

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



A Salute to Service: A Veterans Day Concert

Join us for a thoughtful afternoon of music, remembrance, and gratitude as we honor the courage and sacrifice of our nation's veterans. Veterans Day invites us to pause, remembering those who served in conflicts long past and to hold in our thoughts those who continue to serve. Featuring the talented trombone ensemble T-Bone Time, enjoy beloved patriotic selections including "America the Beautiful", "God Bless America", "The Stars and Stripes Forever", and a moving Armed Forces medley recognizing each branch of military service. Together, we gather not to measure history's decisions, but to honor those who answered the call and to reflect with gratitude.

Wed, Nov 11 — 1-2:30 pm
1197-F26 — Free



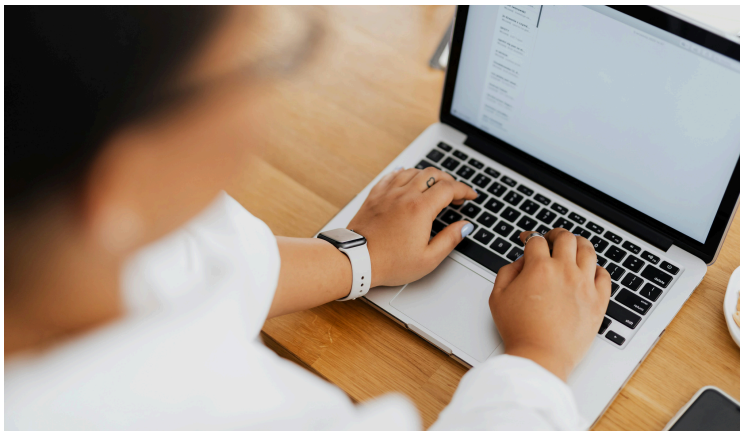
Snowflake Soirée: A John Denver Theme Featuring Dennis Curley

Celebrate the season with music, memory, and winter warmth as John Denver tribute artist Dennis Curley brings the timeless spirit of John Denver to life. While not a traditional holiday concert, this special performance captures the heart of the season through beloved classics like "Rocky Mountain High", "Sunshine on My Shoulders", and "Take Me Home, Country Roads". Set within the cozy glow of winter, the Snowflake Soirée offers a perfect escape filled with nostalgia, community, and song.

Thu, Dec 17 — 1-2 pm
1198-F26 — $12

Closed Dates: Nov 26, Dec 23-Jan 1

LEARNING & DISCUSSION



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

Nature Sense with Naturalist Eloise Dietz

Frost on the Pumpkins
Halloween may be over, but pumpkins, squash, and gourds are just getting started! Explore their fascinating history, folklore, and many uses while enjoying seasonal food samples. You'll never look at these fall favorites quite the same way again.

Tue, Nov 3 — 10:30 - 11:45 am
1783-F26 Nov — 1 session - $15

Feathers and Fur in Winter
How do Minnesota animals survive winter? Discover the remarkable changes in feathers, fur, and behavior that help wildlife endure the cold months. From migration and hibernation to winter coats and camouflage, we'll explore nature's strategies for survival.

Tue, Dec 1 — 10:30-11:45 am
1783-F26 Dec — 1 session - $10

Immigration Rights

Knowledge builds stronger communities. Explore the legal rights of immigrant individuals and families, current resources available for support, and ways community members can respond with understanding and compassion. This discussion will offer factual information, practical guidance, and an opportunity to better understand how we can be informed allies to our friends and neighbors.
Presenter: Jewish Community Action Agency

Tue, Nov 10 — 10-11:30 am
1214-F26 — 1 session - $5



Voices of Vietnam: Honoring Service, Confronting Memory, and Understanding a Divided Era

This Veterans Day, hear directly from Vietnam-era veterans in a powerful panel discussion reflecting on service during one of America's most turbulent and misunderstood chapters. From enlistment and daily military life to return home and decades of reflection, these stories span the full experience of service—combat and non-combat alike. This conversation offers a rare opportunity to honor all who served, acknowledge the lasting burdens many carried in silence, and come together in understanding, recognition, and healing across more than fifty years of history.

Wed, Nov 11 — 10-11:30 am
1196-F26 — 1 session - Free

LEARNING & DISCUSSION



Minnesota's Hidden Connection to South Africa's Freedom Struggle

Did you know Minnesota has surprising historical ties to South Africa's struggle for liberation dating back more than a century? As Minnesota is being nationally recognized through the Kennedy Foundation for its commitment to welcoming and protecting immigrant neighbors, this timely presentation offers a powerful historical perspective. Join Chérif Keita as he uncovers remarkable 19th-century connections linking our state to South Africa's fight for justice and freedom. Through original research and compelling storytelling, we'll be reminded that Minnesota's tradition of global engagement, human dignity, and standing with others runs deep.
Presenter: Cherif Keita, Carlton College distinguished scholar and award-winning filmmaker

Thu, Nov 12 — 10-11:30 am
1222-F26 — 1 session - $9





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 recipie, making it easy to recreate the warmth of the season in your own kitchen.

1206-F26 — each session - $19
Soup with Lisa Grathen, Director of Community Education
Mon, Nov 16 — 11 am-12:30 pm

Mediterranean Soup With Chef Mimi Asfaha
Tue, Dec 8 — 12-1:30 pm

Cooperative Housing: A Viable Option

This informative class will introduce Senior Cooperative Housing as both a financial and community-centered living option for older adults. Participants will learn how cooperatives differ from rentals, condominiums, assisted living, and skilled nursing care, while exploring governance, management, equity models, financial safeguards, and Minnesota's pioneering role in senior cooperatives. This presentation will also explain how cooperatives foster community and offer guidance on researching properties, touring communities, and joining waitlists. The goal: educate seniors about an important housing option — not to promote any specific cooperative.
Presenter: Arty Dorman, Resident of Real Life Co Op

Wed, Nov 18 — 11 am-12 pm
1216-F26 — 1 session - $5

LEARNING & DISCUSSION

Landmark Tours: Unforgettable Travel Experiences

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.

Thu, Nov 19 — 1 - 2:30 pm
1592-F26 — 1 session - Free



Cluck, Duck & Learn

Many people are becoming curious about backyard chickens and ducks. Join Dana and Craig of Flock Sitting MN, Minnesota's premier chicken and duck sitting service, for a fascinating senior-friendly presentation exploring friendly fowl. Learn about chicken and duck breed identification, flock personalities and dynamics, egg-related topics, seasonal care, enrichment activities, and important bird health and safety practices. Discuss how flock owners responsibly care for their birds through Minnesota's changing seasons while enjoying fun stories, practical knowledge, and lively conversation about these increasingly popular feathered companions.
Presenters: Dana & Craig, Flock Sitting MN

Mon, Nov 23 — 2 - 3:30 pm
1212-F26 — 1 session - $5

Conversational Spanish - Level 1

Learn the basics of Spanish. Space is limited.
Instructor: Dick Milles, Professor Emeritus Metro State U

Wed, Nov 4 - Dec 16 — 9:30-10:30 am
1841-F26 Nov-Dec — 7 session - $56

Becoming an Ally for LGBTQ Youth: A Culturally Vital Workshop

This welcoming and judgment-free workshop invites older adults to deepen their cultural understanding and support of LGBTQ youth. No prior knowledge is needed—just a willingness to learn. Explore inclusive language, the coming-out process, and the unique challenges LGBTQ individuals face in homes, schools, and communities. Through respectful discussion and guided activities, participants gain tools to become compassionate allies, reduce bias, and help build a more inclusive and connected community for all.
Presenter: Trevor Project MN

Thu, Dec 3 — 9:30-11 am
1221-F26 — 1 session - $5

A New Endeavor for Karyn

We recently said goodbye to our friend and colleague, Karyn Solseng, as she pursues new interests in her career. We wish her well on her new endeavor! We expect to see her visiting from time to time, so keep your eyes peeled for a sighting!



LEARNING & DISCUSSION

85 Years Ago Today Since Pearl Harbor

Pearl Harbor - December 7, 1941 - "A day that will live in infamy." In this presentation, we discuss Japan's surprise attack and how it came about, the U.S. and Japanese relationship over the 90 years before the fateful date, and how each side misunderstood the other leading to this catastrophic attack. We will learn how it was planned, carried out, and what it cost each side.
Presenter: Historian Frank Sachs

Mon, Dec 7 10-11:30 am
1227-F26 1 session - $9

Creating Your Estate Planning Blueprint

A secure financial future begins with a solid estate plan. Join Terrie Amundson for an informative workshop covering wills, trusts, retirement accounts, tax-efficient strategies, and legacy planning. Learn how to protect loved ones, transfer wealth thoughtfully, and explore tools such as Qualified Charitable Distributions (QCDs) and Roth conversions. Participants will receive a workbook to help create a personalized estate planning blueprint.
Presenter: Terrie Amundson, CFP

Tue, Dec 8 9:30-11 am
1228-F26 1 session - $5

Don't Miss the Makers Market!

Saturday, Nov 14
9 am - 3 pm
Two Rivers High School





Behind the Runway: What Keeps MSP Moving Safely

Go behind the scenes at Minneapolis-Saint Paul International Airport with Elisa Underhill and Nathan Sams, who will share an insider's look at what keeps one of the nation's busiest airports running safely and smoothly. Learn how the passenger journey is designed from curbside to departure and explore the fascinating science of runway maintenance—including how tire rubber builds up on runways and the specialized procedures used to remove it. Here is a rare glimpse into the technology, teamwork, and precision behind every safe takeoff and landing.
Presenters: Elisa Underhill, Supervisor of Customer Experience, and Nathan Sams, Duty Manager of Field Maintenance.

Thu, Dec 10 10-11:30 am
1210-F26 1 session - $9

GROUPS

- 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!
Celebrate 2027 by helping the Umbrella Project provide New Year Celebration Boxes for our neighbors in group homes. Drop off your donations between December 11-14. Items needed are adult colorful socks, soft snacks, noise-makers, New Year paper plates, cups, etc.

2nd Mon
1599-F26



10-11:30 am
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
1746-F26

9-10 am
Annually - $10 Sep-Aug

Great Decisions Group

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

2nd Mon
1296-W26

1-2:30 pm
Annually - $10 Jan-Dec

Mystery Book Club

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

Nov book: *To Catch a Storm* by Mindy Mejia
Dec book: Holiday potluck

2nd Tue
1565-F26

10:30-11:30 am
Annually - $10 Sep-Aug

Caregiver Support Group

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

2nd Wed
1597-F26

1-2:30 pm
Free



TPAC Out & About Group

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

Dates Vary
1609-F26

Times Vary
Annually - $10 Sep-Aug

Metro Dining Club Cards

Stop in to pick up your Metro Dining Club Cards! These make great gifts for the Holidays for you or friends. Each set is comprised of over 160 cards to local restaurants, which allow you to "buy one meal, get one free", or get 50% off your entree. Use the cards two or three times and the set pays for itself. Cash, credit card or checks accepted.

$30 per set

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-F26	2-3 pm
Nov 3-Dec 15		7 sessions - $56

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 Nov 26	

Tai Chi Chih for Health - Beginners

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.
Instructor: Theresa May, nationally accredited instructor

Wed, Oct 28-Dec 16	10:15-11 am
1160-F26	8 sessions - $64

Tai Chi Chih for Health - Intermediate

For returning or seasoned students, continue along your Tai Chi practice. This Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Requires some prior Tai Chi experience.
Instructor: Theresa May, nationally accredited instructor

Wed, Nov 4-Dec 16	9:15-10 am
1160-F26	7 sessions - $56

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, Nov 5-Dec 17	10:30-11:30 am
1317-F26	6 sessions - $48

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.
I*nstructor: Margaret Christians*

Thu, Sep 17-Dec 17	9-10 am
1615-F26	12 sessions - $15



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, I'll provide a foot assessment, trim toenails, thin overgrown nails and file corns/calluses. I do not diagnose or prescribe treatments.
Provider: Veronica Murphy-Witkowski, RN, BSN, PHN

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

Christmas Rock with Johanna

Get creative this holiday season at *Christmas Rock*, a hands-on rock painting class where all materials are provided. Design and decorate their own festive rock—perfect to keep as a seasonal keepsake or to give as a gift. Join us for a relaxing, joyful workshop that blends art, holiday spirit, and a little winter. *Instructor: Johanna Nelson*

Tue, Dec 15	10:30 am-12:30 pm
1204-F26	1 session - $6



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*

Mon, Nov 2-30	1-3 pm
1491-F26	5 sessions - $110

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
Nov 3-24		4 sessions - $88
Dec 1-15		3 sessions - $66

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
Nov 4-18		3 sessions - $66
Dec 2-16		3 sessions - $66

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

Nov 5
Nov 19
Dec 3
Jan 7

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

GAMES

Puzzle Palooza

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

1st & 3rd Tuesdays	1-3 pm
1135-F26	$15 Sep-Dec

Hand & Foot

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

Wednesdays	9:30 am-12:15 pm
1735-F26	$15 Sep-Dec

Cribbage

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

Wednesdays	1-3 pm
1856-F26	$15 Sep-Dec

Scrabble

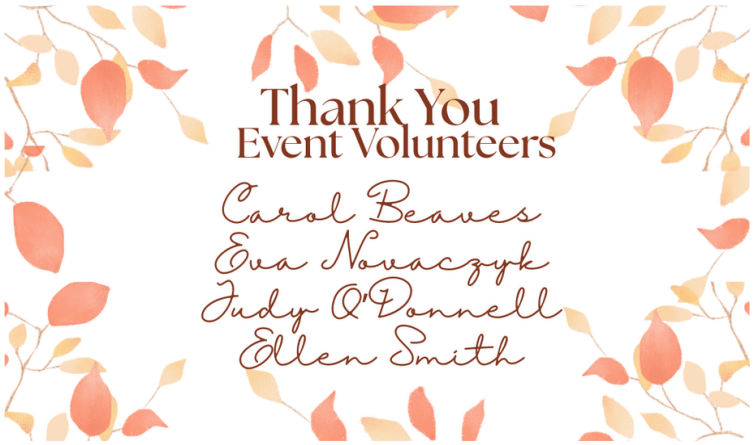
Sharpen your word skills and out-word your fellow players!

Wednesdays	1-3 pm
1114-F26	$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	1-3:45 pm
1613-F26	$15 Sep-Dec



TRIPS & TOURS

Trips & Tours Information

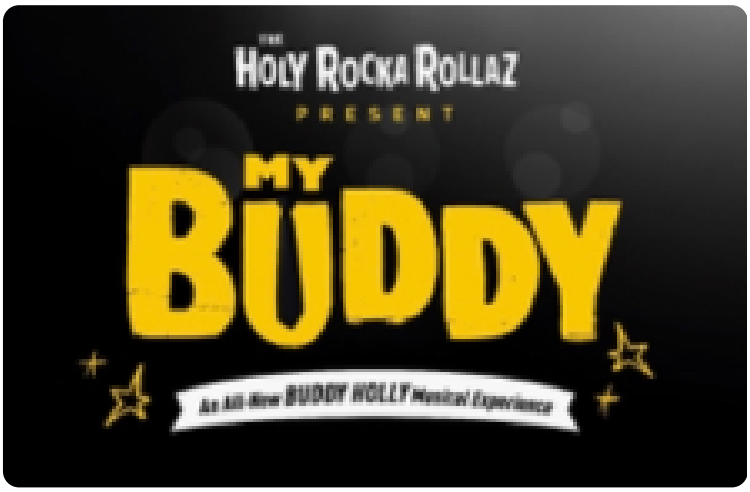
- Where you register is where you get on the bus.
- Arrive 15 minutes before scheduled departure.
- Check-in inside the building. We will board the bus together after checking everyone in.
- A $10 service fee will be charged for cancellations.
- No refunds are issued after trip registration deadlines.
- 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



Annie at the Chanhassen Dinner Theatre

You'll love the matinee performance of Annie! 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. Follow this musical to a happy ending for Annie, Sandy, Daddy Warbucks and the whole gang. Annie features hit songs including "Tomorrow", and "NYC".
Enjoy lunch before the show. You'll choose from a limited seasonal menu upon arrival.
If there is time between lunch and the production, feel free to venture to the gift shop.

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



Buddy Holly Tribute at Le Musique Room in St. Michael

Before the show, we'll stop for a Soup -n- Sandwich lunch at D. Michael B's Resort Bar & Grill in Albertville, which includes a beverage and dessert.
The "My Buddy" Buddy Holly Tribute begins at 1 pm at the Le Musique Room where you will step into a time machine and relive the heyday of rock 'n roll with Holy Rocka Rollaz as they proudly present a soul-stirring 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. The concert also commemorates the anniversary of the passing of Buddy Holly on Feb 3, 1959, honoring one of rock 'n roll's most influential pioneers.

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

Art Deco in St. Paul Tour: City Hall, Courthouse, Union Depot

Take a docent-led tour through the 21-story Art Deco Ramsey County Courthouse and St. Paul City Hall, opened in 1932. *Walking: 90 min*
Lunch and tour ant St. Paul's elegant eo-Classical Union Depot, which was the dream of railroad barron James J. Hill. Hear how the railroads literally shaped the city of St. Paul and about the fiery past that led to the current depot's creation. *Walking: 60 min*

Thu, Mar 4 — Depart TPAC 9:30 am/Return 3 pm
$100 — Register by Fri, Jan 29
1231-WSP-W27
Registration for this trip opens Dec 1st

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
- Umbrella Projects
- Advisory Council
- Events Committee
- Office

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

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Address Service Requested

Thank You!!

Contributions for 2026/2027 as of Oct 20: $980

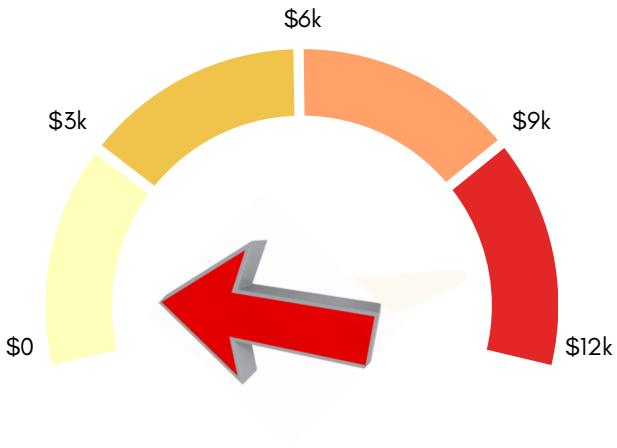
Goal: $12,000 by June 30, 2027

Friend (up to $49)

Anonymous
Elaine Eitel
Janice P. Sheldon
Carol Slater

Benefactor ($50-99)

Anonymous
Jeanne Janisch
Kris Peterson



Patron ($100+)

Anonymous
Judith & Russell Boeman
Tom & Phyll Dosch
Chuck & Mary Happach
Mary Lou Sabin