



# FALL 2023

## SEPTEMBER - DECEMBER

**INSIDE: PROGRAMS AND ACTIVITIES FOR ALL AGES**

**LOOKING TO EARN YOUR GED OR LEARN ENGLISH? ADULT EDUCATION (ABE) IS FOR YOU! SEE PAGE 21 & 56**

**PARA OBTENER INFORMACION EN  
ESPANOL, IR A LAS PAGEINA 2, 56 & 57.**

**Serving Residents of the Inver Grove Heights,  
West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts**

# TRIDISTRICT COMMUNITY EDUCATION

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### For Spanish Translation Call

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH: Patricia Nix 651-306-7862  
SSP: Tere Castellanos 651-306-3644  
WSP: Mary Pirela 651-403-7735



**IDENTIFIES AN ONLINE CLASS**



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul school districts.

## WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.

### Follow us on:



@TRICOMMUNITYED



@TRICOMMUNITYED



@TRIDISTRICT\_COMMUNITYED

### Email updates for new classes

Sign up for our E-news online at [www.tridistrictce.org](http://www.tridistrictce.org) to get information on upcoming classes and events.

### Contact Us

#### Adult Enrichment & Family Programming

IGH .....	651-306-7502
SSP .....	651-306-3632
ISD 197 .....	651-403-8331

#### Adults 55+

VMCC, IGH .....	651-450-2585
CSCC, SSP .....	651-306-3632
TPAC, WSP .....	651-403-8300

#### Adult Education (ABE)

Linda .....	651-306-3632
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#### Adults with Disabilities

TriDistrict.....	651-403-8331
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#### Early Learning

IGH .....	651-306-7503
SSP .....	651-457-9418
ISD 197 .....	651-403-8390

#### School Age Care

IGH .....	651-306-7502
SSP .....	651-306-3631
ISD 197 .....	651-403-8054

#### Youth

IGH .....	651-306-7502
SSP .....	651-306-3632
ISD 197 .....	651-403-8522



# FEATURED COURSES

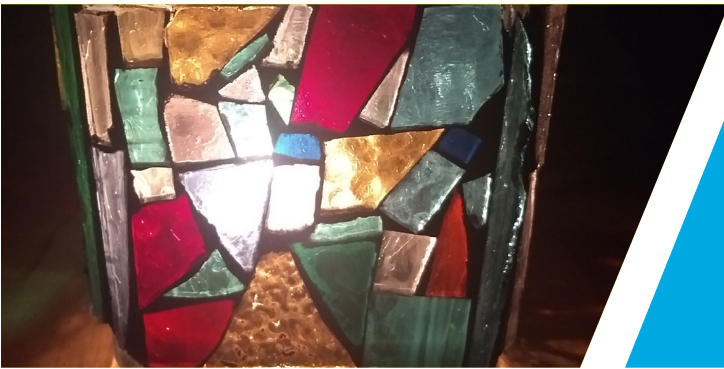


## CULINARY ARTS

### DO YOUR HOLIDAY BAKING WITH US!

Lefse, cookies, truffles and macarons.

Pages 6-9



## CREATIVE ARTS

### CREATE YOUR OWN HOME DECOR

Create mosaics, paintings, macrame and more.

Pages 4-6



## FINANCES

### TIME FOR A FINANCIAL CHECK-UP?

Learn about wills, investments, trusts and more.

Pages 9-11

PLEASE JOIN US FOR  
IGH PARKS & RECREATION



AT VETERANS MEMORIAL COMMUNITY CENTER



**Monday, October 2–Friday, October 6**

Tai Chi • Painting Pots with Succulents • Ice Skating  
Pickleball • Aqua Zumba • Swing & Latin Dancing

Classes are FREE and registration is required!

[www.ighmn.gov/events](http://www.ighmn.gov/events)



## 2023 MAKERS MARKET

SATURDAY, SEPT. 30  
9:00 AM - 3:00 PM

CALL 651-403-8520 IF YOU ARE  
INTERESTED IN BEING A VENDOR.

SUPPORTING LOCAL ARTISTS, SMALL BUSINESSES  
AND DISTRICT 197 FAMILY PROGRAMMING

**SCHOOL DISTRICT 197**  
West St. Paul-Mendota Heights-Eagan Area



**Button Dolls**

Cute and playful, these dolls give new life to old buttons. Bring your odds and ends of old sew-through buttons or use those provided. In this two-hour class, you'll learn how to arrange buttons, string them, draw a face and finish the doll with a hanging loop at the top. All supplies provided. No experience necessary.

**Instructor:** *Diane Fitzgerald*

Tue, Oct 17 1-3 pm  
7535-F23 1 Session - \$3  
Central Square, SSP

**Candlemaking**

Do you have an affinity for scents and aromatherapy? Can your spirit and mood be transported by smelling Bergamot, Lemon, Cedarwood, Strawberries, Teatree, Peppermint or other scents? Many times scents are closely linked to memories! Join us in creating beautiful candles with soy wax, creative decorative candle holders, essential oils, color dye to change color of wax and dried flowers. Learn about aromatherapy, color therapy, and mindfulness as coping strategies to de-stress. All materials are included in the course fee.

**Instructor:** *Denise Williams*

Thu, Oct 5 6:30-7:30 pm  
7537-F23B 1 Session - \$45  
Central Square, SSP  
  
Wed, Oct 25 1-2 pm  
7537-F23A 1 Session - \$45  
Central Square, SSP

**Colorful Glass Mosaic Window or Lamp**

Glass mosaic sounds like a fancy, difficult art form. However in this class, you will learn how fun and easy it can be while creating a table lamp or 20"x25" four pane window. Look through the idea book, browse the patterns and stencils, and choose from dozens of colors of precut glass. There is an additional supply fee of \$40 per 4"x4"x9" lamp, \$30 per 8"x3"x8" lamp, or \$85 per window, due at class.

**Instructor:** *Lindsey Guetter*

Thu, Oct 5-12 6-9 pm  
5000-F23A 2 Sessions - \$40  
Inver Grove Heights MS, IGH

**Custom Glass Mosaic Sign or Table**

Glass mosaic sounds like a fancy, difficult art form. However in this class, you will learn how fun and easy it can be while creating a table top or sign. Look through the idea book, browse patterns and stencils, and choose from dozens of colors of precut glass. Sign ideas include welcome, house number, last name, or state of MN. Signs vary in size and are \$16-40 each. Tables are 16"x16"x16" for \$70 each. These additional supply fees are due at class.

**Instructor:** *Lindsey Guetter*

Mon, Nov 6-13 6-9 pm  
5000-F23B 2 Sessions - \$40  
Inver Grove Heights MS, IGH

**Instant Guitar for Hopelessly Busy People (ages 13+)**

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. The class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own.

**Instructor:** *Craig Coffman*

Tue, Nov 14 6:30- 9 pm  
6816-F23 1 Session - \$60

**Instant Piano for Hopelessly Busy People**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own.

**Instructor:** *Craig Coffman*

Mon, Nov 13 6:30-9:30 pm  
6815-F23 1 Session - \$60

**Knitting Studio**

Fall and winter is the perfect time to curl up with a good ball of yarn! This workshop is a time to relax and work on whatever project you have going. Ask the instructor for advice on stitches, yarn, sizing, techniques, etc. This class is open to knitters of all skill levels. Grab those unfinished projects or patterns for new ones and enjoy time with fellow knitters.

**Instructor:** *Suzanne Ross*

Tue, Sept 26-Oct 24 6:30-8:30 pm  
6105-F23 Fall Studio 5 Sessions - \$35  
Two Rivers HS, MH  
  
Tue, Nov 14-Dec 19 6:30-8:30 pm  
6105-F23 Winter Studio 5 Sessions - \$35  
Two Rivers HS, MH  
No Class Nov 21



## Knitting Technique Workshop Series

Mug Rugs (aka coasters) are the perfect project for experimenting with new knitting techniques - small enough to learn how it's done without being overwhelming. Each workshop focuses on a different way to knit with two or more colors of yarn. The class includes patterns and discussion on ways to use the technique. Participants must bring their own supplies. Yarn and needle requirements will be sent prior to each workshop and are not included in the class fee.

**Instructor:** *Suzanne Ross*

Thu, Sept 28	6:30-8:30 pm
6106-F23 Slip-Stitch	1 Session - \$14
Two Rivers HS, MH	
Thu, Nov 9	6:30-8:30 pm
6106-F23 Yarn Over	1 Session - \$14
Two Rivers HS, MH	
Thu, Nov 30	6:30-8:30 pm
6106-F23 Short Rows	1 Session - \$14
Two Rivers HS, MH	



## Brioche Knitting Basics

Brioche is not just a fancy French bread. It's an unique way of knitting that creates an interesting reversible piece of knitting. In this class you will learn the basics of Brioche while making a Strata Cowl. The pattern is included but participants will need to supply their own yarn and needle. Needle and yarn requirements will be sent prior to the first session. Participants should know how to cast on, knit, and purl.

**Instructor:** *Suzanne Ross*

Thu, Oct 5-26	6:30-8:30 pm
6107-F23	3 Sessions - \$35
Two Rivers HS, MH	
No Class Oct 19	

### Register Early

Please note! instructors need to know how many students will be attending to help them plan materials. Some classes fill quickly and have size limits. Late registration may cause a class to be canceled due to low enrollments, so please sign up as soon as possible.



## Landscape Oil Painting

Come learn the wet-on-wet technique that Bob Ross made popular in his PBS series "The Joy of Painting" and create your own 20x16 landscape painting. Geared for beginners, the instructor will guide you through the step-by-step procedure as you learn in a relaxed atmosphere. All painting supplies are provided. Appropriate for ages 13 and up.

**Instructor:** *Mike Tischendorf*

Wed, Sept 27	5:30-8:30 pm
6100-F23 Palm Tree	1 Session - \$65
Two Rivers HS, MH	
Wed, Oct 25	5:30-8:30 pm
6100-F23 Mill Pond River	1 Session - \$65
Two Rivers HS, MH	

## Macrame Plant Shelves

Enjoy a blast from the past with the once-again-popular art form, macrame. A fixture of every 1970s home, this art form is making a comeback on the contemporary art scene. In this project you will learn a variety of knot tying techniques while you create your own unique plant hanger to take home.

**Instructor:** *Erin Stahl with Caponi Art Park*

Thu, Oct 26	6-9 pm
6108-F23	1 Session - \$35
Two Rivers HS, MH	

## Indoor Succulent Gardens

Embody the spirit of large spirals built into the Great Salt Lake, an entire crater worked into an observatory, and the Earthworks movement left on the Southwest but on a scale fit for your coffee table. Using repurposed materials and beautiful small succulents we will explore the history of Earthworks along with elements of art and landscape design to create succulent gardens that bring joy and life into your home.

**Instructor:** *Erin Stahl with Caponi Art Park*

Wed, Nov 15	7-8:30 pm
6109-F23	1 Session - \$45
Two Rivers HS, MH	

## Monet at the Park: Plein Air Sponge Painting

Learn about Monet's influence on western art and use an untraditional tool to mimic his iconic style of painting. Pick your own Caponi Art Park scenery to paint in nature, plein air style. Using sponges instead of brushes, you will learn how to use color to create shapes and images in the style of the great Impressionists.

**Instructor:** Erin Stahl with Caponi Art Park

Thu, Dec 14 6:30-8:30 pm  
6110-F23 1 Session - \$20  
Two Rivers HS, MH

## Paint & Sip

Do you love the idea of painting but don't believe you are good at it? This Paint & Sip class creates a vibe for creativity and relaxation. Example drawings will be provided so that you have a template to follow! Come let your hair down and be creative! All materials are included in the course fee.

**Instructor:** Denise Williams

Thu, Nov 9 6:30-7:30 pm  
7538-F23B 1 Session - \$45  
Central Square, SSP  
  
Wed, Nov 29 1-2 pm  
7538-F23A 1 Session - \$45  
Central Square, SSP



## Paint Like Bob Ross

You may remember Bob Ross from his Joy of Painting series on PBS. His wet-on-wet technique of painting is for all skill levels; even those who have never painted before. Kristi Nelson, a certified Ross instructor, will demo the step-by-step painting techniques and help you with those techniques. You will complete an entire painting to take home and hang. Bring one roll of paper towels to class. A supply fee of \$15 is payable to the instructor at class.

Mon, Nov 27 6-9 pm  
5000-F23 Emerald Pond 1 Session - \$50  
Inver Grove Heights MS, IGH  
  
Mon, Dec 18 6-9 pm  
5000-F23 Mountain Falls 1 Session - \$50  
Inver Grove Heights MS, IGH

## Resin Mold

If you have a lifestyle that moves at the speed of light, taking a mindful moment to engage your creative mind can be the key. Join us in designing Resin Molds, with a diverse set of molds to choose from. Ingredients are toxin and scent free. All materials are included in the course fee.

**Instructor:** Denise Williams

Wed, Sept 20 1-2 pm  
7536-F23A 1 Session - \$45  
Central Square, SSP  
  
Wed, Sept 27 6:30-7:30 pm  
7536-F23B 1 Session - \$45  
Central Square, SSP



## Air Fryer Advanced

If you thought air fryers were just for crispy fries or reheating pizza, think again! Get ready to level up your air frying skills as this demonstration virtual class takes you on a journey through the ins and outs of air fryer cooking without even having to turn on your stove. Whether you're an omnivore, a veggie lover, or a dessert enthusiast there are recipes for everyone to whip up delicious and healthy meals in no time.

**Instructor:** Kirsten Madaus

Thu, Oct 5 & 12 6:30-8 pm  
6812-F23 2 Sessions - \$50



## Cooking Beans in the Instant Pot

Are you ready to take your bean game from basic to Boom? Gain the skill to take those dry beans from neglected shelf-dwellers to savory superstars in record time with the help of the Instant Pot - no overnight soaking required! Learn about a variety of recipes including BBQ baked beans, Greek salad with black eyed peas, hummus and more in this Zoom demonstration class. Class will be recorded and an extensive recipe handout with pressure cooking tips and tricks are provided.

**Instructor:** Kirsten Madaus

Thu, Sept 28 6:30-8 pm  
6811-F23 1 Session - \$25



## Instant Pot® Holiday Hacks

Looking for a way to shake up your holiday cooking routines and impress your guests with some delicious, time-saving dishes? From Turkey Stock to Cranberry Sauce, Make Ahead Mashed Potatoes to sweet Pumpkin Cheesecake, Kirsten's cool cooking hacks will simplify your kitchen efforts during the hectic holiday season. Discover how to turn your pressure cooker into a holiday miracle worker from the comfort of your own home in this live cooking demonstration. An extensive recipe handout is included, the class will be recorded and available to rewatch on demand.

**Instructor:** Kirsten Madaus

Thu, Nov 2 6:30-8 pm  
7656-F23 1 Session - \$28





## Monthly Meal Planning

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meal on repeat? Fear not, hungry friend, this class is here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level. From "a Month of Meatless Mondays" to "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone.

**Instructor:** Kirsten Madaus

Sat/Sun, Dec 2-3                      3-4 pm  
6813-F23                                  2 Session - \$50



## Around the World Cooking Series

Explore the world through cuisine in this engaging, cook-along cooking series. Every month will feature a different country and cuisine to tempt your tastebuds and expand your cooking repertoire. Since each class is separate, you can choose which classes you would like to try.

**Instructor:** Tess Georgakopoulos

Sat, Sept 23                              4-6 pm  
6810-F23 East Indian                  1 Session - \$35  
  
Tue, Oct 24                              6-8 pm  
6810-F23 Mediterranean              1 Session - \$35  
  
Sat, Nov 4                                4-6 pm  
6810-F23 Jamaican                      1 Session - \$35  
  
Sat, Dec 9                                4-6:30 pm  
6810-F23 Swedish                      1 Session - \$35



## Friday Night Date Night Cooking Together

Friday Date Night: Explore cooking together through cuisine in this engaging, cook-along cooking series. Every Friday class will feature a different cuisine to tempt your tastebuds and expand your cooking repertoire. Since each class is separate, you can choose which classes you would like to try.

**Instructor:** Tess Georgakopoulos

Fri, Oct 6                                6-8 pm  
7698-F23 Air Fry Hype                  1 Session - \$35  
  
Fri, Oct 27                                6-8 pm  
7698-F23 Pretzel Crust Pizza              1 Session - \$40  
  
Fri, Nov 10                                6-8 pm  
7698-F23 Homemade Pierogi              1 Session - \$35  
  
Fri, Nov 17                                6-8:30 pm  
7698-F23 Kolache                        1 Session - \$40

**New to the community?  
TriDistrict classes and activities  
are a great way to meet new  
friends. Sign up today!**



## Basic Cake Decorating

Obsessed with fun cake designs? Have a special celebration coming up that you want to make extra special with a gorgeously decorated cake? This introductory course will provide you with the skills necessary to achieve your cake decorating dreams. You will decorate an 8" cake to take home and gain skills in shell boarders, writing, and rosettes. There will be starter kits available for purchase from the instructor for an additional \$12.

**Instructor:** Diana Hirte

Wed, Sept 20                              6:30-8:30 pm  
6202-F23                                  1 Session - \$45  
Two Rivers HS, MH



## Saturday Dinner? We Have You Covered

Explore cooking together through cuisine in this engaging, cook-along series. Saturday classes will feature a different cuisine to tempt your tastebuds and expand your cooking repertoire. Since each class is separate, you can choose which classes you would like to try.

**Instructor:** Tess Georgakopoulos

Sat, Sept 16                              4-6 pm  
7699-F23 Instant Pot 101                  1 Session - \$35  
  
Sat, Oct 14                                4-6 pm  
7699-F23 Freezer Meal Bootcamp              1 Session - \$40  
  
Sat, Nov 11                                4-6:30 pm  
7699-F23 Pizza, Pizza, Pizza!              1 Session - \$40  
  
Sat, Nov 18                                4-6:30 pm  
7699-F23 Chicken Gyro Meal              1 Session - \$40

## Fall Sugar Cookies

Create a beautiful fall bouquet out of cookies! Gain the skills of decorating sugar cookies like a pro in this easy to follow class. Bakers will decorate 8 cookies inspired by the fall season and arrange them in a gorgeous bouquet to take home.

**Instructor:** Diana Hirte

Mon, Nov 6                                6:30-8:30 pm  
6203-F23                                  1 Session - \$45  
Two Rivers HS, MH

### Amazing Balsamic Vinegar Truffles

Learn a new way to make Truffles using aged flavored Balsamic Vinegars. The flavors of raspberry, strawberry, blackberry and black cherry are truly amazing. We will use melted chocolates to mold beautiful truffles. Each student will make 18 truffles that they will take home in a provided box.

**Instructor:** Diane Hirte

Wed, Nov 15 6:30-8 pm  
7479-F23 1 Session - \$40  
South St. Paul HS, SSP



### Holiday Cooking and Candy Take-and-Bake

This class is an assembly-line style baking group, creating cookies, and candies for the holidays. Favorites like Russian tea cakes, peanut butter kiss cookies, cranberry-orange shortbread cookies, chocolate fudge and pretzel rods dipped in caramel and chocolate. Head home with ten dozen boxed holiday treats. All packaging is supplied. There is an additional \$25 supply fee due at class. Appropriate for ages 16 to Adult.

**Instructor:** Diana Hirte

Fri, Dec 1 6-9 pm  
7657-F23A 1 Session - \$35  
South St. Paul HS, SSP  
  
Tue, Dec 5 6-9 pm  
7657-F23B 1 Session - \$35  
South St. Paul HS, SSP

### Creating Kombucha

Do you like kombucha but dislike paying store prices for a bottle of it? Come learn the simple and cheap process of making kombucha at home! We will cover what supplies are needed (which you likely already have at home), easy steps in making your home booch, and explore other aspects of booch making that may interest you (flavorings, different brew methods, etc). We'll follow the curiosity of the group! You will receive a scoby and starter liquid to start your own kombucha making journey at home.

**Instructor:** Jason Ryba

Wed, Oct 11 6-7 pm  
5410-F23 1 Session - \$35  
Inver Grove Heights MS, IGH

### Magnificent Muffins and Popovers

Serve freshly baked breads in less than 1 hour. We'll feature remarkable recipes to taste in class and take home PLUS tips, techniques and equipment to ensure success every time. Recipes include: Blueberry, Cinnamon Crunch, Bran-Corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream, Sliced Fresh Lemon plus flavored Butters and a variety of Glazes/Toppings. Popovers are perfect-served alone or insert your favorite filling to create a special meal. And of course, expect to learn all the valuable tips to ensure success every time! There is an additional \$13 supply fee due at class.

**Instructor:** Laurel Severson

Thu, Sept 21 6-9 pm  
7004-F23 1 Session - \$30  
South St. Paul HS, SSP

### Lovely Macarons

What a beautiful cookie! We will make and assemble 3 different flavor cookies with yummy fillings too. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!) Supplies included in class fee so just come ready to learn.

**Instructor:** Nancy Burgeson

Tue, Sept 26 6-9 pm  
6201-F23 1 Session - \$45  
Two Rivers HS, MH



### Lovely Lefse

This Norwegian delicacy is made for all sorts of special occasions. Learn the fine points in making the dough, baking, storing and how to serve lefse. You will begin with real potatoes using a number of authentic recipes and a new, modern recipe using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings. You can take home finished lefse dough to bake and share with your loved ones. There is an additional \$9 supply fee due at class.

**Instructor:** Laurel Severson

Mon, Nov 20 6-9 pm  
7001-F23 1 Session - \$30  
South St. Paul HS, SSP





## Four Famous Ethnic Cookies

This class covers four Scandinavian cookie favorites. First are rolled Krumkakes, made with cream, butter, and cinnamon. Next up are Italian Pizzelles; a flat, anise-flavored cookie baked on the top of the stove using an iron. Almond Swedish Sandbakkelse are baked in tiny tins to resemble tarts. Finally, you will master deep fried rosettes, the fragile, paper thin Scandinavian delicacies dusted with confectioner's sugar. Please bring containers to take your creations home. There is an additional \$14 supply fee due at class.

**Instructor:** Laurel Severson

Thu, Dec 21 6-9 pm  
7002-F22 1 Session - \$30  
South St. Paul HS, SSP

## Great MN Hot Dishes

The MN Hot Dish is a one-dish supper (or side dish) baked in your oven using a single piece of cookware. We will: use fresh ingredients (no canned soups) and do easy preparation for a family meal or make impressive elegant company fare for friends or crowd-pleasing recipes for potlucks. Many of these hot dishes can be made ahead, chilled then baked. AND there is minimal dishwashing! You Betcha!

Join us to create up to 15 sensational dishes including Beef, Pork and Sauerkraut; Pork Loin with Dried Apricots and Cherries; Beef and Spinach (or Broccoli); Eggplant and cheese; Chicken Cobbler with Carrots. Mushrooms and Peas; Lentils and Vegetables; Baked Penne Pasta with Chicken; Broccoli and Mushrooms just to name a few. Our recipes are enhanced by a blend of diverse ethnic influences to create sensational food, easy to prepare, a pleasure to serve and a delight to eat. There is an additional \$14 supply fee due at class.

Wed, Oct 4 6-9 pm  
7003-F23 1 Session - \$30  
South St. Paul HS, SSP

## The Incredible Cake

What's better than chocolate, caramel, pecans, and more? A wonderful 2-layer cake that is delectable to eat. You will mix, bake, and create a lovely, gooey chocolate creation that you can take home and share with family and friends - if you can part with it that is! Please bring a cake carrier or a box to take your cake home in. Supplies included in class fee so just come ready to learn.

**Instructor:** Nancy Burgeson

Wed, Oct 25 6-9 pm  
6200-F23 1 Session - \$50  
Two Rivers HS, MH



## How to Pay for the Nursing Home: An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties.

**Instructor:** Steve Ledin

Tue, Sept 12 6:30-8:30 pm  
6817-F23 1 Session - \$10

## How to Win with Investment Properties

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and what to put in a lease. We will review all aspects of becoming a landlord from buying, selling, and renting.

**Instructor:** John Mazzara

Thu, Oct 5 6:30-8:30 pm  
6402-F23 1 Session - \$10  
Two Rivers HS, MH

## Introduction to Homeowner Associations

Do you live in a townhouse, condominium, or other homeowner association? Considering buying one? Learn how homeowner associations (HOAs) are created, about their governing documents, the board's authority and responsibilities, financial operations, insurance, rules and regulations, homeowner rights and responsibilities and more. Current and prospective homeowners will be better informed and able to participate in their HOA's community life.

**Presented by the HOA Leadership Network.**

Mon, Oct 16 6:30-8 pm  
6401-F23 1 Session - \$10  
Two Rivers HS, MH



## Should I Stay or Should I Go?

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

**Instructor:** Marcia Loeslie

Tue, Oct 10 10-11:30 am  
7737-F23 1 Session - FREE  
Central Square, SSP

## Medicare Basics

Medicare is very complicated and confusing for most people. This class is educational only. It will help you understand Medicare Parts A,B,& D. Medicare does not cover all medical costs, so you will learn how a Medicare Supplement Plan and Part C can help! There will be time at the end to answer individual questions.

**Instructor:** Jordan Draper

Wed, Dec 13 6-7:15 pm  
6400-F23 1 Session - \$10  
Two Rivers HS, MH



## Questions and Answers with a MN Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered!

**Instructor:** Steve Ledin

Mon, Sept 25 6:30-7:30 pm  
7778-F23 1 Session - \$12\*  
Tue, Dec 12 6:30-7:30 pm  
6806-F23 1 Session - \$12



## Why You Can't Always Trust Your Trust

The trust is a very popular component and tool to be used in Estate Planning. However, there is a variety of vastly different Trust options to be used and the question arises: Am I using the right Trust for my needs and goals? Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Questions are encouraged!

**Instructor:** Steve Ledin

Thu, Oct 26 6:30-7:30 pm  
7777-F23 1 Session - \$12\*

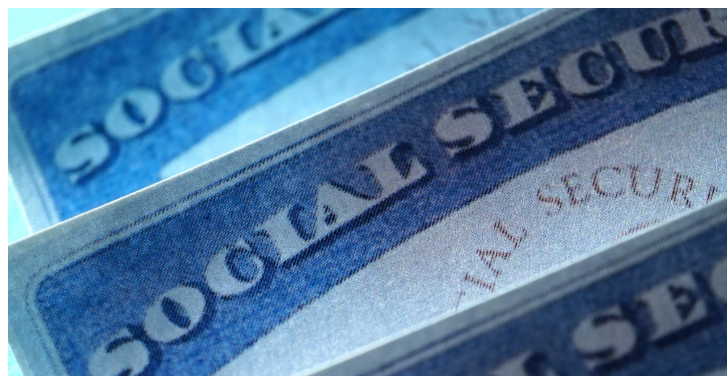


## So You are the Trustee, Executor, Attorney-In-Fact, Healthcare Agent or Guardian... Now What?

Learn and discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor, Trustee, Power of Attorney, HealthCare Agent and Guardian in Minnesota. This class is invaluable for those trying to decide whom to appoint as well as for those who have been asked to take one of these legal roles. We will discuss common experiences and pitfalls of serving in these jobs and answer questions like: What is involved in opening an estate?, What is involved in closing the probate? This class encourages questions. We will provide the answers.

**Instructor:** Steve Ledin

Wed, Dec 13 6:30-7:30 pm  
7780-F23 1 Session - \$12\*



## Social Security for Couples

The Social Security decisions spouses make when they are in their 50's and 60's will determine the amount of total income they receive over their lifetime-including the lifetime of the spouse who lives the longest. Learn how much Social Security you and your spouse stand to receive over your joint lifetime, rules and guidelines for when spouses should apply for benefits, how the decision you make in your 50's and 60's can determine the amount of income you and your surviving spouse will have in your 80's and 90's, and more.

**Instructor:** Rolf White

Wed, Nov 8 6:30-8 pm  
7751-F23 1 Session - \$12\*  
Central Square, SSP



## Social Security for Women

Social Security is one of the few income sources that keeps up with inflation and lasts for a lifetime. Learn some little-known rules to help get the most from your Social Security benefits. This class is for women and for the men who have women in their lives.

**Instructor:** Rolf White

Mon, Oct 16 6:30-8:15 pm  
7705-F23 1 Session - \$12\*  
Central Square, SSP



## Will Your Taxes Affect Your Retirement?

It is critical to have a solid understanding of the tax-status of investments to make informed decisions and avoid paying more than is required. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

**Instructor:** Kevin Schwartz

Wed, Oct 25 6:30-7:30 pm  
7735-F23 1 Session - \$12\*  
Central Square, SSP

## Introduction to Senior Housing

Explore alternatives to single family living. Learn about condos & townhomes, cooperatives, subsidized apartments, market rate independent rentals, and housing complexes that offer a continuum of care ranging from independent living to assisted living. Come with your questions to decide what will work best for you or your loved ones.

**Instructor:** John Mazzara

Wed, Sept 27 7-9 pm  
6403-F23 1 Session - \$10  
Two River HS, MH

Classes marked with a \* are free for Central Square Senior Members

## The Special Needs Trust: Estate Planning for Families with Special Needs Members

Did you know with proper planning, both while they are alive and after they have passed, grandparents, parents and family can take care of a child, grandchild or family member with special needs in their estate plan? Yes, and such planning will not adversely affect the benefits and programs which the person with special needs has available to them! This class will discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. We will discuss how the special needs trust fits into your estate planning, planning for the future of your loved one with special needs, and pros and cons of a special needs trust

**Instructor:** Steve Ledin

Wed, Nov 15 6:30-7:30 pm  
6805-F23 1 Session - \$5  
Wed, Nov 15 6:30-7:30 pm  
7779-F23 1 Session - \$12\*  
Central Square, SSP



## Pre-Planning Cremation Seminar

Join us to learn how pre-planning for cremation services can help you protect your family in the future. Providing peace of mind ensures your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Protect loved ones from the burden of having to make uncomfortable financial decisions during a stressful and confusing time. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes.

**Presenter:** Danielle Gore with National Cremation Society

Mon, Sept 18 11 am-12 pm  
7150-F23A 1 session - \$12\*  
Central Square, SSP  
Mon, Oct 16 6:30-7:30 pm  
7150-F23B 1 session - \$12\*  
Central Square, SSP

## Taxes in Retirement

Understand how different sources of retirement income are taxed so you can get more bang for your buck in retirement. Learn how the current tax system, Social Security rules and other factors interact to either cost or save you money, what an effective marginal tax rate is and why it matters more than your tax bracket, and how the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes.

**Instructor:** Rolf White

Mon, Dec 11 6:30-8 pm  
7752-F23 1 Session - \$12\*  
Central Square, SSP

## Write Your Own Power of Attorney & Healthcare Directive

Everyone should have a health care directive and a power of attorney whether you are 18 or 80. Without these important documents, it can be difficult for your loved ones to get health care information, make health care decisions on your behalf or handle your financial affairs if you should become incapacitated. Gain valuable information and tools to organize your affairs. Receive instructions and professionally prepared forms, and have access to witnesses and a notary public. Must bring your driver's license for identification. This class is a great supplement to the Writing your Own Will class.

**Instructor: Kristin Davis**

Tue, Sept 26 6-9 pm  
5100-F23 1 Session - \$50  
Inver Grove Heights MS, IGH



## Writing Your Own Will

Learn about estates and wills as well as prepare a legal will in class. Class will have a professionally prepared form, have access to witnesses, and a notary public. Participants will receive an email prior to class to review information. The will form is designed for individual use; couples cannot share this form (each person must register individually). This class is appropriate for participants who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Please bring a valid ID to the notarization.

**Instructor: Kristin Davis**

Tue, Sept 12 6:30-8:30 pm  
7736-F23 1 Session - \$50  
Central Square, SSP

Tue, Nov 21 6-8:30 pm  
5500-F23 1 Session - \$50  
Inver Grove Heights MS, IGH



## Google Sheets for Awesome Beginners

Expand your knowledge with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets.

**Instructor: Nickie Welsh**

Tue, Oct 10 12-1 pm  
6809-F23 1 Session - \$20



## How to Use Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so you can travel with ease or use it for going to appointments and errands allowing you to keep your independence. Open up your travel options with this fun and engaging class!

**Instructor: Nickie Welsh**

Thu, Sept 21 12-1 pm  
6807-F23 1 Session - \$20



## My Kid Wants To Be A YouTuber - Help!

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as you walk through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Develop the skills of being able to help manage and monitor their activity, safety practices, practical business skills and even create fun videos! You will leave the class with a solid foundation for your child's new creative outlet.

**Instructor: Nickie Welsh**

Thu, Oct 5 12-1 pm  
6808-F23 1 Session - \$20



## Photo Organization: Print & Digital

Imagine all your photos in one place with a system that allows you to access any photo or movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, cloud storage services, and owning vs renting. Discover everything you need to know to complete this project and quickly. Never worry about losing another photo again!

**Instructor:** Kathleen Povolny

Mon, Oct 30 6:30-8:30 pm  
7403-F23 1 Session - \$24  
Central Square, SSP



## Adult Conversational Spanish: Beginner Part I

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. You will learn how to carry on small conversations in Spanish and each class will include cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Ability to access zoom and basic computer knowledge is essential for participation.

**Instructor:** Futura Language

Mon, Oct 23-Nov 27 6-7 pm  
6801-F23A 6 Sessions - \$120  
Tue, Oct 24-Nov 28 6-7 pm  
6801-F23B 6 Sessions - \$120



## Adult Conversational Spanish: Beginner Part 2

Learning a language is a lifelong journey and now you are on your way! Keep up the momentum in Beginner Spanish Part Two. Participants will continue with practical conversational components and build phrases enabling them to carry on small conversations related to giving and asking for directions and restaurant dialogue. Culture discussions will include the importance of food, family, and friendships. Applicable to new students and previous Beginner Part 1 participants.

**Instructor:** Futura Language

Tue, Oct 24-Nov 28 6-7 pm  
6802-F23 6 Sessions - \$120



## Adult Conversational Spanish: Intermediate

¿Hablás un poquito Español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Along with improving grammar and vocabulary concepts you will learn about Spanish cultural traditions and celebrations. Applicable to new students and previous Beginner Spanish Part 1 and 2 participants.

**Instructor:** Futura Language - Juliann Hoffman

Wed, Oct 25-Dec 6 6-7 pm  
6803-F23 6 Sessions - \$120  
No Class Nov 22



## Adult Conversational Spanish: Advanced

¿Quieres mejorar tu Español? Then this is the course for you! This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on more complex grammatical aspects of conversation including past tense verbs and conjugations. Applicable to new students and previous Intermediate Spanish participants.

**Instructor:** Futura Language

Thu, Oct 26-Dec 7 6-7 pm  
6804-F23 6 Sessions - \$120  
No Class Nov 23



## Discovering Spiritual Gifts

Everyone has gifts and abilities. Come discover the different kinds of gifts and learn which you possess. We will talk about everything from seeing auras and clairvoyance to intuition and mediumship. Then an opportunity to learn and experience your gifts in a safe and sacred space. The Universe speaks to each of us in a unique way.

**Instructor:** Lily McNamara

Tue, Sept 5 6:30-8:30 pm  
7475-F23 1 Session - \$45  
Central Square, SSP

## Psychic Development

Learn and practice how to tap into your spiritual gifts and awaken your inner knowing through psychic exercises and techniques that help you become more aware of and hone your intuition. This class is hands on and will involve reading the energy of an object and using intuition in one-on-one discussions with classmates. Please bring a personal object for the exercise.

**Instructor:** Lily McNamara

Tue, Oct 3 6:30-8:30 pm  
7176-F23 1 Session - \$45  
Central Square, SSP

## Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention.

**Instructor:** Lily McNamara

Tue, Nov 7 6:30-8:30 pm  
7177-F23 1 Session - \$45  
Central Square, SSP

## Foundation of Spiritual Health

Building a solid foundation is essential for your spiritual health. To do this you must first learn how to ground and centered in yourself. The next step is a basic knowledge of protection, shielding and warding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life.

**Instructor:** Lily McNamara

Tue, Dec 5 6:30-8:30 pm  
7178-F23 1 Session - \$45  
Central Square, SSP



## Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Join for one or both sessions! The weight loss session will stop food cravings, snacking and overeating. Or join the smoking/chewing cessation without weight gain or withdrawal course. Dress comfortably and bring a pillow, sleeping bag, or blanket. You may be sitting or laying down for part of the session. The fee includes the class session, a reinforcement CD, and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association. Smokers will have a 40 minute break off the school grounds to smoke their last final cigarettes. Bring your cigarettes with. 6pm - Introduction for both Weight Loss and Smoking Cessation. 7pm - Weight Loss Hypnosis. 8pm - Stop Smoking/Chewing Tobacco Hypnosis.

**Instructor:** Mary Fischer

Tue, Sept 19	5:30-8:30 pm
7111-F23	1 Session - \$60 One Topic
Central Square, SSP	\$120 Both Topics
Wed, Nov 8	5:45-8:45 pm
6700-F23	1 Session - \$60 One Topic
Two Rivers HS, MH	\$120 Both Topics



## Memoir Writing for Adults

Everyone has stories to tell and share. Perhaps you have started writing but need some structure. Come and write in a friendly setting, guided by an experienced instructor, and encouraged by your peers. No experience is necessary. Classes are designed to be comfortable and enriching. Bring the following materials to class: spiral notebook/legal pad (larger than a journal or diary), pens, pencils, laptop, or your preferred writing device. There will be handouts every week.

**Instructor:** Susan Cook

Wed, Sept 13-Oct 11 6-7:30 pm  
5009-F23 5 Session - \$49  
Inver Grove Heights MS, IGH



## Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

**Instructor:** Janice Novak

Mon, Nov 6	6-7:30 pm
7139-F23	1 Session - \$30





### Avoid The Pitfalls Of Perimenopause/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

**Instructor: Janice Novak**

Tue, Oct 17 6-7:30 pm  
7140-F23 1 Session - \$30



### Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year - without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

**Instructor: Janice Novak**

Tue, Nov 28 6-7:30 pm  
7135-F23 1 Session - \$30



### Acupressure and Other Tools for Women 35 and Older

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more.

**Instructor: Janice Novak**

Tue, Dec 12 6-7:30 pm  
7137-F23 1 Session - \$30

### Shinrin Yoku-Forest Bathing

Experience an ancient wellness practice being rediscovered anew in the 21st century. Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience; Shinrin Yoku. Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety as well as enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of our metro area's green forested spaces.

**Instructor: David Michael Motzenbecker**

Sun, Oct 1 10 am-12 pm  
6301-F23 1 Session - \$45  
Cottage Grove Ravine Regional Park

### Know Your Muslim Neighbor

Learn about basic beliefs and practices of community members who practice the religion of Islam. You'll also learn about the role of women and family, social justice, Shariah law and other topics. There is ample time for discussion and Q&A. Questions often come up due to the lifestyle of Muslims. There is curiosity, but no platform to ask and learn. This class strives to fill that gap. Snacks will be provided.

**Instructor: Mashood Yunus**

Thu, Dec 7-14 6-8:30 pm  
7013-F23 2 sessions - Free  
Central Square, SSP

### Walk-In Fall Risk Assessment

Are you concerned about your balance? Or maybe you just want to increase your confidence going into icy winter? Please join us for a walk-in fall risk assessment provided by licensed physical therapists from NovaCare Rehabilitation in West Saint Paul. They will perform brief standardized tests to assess your balance, strength and mobility within 10 minutes. Based on your scores, they can inform you whether or not you are considered at risk for falling, and, if appropriate, recommend a course physical therapy to promote safer mobility.

Mon, Nov 6 3-5 pm  
7180-F23 1 Session - FREE  
Central Square, SSP



### Basic CPR/AED for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing.

**Instructor: Deb Gutzman**

Thu, Oct 12 5:30-8 pm  
7103-F23B 1 Session - \$60  
Central Square, SSP

## BLS "Basic Life Support" for Health Care Providers

American Heart Association BLS is a more advanced CPR course required by some employers particularly those in healthcare. This course includes classroom instruction and hands-on skills testing along with digital e-card certification. E-card is the only way AHA certifies this class.

**Instructor:** Deb Gutzman

Fri, Oct 13 8:30 am-1:30 pm  
7107-F23B 1 Session - \$105  
Central Square, SSP



## First Aid/CPR for Adult/Child & Pediatric CPR/AED

This is an Adult/Child/Infant CPR/AED Class with First Aid focused on children. This class meets "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. It includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED & First Aid course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. No written test is required. Please wear comfortable clothing and bring a lunch and beverage.

**Instructor:** Deb Gutzman

Sat, Sept 16 8:30 am-1:30 pm  
7104-F23 1 Session - \$85  
Central Square, SSP

*TriDistrict Community Education Buildings are your buildings, a community resource. Facilities are available for community use. See page 61 for information about our facilities and how to request a space.*

## Red Cross First Aid and Adult CPR/AED-Blended Learning

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies, injuries and illnesses involving adults. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a certificate for First Aid and Adult CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

**Instructor:** Barb Pierce

Mon, Sep 18 6-8:30 pm  
5112-F23 1 Session - \$75  
Inver Grove Heights MS, IGH



## Red Cross Pediatric CPR and First Aid-Blended Learning

Keep your family safe! Our blended learning course allows you to learn about CPR online at your own pace, and spend less time in class for hands on practice. This course will prepare you to recognize and care for breathing and cardiac emergencies involving children and infants. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a certificate for Pediatric CPR/AED valid for two years. Students must bring proof of completion of online program to attend the hands-on session.

**Instructor:** Barb Pierce

Thu, Oct 5 6-8:30 pm  
5110-F23 1 Session - \$85  
Inver Grove Heights MS, IGH

## Pickleball

Have you been wanting to try the increasingly popular sport of pickleball, or want to continue your game this Fall? Here's your chance. Four courts will be tapped off with pickleball dimensions. This is open house style, so you may arrive at any time. Players are encouraged to rotate through, or pair up with others so everyone has a chance to play in a timely fashion. Nets are provided, but limited paddles and balls are available. Please bring your own equipment if you have it.

Wed, Sept 27-Nov 15 6:30-8:30 pm  
6006-F23 8 Sessions - \$48  
Somerset Elementary, MH



## Nordic Pole Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body. We use specially designed poles, not to be confused with trekking poles, to enhance your natural walking experience. Burn more calories and improve your posture and gait! Specially designed Nordic poles are provided for use by the instructor.

**Instructor:** Kay Okey

Wed, Oct 11 5-6:15 pm  
6302-F23 1 Session - \$34  
Thompson Park Activity Center

## Two Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? This workshop takes your old swing and sway and spices it up with simple, easy, and fun moves. You'll be spinning, turning, and twirling together before you know it to feel comfortable in any setting. Couples only please.

**Instructor:** Monica Mohn

Wed, Oct 11 6:30-8:30 pm  
6311-F23 1 Session - \$34 per couple  
Moreland Elementary, WSP

## Swing Dance Workshop

One day. One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Come learn a variety of swing dancing moves as the instructor guides you through easy swing patterns you can use for years to come. Couples only please.

**Instructor:** Monica Mohn

Thu, Nov 2 6:30-8:30 pm  
6310-F23 1 Session - \$34 per couple  
Moreland Elementary, WSP

## 2023 Warrior Track Walking Pass

Utilize the Two Rivers Warrior Track to walk, jog, or run instead of using streets or sidewalks. Track availability varies. Review the track use policy online.

Mon-Sun 6 am-9 pm  
6300-S23 \$15 new/\$10 renewal  
Two Rivers HS, MH



Save on education expenses with

**Minnesota's K-12 Education  
Subtraction and Credit  
(Schedule M1ED)!**

**Keep those receipts –  
they're your "ticket" to savings!**

- Offset your child's education costs
- Credit for up to 75% of qualifying expenses
- Subtraction for up to:
  - \$1,625 for grades K-6
  - \$2,500 for grades 7-12
- Tuition, textbooks, and other supplies may qualify
- Complete Schedule M1ED, and file it with Form M1, *Individual Income Tax*.

**Scan the code below for details!**



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**@MNRevenue**

**Turn to page 50 for lap swim and  
water fitness classes**



## Virtual Fitness Classes - 9913-F23

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

Central Square Virtual Fitness Class Schedule	
Sun	Strength Cardio at 9 am
Mon	Strength Cardio at 8:30 am Senior Yoga at 9:30 am
Wed	Strength Cardio at 8:30 am & 6 pm Senior Yoga at 9 am Yoga at 5 pm
Thur	Yoga at 8:30 am Senior Strength Cardio at 9:30 am
Fri	Strength Cardio at 5:30 pm
Sat	Strength Cardio at 8 am Yoga at 9 am

## Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

**Instructors:** Dana Schulte, Terie Hanson, and Rita Wurm

## Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system, and reduce stress.

**Instructor:** Terie Hanson

## Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

**Instructor:** Terie Hanson

## Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

**Instructor:** Terie Hanson

## Fees

- 1 time per week - \$20 per month
- 2 times per week - \$30 per month
- 3 times per week - \$40 per month
- Unlimited - \$55 per month

## Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to [JAZZERCISE.COM](http://JAZZERCISE.COM) and look for Central Square.

## Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun!

**Instructor:** Dana Schulte

Fri, Sept 1-Oct 27	6:30-7:30 pm
9903-F23A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Fri, Nov 3-Dec 22	6:30-7:30 pm
9903-F23B	7 sessions - \$43.75 adult,
Central Square, SSP	\$17.50 senior (65+)
No class Nov 24	

## Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.

**Instructor:** Kim Befort

Tue, Sept 5-Oct 31	5:15-6:15 am
9909-F23A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Wed, Sept 6-Oct 25	4:30-5:30 pm
9909-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Sept 7-Oct 26	5:15-6:15 am
9909-F23C	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 1-Dec 27	4:30-5:30 pm
9909-F23D	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Thu, Nov 2-Dec 28	5:15-6:15 am
9909-F23E	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 23	
Tue, Nov 7-Dec 26	5:15-6:15 am
9909-F23F	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

**Drop-in - \$8 adult, \$4 senior (65+)****Cardio Kickboxing**

This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout. We will use Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level.

**Instructor: Jina Digaetano**

Tue, Sept 5-Oct 31	5:30-6:30 pm
9915-F23A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Nov 7-Dec 26	5:30-6:30 pm
9915-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

**Mat Pilates**

This class uses both body weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class.

**Instructor: Jina Digaetano**

Tue, Sept 5-Oct 31	6:30-7:30 pm
9916-F23A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Nov 7-Dec 26	6:30-7:30 pm
9916-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

**Tuesday Night Bootcamp**

Utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome; come join the fun!

**Instructor: Dana Schulte**

Tue, Sept 5-Oct 31	6:30-7:30 pm
9914-F23A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
Tue, Nov 7-Dec 26	6:30-7:30 pm
9914-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)

**Kettlebell-TRX® Fusion**

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility, and balance while combining cardio drills and kettlebells.

**Instructor: Michelle Richter**

Wed, Sept 6-Oct 25	6:30-7:30 pm
9906-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Wed, Nov 1-Dec 27	6:30-7:30 pm
9906-F23B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)

**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. It's a one stop body shock-just what you're looking for!

**Instructor: Rita Wurm**

Thu, Sept 7-Oct 26	5:30-6:30 pm
9908-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 2-Dec 28	5:30-6:30 pm
9908-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 23	

**Yoga**

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for a yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation.

**Instructor: Rita Wurm**

Thu, Sept 7-Oct 26	6:30-7:30 pm
9911-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Thu, Nov 2-Dec 28	6:30-7:30 pm
9911-F23B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
No class Nov 23	

## HIIT Boot Camp

Are you ready for some HIIT Boot Camp?! Come 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!

**Instructor:** Michelle Richter

Mon, Sept 11-Oct 30	5:30-6:30 pm
9918-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 6-Dec 18	5:30-6:30 pm
9918-F23B	7 sessions - \$43.75 adult,
Central Square, SSP	\$17.50 senior (65+)



## TRX® Suspension Training

This small group fitness class focuses on building on Foundational Movements (Plank, Pull, Hinge, Rotate, Push, Squat, and Lunge) using TRX Suspension Training Straps. Dana is a Yellow Ranked TRX Coach who will guide you in using suspension trainers and your own bodyweight to achieve an amazing workout.

**Instructor:** Dana Schulte

Mon, Sept 11-Oct 30	6:30-7:30 pm
9910-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 6-Dec 18	6:30-7:30 pm
9910-F23B	7 sessions - \$43.75 adult,
Central Square, SSP	\$17.50 senior (65+)

## 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.

**Instructors:** Rita Wurm/Jina Digaetano

Mon, Sept 11-Oct 30	6:30-7:30 pm
9902-F23A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
Mon, Nov 6-Dec 18	6:30-7:30 pm
9902-F23B	7 sessions - \$43.75 adult,
Central Square, SSP	\$17.50 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

## SSP POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. POUND® is for ANYBODY in ANY body! 10 years and up.

**Instructor:** Ann Rognerudand/Micah Klotz

Sat, Sept 23-Dec 9	11:15 am-12 pm
9799-F23	10 sessions - \$62.50 adult,
Central Square, SSP	\$25 senior (65+)
No class Oct 21 & Nov 25	

## Let's Tap Dance: Let's Tap 1

Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. If you took dance as a child, you might not have forgotten as much as you think. Stephanie Stockton will review the basics and teach a complete tap routine. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started. If you've always wanted to tap and you're new - welcome. This class is for beginners and those who have taken tap classes before, but would like a little review and a slower pace.

**Instructor:** Stephanie Stockton

Wed, Sept 13-Dec 13	6:45-7:45 pm
7207-F23	14 sessions - \$93
Central Square, SSP	

## Let's Tap Dance: Let's Tap 2

This class is for those who have mastered the basics and are ready for time steps, combinations and have the need for a faster pace with more challenge. Basics will be reviewed with continued work on time steps, combinations and a complete tap routine will be taught. Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started.

**Instructor:** Stephanie Stockton

Wed, Sept 13-Dec 13	5:30-6:30 pm
7208-F23	14 sessions - \$93
Central Square, SSP	

## Nordic Pole Walking

Nordic walking is an enhanced walking technique that uses poles to work your upper body. Specifically designed poles, not to be confused with trekking poles, are used to enhance your natural walking experience. Burn more calories, improve your posture and gait. Poles are provided the group will meet at Kaposia Landing to start their walk.

**Instructor:** Kay Okey

Wed, Oct 18	4-5:15 pm
7222-F23	1 Session - \$34
Kaposia Landing	



## IT'S NEVER TOO LATE TO LEARN!

Adult Education (ABE) provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. **All classes are FREE!**

### AREAS OF STUDY

- English Language Learners (ELL)
- Online Conversation Course (ELL)
- Online Citizenship Prep
- GED/Academic Skills
- Online GED
- HyFlex GED (in-person/online)
- Work/Career Readiness Skills
- Healthcare Career/TEAS Test Prep
- College Entrance Placement Test Prep
- Northstar Digital Literacy
- GED Testing Center



### Classes take place at

Central Square Community Center  
100 7th Ave N  
South St. Paul, MN 55075

### YOU COULD BE HERE!

**Call Linda at 651-306-3632**

[communityed.sspps.org/programs/ae](https://communityed.sspps.org/programs/ae)

The Access Project program promotes growth and life enrichment for adults with disabilities through education, recreation and socialization. Our programs are designed and adapted to individual needs, interests and abilities. You are invited to participate in any class included in the catalog regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

For more information, to register or to be added to our quarterly Access Newsletter, call 651-403-8331 or go online at [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com).

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver.
- Transportation is not included unless noted.
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before the listed start time. Prompt pick up is expected at the end time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class.
- All Access Project activities are alcohol and tobacco-free.

## Fire Safety: South Metro Fire Department Tour

Do you know what to do in case of a fire? Come learn and ask questions about fire safety with the South Metro Fire Department. You will be able to tour the facilities and check out the fire trucks all while learning what you can do in case there is a fire emergency. Tour starts promptly at 4pm. Please note that there is always a chance the tour will be canceled if a fire emergency comes up that the fire department needs to tend to.

Wed, Nov 29 4-5 pm  
1020-F23 1 Session - FREE  
South Metro Fire Department, WSP

## Hot Cocoa Dessert Dip

Take a traditional winter beverage and turn it into a decadent dessert that is great for sharing during the holiday season. This simple no-bake dessert comes together in a matter of minutes so you will have more time to socialize with friends and family. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Wed, Oct 4 5-6 pm  
1007-F23 1 Session - \$8  
Branch Out, WSP

## Bingo

Bingo is back and better than ever at Branch Out. Come on over to meet new people, play bingo, and have fun. Prizes will be available for all participants, win or lose. Food and beverages will not be provided. There is no cost for caregivers to assist. Minimum age to participate is 18.

**Instructor: Access Project Staff**

Branch Out, WSP	5-6 pm	\$2 per session
1012-F23A	Mon, Sept 18	
1012-F23B	Mon, Oct 23	
1012-F23C	Mon, Nov 20	
1012-F23D	Mon, Dec 18	

## Masquerade Mask Making

Get ready for the Monster Mash Party by creating an out-of-this-world masquerade mask! The Venetian mask may be decorated with feathers, jewels, sequins, or other adornments. It is a great way to show your originality and creativity, and it can also be a good conversation starter for you. Caregivers are free to assist.

**Instructor: Access Project Staff**

Tue, Oct 17	5-6 pm	
1002-F23	1 Session - \$5	
Branch Out, WSP		

## Whimsical Painted Mason Jars

Decorate your home with these whimsical, fall inspired mason jars. Using inspiration from candy corn and pumpkins, you will design your very own painted mason jars that are perfect to fill with candy, trinkets, or even to use as a tealight candle holder. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Thu, Nov 2	5-6 pm	
1003-F23	1 Session - \$5	
Branch Out, WSP		

## Cheesy Pepperoni Pizza Sticks

These cheesy pizza sticks are a twist on the classic pepperoni pizza. Discover a new way to make pizza that is easy, customizable, and quick to whip up. "Stick" around to enjoy the pizza while hanging out with friends! There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Thu, Sept 14	5:30-7 pm	
1006-F23	1 Session - \$8	
Branch Out, WSP		

## Turkey and Cranberry Pinwheels

Don't know what to do with all that leftover turkey? Turn it into delicious pinwheels that are perfect for lunch or a light dinner. Gain the skill of making new tasty meals from leftover dinners so that nothing is wasted and thrown away. There is no cost for caregivers to attend.

**Instructor: Access Project Staff**

Wed, Nov 8	5:30-6:30 pm	
1008-F23	1 Session - \$8	
Branch Out, WSP		

## Karaoke and Kettle Corn

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music as you take turns singing some of your favorite tunes. Snack on some kettle corn while you listen to your friends! Pre-registration is not required but appreciated. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Wed, Sept 6 6-7:30 pm  
1014-F23 1 Session - \$5  
Branch Out, WSP

## Branch Out Hangout

Get ready to spend a Friday evening hanging out, watching a movie, playing some games, and eating some good snacks at the Branch Out building. Feel free to bring a game to share with others. Pre-registration is not required, but appreciated to manage food ordering. There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Branch Out, WSP 6-8:30 pm \$6 per session  
1013-F23A Fri, Sept 8  
1013-F23B Fri, Oct 13  
1013-F23C Fri, Nov 10  
1013-F23D Fri, Dec 8



## Adaptive Dance and Fitness Sampler Class with Vera Fitness Studio

Access Project is excited to partner up with Vera Fitness in an exciting class filled with dance, fitness, and fun! Vera Fitness specializes in working with individuals with physical and cognitive challenges who have a passion for music, dance, fitness, mindfulness and friendships. Space is limited so sign up early. Caregivers are free to attend but may be asked to dance step aside to allow the space to be open for Access participants.

**Instructor:** Tami Carlson

Tue, Sept 12 6-7 pm  
1015-F23 1 Session - \$10  
Moreland Elementary, MH

## Golf Cart Tour and CD Printing at Caponi Art Park

Explore wonderful outdoor artwork in a golf cart tour of one of Eagan's finest parks. As we roll along meandering trails, you will learn about local artists and their art installations in a guided tour. In addition to the tour you will have the opportunity to create some artwork of your own. Because this tour has limited seating, Access Project participants and their caregivers are prioritized in registration. Please note that caregivers are required to register.

**Instructor:** Access Project Staff

Fri, Sept 22 6-7:30 pm  
1025-F23 1 Session - \$14  
Caponi Art Park, Eagan

## Beaded Wind Chimes

Design a wind chime that will dazzle your eyes and sing to your ears. Using natural wood branches, gorgeous beads and dainty bells, you will walk away with a wind chime that is perfect for hanging in the garden, patio, or even indoors by a window. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Wed, Sept 27 6-7 pm  
1001-F23 1 Session - \$5  
Branch Out, WSP

## Monster Mash Costume Party

Grab a friend because you won't want to miss out on this "spooktacular" party! Come dressed up in your favorite costume and have an unforgettable time dancing the night away with your friends. Come do the mash to some of your favorite tunes, enjoy some treats and take a picture at the "fang-tastic" photo booth! Pre-registration is not required but appreciated. There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Fri, Oct 27 6-8:30 pm  
1030-F23 1 Session - \$10  
Two Rivers HS, MH

## Beautiful Botanical Ornaments

Crafting these delicate botanical ornaments is like second nature. Get inspired by nature's designs when creating this keepsake that will delight for years to come. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Tue, Dec 5 6-7:30 pm  
1004-F23 1 Session - \$5  
Branch Out, WSP

## Holiday Snow Day Snack Mix

Let it snow so that you can enjoy this festive treat! Both sweet and salty, this holiday snack mix is great for the holidays, movie nights, parties, gifts and so much more! There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Thu, Dec 14 6-7:30 pm  
1009-F23 1 Session - \$8  
Branch Out, WSP



# CENTRAL SQUARE COMMUNITY CENTER

Scan to see our  
current programs.



## Central Square

100 Seventh Ave. N., SSP

651-306-3632

Mon-Fri, 5 am-8 pm

Sat, 7:30 am-2 pm

## Linda Jacobs-Buse,

Community Education Facilitator

[ljacobs-buse@sspps.org](mailto:ljacobs-buse@sspps.org)

## Services

### Refunds

Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

### Cancellations

You will be notified by phone or email and given a refund if Central Square cancels a class or activity.

### Inclement Weather

If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

### Free Wi-Fi

Wireless internet access is available anywhere in the building. No password necessary.

### Notary Service

Mon-Fri from 7:30 am - 4 pm

### Room Rental

Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

### Senior Center Hours

Monday-Friday: 7:30 am - 3 pm

### About the Senior Center

The South St. Paul Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632.

### Become a Member for Only \$12/Year

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+).

### Opportunities to Volunteer

Adult Education Tutors - call Linda at 651-306-3632 for more information.

## Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness class or activity per day that will be covered by insurance. For example: Aqua Fitness, Total Body, Yoga, etc. Or one free lap swim per day. Silver & Fit® members may take two fitness classes free per week that will be covered by insurance. For example: Yoga Fusion, Aqua Interval, Silver & Fit Explore®, etc. Or one free lap swim per day.

## Fare For All

The Fare For All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Everyone is welcome to use Fare For All. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org)

Sept 26, Oct 24, Nov 21, Dec 19 from 4-6 pm

## Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Kitchen Coalition, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

What: FREE meals - either single serve or family style (serves 4)

Where: Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday and Tuesday. Meals can be picked up Mondays and Tuesdays after 3 pm and are available through Saturday at 1:30 pm while supplies last.

## Metro Dining Club Cards

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$30 per set.

**Virtual Fitness Classes - 9913-F23**

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

**Strength Cardio**

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

**Instructors:** Dana Schulte, Terie Hanson, and Rita Wurm

**Yoga**

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system, and reduce stress.

**Instructor:** Terie Hanson

**Senior Yoga**

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

**Instructor:** Terie Hanson

**Senior Strength Cardio**

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

**Instructor:** Terie Hanson

**Fees**

1 time per week - \$20 per month

2 times per week - \$30 per month

3 times per week - \$40 per month

Unlimited - \$55 per month

**Silver & Fit® Explore**

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join!

**Instructor:** Kim Befort

Fri, Sept 1-Oct 27 9803-F23A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Fri, Nov 3-Dec 22 9803-F23B Central Square, SSP No class Nov 24	9:30-10:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)

**Silver Sneakers® Classic**

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Instructor:** Kim Befort

Tues, Sept 5-Oct 31 9801-F23A Central Square, SSP	9:30-10:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thur, Sept 7-Oct 26 9801-F23B Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Thur, Nov 2-Dec 21 9801-F23C Central Square, SSP No class Nov 23	9:30-10:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)
Tues, Nov 7-Dec 26 9801-F23D Central Square, SSP	9:30-10:15 am 8 sessions - \$50 adult, \$20 senior (65+)

**Senior Circuit**

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults.

**Instructor:** Terie Hanson

Wed, Sept 6-Oct 25 9802-F23A Central Square, SSP	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Thur, Sept 7-Oct 26 9802-F23B Central Square, SSP	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Mon, Sept 11-Oct 30 9802-F23C Central Square, SSP	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Wed, Nov 1-Dec 27 9802-F23D Central Square, SSP	6:15-7:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Thur, Nov 2-Dec 28 9802-F23E Central Square, SSP No class Nov 23	6:15-7:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Mon, Nov 6-Dec 18 9802-F23F Central Square, SSP	6:15-7:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

Senior Center

Ongoing Activities (pre-registration is not required)

SSP Buzz

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

Walk the Square

Come walk the square - we might not be big, but we are temperature controlled. Monday-Friday 7:30 am-3:30 pm

Penny Bingo

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It's a fast paced, easy card game that everyone will enjoy! It's very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies! Mondays 1-2:30 pm

Cribbage

Is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players. Mondays 12-2:30 pm

Woodcarvers

Come check out the Woodcarvers Group at Central Square! This is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies. Tuesdays 9-11 am

Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed. Instructor: Margaret Christians Tuesdays 10:30-11:30 am

Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters and maybe pick up a pointer or two, maybe even start a new craft. Tuesdays 1-3 pm

500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points. Wednesdays & Fridays 11:30 am-2 pm

Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. Thursdays 1-3 pm

Lap Swim

Calendar with dates and times will be provided. Schedule and fees are subject to change.

Punch Card	10 admissions	\$35 adult (19-64 yrs)
9912-F23A		\$15 senior (65+)
Punch Card	30 admissions	\$70 adult (19-64 yrs)
9012-F23A		\$30 senior (65+)

Scan here for the lap swim schedule at Central Square!



Daily Rate

\$4 adult (19-64 yrs)  
\$2 senior (65+)

\*Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30 am-1:30 pm  
Schedule is subject to change.

UPCOMING EVENTS



Fall Fashion Show

Hosted by the Senior Center, the annual Fall Fashion Show features apparel, jewelry and handbags by TaylorMarie's Apparel. See our very own members modeling the season's current fashions. The clothes are fun, beautiful, fashionable and affordable! After the show enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, Oct 4 11 am Show, 11:30 am Lunch  
7444-F23 \$20



## Happy Feet

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. Call to make an appointment 763-560-5136.

**Second Tuesday of the months – 9 am – 4 pm**

Sept 12	\$45 per session
Oct 10	
Nov 14	
Dec 12	

## Senior Board Meetings

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

**Second Wednesday of the month – 9:30 am**

Wed, Sept 13  
Wed, Oct 11  
Wed, Nov 8  
Wed, Dec 13  
Wed, Jan 10

## Senior Out and About Lunches

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign up in the Central Square Laundry.

**Second Wednesday of the month – 11 am**

Wed, Sept 13	Mason Jar
Wed, Oct 11	Pier 500
Wed, Nov 8	House of Coats
Wed, Jan 10	Fireside
Wed, Feb 14	Keys

## Senior Socials at Central Square

Join us at Central Square for a social get together! Come for food, conversations, music, and friends! Monetary donations accepted. 11:30 am-1 pm

Thu, Sept 21	Loaded Baked Potato Soup
Thu, Oct 26	Goooooulash
Thu, Nov 16	Turkey & Gravy
Thu, Dec 14	Holiday Potluck

**99% of surveyed participants state that Community Education classes are a good value for the price, and they would recommend to a friend.**



## Medicare Educational Presentation

Medicare is a government medical program offered to people 65 and over. However, it does cover individuals under 65 with certain medical conditions. Medicare doesn't cover "everything"! Discuss the differences between plans, how Medicare works, an overview of part D, and how to choose a Medicare plan.

**Instructor: Greg De Keuster**

Wed, Sept 13	6:30-8 pm
7146-F23A	1 session - Free
Wed, Oct 11	6:30-8 pm
7146-F23B	1 session - Free
Wed, Nov 8	6:30-8 pm
7146-F23C	1 session - Free
Tue, Dec 12	6:30-8 pm
7146-F23D	1 session - Free

## Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts!

**Presenter: Colleen Fitch**

Tue, Nov 14	10-11 am
7146-F23B	1 session - Free
Tue, Jan 16	
7146-W24	1 session - Free
Central Square, SSP	

**City of Inver Grove Heights Parks & Recreation**  
Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077

**Program Registration**

For programs that require registration: call the Parks and Recreation office at 651-450-2585 or visit [www.ighmn.gov/activeadults55](http://www.ighmn.gov/activeadults55)

To view the current Scoop/IGH Parks and Recreation brochure visit [www.ighmn.gov/currentbrochure](http://www.ighmn.gov/currentbrochure)

**SPEAKERS**

**Estate Planning Strategies: How to Protect Your Assets from the Nursing Home**

**Thursday, September 14 • Free**

Worried about potential nursing home, long-term care, and assisted living costs? In this workshop, you will learn the difference between WILLS & TRUSTs as well as advanced planning strategies you can use to protect your money to ensure something is left behind for loved ones in the event you need some level of care in the future. Also learn how to keep your estate out of Probate and pass quickly and smoothly to your beneficiaries. This 90-minute workshop includes time for Q&A. Instructor is Jeff Litfin, Certified Estate Planner, GENERATIONS LEGAL SERVICES.

**Time:** 6-7:30 pm **Location:** VMCC, Community Room 2  
**Code:** AS-F0914 **Register by:** Thursday, September 7

**How to Use Uber for Transportation**

**Thursday, September 21 • Free • Virtual or at VMCC**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, students will learn the basics and gain the knowledge on how to use Uber. We'll cover how to use Uber at major airports, for appointments and errands. Open up your travel options with this fun and engaging class!

**Time:** Noon-1 p.m. **Location:** VMCC, Community Room 1  
**Code:** AS-F0921 **Register by:** Thursday, September 14  
**Or virtually with Zoom link:** <https://us02web.zoom.us/j/83357847140> (No password required.)

**How to Avoid Senior Scams**

**Inver Grove Heights Police Department**

**Tuesday, September 26 • Free**

We will discuss the most common types of scams being done over the telephone and Internet and will offer effective tips on how to avoid becoming a victim. Real life examples of these scams and how to file a report to your local law enforcement agency if you become a victim.

**Time:** 10:30 am **Location:** VMCC, Community Room 2  
**Code:** AS-F0926 **Register by:** Tuesday, September 19

**Registration for speakers is required for planning purposes.**

**Painting Pots with Succulents**

**Sponsored by Allina Health**

**Tuesday, October 3 • Free**

This class is hands on. All materials will be provided, along with step-by-step instructions. You will get to take your decorated pot and new succulent home to keep or give as a gift.

**Time:** 10:30 am **Location:** VMCC  
**Code:** AS-F1003 **Register by:** Friday, September 30

**Caring Transitions: De-cluttering and Downsizing**

**Tuesday, October 17 • Free**

Get tips and tricks from the experts from Caring Transitions. Sorting through your precious belongings and knowing what to keep, sell or donate can be difficult. Learn from the experts on how to right-size your possessions and plan your new space with the utmost respect.

**Time:** 10 am **Location:** VMCC, Community Room 2  
**Code:** AS-F1017 **Register by:** Tuesday, October 10

**Landmark Tours Travel Show**

**Thursday, October 19 • Free**

Come check out the exciting travel opportunities offered by Landmark Tours! A local, family-owned tour operator, Landmark's exclusive packages features round trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional Tour Manager. If you can't attend the presentation, call for a catalog 612-230-204 or visit [www.GoWithLandmark.com](http://www.GoWithLandmark.com)

**Time:** 10 am **Location:** VMCC, Community Room 1  
**Code:** AP-F1019 **Register by:** Thursday, October 12

**25 Documents Needed for Effective Life Planning**

**Tuesday, November 14 • Free**

You may have a simple WILL in place, but what have you done about your financial accounts? Insurance policies? Medical wishes? What if you're divorced? Own a business? Have a blended family? What about property you may own or pets you care deeply about? Who will know what to do if you aren't around to tell them? In this workshop, you will learn the 25 documents experts recommend you maintain so family members aren't left scrambling to find information in a time of loss. Instructor is Jeff Litfin, Certified Estate Planner, GENERATIONS LEGAL SERVICES.

**Time:** 10:30 am **Location:** VMCC, Community Room 2  
**Code:** AS-F1114 **Register by:** Friday, November 10.

# IGH Senior Club

**Join for the camaraderie and enjoy  
a side of savings on activities!**

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

**2023 Membership: \$15 per person** Membership renewal is now open. The Senior Club is managed by a board and in partnership with IGH Parks & Recreation.

**All Senior Club payments for membership and registration for the monthly luncheons are due to the Senior Club.**

Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes will be provided at the drop box location.

## All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month from noon to 2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

### AUGUST 21

- Lasagna from Turitto's and salad
- BINGO
- \$18

### SEPTEMBER 18

- Chicken chow mein and sweet & sour chicken from Peking Cafe
- Southside Singers
- \$12

### OCTOBER 16

- Roast pork, garlic mashed potatoes, California medley and garden salad
- BINGO
- Fee: \$18

### NOVEMBER 20

- Pie and ice cream
- Elections
- BINGO
- Free (still must register)

### FRIDAY, DECEMBER 1 HOLIDAY LUNCHEON (Please note this is on a Friday and will not be held on the third Monday of December)

- Sirloin, roasted baby red potatoes, honey glazed carrots and roll
- Entertainment
- \$12

## Monthly Card Game Schedule

Join in the fun and games hosted by the Inver Grove Heights Senior Club. All experience levels are welcome. No registration required — just come! Questions? Contact Gary Ball: 651-605-1442 or email [club55igh@gmail.com](mailto:club55igh@gmail.com).

**Location:** VMCC, Senior Center

**500:** Mondays • 1 pm (except the third Monday of the month)

**Cribbage:** Tuesdays • 1 pm **Bridge:** Wednesdays • 12:30 pm

**Euchre:** Thursdays • 1 pm **Hand & Foot:** Fridays • 12:30 pm

## History Book Club

**Mondays • 10 am • VMCC**

Meets every fourth Monday of the month at the VMCC. Discuss selected books with this free, drop-in group, no registration is required. For more information, contact Barbara Eschle at 651-450-6879 or [quinneschle@gmail.com](mailto:quinneschle@gmail.com).

- Aug. 28** *Somewhere in the Unknown World: A Collective Refugee Memoir* by Kao Kalia Yang
- Sept. 25** *Vikings in the Attic: In Search of Nordic America* by Eric Dregni
- Oct. 23** *Writing of the Gods: The Race to Decode the Rosetta Stone* by Edward Dolnick
- Nov. 27** *The Code Breaker* by Walter Isaacson
- Dec.** No Meeting

## Fiction Book Club

**Tuesdays • 1 pm • VMCC**

This group meets every second Tuesday of the month. Room location will be posted in the VMCC on day of club.

- Sept. 12** *Our Missing Hearts: A Novel* by Celeste Ng
- Oct. 10** *Verity* by Colleen Hoover
- Nov. 14** *Cutting for Stone: A Novel* by Abraham Verghese
- Dec. 12** *Fox Creek: A Novel* by William Kent Krueger

## Happy Feet Foot Services

On the **second Friday and fourth Tuesday of the month**, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call 763-560-5136 to set up an appointment.

## Pickleball

Pickleball is a fun, fast activity that combines tennis, ping pong, racquetball and badminton. It is a great way to get a good workout and have fun while doing it. Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband. View the schedule online: [www.ighmn.gov/pickleball](http://www.ighmn.gov/pickleball)

For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)



**IGH Active Adults 55+ programming  
is provided in partnership with the ISD  
199 Community Education Department.**



## Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118  
TPAC Phone: 651-403-8300  
Coordinator: Brenda Myran

## Office Hours: Mon - Thur, 9 am-4 pm

TPAC will be closed Oct 19, 20, Nov 23-34, Dec 22, 2023 thru Jan 1, 2024

## Contact and Registration Information:

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Adults 55+ or call TPAC.

Registrations are taken on a first-come, first-serve basis. Mailed registrations cannot not be guaranteed. There is a one week registration deadline for all TPAC classes.

## TPAC Groups and Clubs

Registration required. Monthly groups: \$10 annually per member, renewed each September. Weekly groups: \$15 per trimester/member, Jan-April / May-Aug / Sept-Dec.

## Scholarships & Fee Assistance

Call TPAC for details.

## Refunds

Requests for cancellations and refunds must be received seven days prior to the first class session. A \$10 service charge will be applied to your refund. Refunds are not issued after the first session or after trip registration deadlines.

## Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity.

## Inclement Weather and TPAC Closures

If 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.

## E-News

Sign up for email updates from TPAC at [tridistrictce.org](http://tridistrictce.org) or call TPAC.

## Opportunities to Volunteer - Call TPAC for more information

Technology Mentors  
Umbrella Project  
Office  
Advisory Council

## Foot Care

Foot Care Services are available at TPAC. Call 651-829-3944 to schedule your appointment. Fee is \$55.

*If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover Sept-Dec programming. Annual fees cover Sept 2023 to Aug 2024.*



## Free Services

FallsTalk™ and Screening: Provided by DARTS, call TPAC for appointment.

Memory Screening: Provided by DARTS, call TPAC for an appointment.

Legal Services: Call 651-222-4731.

Health Insurance Counseling: Call the Senior LinkAge Line at 1-800-333-2433 or go to [trellisconnects.org/get-help/medicare](http://trellisconnects.org/get-help/medicare) for an appointment.

## Fare For All

Affordable groceries for all. Details at [thefoodgroupmn.org](http://thefoodgroupmn.org), email [info@thefoodgroupmn.org](mailto:info@thefoodgroupmn.org), or call 763-450-3880. Credit Cards preferred. Cash accepted. No checks.

## Keeping in Touch

If you are wondering how a missing friend from TPAC is doing or know someone who would appreciate hearing from us, please contact the front desk at TPAC and complete a request to have a card sent to them. Keeping in Touch is sponsored by the Umbrella Project.

## Difficulty Hearing our Presenters?

If you have difficulty hearing during a presentation or class, please let us know immediately so we can rearrange seating or have the presenter use a microphone.

## Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, services, operations, or the facility. Fill out a form, located near the suggestion box in the hall near the bulletin boards to share your thoughts. If you include your contact information (optional), we can follow up with you.



Pick up your free pass from TPAC.



**SCHOOL DISTRICT 197**  
**2023-2024**  
**65+ ATHLETIC PASS**

**SPONSORED BY TWO RIVERS HIGH SCHOOL  
AND THOMPSON PARK ACTIVITY CENTER**



A set of Metro Dining Club cards offers discounts and bogo deals to over 60 local restaurants for a year.

Available mid-Sept at Thompson Park Activity Center.  
Call 651-403-8300 to ensure availability.

Great for yourself and great gifts!

\$30 per set





## SPECIAL EVENTS

**The Fabulous Fairlanes**

This four-part a capella group has been delighting audiences around the Twin Cities for over 20 years. In this fun and engaging group, it is obvious that Abbie Betinis, John Barrett, Bob Peskin, and Dave Jacobson enjoy singing together and making folks smile. Sing-along to well-known doo-wop, pop, and R&B songs from the 50's and 60's, as well as some older and newer tunes. Dessert included. Register by Wed, Sept 20.

Wed, Sept 27 1-2 pm  
1684-F23 1 Sessions - \$10

**Meteorologist Mark Seeley: The Weather That Sunk the Edmund Fitzgerald and Other Gales of November**

Aside from all the books written about the sinking of the Edmund Fitzgerald, atmospheric and climate scientists have studied the storm of November 10, 1975 by reconstructing it with the meteorological measurements made during its path across the Great Lakes. The Fitzgerald storm will be described in detail, along with similar characteristics of other great November gales. Register by Mon, Oct 9.

**Presenter: Dr. Mark Seeley**

Wed, Oct 11 1-2 pm  
1785-F23 1 Session - \$10

**Twin Cities Trumpet Ensemble Jazz**

TCJE Jazz plays a variety of jazz styles using tunes well-known to older audiences. The group provides an entertaining and educational hour demonstrating and explaining jazz and music in general, and along the way, giving examples of how jazz is created "right in front of your ears." Dessert included. Register by Wed, Nov 8.

Wed, Nov 15 1-2 pm  
1786-F23 1 Session - \$10

**2nd Annual Snowflake Soiree**

This should be a perfect time to relax with friends amidst the hustle of the season. We invite you to bring a savory or sweet treat to share at the smorgasbord table of deliciousness. Punch will be served by TPAC staff, with soft background music provided. Please bring treats to share and/or food shelf items. Register by Fri, Dec 8.

Wed, Dec 13 1-2 pm  
1712-F23 1 Session - FREE

**Please register well in advance. Registration is required.**

**Neighbors Inc Fall Food Drive: An Umbrella Project**

Support your neighbors by donating to the fall food drive for Neighbors Inc. Items especially needed are baking supplies: flour, sugar, extracts, canned pumpkin, evaporated milk, baking mixes; however, donations of all kinds are appreciated. Drop off your donations Oct 2-31, Mon-Thu 9 am-4 pm, at TPAC (closed Th, Oct 19). Or drive up for curbside assistance on any Monday in October between noon and 2 pm. Sponsored by the Umbrella Project

## LEARNING AND DISCUSSION

**The ABC's of Medicare?**

Are you nearing 65 or are over 65, and are unsure if you should continue with your company's plan or go on Medicare? This seminar will arm you with the ABCs of Medicare, types of healthcare and prescription medication programs, and factors to consider when choosing a plan. You'll learn timelines for initial enrollment, annual Medicare open enrollment and factors to qualify for a special enrollment.

**Presenters: Ms. Yarosh and Mr. Perle, licensed insurance agents**

Mon, Sept 18 9:30-10:30 am  
1796-F23 1 Session - \$3

**League of Women Voters Saint Paul**

We'll cover a brief history of the League, how to become civically engaged, key voting deadlines, how ranked-choice voting works and answer questions. If you've recently moved, voter registration forms will be on hand - or we will help you register online. Get out to prepare to vote!

**Presenter: Amy Perna, Co-President, League of Women Voters St Paul**

Tue, Sept 19 10-11 am  
1788-F23 1 Session - \$3

## Nature Sense with Eloise Dietz

Programs are designed to promote connections with nature. Register one week or more in advance.

**Instructor: Eloise Dietz**

1783-F23 10:30-11:45 am

Each session - \$10

### Tue, Sept 26: For the Love of Trees

We'll honor trees by learning some basic facts about them and their importance in this world. Share stories of our favorite trees, identify trees on our hike, and be wowed by impressive trees that grace our world!

### Tue, Oct 31: Getting Ready Autumn Hike

This Autumn nature hike will focus not just on the colors of the season, but what preparations plants and animals make as temperatures cool, daylight shortens and food availability becomes more scarce.

## Understanding Probate

Do you know what probate is or how to avoid it? Explore the different options available as you make plans for the possessions you will leave to loved ones. Probate laws change from time to time, so come hear the latest if you want your estate to avoid probate.

**Instructor: Andrew M. Lehner, Attorney**

Wed, Sept 27 11 am-12 pm  
1624-F23 1 Session - \$3

## Arm Chair Tourist: Breathtaking Photos and Highlights of Utah Natl Parks

Featuring the stunning National Parks of southern Utah including Arches, Bryce Canyon, Zion, and more, Alan will share commentary on traveling logistics and the geological nature of this region known as the Colorado Plateau.

**Presenter: Alan Cook**

Thu, Sept 28 11 am-12 pm  
1800-F23 1 Session - \$3

## Insight into Homelessness-Mental Illness-Unemployment

Maintaining mental health is infinitely more challenging when simultaneously facing housing insecurity. These areas intersect and if seeking work, employment barriers are then thrown into this cycle. Guild House empowers clients by using a person-centered approach, recognizing that no two individuals or situations are the same, and that clients should have agency over their recovery.

**Presenter: Guild Housing Staff**

Mon, Oct 2 10-11:30 am  
1798-F23 1 Session - \$3

## Costume Fashion Show: Courtesy Twin Cities Magic & Costume Co

Get into the spirit of October at TPAC's first ever Costume Runway. Our emcee will give detailed insights into the stories behind the costumes, why they were chosen, and how costumes have evolved over the years. Over 30 costumes will walk the runway, stopping for photos and, of course, your applause.

**Presenter: TC Magic & Costume Staff**

Mon, Oct 2 1-2 pm  
1784-F23 1 Session - \$5

## What is New for Medicare in 2024?

Join this educational seminar for participants already on Medicare or joining in 2024. Sheri Salloway Yarosh and Harvey Perle will share their expertise highlighting the changes in Medicare and Medicare Advantage programs offered in the Twin Cities. New premiums, new benefits, and changes in networks will be covered.

**Instructors: Ms. Yarosh and Mr. Perle, licensed insurance agents**

Thu, Oct 5 9:30-10:30 am  
1622-F23 1 Session - \$3

## Write Your Own Healthcare Directive

Health Care Directives (living wills) are critically important documents. They afford you the option to appoint who should advocate for you; if you become unable to do so for yourself. They also allow you to state your preferences in healthcare. You can leave this class with Health Care Directives in place.

**Instructor: Andrew M. Lehner, Attorney**

Wed, Sept 20 11 am-12 pm  
1625-F23 1 Session - \$3

## It's Fun To Volunteer in Dakota County

Find out about amazing opportunities located in Dakota County. From part-time employment to volunteer opportunities, there is something available for everyone. We make it flexible and fun to get out and get busy.

**Presenter: Garrett Zaffke, Dakota Co Volunteer Coordinator**

Mon, Sept 25 11 am-12 pm  
1787-F23 1 Session - Free

## Landmark Tours: See The World

Ready to explore the world? TPAC collaborates with Landmark Tours, a local, family-owned tour operator. Upcoming trips will be showcased at this presentation. To learn more about the exciting world of escorted travel, join us or pick up a Landmark Tours catalog at TPAC.

**Presenter: John Lyons**

Tue, Sept 26 10-11 am  
1592-F23 1 Session - Free

**Please register well in advance. Registration is required.**





### Bringing Life to Viking Lakes: How Exciting!

Kyle Chank, VP of Operations for MV Ventures, manages the 200+ acre campus of Viking Lakes, most notably home to the world headquarters of the Minnesota Vikings Football Club. He will describe building the foundation, culture, programming and logistical elements to bring the "Live, Work, Play" campus to life.

**Presenter:** Kyle Chank, Sports Manager, NFL, MLB, NCAA

Mon, Oct 23 11 am-12 pm  
1792-F23 1 Session - \$3

### LeDuc Estate: The History, the Family, and the Paranormal

In the mid-1800s, seances and Victorian Spiritualism began to spread across the country. The LeDuc Family residence has been associated with the unknown due to its Gothic Revival architecture, but also the family's thoughts on the Paranormal. Explore this history and the LeDuc family's publication on the unknown, as well as their role in hosting seances at their house.

**Presenter:** Mathew Carter, DCHS

Thu, Oct 26 1-2:30 pm  
7160-F23 1 Session - \$3

### Covid Confidential with Writer & Producer Alec Fischer

Covid Confessions is an original episodic documentary series created by Alec Fischer that focuses on the pandemic experiences of individuals in Minnesota. More than 335 people across 40 unique industries were interviewed during 2021 for the series. Join us as we screen a select number of the "most impactful" episodes from the series and host conversations about the material with the filmmaker.

**Presenter:** Alec Fischer, filmmaker and journalist

Tue, Oct 31 1-2:30 pm  
1799-F23 1 Session - \$8

### Skydiving: A Bucket List Reality

Skydiving is an amazing sport! Challenging, exhilarating, peaceful: it is an adrenaline rush, yet it does not require exertion. Skydiving is possible at any age. Our experienced instructors are knowledgeable, adaptable, and calm under pressure.

**Presenters:** Skydive Twin Cities

Mon, Nov 6 10-11 am  
1797-F23 1 Session - \$3

### Hmong 101

Learn about a range of topics on Hmong American history and culture including Hmong population around the world, role in the CIA's Secret War in Laos, The Hmong Refugee Movement to the U.S. 1975-2008, demographics, clans and their functions, traditional religion and Shamanism, marriages, funerals, language, cultural etiquette and communication strategies for service providers working with Hmong populations.

**Presenters:** Mark Pfeifer & Txongpao Lee

Wed, Nov 8 11 am-12 pm  
1793-F23 1 Session - \$3

### We Should Know What Woke Means. Do You?

The Woke Coach team will deliver a 1-hour interactive engagement on the term "woke"— and what it means. This engagement will educate, inspire discussion, and provide an understanding of this key term and how it fits into the new societal landscape.

**Presenter:** Seena Hodges, The Woke Coach, Founder and CEO

Thu, Nov 9 10-11 am  
1791-F23 1 Session - \$5

### Hmong Cultural Center Museum Tour

Located just four blocks from the State Capitol, the Hmong Cultural Center Museum is the first stand-alone Hmong museum open to the public in Minnesota. Exhibits teach visitors about the Hmong role in the Secret War in Laos, history, cultural traditions, folk art forms and Hmong contributions to Minnesota.

**Presenter:** Mark Peifer, Museum Director

Thu, Nov 16 10-11 am  
1794-F23 1 Session - \$5

Meet at the Hmong Culture Center, 375 University Ave. W, #204 St Paul, MN

### Storm Creek: Spotlight on Local Business

Storm Creek is an Eagan based apparel company, specializing in functional, everyday clothing made from recycled plastic bottles. Learn how plastic bottles are turned into performance apparel, see garments first hand, and learn about their culture of donating to environmental/community causes.

**Presenter:** Andrew Stern, Storm Creek Director of Marketing

Tue, Nov 28 9:30-10:30 am  
1804-F23 1 Session - \$3

## Fraud & Scams Targeting Seniors

Worried that you could be (or have been) a victim of fraud? Learn how to detect a variety of fraud activities, including Medicare fraud, and what to do. We'll discuss top scams and why they are being directed toward older adults. Tips will be offered on how to avoid falling for scams and where to get help.

**Presenter:** Trellis

Wed, Nov 29 1-2 pm  
1795-F23 1 Session - \$3

## Dementia Friends

As a Dementia Friend MN Champion, Sheri is passionate about teaching individuals and groups about the signs of dementia and how to respectfully communicate with people with cognitive challenges. She became involved with these issues while she was caregiving for her parents.

**Instructor:** Sheri Yarosh

Tue, Dec 12 10-11 am  
1627-F23 1 Session - \$3

## GROUPS

### TPAC Out & About Group

Join this social group for people who enjoy getting together for 1-2 outings per month. Lunch is usually a part of these activities. After registering, information will be emailed to you by the group's Communications Coordinator.

**Communications Coordinator:** Linda Johnson

Dates vary  
1609-F23 \$10 annually

### Computer Center

TPAC volunteer mentors assist with technology questions, both hand-held and home-based every Monday morning. Come with your device and receive patient assistance. Check in at the computer lab when you arrive at TPAC.

**Mentors:** Adina, Mary Lou, Joe

Mondays 9 am-12 pm  
Closed Sept 4, Dec 25, Jan 1

### Umbrella Projects Group

Umbrella project volunteers make a difference through service. Some past activities include visiting healthcare centers, assisting new Americans learn English, helping at local food shelves, and providing services where needed throughout the community. If this resonates with you, please join.

**Facilitator:** Julie Weisbecker

2nd Mon 10-11:30 am  
1599-F23 Free

### Great Decisions Group

Join Great Decisions in January 2024 for great discussions about complex US foreign policy and global issues. Books may be purchased on your own at [www.fpa.org](http://www.fpa.org) or through TPAC. If you are ordering your book thru TPAC, order by Nov 3.

**Facilitator:** Charles Happach

2nd Mon 1-2:30 pm  
1565-F23 10 Sessions - \$10 annually



## Thompson Lake Water Quality Improvements

Joe Barten, from the SWCD, will discuss water quality at Thompson Lake, what large scale projects have been implemented to remove contaminants and improve long term water quality, and what you can do to help improve water quality of downstream water bodies.

**Presenter:** Joe Barten, Dakota County Soil & Water Conservation District

Tue, Dec 5 10-11 am  
1801-F23 1 Session - \$3

## MN Industrial Hemp Association

The 2018 Federal Farm Bill provided new market opportunities throughout the supply chain for the growth of industrial hemp as an alternative crop. Yet challenges remain as the re-emerging industrial hemp sector navigates the consumer landscape. Join us as we learn about its place in our lives.

**Presenter:** David Ladd, President

Thu, Dec 7 1:30-2:30 pm  
1789-F23 1 Session - \$3

**Please register well in advance. Registration is required.**

## Mystery Book Club

Reading mysteries supports critical thinking skills and promotes problem solving independently and in groups. Join other mystery book enthusiasts to stay on task with your reading, gain new perspectives, and freely discuss the monthly selection hand picked by group members.

**Facilitator:** Joyce Wahlquist

2nd Tue 10:30 am-12 pm  
1565-F23 \$10 annually

## British History

This course will stimulate your thinking and inspire questions. The classes are fun and relaxed, using a combination of participant questions, oral presentations, and videos.

**Presenter:** Terry Kubista, *British historian, educator, and presenter*

2nd Tue 1:30-3:30 pm  
1116-F23 Each session - \$8

## Caregiver Support Group

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. Come together with trained facilitators to learn about topics relevant to this role. Registration is required.

**Sponsored by DARTS**

2nd Wed 1-2:30 pm  
1597-F23 Free

## TED Talks Discussion Group

(Technology, Entertainment and Design) As a group, watch and discuss a 20-minute TED TALK video, hear various perspectives, share thoughts and learn from others. Help choose future topics, which range from psychology to social norms or other relatable topics. Some are funny and some are serious; all are interesting.

3rd Tue 1-2:30 pm  
1607-F23 \$10 annually

## Men's Topics & Toast

Come for toast and coffee with us to visit, learn, and hear a brief discussion pertinent to the lives of our 55+ community. Buttered toast and toppings provided.

**Facilitator:** Rob Meyer

Last Mon 9-10 am  
1746-F23 \$10 annually

No meeting Dec, Mar, or May

## ARTS & CRAFTS

### TPAC Knitting Group

If you're looking to reduce stress, improve cognitive function or enjoy the camaraderie of fellow knitters, join the group! This is a non-instruction peer group. Bring your knitting, crocheting or hobby projects and work while socializing and learning from each other.

Mondays 1-3 pm  
1600-F23 Sept-Dec 15 Sessions - \$15

## Paint Like the Masters

Using acrylic paint in the style of one of the masters, create your own version of a landscape, still life, portrait, etc. Subjects and artists are to be determined. A list of supplies to bring from home will be provided. An additional supply fee of \$30 is due at class.

**Instructor:** Linda Stout

1491-F23  
Mondays 1-3 pm  
Sept 11-25 3 Sessions - \$50  
Nov 6-27 4 Sessions - \$66

## Open Watercolor Painting

Join other artists and enjoy music and conversation. There is no instructor for this group, so paint what inspires you and share ideas. Bring your own supplies.

**Facilitator:** Art Thell

Tue 9:30-11 am  
1602-F23 Sept-Dec 16 Sessions - \$15

## Paint Like Bob Ross: With Valarie Namen

Now you can paint like Bob Ross. No experience is needed to learn the simple techniques to create your own masterpiece. Follow step by step how to paint using the wet-on-wet technique. All materials provided. Come for a fun relaxing day of painting, and remember, "There are no mistakes, just happy little accidents". -Bob Ross

**Instructor:** Valarie Namen

1783-F23 9 am-1 pm  
Each session - \$50  
Tue, Sept 5 Cardinal  
Mon, Oct 30 A Peek of Sunlight

## Crafting for a Cause

Create simple notes of cheer and kindness in a social setting with other volunteers. These notes will be included within meal bags delivered to neighbors to brighten their day. Supplies are provided. Cardstock donations greatly appreciated.

**Facilitator:** Pat Marshall

2nd Tue 12-1 pm  
1598-F23 Free

## Watercolor I

Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Introduction to Watercolor, or instructor consent.

**Instructor:** Linda Stout

1302-F23  
Tuesdays 1-3 pm  
Sept 5-26 4 Sessions - \$66  
Oct 3-31 5 Sessions - \$83  
Nov 7-28 4 Sessions - \$66  
Dec 5-19 3 Sessions - \$50



## 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.

Prerequisite: Introduction to Watercolor, or instructor consent.

Instructor: Linda Stout

1191-F23	Wednesdays	1-3 pm
Sept 6-27		4 Sessions - \$66
Oct 4-25		4 Sessions - \$66
Nov 1-29		4 Sessions - \$66
No Class Nov 22		
Dec 6-20		3 Sessions - \$50

## Colored Pencil Bathing

After our summer break, the Colored Pencil Bathing Group will continue through the end of this year. You will be provided with a picture or activity to paint in a friendly and enjoyable environment. Bring your own pencils and art equipment.

**Facilitators:** Johanna Nelson & JoAnn Ellingboe

1st & 3rd Wed	1-3 pm
1595-F23 Sept-Dec	8 sessions - \$15

## Watercolor Painting Introduction

This is an introductory class for those who are new to watercolor painting and is a prerequisite for Watercolor I and II. Explore materials and basic watercolor techniques, as well as color theory and color mixing. Supplies may be purchased from the instructor at class for \$40. Registration closes the Thursday before the first class.

**Instructor:** Linda Stout

1491-F23	Mondays	1-3 pm
Oct 2-30		5 Sessions - \$83
Dec 4-18		3 Sessions - \$50



## Greeting Card Making

Are you new to paper crafting or want to gain some experience? Create three homemade greeting cards, then add your own personal touches. Space is limited in each class. Materials are provided.

**Instructor:** Stacey Pangborn

1777-F23		
10 am-12 pm		Each session - \$20
Thu, Oct 12 Halloween		
Mon, Nov 13 Holiday		

## Rock Treasures

The best gifts are the ones you make from your heart. Johanna and JoAnn will provide a variety of rocks, glitter, metallic paints, and pens along with many ideas and samples to inspire you to complete at least three holiday themed rocks. A \$5 supply fee will be collected at the beginning of class (in addition to the registration fee).

**Facilitators:** Johanna Nelson and JoAnn Ellingboe

Wed, Nov 29	1-3 pm
1779-F23	1 Session - \$5

## FITNESS AND HEALTHY LIVING

### 3X3 Fitness

These exercises are chair-based and low-impact. Muscle tone is important at all ages - improve yours as you use resistance bands/rings while following along with the 3x3 workout DVD.

**Facilitator:** Barb Erickson

Tue/Thu, Sept-Dec	9:15-10 am
1635-F23	\$15
No Class Oct 19 & 31, Nov 23	

### Fitness and Balance for Life

This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. The following equipment that will be used: a chair, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred.

**Instructor:** Naomi Marzinske

1317-F23	
Thursdays	10:30-11:30 am
Sept 7- Oct 26	7 Sessions - \$49
No Class Oct 19	
Nov 12-Dec 14	6 Sessions - \$42
No Class Nov 23	

## Bocce Ball

Playing bocce ball is a fun, friendly, competitive game of skill that improves flexibility, balance, hand-eye coordination and cardiovascular health. The rules are simple. Games are self-directed following an initial introduction by TPAC staff. Meet at the back of TPAC around the patio.

Mon, Sept 11-Oct 30	9:30-10:30 am
1596-F23	8 Sessions - \$8

## Line Dancing

Line dancing is a fun way to exercise and can be as gentle or as energetic as you want. Line dancing increases muscle tone and coordination, strengthens bones, and keeps you mentally fit. If you don't like the gym, join us on the floor to get moving. No partner is needed! Beginners only, please attend Sept 14 for dance instruction.

**Instructor:** Margaret Christians

Thu, Sept 21-Dec 21	9-10 am
1615-F23	13 Sessions - \$15
No Class Oct 19 & Nov 23	

## Mindful Movement

The Y of the North will be leading the Mindful Movement program teaching techniques via an interactive group environment to help adults manage their thoughts and emotions while overcoming barriers to exercise. You'll receive: guidance from a trained Wellbeing Facilitator, a Mindful Movement Virtual Workbook and support and accountability from your small group. This curriculum was developed in collaboration with the University of Minnesota and Y of the North.

**Instructor: Emma Ward, YMCA**

1803-F23	Wednesdays
Sept 20 Trial	9:30-10:30 am
1 Session - Free	
Oct/Nov Class	9:30-11 am
8 Sessions - \$60	

## Self-Defense for Seniors

Tai Chi has self-defense applications. Improve posture and strengthen your core for better health, while learning essential steps to prevent being victimized. Instructors will demonstrate how you can minimize your chances of being attacked in the first place and how to defend yourself against some common attacks.

**Instructor: Jena Bushey, Legacy American Martial Arts**

Tue, Nov 14-Dec 12	1-2 pm
1759-F23	4 Sessions - \$45
No Class Nov 28	

## Navigate the Holidays with Ease: EFT Group for Stress Relief

Holidays may bring up feelings like loneliness, financial worry, mobility concerns, and the expectation to be joyful! Address your unique stressors in a compassionate space where you can connect with others who share similar experiences. Emotional Freedom Techniques (EFT or Tapping) is a simple tool for releasing emotional stress, reframing limiting beliefs, and accessing your inner wisdom.

**Instructor: Susan Temple, Life Coach and EFT Practitioner**

Mon, Nov 27-Dec 18	10-11 am
1802-F23	4 Sessions - \$30

## Foot Care

Do you have difficulty caring for your feet? Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care of fungal toenails. Foot care is important to your overall health. The Foot Nurse would like to help you maintain healthy feet. Appointments required - call 651-829-3944

**Provided by Katie Sikel, RN, CFCS**

**Please register well in advance. Registration is required.**

## CARDS/GAMES

### Bean Bag Toss

Bean Bag Toss (aka Corn Hole) is a fun game that can be set up just about anywhere. Toss a bean bag into a hole in a wooden board. It's not as easy as it sounds. We supply the boards and bags, while you supply the fun and competitive spirit. Played outdoors.

Wed, Sept 6-Oct 25	10-11 am
1643-F23	8 Sessions - \$8

### Hand & Foot

Both fun and compelling, this variation of canasta is played with teams of two to six players. Get rid of the cards in your hand, and then your foot by melding them. If you like this game or are interested in learning, join us.

Wed, Sept-Dec	10 am-12 pm
1736-F23	16 Sessions - \$15



### Mah Jongg

Growing in popularity, mah jongg is similar to the card game rummy, employing skill, strategy, and luck. It is played with a set of 144 tiles based on Chinese characters and symbols. Call if you want to learn to play.

**Facilitator: Carol Beaves**

Thu, Sept-Dec	1-3:45 pm
1613-F23	13 Sessions - \$15
No Class Oct 19 & Nov 23	

### Penny Bingo

This is a fun, easy five-card game. When your card matches the dealers, place it in the center. When your cards are gone, yell "Bingo!" Don't forget your pennies.

**Facilitator: Marion Christner**

4th Tue	1-3 pm
1644-F23	10 Sessions - \$10 annually

## Trips & Tours Registration Information

*NOTE: The location you register under is where you board the bus*

### South St. Paul

Central Square Community Center  
100 Seventh Ave. N.  
South St. Paul, MN 55075  
651-306-3632

### Inver Grove Heights

IGH Veterans Memorial Community Center  
8055 Barbara Ave.  
Inver Grove Heights, MN 55077  
651-450-2585

### West St. Paul

Thompson Park Activity Center (TPAC)  
1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300

- Arrive 15 minutes before the scheduled trip departure for check in.
- A \$10 service fee will be charged if you cancel your trip registration.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots are not held for participants without payment.
- Mailed registrations may not be guaranteed. Call to check availability before mailing in your registration.



## Ozark Country Jubilee

**Wednesday, November 8**

The Ozark Jubilee features an all-star cast of Branson entertainers. This dynamic show salutes the music of the great Legends of Country Music and a variety of Christmas music. From the traditional standards such as Silent Night and White Christmas to more contemporary Christmas selections that will touch your heart. This show features vocals, comedy and instrumentals. World-class fiddler, Doofus Doolittle presents his unique brand of humor and some of the best fiddle and violin music ever. Enjoy his stories about some of the legendary artists he has performed with. He will salute comedians of yesteryears such as Archie Campbell, String Bean and Minnie Pearl. Enjoy this holiday musical event with the sounds of laughter, Bluegrass, Gospel, Country and traditional Christmas music. Lunch menu: Turkey, mashed potatoes, gravy, green beans, dessert, coffee, tea.

Wed, Nov 8 \$99

Register by Fri, Oct 29

Location	Departure	Return	Registration
TPAC	10:30 am	5:15 pm	1811-WSP-F23
SSP	10:45 am	5:00 pm	1695-SSP-F23
IGH	11:00 am	4:45 pm	Call 651-450-2585

## An Andy & Bing Christmas

**Wednesday, December 6**

Begin with an early 11:00 lunch at the historic St. James Hotel of chicken florentine, couscous, baby carrots, rolls and beverages.

Kick off the holiday season with classics including "White Christmas" & "The Most Wonderful Time of the Year" with An Andy & Bing Christmas! The show begins at 1 pm at the Sheldon Theatre, celebrating the perfect Christmas albums of Andy Williams and Bing Crosby. The performance includes lead vocals by former U of M Gopher and Super Bowl Champ Ben Utecht and MN Music Hall of Fame inductee Mick Sterling, and a 19-piece band of beautiful vocals, violin, percussion and horns.

Wed, Dec 6 \$105

Register by Fri, Nov 3

Location	Departure	Return	Registration
TPAC	9:15 am	4:45 pm	1790-WSP-F23
SSP	9:30 am	4:30 pm	1699-SSP-F23
IGH	9:45 am	4:15 pm	Call 651-450-2585



## Jersey Boys at Chanhassen Theater

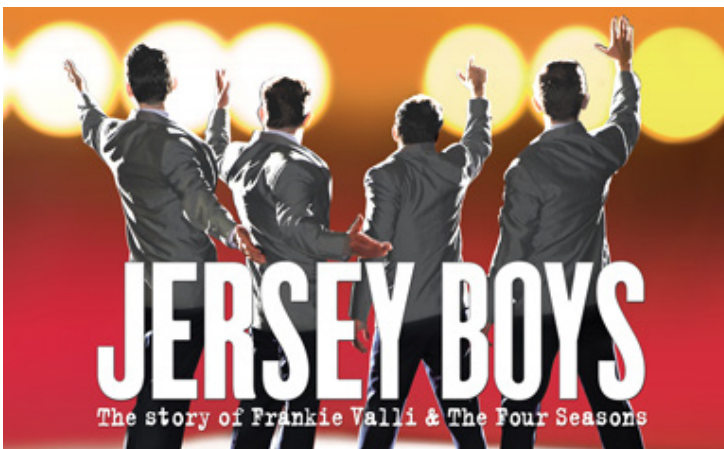
Wednesday, January 24

Matinee performance: "Jersey Boys" With phenomenal music, memorable characters and great storytelling, Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop music history. Winner of Best Musical at both the Tony Awards and Olivier Awards, Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of chart topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn" and "My Eyes Adored You" which brought the Four Seasons the highest honor: induction into the Rock "n" Roll Hall of Fame.

Wed, Jan 24 \$108

Register by Fri, Dec 15

Location	Departure	Return	Registration
TPAC	10:00 am	5:15 pm	1814-WSP-W24
SSP	10:15 am	5:00 pm	1688-SSP-W24
IGH	10:45 am	4:45 pm	Call 651-450-2585



## Dial M for Murder at the Guthrie Theater

Wednesday, February 21

A plot-twisting thriller. While in London promoting her new murder mystery, Maxine drops in on her former lover Margot who shares some distressing news: She's being blackmailed for a love letter from Maxine that went missing after their affair ended. Margot thinks her husband Tony is none the wiser, but he knows everything — and then some. In fact, his yearlong plan to have Margot murdered will commence the next night, thanks to an airtight alibi. But when Margot kills her assailant in self-defense, Tony's plot takes an unexpected turn. This clever, fast-paced adaptation adds extra layers to the iconic tale, making the "Will he get away with it?" question even more thrilling. Lunch at the Hen House Eatery includes: Cup of Soup, Chicken Salad Sandwich, Beverage, and a Cookie

Wed, Feb 21 \$95

Register by Fri, Dec 15

Location	Departure	Return	Registration
TPAC	10:15 am	4:15 pm	1812-WSP-W24
SSP	10:00 am	4:30 pm	1620-SSP-W24
IGH	9:45 am	4:45 pm	Call 651-450-2585



## Branson Tour

April 22-26, 2024

Day 1 - Travel to Independence, MO, lunch included in Des Moines, IA

Day 2 - Travel to Branson in time for lunch (included). Attend afternoon and evening shows in Branson

Day 3 - More shows and shopping, including dinner at Dolly Parton's Stampede Dinner attraction.

Day 4 - Morning show, then lunch and travel to Independence, MO for lodging.

Day 5 - Return to the Twin Cities by early evening.

Mon-Fri, April 22-26 \$1,185.00 (per person with 2 per room)  
\$1,535.00 (per person with 1 per room)

For complete details please go online to \_\_\_\_\_.

Register by Mon, Feb 19

Location	Departure	Return	Registration
TPAC	7:15 am	7:30 pm	1680-WSP-W23
SSP	7:15 am	7:30 pm	1680-SSP-W23
IGH	7:15 am	7:30 pm	Call 651-450-2585





## Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance discount course that is open to the public. A MN Highway Safety & Research Center 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. First time participants must complete the initial eight hours of training, and the four hour refresher class every three years to maintain the 10% discount.

To register, call toll free 1-(888)-234-1294 or visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com).  
PRE-REGISTRATION IS REQUIRED.

### Central Square Community Center

Initial Eight Hour Course - \$28

Oct 18 & 19	9 am-1 pm
Feb 14 & 15	9 am-1 pm

Four Hour Refresher Course - \$24

Sept 21	9 am-1 pm
Nov 16	9 am-1 pm
Dec 21	9 am-1 pm
Jan 18	9 am-1 pm

### Veterans Memorial Community Center

Four Hour Refresher Course at IGH-VMCC - \$24

Tue, Sept 12	1-5 pm
Wed, Sept 20	5:30-9:30 pm
Tue, Oct 3	1-5 pm
Wed, Oct 11	5:30-9:30 pm
Tue, Nov 14	1-5 pm
Tue, Dec 5	1-5 pm
Wed, Sept 20	5:30-9:30 pm

### Thompson Park Activity Center

Initial Eight Hour Course - \$28

Oct 25-26	12-4 pm
Feb 28-29	12-4 pm

Four Hour Refresher Course - \$24

Sept 7	12-4 pm
Sept 21	12-4 pm
Oct 5	12-4 pm
Nov 9	12-4 pm
Nov 30	12-4 pm
Dec 7	12-4 pm
Jan 4, 2024	12-4 pm

Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10% discount.



## In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Drive Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction.

### Simley High School

Mon-Fri, Sept 26-Oct 6 3:45-6:45 pm  
3300-F23 10 sessions - \$420  
Early Release Sept 29 12:15-3:15 pm

Mon-Fri, Nov 14-30 3:45-6:45 pm  
3300-F23B 10 sessions - \$420  
No class Nov 22-24

### South St. Paul High School

Mon-Fri, Oct 10-25 2:45-5:45 pm  
4300-F23A 10 Sessions - \$420  
No class Oct 19 & 20

Mon-Fri, Dec 4-15 2:45-5:45 pm  
4300-F23B 10 Sessions - \$420

### Two Rivers High School

Mon-Fri, Sept 11-22 3:15-6:15 pm  
2302-Sept23 10 Sessions - \$420

Mon-Fri, Oct 30-Nov 13 3:15-6:15 pm  
2302-Oct23 10 Sessions - \$420  
No class Nov 3



## Virtual Driver's Education Classes

All virtual classes will be offered on the following dates. There will be class sessions from 3- 6 pm, 4-7 pm and from 6:15--9:15 pm each date. Please view our online catalog for more details.

Sep23	Sept 13-28, No class Sept 15 & 22
Oct23A	Oct 2-17, No class Oct 6 & 13
Oct23B	Oct 25-Nov 9, No class Oct 27 & Nov 3
Nov23	Nov 13-30, No class Nov 17, 22-24
Dec23	Dec 4-19, No class Dec 8 & 15

## ACT Prep Course

This in-person class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management.

Students who complete a course may repeat it as often as they wish in future offerings – free of charge. All class materials are included in the tuition fee.

Thu, Sept 21-Oct 12 5:45-8:45 pm  
2304-Sept 4 Sessions - \$180

Two Rivers HS, MH  
Tue, Oct 24-Nov 28 5:45-8:45 pm  
4301-F23 #333 4 Sessions - \$180  
Central Square  
No Class Oct 31 & Nov 21

Mon, Oct 30-Nov 20 5:45-8:45 pm  
3301-F23 4 Sessions - \$180  
Simley HS, IGH

Wed, Nov 1-29 5:45-8:45 pm  
2304-Nov23 4 Sessions - \$180  
Two Rivers HS, MH  
No Class Nov 22



## Advantage ACT Prep Course - Virtual with Live Instructor

This course is an excellent alternative for any student unable to attend an in-school class, but still prefers the interaction with one of the Advantage Educational Programs' instructors. The Virtual ACT Prep Course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. You will need an internet connection and a computer/tablet/smartphone. Instructions will be sent to you via email a few days before the course begins.

Sat, Sept 23-Oct 14 9 am-12 pm  
#920 4 Sessions - \$180

Sat, Nov 11-Dec 2 9 am-12 pm  
#921 4 Sessions - \$180  
No Class Nov 25



## ACT Prep Online Self-Paced Course

This course is perfect for any student unable to attend in-school classes or a student preferring to prepare for the ACT exam on their own and at their desired pace. Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed.

Any days, Any times Multiple Sessions - \$80  
#777



**\* \* See website for full class lists \* \***

## Gymnastics - Tumble Together

-- 18 months-4 years old + adult --

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

4000-F23A	Tues, Sept 12-Oct 24	3:30-4 pm	7 sessions - \$53
4000-F23B	Sat, Sept 16-Nov 4	8:30-9 am	8 sessions - \$60

## Gymnastics - Tumble Bees

-- 3-4 years old --

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

4001-F23A	Tues, Sept 12-Oct 24	4:15-5 pm	7 sessions - \$66
4001-F23B	Sat, Sept 16-Nov 4	10:15-11 am	8 sessions - \$75

## Gymnastics - Mini Stars

Mini Stars is a class especially designed for those little ones who are shining extra bright. We will focus on skill progressions and development at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: foot work for the spring board and pop-ups.

4013-F23A	Sat, Sept 16-Nov 4	11 am-12 pm	8 sessions - \$75
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## Gymnastics - Beginners

-- 4-14 years old --

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

4002-F23A	Tues, Sept 12-Oct 24	5-6 pm	7 sessions - \$66
4002-F23B	Thur, Sept 14-Nov 2	3:30-4:30 pm	8 sessions - \$75
4002-F23C	Thur, Sept 14-Nov 2	4:30-5:30 pm	8 sessions - \$75
4002-F23D	Thur, Sept 14-Nov 2	5:30-6:30 pm	8 sessions - \$75
4002-F23E	Sat, Sept 16-Nov 4	11 am-12 pm	8 sessions - \$75
4002-F23F	Sat, Sept 16-Nov 4	12-1 pm	8 sessions - \$75

## Gymnastics - Private Lessons

Private lessons offer your child an opportunity to work on specific skills that they have been trying to improve. Working 1 on 1 with our experienced coaches will help them achieve their goals and boost their confidence in the gym. Private lessons must be arranged and approved with the lead gymnastics instructor prior to registration. Please email [kaiatautges@gmail.com](mailto:kaiatautges@gmail.com) to schedule.

4007-F23A	1 hour - \$63.59
Days and times as scheduled with lead gymnastics instructor	

## Gymnastics - Intermediate Beginners

Continue to grow and develop as a gymnast as you begin to practice more intermediate skills. This class requires basic gymnastics knowledge and capability. Gymnasts should take one or more sessions of beginners before moving to intermediate. Gymnasts should have a basic understanding of the lever, handstand, cartwheel, and gymnastics vocabulary. In intermediate we will focus more on skill technique to create a strong foundation. Coaches approval required!

4009-F23A	Tues, Sept 12-Oct 24	6-7 pm	7 sessions - \$66
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## Gymnastics - Advanced Beginners

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility. Coaches approval is required!

4003-F23A	Thur, Sept 14-Nov 2	6:30-7:30 pm	8 sessions - \$75
4003-F23B	Sat, Sept 16-Nov 4	1-2 pm	8 sessions - \$75

## Gymnastics - Flips

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnasts must possess basic strength and flexibility. Coaches approval is required!

4004-F23A	Tues/Thur, Sept 12-Nov 2	7-8:15 pm	16 sessions - \$150
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## Gymnastics - Pre-Team

Gymnasts proficient in the basic skills needed to form routines will join our pre-team. We are starting this pre-team with the goal of eventually having a SSP community education competitive team. Gymnasts will learn more difficult skills and create routines on all four events. Coaches approval is required!

4010-S23A	Mon/Wed, June 26-May 29, 2024
	2:30-4:30 pm and 6-8 pm (hours starting September 6)
	\$840 for 6 months (next payment due Dec 1, 2023),
	\$1680 for 1 year

## Gymnastics - Open Gym

Explore gymnastics in an unstructured environment with the help of experienced coaches. Open to all ages, for the purposes of sparking a passion for gymnastics skills in a safe setting. Parents must accompany children ages 7 and younger.

4005-F23A	Sat, Sept 16	9-10 am	1 session - \$15
4005-F23B	Sat, Sept 23	9-10 am	1 session - \$15
4005-F23C	Sat, Sept 30	9-10 am	1 session - \$15
4005-F23D	Sat, Oct 7	9-10 am	1 session - \$15
4005-F23E	Sat, Oct 14	9-10 am	1 session - \$15
4005-F23F	Sat, Oct 21	9-10 am	1 session - \$15
4005-F23G	Sat, Oct 28	9-10 am	1 session - \$15
4005-F23H	Sat, Nov 4	9-10 am	1 session - \$15

## One Day Class! Certified Babysitter's Training (ages 11 & up)

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter's Training Certification and Babysitter's Handbook. Please bring a nut free bag lunch.

**Instructor: Deb Gutzman**

Sat, Sept 23	8-11:30 am
4202-F23A	1 session - \$75
Central Square, SSP	
Sat, Oct 21	8-11:30 am
4202-F23B	1 session - \$75
Central Square, SSP	
Fri, Nov 3	8-11:30 am
4202-F23C	1 session - \$75
Central Square, SSP	
Sat, Dec 2	8-11:30 am
4202-F23D	1 session - \$75
Central Square, SSP	

## Easy CPR for Babysitters and Teens (ages 11 & up)

BREATHING or NOT BREATHING - this is all you need to know to determine how to care for your unconscious victim. This CPR class is very easy to learn and to remember!! Learn how to recognize emergencies, how to help a choking victim, care for an unresponsive person, and gain confidence in your skills. Certification is valid for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. This class does NOT have a written test.

**Instructor: Deb Gutzman**

Sat, Sept 23	12-2:30 pm
4204-F23A	1 session - \$45
Central Square, SSP	
Sat, Oct 21	12-2:30 pm
4204-F23B	1 session - \$45
Central Square, SSP	
Fri, Nov 3	12-2:30 pm
4204-F23C	1 session - \$45
Central Square, SSP	
Sat, Dec 2	12-2:30 pm
4204-F23D	1 session - \$45
Central Square, SSP	



## Home Alone (ages 7 & up)

Do you feel your child knows what to do in an emergency situation? Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you're helping him or her safely prepare for staying home alone and emergency situations. Handbook is included.

Topics Include:

- Identifying Fire Safety Rules and how to use a Fire Extinguisher. What to do if trapped in a bedroom during a fire.
- Simple first aid — including cuts, burns, and a demonstration of abdominal thrusts for choking victims, whether for another person or when you're by yourself.
- Understanding safety in the community, such as weather watches/warnings, aggressive dogs, and riding a bicycle on the street.
- Knowing the truth about abuse, abduction, and stranger danger.
- An all-new segment on digital safety and how to navigate the online world safely

**Instructor: Deb Gutzman**

Sat, Sept 9	9-11:30 am
4205-F23A	1 session - \$40
Central Square, SSP	
Sat, Nov 4	9-11:30 am
4205-F23B	1 session - \$40
Central Square, SSP	
Fri, Dec 1	12-2:30 pm
4205-F23C	1 session - \$40
Central Square, SSP	

**Register now and make sure you get into your favorite classes!**

## Intro to Ninja (5-8 years)

Ninjas develop strength and agility during this 8 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

Wed, Sept 6-Oct 25 4994-F23A	4-5 pm 8 sessions - \$160
Wed, Sept 6-Oct 25 4994-F23B	5-6 pm 8 sessions - \$160
Wed, Nov 1-Dec 13 4994-F23C	4-5 pm 6 sessions - \$120
No Class Nov 22	
Wed, Nov 1-Dec 13 4994-F23D	5-6 pm 6 sessions - \$120
No Class Nov 22	

## Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships!

Our Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their ninja skills with over forty different obstacles! This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8). Conquer Ninja Gym, 707 Commerce St, Woodbury

Fri, Sept 8-Oct 27 4995-F23A (6-9 yo)	4-5 pm 8 sessions - \$185
Fri, Sept 8-Oct 27 4995-F23B (6-9 yo)	5-6 pm 8 sessions - \$185
Fri, Sept 8-Oct 27 4995-F23C (8-13 yo)	6:15-7:15 pm 8 sessions - \$185
Fri, Nov 3-Dec 15 4995-F23D (6-9 yo)	4-5 pm 6 sessions - \$140
No Class Nov 24	
Fri, Nov 3-Dec 15 4995-F23E (6-9 yo)	5-6 pm 6 sessions - \$140
No Class Nov 24	
Fri, Nov 3-Dec 15 4995-F23E (8-13 yo)	6:15-7:15 pm 6 sessions - \$140
No Class Nov 24	

## Flag Football (Grades K-5)

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouthguards are optional). Footballs and flag belts are provided.

**Instructor: DASH Sports**

Mon, Sept 11-Oct 2 4902-F23	3:45-4:45 pm 4 sessions - \$75
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Kaposia Education Center, SSP



## Flag Football Tykes Camp (Ages 3-5)

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes/cleats are optional). Footballs and flag belts are provided. Parent participation is encouraged when needed.

Mon, Sept 11-Oct 2 4903-F23	5-5:30 pm 4 sessions - \$65
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Kaposia Education Center, SSP

## Soccer Camp (Grades K-5)

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

Tue, Oct 3-24 4900-F23	3:45-4:45 pm 4 sessions - \$75
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Kaposia Education Center, SSP



## Soccer Tykes (Ages 2-6)

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes and shin guards optional). Soccer balls are provided. Parent participation is encouraged when needed.

Tue, Oct 3-24	5-5:30 pm
4901-F23A	4 sessions - \$65
Kaposia Education Center, SSP	
Tue, Oct 3-24	5:45-6:15 pm
4901-F23B	4 sessions - \$65
Kaposia Education Center, SSP	

## Basketball Camp (Grades K-5)

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camps ends with scrimmages/games on the final day. Athletes should bring a water bottle. Balls are provided.

Tue, Nov 28-Dec 19	3:45-4:45 pm
4904-F23	4 sessions - \$75
Kaposia Education Center, SSP	



## Basketball Tykes (Ages 2-6)

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when necessary.

Tue, Nov 28-Dec 19	5-5:30 pm	Ages 2-3
4905-F23A	4 sessions - \$65	
Kaposia Education Center, SSP		
Tue, Nov 28-Dec 19	5:45-6:15 pm	Ages 4-6
4905-F23B	4 sessions - \$65	
Kaposia Education Center, SSP		



## Code Championship Tournament Series | Virtual Computer Coding Competition

Build a computer bot to play head-to-head against other coders! No previous coding experience necessary. The Code Championship Series is a series of four tournaments in four weeks (it's ok to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Please come knowing how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

**Instructor:** Code Championship

Sat, Oct 7-28	9-11 am
4356-F23	4 sessions - \$75



## Super Mario Game Coding (Grades 3-7)

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart - style game. Then pick custom characters, and track, to customize their games. Additional technical requirement: Scratch account – instructions will be emailed. PC needed (Windows or MacBook), will not work on chromebook, tablets, or phones.

**Instructor:** Tech Academy

Sat, Oct 14 & 21	10 am-12 pm
4357-F23	2 sessions - \$70
Sat, Oct 14 & 21	8am-10am
2151-Oct23	2 sessions - \$70



## Dragons 101 with Character Creation (Grades 1-5)

What's it like to play Dungeons and Dragons? Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical creatures, and fairies, offers great opportunities to develop problem-solving skills, team-building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning its basics, creating your own character, and embarking on an amazing roleplaying game.

**Instructor: Tech Academy**

Sat, Oct 14 & 21	10 am-12 pm
4358-F23	2 sessions - \$70
Sat Oct 14 & 21	10:30am-12pm
2359-F23	2 sessions - \$7



## Minecraft Mod Dev: Lucky Blocks & Ores (Grades 2-6)

Take your game to the next level by creating your own custom Minecraft mod. This class will teach you how to create new blocks and ores for the Java Edition of Minecraft. Students will need to have Minecraft and mod creation software (free download) installed prior to class. Video instructions will be sent prior to class. Additional technical requirement: PC needed (Windows or MacBook), will not work on chromebook, tablets, or phones

**Instructor: Tech Academy**

Sat, Nov 4 & 11	10 am-12 pm
4359-F23	2 sessions - \$70



## 3D Printing: Pokémon (Grades 3-6)

Design your own 3D pocket monster using TinkerCAD. This course will give students an introduction to using CAD modeling & design software. Student designed Pokémon will be printed and mailed home. Additional Technical Requirement: TinkerCAD (log in information provided in class)

**Instructor: Tech Academy**

Sat, Dec 2 & 9	8-10 am
4360-F23	2 sessions - \$85



## 3D Printing: Jewelry Design & Fabrication (Grades 3-6)

Bring your creations to life in this 3D printing class. The ancient craft of jewelry making is brought to the modern world using TinkerCAD. Students will learn to build 3D models on the computer using CAD software. They will design a pair of earrings, and a ring. Students can pick one project to be printed. Additional technical requirement: TinkerCAD (log in information provided in class)

**Instructor: Tech Academy**

Sat, Dec 16	9 am-12 pm
4361-F23	1 session - \$70
Thurs, Sept 28 & Oct 5	6pm-7:30pm
2053-F23	2 sessions - \$70
Sat, Dec 16	9am-12pm
2053-Dec	1 session - \$70

## Fun with Fondant

Come have fun experiencing the beauty of fondant decorations. Each student will take home an 8" cake that they will frost with buttercream and decorate using fondant flowers and cut outs. Reminder that a \$12 supply fee is included in the class pricing.

**Instructor: Diane Hirte**

Thu, Oct 26	2:45-4:15 pm
4478-F23	1 session - \$36
South St. Paul HS, SSP	

## Amazing Balsamic Vinegar Truffles (Ages 12 & up)

Learn a new way to make truffles using aged flavored balsamic vinegars. The flavors of raspberry, strawberry, blackberry and black cherry are truly amazing. We will use melted chocolates to mold beautiful truffles. Each student will make eighteen truffles that they will take home in a provided box.

**Instructor: Diane Hirte**

Wed, Nov 15	6:30-8 pm
4479-F23	1 session - \$40
South St. Paul HS, SSP	

## Gymnastics – Parents Night Out Fundraiser (5-14yr)

Hey parents, are you wishing you had a little extra free time on your hands to go out to dinner or run those errands? This is the thing for you! Drop off and pick up your kids anytime between 4 and 9:30 pm. We are flexible! If bedtime is at 8 pm, come pick them up at 7:30 pm! During Parents Night Out, we will play games, stretch, do gymnastics, color and more! There will be something for every child.

Fri, Sept 29	4-9:30 pm
4016-F23A	1 session - \$55
Central Square, SSP	



## Find us online!



### Piano Level 1 and 2 (Grades 2-5)

Group piano lessons are at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instruction and music book.

**Instructor: Lori Lencowski**

Mon, Sept 11-Nov 27 7:50-8:50 am  
4500-F23A 11 sessions - \$95  
Kaposia Education Center, SSP  
No Class Oct 9

Tue, Sept 12-Nov 28 7:10-8:10 am  
4500-F23B 11 sessions - \$95  
Lincoln Center, SSP  
No Class Oct 10



### Evening Wizards of Chess (Grades: 1-8)

Wizards of Chess, Chess Club! Join us in learning this National Award Winning Program! Learning the game of chess promotes imagination, creativity, develops memory, teaches independence, inspires self-motivation, and develops a logical way of thinking. Students of all levels are welcome. Yes, even if your student does not know how to play, we will teach them! Each session is filled with different material, and all learning is done with encouragement and fun on an individual personal level! All in-class equipment is provided.

**Instructor: Veronica Harrison--owner of Wizard of Chess**

Tue, Oct 3-Nov 28 6-7 pm  
2302-F23 7 Sessions - \$75  
Mendota Elementary, MH  
No Class Oct 31 & Nov 7

Tue, Jan 2-Feb 13 6-7 pm  
2302-W24 7 Sessions - \$75  
Mendota Elementary, MH

### Fall Youth Floor Hockey

Invite your friends and come play some floor hockey on Wednesdays evenings with former Somerset Physical Education Teacher Mr. Nilsen. Class is capped at 14 kids, 7 kids on each team. Register soon! **Parents of 2nd graders you can put your students in the K-2 or 2-4 group for Floor Hockey based on their skills. The last night is parents vs kids!**

Wed, Oct 25-Dec 6 5:45-6:45 pm  
2016-F23K2 6 Sessions - \$59  
Mendota Elementary, MH  
No Class Nov 22

Wed, Oct 25-Dec 6 6-7 pm  
2016-F23 6 Sessions - \$59  
Mendota Elementary, MH  
No Class Nov 22

### Kung Fu (Ages 5 - adult) Beginner

Learn the martial art of Jackie Chan, Jet Li and Kung Fu Panda with Hong Kong Champion Al Lam (International Master-Temple trained in China, Kung Fu nephew of "Mr. Han" of Bruce Lee's "Enter The Dragon" movie).

Learn kicking, punching, self-defense skills and build muscle, power, flexibility and agility. Improve your awareness, self-esteem and confidence. Join a FUN, progressive, full-participation class and learn skill building exercises that will strengthen the mind and body.

Parents: Instead of waiting outside, sign up and participate with your child in class!

**Instructor: National Treasure Kung Fu, Inc., Al Lam – Director**

Fri, Oct 6-Dec 1 6:15-6:45 pm  
2784-F23A 7 Sessions - \$95  
Somerset Elementary, MH  
No Class Oct 20 & Nov 24

Fri, Oct 6-Dec 1 6:50-7:20 pm  
2785-F23 7 Sessions - \$95  
Somerset Elementary, MH  
No Class Oct 20 & Nov 24

Fri, Oct 6-Dec 1 7:25-7:55 pm  
2786-F23 7 Sessions - \$95  
Somerset Elementary, MH  
No Class Oct 20 & Nov 24





# FAMILY PROGRAMS

## Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sat, Sept 9-Oct 28 9-10 am  
7949-F23A 8 sessions - \$225  
Second child add \$75

Sat, Nov 4-Dec 16 9-10 am  
7949-F23B 6 sessions - \$170  
No class Nov 25  
Second child add \$55

Conquer Ninja Gym, 707 Commerce St, Woodbury



## Parents Day Out

No school - no problem! Drop off your kids at Conquer Ninja for two hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all ninja inspired obstacles! During this two-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active! All classes are coached by an experienced Ninja Trainer.

Thu, Oct 19 9-11 am  
7950-F23A 1 session - \$40

Tue, Oct 10 9-11 am  
7950-F23B 1 session - \$40

Fri, Nov 24 9-11 am  
7950-F23C 1 session - \$40

Conquer Ninja Gym, 707 Commerce St, Woodbury



## Focaccia, Stromboli & Calzones! OH MY!

What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? Discover the answer to these questions as you participate in this fun-filled Cook-Along Class as we dive into the world of unique Rolled & Stuffed Pizzas, and marvelous focaccia bread! Learn how to make your own!

**Instructor:** Tess Georgakopoulos

Sat, Sept 30 4-6:30 pm  
6904-F23 1 Session - \$40 per family

## Leaf Relief: Raised Tinfoil Art

Learn about elements of art as you create a unique 3D relief project! Explore texture, shape and value as you combine tinfoil with leaves and other natural materials.

**Instructor:** Erin Stahl with Caponi Art Park

Fri, Oct 6 6-7:30 pm  
6901-F23 1 Session - \$20  
Two Rivers HS, MH



## Fright Night DELIGHT! Ghoulish Fall Family Fun!

Fall is synonymous with pumpkins and spice and everything nice.... and goulsh family fun. Create mini pumpkin gnocchi, ghoulish "intestines" with a gory cranberry sauce, and pumpkin and spice chocolate chip muffins that can be enjoyed during fun costume parties, trick-or-treating or get-togethers! WHAT A FUN MEMORABLE NIGHT AND MEAL THIS WILL BE!

**Instructor:** Tess Georgakopoulos

Fri, Oct 13 6-8:30 pm  
6905-F23 1 Session - \$40 per family

# FAMILY PROGRAMS



## Tissue Paper Resist Art with Caponi Art Park

Have you ever thought of tissue paper as a painting tool? We'll show you how! Use what you learn about geometric and organic shapes to create invisible resist art using a white crayon on white paper then watch your art magically appear when you combine tissue paper and water in this whimsical piece of artwork.

**Instructor:** Erin Stahl from Caponi Art Park

Fri, Nov 10 6-7:30 pm  
6902-F23 1 Session - \$20  
Two Rivers HS, MH



## Pizza! Pizza! Pizza! Party!

The world of Pizza is fantastically wonderful and as wide as each person's imagination. Participate in this fun-filled Pizza COOK-ALONG class where Tess will guide you through the process of creating 3 exceptionally interesting, and all together marvelous, pizza creations that almost guarantee that take-out pizza will be a thing of the past. On the Menu: Loaded Baked Potato Pizza, the ever-popular Detroit Style Pizza, a sensational Monkey Bread Pizza and the instructor's personal over-the-top Pizza Sauce.

**Instructor:** Tess Georgakopoulos

Sat, Nov 11 4-6:30 pm  
6906-F23 1 Session - \$40 per family



## Holiday Copycat Cinnabon® Cinnamon Rolls & Hot Cocoa Bombs

Add two wonderful treats to your holiday celebration as you learn to create freshly baked homemade Cinnamon Rolls, and luscious, velvety Hot Cocoa Bombs! Make them for your family for a memorable holiday breakfast or wrap them up with bows and gift them to those you hold dear. Or better yet, create memories by starting a new holiday tradition as you learn to make these delicious treats with your children or significant others.

**Instructor:** Tess Georgakopoulos

Sat, Dec 2 4-6:30 pm  
6907-F23 1 Session - \$40 per family



## Mandala Rock Art

Keep calm and relax by learning the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala art and apply that knowledge to creating your own mandala rock art.

**Instructor:** Erin Stahl with Caponi Art Park

Fri, Dec 8 6-7:30 pm  
6903-F23 1 Session - \$15  
Two Rivers HS, MH

# AQUATICS

## Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors, but all are welcome to join!

**Instructor: Kim Befort**

Fri, Sept 1-Oct 27 9800-F23A Central Square, SSP	10:30-11:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+)
Tue, Sept 5-Oct 31 9800-F23B Central Square, SSP	10:30-11:15 am 9 sessions - \$56.26 adult, \$22.50 senior (65+)
Thur, Sept 7-Oct 26 9800-F23C Central Square, SSP	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Tue, Nov 7-Dec 26 9800-F23D Central Square, SSP	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Thur, Nov 2-Dec 28 9800-F23E Central Square, SSP No class Nov 23	10:30-11:15 am 8 sessions - \$50 adult, \$20 senior (65+)
Fri, Nov 3-Dec 22 9800-F23F Central Square, SSP No class Nov 24	10:30-11:15 am 7 sessions - \$43.75 adult, \$17.50 senior (65+)

## Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water.

**Instructor: Kim Befort**

Wed, Sept 6-Oct 25 9901-F23A Central Square, SSP	6-7 pm 8 sessions - \$50 adult, \$20 senior (65+)
Wed, Nov 1-Dec 27 9901-F23B Central Square, SSP	6-7 pm 9 sessions - \$56.25 adult, \$22.50 senior (65+)

## Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 9912-F23A	10 admissions	\$35 adult (19-64 yrs) \$15 senior (65+)
Punch Card 9012-F23A	30 admissions	\$70 adult (19-64 yrs) \$30 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

## Daily Rate

\$4 adult (19-64 yrs)

\$2 senior (65+)

\*Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3 pm

Sat from 7:30 am-1:30 pm

Schedule is subject to change.

Scan this code to visit the Central Square Lap Swim page for the most up-to-date information.



## District 197 Aquatic Center Classes

### Adult Lap Swim

Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Neighbors, friends and co-workers are all welcome, but registration is required and space is limited.

Wed, Sept 13-Oct 25  
6197-F23A

6-8:30 pm

Wed, Nov 1-Dec 20  
6197-F23A

6-8:30 pm

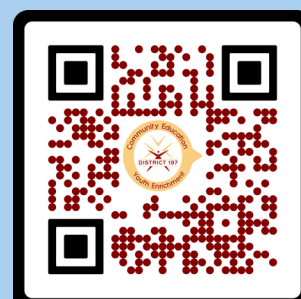
### Water Aerobics

The class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strength of muscles. T.A.B.A.T.A. sessions during class improves cardiovascular endurance. Exercise performed in the deep water utilize a waist flotation belt to suspend the participant allowing optimal joint movement and preventing joint impact. You will need an aqua fitness flotation belt. These are available online and at sporting goods stores.

**Instructor: Mary Ellen DeCuffa**

Wednesday Evenings

Dates and Time to be Determined





# SCHOOL AGE CARE

## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA

### EXTRA INNINGS **Extra Innings School Age Care - Grades K-4**

Where the FUN & LEARNING Never Ends!

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



#### **Encore SAC - Grades 5-8**

Encore is a program that meets the unique needs of middle school students seeking independence while in a safe and caring

environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center.

### **District 197 School Age Care**

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



#### **Hours:**

Monday-Friday: 6:30 am - start of school day

Monday-Friday: After school - 6 pm

Non-School Days: 6:30 am - 6pm

Summer Camp: 6:30 am - 6 pm

#### **Located in:**

Garlough Environmental Magnet - Mendota Elementary

Moreland Arts & Health Sciences Magnet - Somerset Elementary

Pilot Knob STEM Magnet - Noreen Activity Center

Before school is held at Heritage and Friendly Hills

## KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



### **Kids' Choice 2023-24 Program**

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



### **South St. Paul Kids' Choice**

For more information, please call 651-306-3631.

Visit us online at [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

#### **Located in:**

Kaposia Education Center

Lincoln Center

#### **Hours:**

Monday-Friday

Mornings: 6:30 am until start of school day

Afternoons: After school until 6 pm

Non-School Days: 6:30 am-5:30 pm

Summer Hours: 6:30 am-5:30 pm

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### **2023-2024 School Year Care Offers**

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, crafts, outdoor time, science, service learning, homework assistance, physical activities, and more

### **Spartan Kids' Care**

For more information, please call 651-306-7502.

Visit our website at [www.spartankidscare.org](http://www.spartankidscare.org)

#### **Located in:**

Hilltop Elementary

Pine Bend Elementary

Salem Hills Elementary

**\*\*NEW\*\*** All AM Care will take place at Hilltop Elementary School, transportation will be available to Pine Bend and Salem Hills.

#### **Hours:**

AM Care at Hilltop: 6 am until the start of the school day

PM Care: End of the school day until 6 pm

Non-School Days: 6:00 am-6 pm

# EARLY LEARNING

*For families with children ages birth to PreK*

## Early Childhood Family Education (ECFE)

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about Kindergarten
- You can help

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan, changed your phone number, or had a new baby, you will need to update your census information:

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan	651-403-8390

## ECFE Home Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, check your baby's weight, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues. Call your district to schedule a visit

Inver Grove Heights	651-306-7503
West St. Paul-Mendota Heights-Eagan	651-403-8390
South St. Paul	651-457-9418

## Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered mornings and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



## Early Childhood Screening

Calling all 3-year-olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing, and learning. And gives families resources to prepare for school success.

Make an appointment today!

Screening at 3 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by law. Earlier is better.

### What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Call for information or to make a screening appointment:

Inver Grove Heights, District 199	651-306-7520
South St. Paul, District 6	651-457-9418
West St. Paul-Mendota Heights-Eagan District 197	651-403-8363







West St. Paul-Mendota Heights-Eagan Area

## Early Learning and Family Resource Center

1970 Christensen Avenue in West St. Paul

### *Pre-Kindergarten (Age 4 or older by Sept 1, 2023)*

Mon-Fri	5 full days	9:30 am - 3:45 pm
Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### *Mixed Age (Age 3 ½ by Sept 1, 2023)*

Mon-Fri	5 full days	9:30 am - 3:45 pm
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### *ThreeSchool (Age 3 years by Sept 1, 2023)*

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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### *Extended Day Options with a class AT ELC ONLY*

Extended day offers the opportunity for additional activities and learning opportunities. Children may be dropped off any time between 7:00-9:15 am and picked up between 3:30-5:30 pm. Available on days the child attends class. No scholarships.

## Pilot Knob STEM Magnet School

1436 Lone Oak Road in Eagan

### *Pre-Kindergarten (Age 4 or older by Sept 1, 2023)*

Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### *ThreeSchool (Age 3 years by Sept 1, 2023)*

Tue, Thu	2 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm



## Community Preschool

Our preschool classes expose children to a variety of experiences that promote social skills, increase language skills and enhance learning. Children learn and grow in a structured environment that fosters readiness skills to help prepare them for kindergarten. All children must be toilet trained to attend.

## ECFC

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFC also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 23-24 school year will be published in our Way To Grow Brochure coming out in August.

Scan this  
code for more  
information!





South St. Paul Public Schools Community  
Preschool

651-457-9418  
www.sspps.org  
South St. Paul Family Education Center  
104 5th Ave S, South St. Paul  
Kaposia Education Center  
1225 1st Ave S, South St. Paul  
Lincoln Center  
357 9th Ave N, South St. Paul



Open House  
Thurs, Sept 21 from 5:30-7 pm at SSP Family Education Center.



3 Year Old Preschool

Kaposia Education Center

Morning - M/W/F  
9:10-11:10 am

Afternoon - M/W/F  
12:40-2:40 pm

3 Year Old Preschool - \$155 / month

Scholarships available for all ages. Call 651-457-9418 for more information.

Lincoln Center

Morning - M/W/F  
8:25-10:25 am

Afternoon - M/W/F  
12:05-2:05 pm

4 Year Old Preschool

Kaposia Education Center

Morning  
9:10-11:55 am

Afternoon  
12:40-3:25 pm

All Day  
9:10 am-3:25 pm

Lincoln Center

Morning  
8:25-11:10 am

Afternoon  
12:05-2:50 pm



Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.

Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tots (12-24 months) Non-Separating 9-10 am	Mixed Ages (2 to Kindergarten) Separating 9-11 am	Young Toddlers (18-30 months) Separating 9-11 am	Terrific Twos and Threes (2-3 years old) Separating 9-11 am	Drop In Play (0-5 years old) 9-11 am
Baby and Me (0-5 years old) Non-Separating 10:15-11:15 am	Las Familias Latinas (0-5 years) 12-2 pm	Las Familias Latinas (2-5 years) 12-2 pm	Mixed Ages (2-5 years old) Separating 12-2 pm	<b>Baby Shower</b> Friday, October 13 9:30-11 am Registration Required: 651-457-9418
Play and Learn (2 ½ to Kindergarten) 6-7:30 pm	Drop in Play (0-5 years) 6-7:30 pm	After Nap Drop in Play (0-5 years) 2:30-4 pm	Drop in Play (0-5 years old) 6-7:30 pm	

Fall Online Registration opens Monday, August 28. Sliding fee and financial aid is available. Call 651-457-9418

## Why Inver Grove Heights Preschool?

- Four-star Parent Aware rating, the highest possible rating by Minnesota's quality rating system for early education
- Highly trained staff. Our licensed teachers use proven best practices
- Curriculum: Conscious Discipline & Frogstreet 2020
- For children age 3 or age 4 on Sept 1, 2023

**Committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond.**

Little Spartans Preschool gives your 3 and 4-year-old child:

- A supportive environment to build important interpersonal skills through early friendships and play
- Hands-on learning that encourages creativity and problem solving
- Play-based learning experiences that set the foundation for success
- A relaxed, safe, and happy environment to participate in music & movement, creative arts, science & discovery, language, literacy, and mathematical experiences

### Little Spartans Preschool 2023-2024

Age 4 on Sept 1, 2023	Hilltop	Pine Bend	Salem Hills
Mon-Fri AM 7:50-10:30	X	X	X
Mon-Thu PM 11:45-2:30	X		X
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sept 1, 2023	Early Learning Center		
Mon-Wed-Fri AM 8:15-11:45		X	
Tue & Thu AM 8:15-11:45		X	
Tue & Thu PM 11:45 AM-2:15 PM		X	
Mon & Wed PM 11:45-2:15		X	

Financial assistance available. For more preschool information email [preschool@isd199.org](mailto:preschool@isd199.org) or call 651-306-7503. Para información preescolar en español, llame al 651-306-7862.



## IGH Early Learning

### Early Learning Office

3203 68th St E, Inver Grove Heights  
(connected to Hilltop Elementary, door 2)

[www.ighEarlyLearning.org](http://www.ighEarlyLearning.org)

Phone: (651) 306-7503

Email: [EarlyLearning@isd199.org](mailto:EarlyLearning@isd199.org)

## IGH Early Childhood Family Education

IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child's first teacher. Together we support your child as they learn and grow.

## New baby?

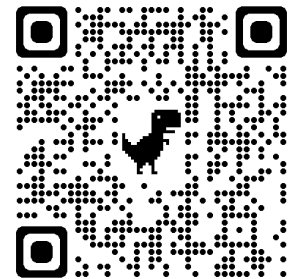
Free baby classes & home visits.

## Come Play at Our House!

POP IN & PLAY - IGH ECFE

**No Registration Needed.** You and your child can choose from a variety of art, science, & sensory activities— or spend time in dramatic play or the block area. There's lots to do, including gym & circle time. Come & go at your convenience. Each visit is \$3 per child over age one. Babies 0-12 mos are free. Save with a 10-visit punch card for \$25.

For information on current ECFE classes and schedules, call 651-306-7503 or scan the QR code.





## NUNCA ES TARDE PARA ESTUDIAR

Educación para adultos (ABE) proporciona a los adultos en el condado de Dakota del Norte oportunidades educativas para adquirir y mejorar la alfabetización a fin de convertirse en empleados, miembros de familia y ciudadanos autosuficientes y orgullosos. **Todas las clases son GRATIS.**

### AREAS DE ESTUDIO

Aprendices del idioma Ingles(ELL)  
Clases de Conversación en línea(ELL)  
Preparación para ciudadanía en línea  
GED/habilidades académicas  
GED en línea  
HyFlex GED  
Estudios en Línea  
Preparación para el examen TEAS/  
carrera en el cuidado de la salud  
Alfabetización digital de Northstar  
Centro de pruebas de GED



South Suburban  
Adult Education

### Las clases son en

Central Square Community Center  
100 7th Ave N  
South St. Paul, MN 55075

**¡TU PUEDES ESTAR AQUI!**

**Llame a Linda al  
651-306-3632**

[communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)



**DISTRICT 197 SCHOOL AGE CARE** WEST ST PAUL - MENDOTA HEIGHTS - EAGAN

**Extra Innings y Encore**



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de Cuidado de Niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se juntan con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

Para obtener información adicional llame al: 651-403-8054. Para inscribirse: Visite [www.isd197.org/resources/school-age-care](http://www.isd197.org/resources/school-age-care)



**Ubicado en:**

Primaria Garlough especializada en ambiente - Primaria Mendota Moreland especializada en Artes y Ciencias de la Salud Pilot Knob especializada STEM - Primaria Somerset Centro de Actividad Noreen

**Horas:**

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar  
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.  
Días que no hay clases: De 6:30 a.m. a 6 p.m.

**KIDS' CHOICE SCHOOL AGE CARE** SOUTH ST. PAUL

**Año Escolar de 2023-2024**



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarten y hasta sexto grado.



**South St. Paul Kids' Choice**

Para más información, llame al 651-306-3631.  
Visítenos en línea en [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

**Ubicado en:**

Kaposia Education Center  
Lincoln Center

**Horas:**

Lunes Viernes  
Mañanas: 6:30 am hasta inicio de jornada escolar  
Tardes: Después de la escuela hasta las 6 pm  
Días sin clases: 6:30 a.m. a 5:30 p.m.  
Horario de verano: 6:30 a.m. a 5:30 p.m.

**SPARTAN KIDS' CARE** INVER GROVE HEIGHTS SCHOOLS



**Cuidado del año escolar 23-24 ofrece**

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, artesanías, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

**Spartan Kids' Care**

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Ubicado en:**

Hilltop Elementary  
Pine Bend Elementary  
Salem Hills Elementary

**\*\*NUEVO\*\*** El cuidado de niños de la mañana se llevará a cabo en la Escuela Primaria Hilltop, habrá transporte disponible a Pine Bend y Salem Hills

**Horas:**

Antes de la Escuela: De 6 am hasta el comienzo del día escolar  
Después de la Escuela: Desde que termina la escuela hasta las 6 pm  
Días No Escolares: 6am - 6pm

# BEST JOB EVER!



## ISD 197 SCHOOL AGE CARE (SAC)

### Support Paraprofessional, Flexible Days & Hours

- Various ISD 197 locations
- Monday-Friday
- Up to 17 hrs/week between 2-6 pm
- Up to 6.25 hrs/week between 6:30-7:45 am
- \$15.92/hr + potential for additional \$2/hr stipend
- Must be 16 to apply
- Opportunity for free childcare while working

[isd197.org/district/employment](http://isd197.org/district/employment) and search "School Age Care Paraprofessionals" or contact [lisa.grathen@isd197.org](mailto:lisa.grathen@isd197.org)

## WORK FOR

## SOUTH ST. PAUL PUBLIC SCHOOLS!



SCAN FOR  
CURRENT JOB  
OPENINGS AND  
TO APPLY

[www.sspps.org](http://www.sspps.org)

## WE'RE LOOKING FOR:

### Community Education:

Water Safety Instructors  
Lifeguards  
Gymnastics Instructors & Assistants  
Kids' Choice Program Assistant

### Maintenance/Custodial:

Part-time Cleaners

### Paraprofessionals:

Special Education Paraprofessionals



# ISD 199 *is hiring!*

## SEE OUR OPEN POSITIONS HERE:



Looking for a job for the 2023-24 School Year? We are looking for Bus Drivers, Paraprofessionals, School Age Care workers, Early Learning Paraprofessionals, and casual workers for our lunchrooms, playgrounds, and events.



Nurture. Inspire. Prepare.

**TOGETHER, WE THRIVE!**

For more information about our schools, programs,  
and how to enroll, visit [isd197.org](http://isd197.org) or call 651-403-7030.

## SOUTH ST. PAUL PUBLIC SCHOOLS



- Personalized Whole-Child Focus  
*(academic, behavioral, social-emotional)*
- IB World Schools District  
*(internationally-focused programming)*
- Free Preschool for all 4-year-olds
- Career and College Readiness  
Pathways and Programming
- Enroll anytime!



*Passionate learners, positively changing our world*

Learn more and enroll at [www.sspps.org](http://www.sspps.org)



**Inspire, Innovate, & Excel with  
Inver Grove Heights Schools**

**ENROLL TODAY**

*Inver Grove Heights Early Learning Center  
Hilltop Elementary School  
Pine Bend Elementary School  
Salem Hills Elementary School  
Inver Grove Heights Middle School  
Simley High School*

Enroll students in ISD 199 at any time! Enroll online at [www.isd199.org/enroll](http://www.isd199.org/enroll) now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights.

Visit [www.isd199.org/enroll](http://www.isd199.org/enroll) or call 651-306-7825 with questions and for more information.



# TRIDISTRICT COMMUNITY EDUCATION ADVISORY COUNCIL

## VOLUNTEERS NEEDED

We're looking  
for your input!

TriDistrict Community Education Advisory Council members provide valuable input and feedback from the community perspective to advise staff on the development of activities, programs and services.

More Information :

Barb Pierce, Director of Community Education  
651-306-7867  
pierceb@isd199.org

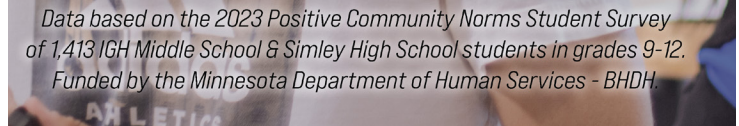


**FACT: MOST** Simley & IGH Middle School students **DON'T** vape, drink alcohol, or use marijuana.

Join the Spartan Prevention, Advocacy, and Resource Coalition (SPARC) to help even more Inver Grove Heights youth make positive choices for their futures and the future of our community.

Visit [www.IGHSPARC.org](http://www.IGHSPARC.org) to sign up and learn more.

*Data based on the 2023 Positive Community Norms Student Survey of 1,413 IGH Middle School & Simley High School students in grades 9-12. Funded by the Minnesota Department of Human Services - BHDH.*



# 2023 MAKERS MARKET

SATURDAY, SEPT. 30  
9:00 AM - 3:00 PM

CALL 651-403-8520 IF YOU ARE  
INTERESTED IN BEING A VENDOR.



## New around here? We're here for you.

Community Education is here to create opportunities for growth, learning and belonging that connect you a bit more closely to the heart of life. When you're looking for community and connection, we're here to help you find just that. Not only do our programs provide new skills to learn, they also provide inspiration and friendships.

TriDistrict Community Education serves the residents of Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts.



## South St Paul

### *District Office*

104 Fifth Ave S

### *Central Square Community Center*

100 Seventh Ave N, SSP

### *South St. Paul High School*

700 Second St N

### *Family Education Center*

104 Fifth Ave S

### *Lincoln Center*

357 Ninth Ave N

### *Kaposia Education Center*

1225 First Ave S

## Inver Grove Heights

### *District Office*

2990 80th St E

### *Simley High School*

2920 80th St E

### *IGH Middle School*

8167 Cahill Ave

### *Hilltop Elementary School*

3201 68th St E

### *Pine Bend Elementary School*

9875 Inver Grove Trail

### *Salem Hills Elementary School*

5899 Babcock Trail E

### *Early Learning Center*

3203 68th St E

## West St. Paul-Mendota Heights-Eagan Area

### *Two Rivers High School*

1897 Delaware Ave, MH

### *Friendly Hills Middle School*

701 Mendota Heights Rd, MH

### *Heritage E-STEM Magnet Middle School*

121 West Butler Ave, WSP

### *Garlough Environmental Magnet School*

1740 Charlton Street, WSP

### *Mendota Elementary School*

1979 Summit Lane, MH

### *Moreland Arts & Health Sciences Magnet Elementary School*

217 W Moreland Ave, WSP

### *Pilot Knob STEM Magnet Elementary School*

1436 Lone Oak Road, Eagan

### *Somerset Elementary School*

1355 Dodd Road, MH

### *Early Learning & Family Resource Center*

1970 Christensen Ave, WSP

### *Thompson Park Activity Center*

1200 Stassen Lane, WSP

## Partner Locations

### *Veterans Memorial Community Center*

8055 Barbara Ave, IGH

### *South St. Paul Rod & Gun Club*

600 Gun Club Rd, SSP

### *Thompson County Park*

360 Butler Ave E, WSP

### *Harmon Park*

230 Bernard St W, WSP

### *Eastview HS*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym*

707 Commerce St, Woodbury

## Facility Use

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

**IGH:** Go to [www.isd199.org/community/rent](http://www.isd199.org/community/rent) You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address listed on the website.

**SSP:** Go to [www.communityed.sspps.org/about/facility-use](http://www.communityed.sspps.org/about/facility-use). You may also call 651-306-3632 or stop by the facility scheduler's office at 100 Seventh Ave N in South St Paul. Permits must be completed online or printed, completed and submitted to the scheduler at the office address.

**WSP-MH-Eagan:** Go to [www.isd197.org/community/facilities-rental](http://www.isd197.org/community/facilities-rental). You may also call 651-403-8520 or stop by the facility scheduler's office at the District 197 Aquatic Center; 1897 Delaware Ave, Mendota Heights

# REGISTRATION

## Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes.

Please contact your district for information.

## Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

## Need more information?

See page 53 for building locations and program contact information.

*Give us a call. We're happy to assist you!*



## Adult Programs are open to everyone age 15 and older *unless otherwise noted.*

## Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

## Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

## Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be added if you must cancel a class. No refunds are issued after the first class session.

## Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number.

## Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

## Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

## Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.



Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare member ID number when registering for class. Limits and restrictions may apply.



## Community Education Registration

Formulario de registro de educación comunitaria

Full Name: \_\_\_\_\_ Grade (If applicable): \_\_\_\_\_  
Nombre Completo Grado (si aplica)

Address: \_\_\_\_\_  
Dirección

City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Ciudad Código postal

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Teléfono de casa Teléfono móvil

Email: \_\_\_\_\_ UCare Member ID: \_\_\_\_\_  
Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: \_\_\_\_\_  
Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Fecha de Nacimiento

Gender: ☐ Male ☐ Female  
Género: Masculino o Femenino

Race: ☐ Asian ☐ Black/African American ☐ American Indian/Alaska native  
Raza ☐ Latino/Hispanic ☐ Native Hawaiian/other Pacific Islander ☐ White  
☐ Two or more races ☐ Other

Complete if Paying by Credit Card: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express  
Complete si vá a pagar con tarjeta de crédito:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_  
Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: \_\_\_\_\_ Amount \$: \_\_\_\_\_  
Titular de la tarjeta de crédito Cantidad

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Firma Fecha

## Register

### Online

tridistrict.ce.eleyo.com

This secure site is available 24/7

### By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

### In Person

Mon-Fri

7:30 am-4 pm IGH

7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan

Visit us at the addresses below.

### By Mail

IGH

Community Education

2990 80th St E

Inver Grove Hgts, MN 55076

WSP, MH and Eagan

District 197 Aquatic Center

1897 Delaware Ave

Mendota Heights, MN 55118

SSP

Community Education

100 7th Ave N

South St. Paul, MN 55075

## 3 Ways to Pay

### Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

### Check

Make checks payable to Community Education.

### Cash

If using cash, please register in person.

INDEPENDENT SCHOOL DISTRICT 197  
TRIDISTRICT COMMUNITY EDUCATION  
1897 DELAWARE AVE.  
MENDOTA HEIGHTS, MN 55118

Non-Profit Org.  
U.S. Postage  
**PAID**  
Twin Cities, MN  
Permit No. 2015

**ECRWSS**

**Postal Patron**



# 2023 MAKERS MARKET

SATURDAY, SEPT. 30  
9:00 AM - 3:00 PM

CALL 651-403-8520 IF YOU ARE  
INTERESTED IN BEING A VENDOR.

**SUPPORTING LOCAL ARTISTS, SMALL BUSINESSES  
AND DISTRICT 197 FAMILY PROGRAMMING**

