South St. Paul Public Schools

Community Education At Central Square

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

November 2026 Events & Activities

Upcoming Youth/Adult Enrichment Courses & Events

Youth Enrichment

ACT Prep
Tues, Nov 10-Dec 8
6:00-9:00 pm
$180, SSP High School

Basketball Camp (Grades K-5)
Thurs, Nov 19-Dec 17
3:05-4:45 pm
$80, Lincoln Center

Afterschool Pickleball (Grades K-5)
Tues, Nov 24-Dec 22
3:45-4:45 pm
$80, Kaposia Education Center

Floor Hockey Tykes
Tues, Nov 24-Dec 22
5:00-5:45 pm
$75, Kaposia Education Center

Free Meals

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

Adult Enrichment

French Macarons with Salted Caramel Buttercream and Chocolate Glaze
Tues, Nov 3
6:00-8:00 pm
$35, Virtual

Pediatric CPR/First Aid Blended Learning with In Person Skills Check
Thurs, Nov 5
6:00-8:00 pm
$85, Central Square

Savory Galette and Apple Strudel
Tues, Nov 10
6:00-8:00 pm
$35, Virtual

Let's Probate an Actual Minnesota Estate
Tues, Nov 10
6:30-7:30 pm
$15, Free for SSP Sr Center Members

Best Bundt Cakes
Wed, Nov 11
6:30-8:30 pm
$35, SSP High School

Swing Dance: One Night of Fun
Thurs, Nov 12
7:00-9:00 pm
$34/couple, SSP High School

Abdominal Strengtheners That Won't Stress Your Back/Neck
Mon, Nov 16
6:00-7:30 pm
$35, Virtual

Lovely Lefse
Mon, Nov 16
6:00-8:00 pm
$35 +$10 supply fee, SSP High School

Indian Cooking: Chicken Buryani
Wed, Nov 18
6:00-9:00 pm
$55, SSP High School

Thanksgiving Cookies
Mon, Nov 23
6:30-8:30 pm
$35 +$12 supply fee, SSP High School

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

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

More information at communityed.sspps.org

November 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	2 Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	3 Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	4 500 Cards 11:30 am-2:00 pm	5 Senior Social- Turkey Dinner 11:30 am-1:00 pm Hand & Foot Card Games 12:30-2:30 pm	6 500 Cards 11:30 am-2:00 pm	7
8	9 Cribbage 12:00-2:30 pm Book Club 12:30-2:30 pm Penny Bingo 1:00-2:30 pm	10 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	11 Senior Board Meeting 9:30 am Out to Lunch- Pizza Ranch 11:00 am 500 Cards 11:30 am-2:00 pm	12 Movie and Popcorn *Tombstone* 12:00 pm Hand & Foot Card Games 12:30-2:30 pm	13 500 Cards 11:30 am-2:00 pm	14
15	16 Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	17 Women of Gangsterland- Bus Departs 10:00 am Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	18 500 Cards 11:30 am-2:00 pm	19 Hand & Foot Card Games 12:30-2:30 pm	20 500 Cards 11:30 am-2:00 pm	21
22	23 Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm	24 Woodcarvers 9:00-11:00 am Line Dancing 10:30-11:30 am Craft time 1:00-3:00 pm	25 500 Cards 11:30 am-2:00 pm	26 **CLOSED- DISTRICT HOLIDAY**	27 **CLOSED- DISTRICT HOLIDAY**	28
29	30 Cribbage 12:00-2:30 pm Penny Bingo 1:00-2:30 pm					

Upcoming Trips

Christmas in Duluth
December 1, $135/person

Annie at Chanhassen
January 27, $127/person

Buddy Holly Tribute Concert
February 2, $108/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

Nov 9: *The Scent Keeper* by Erica Bauermeister
Dec 14: *Hour of the Witch* by Chris Bohjalian

Fitness Classes

Classes and fees are subject to change	Mon	Tues	Wed	Thurs	Fri	Sat
Abs, Core, and More- 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. Will focus on strengthening the entire midsection.			12:00 pm			
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			
Core on the Floor- A mat-based workout focused on abdominal muscles, lower back, hips, and pelvic floor. Class involves lying or kneeling on a mat performing exercises like crunches, bridges, planks, leg extensions, pelvic tilts, and pilates mat work. Most classes require only a mat, but will also utilize other athletic equipment.		6:30 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- Get a full body workout, training, and strengthening multiple muscles, using kettlebells. The class will incorporate exercise routines such as HIIT, circuits, stations, and more that builds strength, improves power, and increases cardio endurance.		5:30 pm				
Kettlebell- TRX Fusion- Method of fitness that uses body weight to build strength, flexibility and balance.						10:00 am
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					

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

In-Person Class Fees and Session Dates

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
1	2 5:00 am-3:30 pm 6:30-7:30 pm	3 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	4 5:00 am-3:30 pm 7:00-7:30 pm	5 5:00-10:00 am 11:30 am-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 7:30 am-7:50 am 10:30 am-1:30 pm
8	9 5:00 am-3:30 pm 6:30-7:30 pm	10 5:00-10:00 am 11:30 am-3:30 pm 6:30-7:30 pm	11 5:00 am-3:30 pm 7:00-7:30 pm	12 5:00-10:00 am 11:30 am-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 7:30 am-1:30 pm
15	16 5:00 am-7:30 pm	17 5:00-10:00 am 11:30 am-7:30 pm	18 5:00 am-5:30 pm 7:00-7:30 pm	19 5:00-10:00 am 11:30 am-7:30 pm	20 5:00-10:00 am 11:30 am-7:30 pm	21 7:30 am-1:30 pm
22	23 5:00 am-7:30 pm	24 5:00-10:00 am 11:30 am-7:30 pm	25 5:00 am-3:30 pm	26 **CLOSED-DISTRICT HOLIDAY**	27 **CLOSED-DISTRICT HOLIDAY**	28 7:30 am-1:30 pm
29	30 5:00 am-7:30 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 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