research findings, and community realities that organizations and policymakers use to understand and evaluate potential solutions.

Presenter: Beacon Interfaith Housing Collaborative

Tue, Oct 20	10:30-11:30 am
1202-F26	1 session - \$5



Moose is Loose with Traveling Naturalist Melonie Shipman

From the big-eyed white-tailed beauties in our Minnesota yards to the caribou of Alaska's tundra to the large-limbed moose of the north woods, Melonie Shipman has been engaged with the deer family for decades. We will explore their special adaptations and lifestyles as vegetarians who must manage long, snowy winters and multiple predators to just survive another day. You will look with new eyes at animals that you may have seen many times in your life. Now you'll know the rest of the story.

Presenter: Melanie Shipman, lifelong Naturalist

Thu, Oct 29	10:30-11:30 am
1211-F26	1 session - \$12

The True-Life Tales of a Forensic Entomologist

What can insects reveal about a crime scene? Join retired forensic entomologist Val Cervenka, the first female board-certified forensic entomologist in the US, for a fascinating look at the science behind homicide investigations. Over a 25-year career, Val assisted law enforcement and medical examiners on more than 50 homicide cases, using insect evidence to help determine time since death. Through real case studies and photographs from actual investigations (some images may be graphic), you'll discover how insects help uncover the truth.

Presenter: Val Cervenka, Forensic Entomologist

Thu, Oct 29	1-2:30 pm
1218-F26	1 session - \$12

GROUPS

• Sept starts a new session - time to register again!

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

Umbrella Projects Group



The Umbrella Projects Group is devoted to volunteer opportunities in the community. Along the way we develop friendships, find new passions and a sense of purpose in our community. We welcome new and returning participants!

Our Fall Kickoff meeting will be on Sept 14 @ 10 am. We will share information about our current projects over a potluck brunch. Bringing food to share is optional. Mark your calendar! All are welcome.

If you have been saving up items over the summer, now is the time to bring those old extras from home that you no longer need: pillowcases (for Wildlife Rehab Center), tennis shoes/sneakers in any condition (for donation/recycling), paper grocery bags (for Neighbors Inc), books (for the TPAC library).

Our October meeting, we will be collecting donations for Neighbors Inc (baking ingredients) and Friday Night Street Team (winter wear - new or gently used socks, gloves, jackets, etc). Donations are not required and are always optional.

2nd Mon	10-11:30 am
1599-F26	Free

Men's Topics & Toast

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

Last Mon	9-10 am
1746-F26	Annually - \$10 Sep-Aug

Great Decisions Group

Space is limited. Call 651-403-8300 for information.

2nd Mon	1-2:30 pm
1296-W26	Annually - \$10 Jan-Dec

Caregiver Support Group

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

2nd Wed	1-2:30 pm
1597-F26	Free



TPAC Out & About Group

Gather for social outings each month. Call TPAC for info.

Dates Vary	Times Vary
1609-F26	Annually - \$10 Sep-Aug

Mystery Book Club

Enjoy stimulating discussions on our interpretations, speculations and theories of this month's mystery book!

Sept book: *Happiness Falls* by Angie Kim
Oct book: *House of Correction* by Nicci French

2nd Tue	10:30-11:30 am
1565-F26	Annually - \$10 Sep-Aug

Metro Dining Club Cards

Stop in or call us at 651-403-8300 for information on Metro Dining Club Cards - expected to arrive in October!



FITNESS & HEALTH

Pilates

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

Tuesdays 1113-S26 2-3 pm
Sept 8-Oct 27 8 sessions – \$64

Tai Chi Chih for Health - Beginners *new!*

Discover the gentle, meditative movements of Tai Chi Chih to improve balance, sleep, vitality, and overall well-being. As a beginner, you will learn the movements of Tai Chi and how it can reduce stress, pain, and inflammation while supporting healthy weight management, increased energy, & relaxation. Practice seated or standing. No experience required. *Instructor: Theresa May, nationally accredited instructor*

Wed, Sep 16-Oct 21 10:15-11 am
1238-F26 Sep-Oct 6 sessions – \$48

Tai Chi Chih for Health - Intermediate

For returning or seasoned students, this Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated to improve balance, sleep, vitality, immune function, weight management, stress, pain, or inflammation. Requires some prior Tai Chi experience. *Instructor: Theresa May, nationally accredited instructor*

Wed, Sep 2-Oct 28 9:15-10 am
1160-F26 Sep/Oct 9 sessions – \$72

3x3 Fitness

Exercise along with an exercise video using resistance bands or rings to improve your strength and flexibility. These exercises are chair-based and low-impact. *Facilitator: Barb Erickson*

Tue/Thu 9:15-10 am
1635-F26 \$15 Sep-Dec
No class Oct 22 or Nov 26

Fitness and Balance for Life

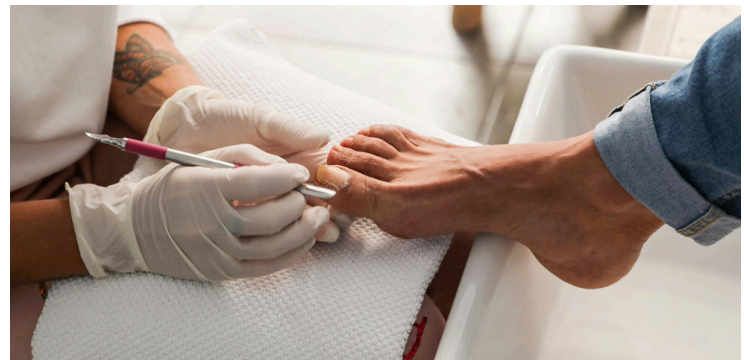
Improve flexibility and overall well-being! Through low-impact exercises, enhance your range, strength & balance. We supply the gear: chair, exercise bands, hand weights, & exercise balls. *Instructor: Naomi Marzinske*

Thu, Sept 3-Oct 29 10:30-11:30 am
1317-F26 8 sessions – \$64
No class Oct 22

Line Dancing (Intermediate)

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

Thu, begins Sept 17 9-10 am
1615-F26 12 sessions – \$15
No class Oct 22



Foot Care Available at TPAC

Your feet have done a lot for you! As you get older, taking good care of your feet helps you stay active, comfortable and independent. At your appointment, we'll provide a foot assessment, trim toenails, thin overgrown nails and file corns/calluses. We do not diagnose or prescribe treatments. *Providers: Alicia, RN CFCS and Elizabeth, RN*

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

CREATIVE ARTS

Knitting Group

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

Facilitator: JoAnn Ellingboe

Mondays	1-2:45 pm
1600-F26	\$15 Sep-Dec

Open Watercolor Painting

Join other artists and enjoy music and conversation. There is no instructor, so paint what inspires you and share ideas. Bring your own supplies. *Facilitator: Art Thell*

Tuesdays	9:30-11:30 am
1602-F26	\$15 Sep-Dec

Crafting for a Cause

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

Facilitator: Rita Schnoor

2nd Tue	12-1 pm
1598-F26	Free

Mixed Media Art Group

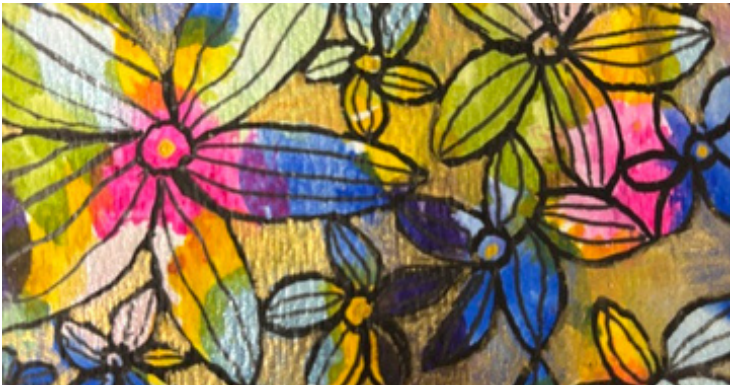
Join us for a fun, relaxing afternoon with friends, novice to skilled artists, who enjoy expressing their inner selves using various art mediums from acrylic paints to colored pencils to pastels and beyond. There is no instructor, but sharing your techniques is welcome. Bring your own art supplies.

1st & 3rd Wed	1-3 pm
1595-F26	\$15 Sep-Dec

Watercolor Introduction

Discover your creativity in this beginner-friendly class! Explore essential materials, foundational techniques, and the basics of color theory. Learn how to mix pigments to create beautiful, expressive artwork. For your convenience, the instructor will take care of all supply shopping; fee \$65-70 is due on the first day of class. (This class is a prerequisite for Watercolor I.) *Instructor: Linda Stout*

Mondays	1491-F26	1-3 pm
Nov 2-30		5 sessions - \$110



A Touch of Gold

Learn a new technique and transform a blank canvas into a stunning floral masterpiece! Begin by filling your page with vibrant colors, then use a black ink to create cheerful blooms and intricate details that bring your design to life. Finally, add shimmering gold or silver accents to the background, creating a striking contrast and an elegant finished piece. No two creations are alike - truly a form that develops before your eyes and is uniquely your own. You'll be amazed at what you create!

Facilitator: Johanna Nelson

Thu, Oct 1	10:30 am-12:30 pm
1230-F26	1 session - \$9

Watercolor I

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

Prereq: Watercolor Intro or instructor consent

Instructor: Linda Stout

Tuesdays	1302-F26	1-3 pm
Sep 1-29		5 sessions - \$110
Oct 6-27		4 sessions - \$88

Watercolor II

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

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

55+ DRIVER'S DISCOUNT COURSE



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

Persons aged 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. Participants must complete the four hour refresher class every three years to maintain the 10% discount.

4-Hour Course Dates at Thompson Park Activity Center		
Thursdays	12-4 pm	\$24
Sep 3		
Sep 17		
Oct 1		
Oct 15		

Pre-registration is required.
To register, call toll free 1-888-234-1294
or visit www.driverdiscountprogram.com

GAMES

Bocce Ball

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

Mon, Sep 14-Oct 26
1596-F26 Sep/Oct

9:45-10:45 am
7 sessions - \$8

Bean Bag Toss

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

Tue, Sep 1- Oct 27
1643-F26 Sep/Oct

9:45-10:45 am
9 sessions - \$10

Puzzle Palooza

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

1st & 3rd Tuesdays
1135-F26

1-3 pm
\$15 Sep-Dec

Learn Mah Jongg

Learn from an experienced player in a patient and fun setting. Space is limited.

1st & 3rd Tuesdays
1225-F26 Oct 6-Dec 15

10 am-12 pm
6 sessions - \$42

Hand & Foot

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

Wednesdays
1735-F26

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

Cribbage

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

Wednesdays
1856-F26

1-3 pm
\$15 Sep-Dec

Scrabble

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

Wednesdays
1114-F26

1-3 pm
\$15 Sep-Dec

Mah Jongg

An ancient Chinese game with a modern twist. This group is for those who know how to play. No instructor.

Thursdays
1613-F26

1-3:45 pm
\$15 Sep-Dec

TRIPS & TOURS

Trips & Tours Information

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



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.

Tue, Nov 17 Depart TPAC 10:15 am/Return 2:30 pm
\$99 Register by Fri, Oct 16
1165-WSP-F26

Christmas in Duluth

On our way to Duluth, stop at Tobies for a pastry or snack (on your own).

Lunch will be at Canal Park Brewing in Duluth.

Choose menu choice when you register:

- Canal Park Club and Fries –or– Classic Burger and Fries

Following lunch, we head to Glensheen Mansion located on the shores of Lake Superior. The small rooms of the estate are decorated for the Holiday Season. The tour will view the family living and workspaces showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts & Crafts. Guests can view the basement, first floor, and second floor.

Next, stop at Bayfront Festival Park to experience "Bentleyville Tour of Lights." Local volunteers work for weeks to put together a magic place to celebrate the Holiday Season with the Duluth community. The area usually has fluffy snowflakes and crisp cool temperatures. Walk through the remarkable display with millions of lights, Christmas trees and music. There is a gift store inside a warm building, plus an open-air merchandise area with about 15 Fire Pits. Throughout the 20-acre area, there is complimentary hot coco, coffee, popcorn, cookies, and marshmallows that you can roast over the fire. Donations accepted in donation bins throughout the park.

Quick bathroom stop at Tobies on the way home.

Wed, Dec 9 Depart TPAC 9:30 am/Return 10:00 pm
\$135 Register by Fri, Nov 6
1229-WSP-F26

Annie at the Chanhassen Dinner Theatre

The classic musical story of Annie, the spunky little orphan from New York City. Lunch before the performance. (more details online)

Wed, Jan 27 Depart TPAC 10 am/Return 5 pm
\$127 Register by Fri, Dec 18
1233-WSP-W27

Buddy Holly Tribute

A rock-n-roll tribute to legendary Buddy Holly at the Le Musique Room in St. Michael. Lunch at D. Michael B's in Albertville. (more details online)

Tue, Feb 9 Depart TPAC 9:45 am/Return 4 pm
\$108 Register by Mon, Dec 21
1232-WSP-W27

GENERAL INFORMATION

Registration

By phone: 651-403-8300

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

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

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

Mail registrations will not be guaranteed due to transit time.

E-News

Sign up for TPAC email updates at tridistrictce.org or call 651-403-8300 for assistance.

Services

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

Difficulty Hearing

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

Suggestion Box

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

TPAC Advisory Council Opening

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

Fees for Groups & Clubs

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

Monthly groups \$10 annually per person

Weekly groups \$15 per trimester per person

Jan-Apr / May-Aug / Sep-Dec

Cancellations/Refunds

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

Inclement Weather & Closures

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

Scholarships & Fee Assistance

Call 651-403-8303 for details.

Opportunities to Volunteer

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



School District 197 Community Education
Thompson Park Activity Center
1200 Stassen Lane
West St. Paul, MN 55118

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

Address Service Requested

WOW! Thank You!!

Contributions for 2025/2026 at year end June 30: \$18,283

Goal: \$12,000 by June 30, 2026

Friend (up to \$49)

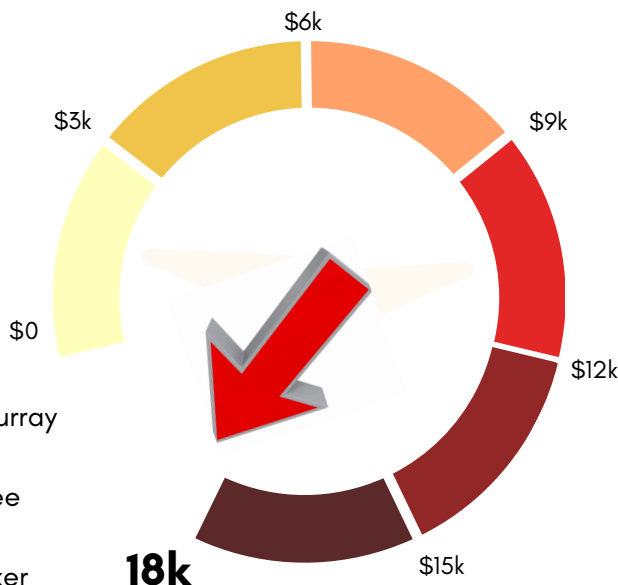
Anonymous
Cathy LaMana
Kathy Skradski

Benefactor (\$50-99)

Anonymous

Patron (\$100+)

Anonymous	
Bill & Evaughn Anderson	Joe & Judy Murray
Brigitte Edstrom	Eva Novaczyk
Linda Johnson	Adina Overbee
Norma Lee	Julie & Tom Weisbecker



As of the last newsletter, the giving did not stop! Never have we made the circle bigger!

THANK YOU to all who have donated over the past year and responded to our Annual Support Drive - listed here and in previous newsletters, and the many more supporters who wished to remain anonymous.

Honestly, we are left speechless by your generosity and are very grateful. Thank you again.