South St. Paul Public Schools

Community Education At Central Square

A place where our community can come together to learn, grow, and socialize!

October 2026 Events & Activities

Upcoming Youth/Adult Enrichment Courses & Events

Youth Enrichment

Safe Kids (7+)
Sat, Oct 3
9:00-11:15 am
$45, Central Square

Flag Football (K-5)
Thurs, Sept 17-Oct 8
3:45-4:45 pm
$80, Kaposia

Easy CPR for Babysitters and Teens (11+)
Fri, Oct 16
8:30-11:00 am
$50, Central Square

Basketball Camp
Mon, Oct 19-Nov 16
Kaposia
Grades K-5
3:45-4:45 pm, $80
Ages 2-3 Years
5:00-5:30 pm, $70
Ages 4-6 Years
5:45-6:30 pm, $75

Adult Enrichment

Interviewing Skills That Will Change Your Future
Sat, Oct 3
12:00-1:30 pm
Tues, Oct 6
5:30-7:00 pm
$35, Virtual

Farmer's Market Soups Cook Along
Sun, Oct 4
3:30-5:00 pm
$35, Virtual

Life Changing Interview Skills for Professionals
Mon, Oct 5
8:30-10:00 pm
Thurs, Oct 15
6:30-8:00 pm
$35, Virtual

Traditional Southern Cooking– Dinner
Tues, Oct 6
6:00-9:00 pm
$35, SSP High School

Should I Stay or Should I Go?
Tues, Oct 13
10:00-11:30 am
$15, Free for Sr Ctr Members, Central Square

Indian Cooking: Palak Paneer
Wed, Oct 14
6:00-9:00 pm
$60, SSP High School

The 10 Important People You Need for Your Estate Plan to Work
Tues, Oct 20
6:30-7:30 pm
$15, Free for Sr Ctr Members, SSP High School

Your Personalized 10 Min Out-the-Door Beautiful Makeup Routine, Women 40+
Thurs, Oct 22
6:00-8:00 pm
$45, Central Square

Photo Organization: Print & Digital
Tues, Oct 27
6:30-8:30 pm
$29, Central Square

Mile High Apple Pie
Wed, Oct 28
6:00-9:00 pm
$35, plus $15 supply fee
SSP High School

Free Meals

Single and family style take 'n bake meals available every Monday after 3:00 pm through Saturday while supplies last.

Free Adult Classes

South Suburban Adult Education (SSABE) offers free day, evening, and online classes to help adults in Northern Dakota County build literacy skills for work, family, and community life. Call about Free classes for adults in areas such as:

- English Learning
- Reading
- Math
- Writing
- Job Skills
- TEAS Prep
- GED Test Prep

Visit communityed.sspps.org/abe to start your educational journey.

South Suburban Adult Education

More information at communityed.sspps.org

Register for all SSP Community Ed Programs and Classes at:

https://tridistrictce.arux.app/

Or register in-person at Central Square Monday - Friday from 7:30am - 4:00pm

October Senior Center Calendar

The SSP Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55+. If you are interested in joining the Senior Center Board let the Central Square front desk know. More information can be found at communityed.sspps.org.

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
				1 Hand & Foot Card Games 12:30-2:30 pm	**2** 500 Cards 11:30 am-2:00 pm	**3**
4	**5** Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	**6** Woodcarvers 9:00-11:00 am Craft time 1:00-3:00 pm	**7** 500 Cards 11:30 am-2:00 pm	**8** Movie and Popcorn: *Lost City*- 12:00 pm Hand & Foot Card Games 12:30-2:30 pm	**9** 500 Cards 11:30 am-2:00 pm	**10**
11	**12** Cribbage 12:00-2:30 pm Book Club 12:30-2:30 pm Penny Bingo 1:00-2:30 pm	**13** Great Northern Trains Trip- Bus departs at 7:45 am Happy Feet 9:00 am-4:00 pm Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	**14** Senior Board Meeting 9:30 am Out to Lunch- Olive Garden 11:00 am 500 Cards 11:30 am-2:00 pm	**15** Hand & Foot Card Games 12:30-2:30 pm	**16** 500 Cards 11:30 am-2:00 pm	**17**
18	**19** Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	**20** Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	**21** Fall Fashion Show 11:00 am	**22** Senior Social- Beer and Brats- 11:30 am-1:00 pm Hand & Foot Card Games 12:30-2:30 pm	**23** 500 Cards 11:30 am-2:00 pm	**24**
25	**26** Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	**27** Happy Feet 9:00 am-4:00 pm Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	**28** 500 Cards 11:30 am-2:00 pm	**29** Hand & Foot Card Games 12:30-2:30 pm	**30** 500 Cards 11:30 am-2:00 pm	**31**

Upcoming Trips

Women of Gangsterland
November 17, $99/person

Christmas in Duluth
December 1, $135/person

Annie at Chanhassen
January 27, $127/person

SSP Buzz

8:30-11 Monday-Friday
Join your neighbors for a cup of joe and get your buzz of what's happening around the community.

Walk the Square

7:30 am - 3:00 pm Monday-Friday
Come walk the Square. We may not be big, be we are temperature controlled.

Free Lap Swimming

Free lap swimming for Senior Center members 65+. See lap swim schedule.

Calling All Crafters!

The Senior Center Little Gift Shop is looking for crafters. Do you love to craft and would like an avenue to sell? Stop by the front desk to become a seller.

Book Club- Upcoming Books

Oct 12: Kitchens of the Midwest by Ryan Stradal
Nov 9: The Scent Keeper by Erica Bauermeister

Fitness Classes and Lap Swim Schedules

In-Person Fitness Class Schedule

Classes and fees are subject to change	Mon	Tues	Wed	Thurs	Fri	Sat
Aqua Fitness (Senior)- A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance.		*10:30 am		*10:30 am	*10:30 am	
Aqua Interval- High energy, low impact water classes for all fitness levels.			6:00 pm			
Cardio Kickboxing- This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout.		5:30 pm				
Friday Night Bootcamp- There is no better way to welcome the weekend than a sweat inducing workout! We will utilize a variety of equipment and stations for a full body strength and cardio workout.					6:00 pm	
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.				8:30 am		
HIIT Bootcamp- 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!	5:30 pm					
Kettlebell- TRX Fusion- Method of fitness that uses body weight to build strength, flexibility and balance.						10:00 am
Mat Pilates- This class uses body both weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Please bring your own mat for class.		6:30 pm				
Pound ®- POUND® is designed for all fitness levels and is very easy to modify. POUND® Rockout Workout is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums!						9:00 am
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.				5:30 pm		
Senior Circuit- Combination of strength and cardiovascular conditioning for active older adults.	6:15 am		6:15 am	6:15 am		
Silver Sneakers Classic ®- Designed to focus on flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.		*9:30 am		*9:30 am		
Silver & Fit Explore ® (Senior)- Designed for older adults who are getting started or are returning to an exercise routine. This class will help increase your heart health, muscular endurance and strength, flexibility, and balance.					**9:30 am	
Tai Chi for Beginners- Introduces the foundational principles and movements of this mind-body practice.				12:00 pm		
Tai Chi for Arthritis & Fall Prevention- Utilize Sun style Tai Chi for its ability to improve balance, strength, flexibility, and overall well-being, while also helping to prevent falls.				1:00 pm		
Total Body- A high-energy, total body workout with a variety of new exercises and tools to keep your body moving, your heart rate going.		5:15 am	4:30 pm	5:15 am	6:00 am	
Yoga- Join us for an hour long yoga routine that will include basic yoga poses, music and always the best part a Savasana/final relaxation.				6:30 pm		
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.	6:30 pm					

In-Person Class Fees and Session Dates

** Free to Silver Sneakers® members*
***Free to Silver and Fit ® members*

Daily Drop-In Prices: Adults= $8, Seniors (65+)= $4

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**Sep 14-Oct 26** $49 adult, $20 senior	**Tue, Sep 1-Oct 27** $62 adult, $20 senior	**Wed, Sep 2-Oct 28** $49 adult, $20 senior	**Thurs, Sep 3-Oct 29** $62 adult, $20 senior	**Fri, Sep 4-Oct 30** $62 adult, $20 senior	**Sat, Sep 12-Oct 31** $55 adult, $20 senior
2	**Mon, Nov 2-Dec 28** $62 adult, $20 senior	**Tues, Nov 3-Dec 29** $62 adult, $20 senior	**Wed, Nov 4-Dec 30** *No class Nov 25, Dec 23* $49 adult, $20 senior	**Thurs, Nov 5-Dec 17** *No class Nov 26* $42 adult, $20 senior	**Fri, Nov 6-Dec 18** *No class Nov 27* $42 adult, $20 senior	**Sat, Nov 7-Dec 17** $42 adult, $20 senior

Lap Swim Schedule

To register for lap swim, sign up online at https://tridistrict.ce.eleyo.com/ or in-person Monday-Friday from 7:30 am - 4:00 pm.

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedules and fees subject to change				**1** 5:00-10:00 am 11:30 am-3:30 pm	**2** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**3** 7:30 am-1:30 pm
4	**5** 5:00-3:30 pm 6:30-7:30 pm	**6** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**7** 5:00 am-3:30 pm 7:00-7:30 pm	**8** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**9** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**10** 7:30 am-7:50 am 10:30 am-1:30 pm
11	**12** 5:00-3:30 pm 6:30-7:30 pm	**13** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**14** 5:00 am-3:30 pm 7:00-7:30 pm	**15** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**16** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**17** 7:30 am-1:30 pm
18	**19** 5:00-3:30 pm 6:30-7:30 pm	**20** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**21** 5:00 am-3:30 pm 7:00-7:30 pm	**22** 5:00-10:00 am 11:30 am-3:30 pm	**23** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**24** 7:30 am-7:50 am 10:30 am-1:30 pm
25	**26** 5:00-3:30 pm 6:30-7:30 pm	**27** 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	**28** 5:00 am-3:30 pm 7:00-7:30 pm	**29** 5:00-10:00 am 11:30 am-3:30 pm	**30** 5:00-10:00 am 11:30 am-2:00 pm	**31** 7:30 am-1:30 pm

Free lap swimming for Senior Center members 65+ during these hours:

Mon-Fri: 7:30 am - 3:30 pm
Sat: 7:30 am - 1:30 pm

*Free senior lap swimming is unavailable when the pool is in use

Daily Rate
- $5 (19-64 years old)
- $2 seniors (65+)

10-Day Punch Card
- $40 (19-64 years old)
- $15 Seniors (65+)

30-Day Punch Card
- $80 (19-64 years old)
- $30 Seniors (65+)

Punch Cards
Punch card valid for daily admissions at CSCC pool only