

# RECREATION PROGRAMS

FALL 2023



## Youth Basketball 2nd - 6th Grades

SIGN UP NOW!

This Twin Cities Youth Basketball league will focus on instruction, skill development, and organized games with referees. Practices two nights per week and games vary on Saturdays, and Sundays. Volunteer coaches needed, participants fee will be waived! See page 8 for details.

**Girls Season October - December, \$60**

**Boys Season begins late December - March, \$60**

Sign up at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

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## Truck or Treat 2023 Oct 28, 1-4pm

Truck or Treat returns for its sixth year Sat, Oct 28 from 1 - 4 pm at Huset Park East, 3965 Jefferson St. This FREE EVENT is for kids and their parents to explore a variety of vehicles, including police cars, fire trucks, snow plows, construction equipment, mail trucks, and a school bus. Recreation will host a puppet show. In addition to the organizations that provide their vehicles, Columbia Heights City departments collaborate with many community partners and volunteers to make this event possible. Costumes are encouraged for all ages and your pets! Each vehicle station will hand out candy for kids middle school and younger. Food and beverage for sale during the event. Free hot cider and coffee while supplies last. Puppet Shows at 1:30 & 3pm.



Updates posted at [www.columbiaheightsmn.gov/events](http://www.columbiaheightsmn.gov/events) and on Facebook.

The Recreation Department is having an Ice Skate Drive to collect used skates. You can drop off hockey or figure skates at Truck or Treat for participants to use future skating lessons and Snow Blast.

ONLINE REGISTRATION  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

CITY WEBSITE  
[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

LIKE US ON FACEBOOK  
[Facebook.com/CHRecreation](https://Facebook.com/CHRecreation)



**COLUMBIA HEIGHTS**  
REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER

# C.H. RECREATION DEPARTMENT

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.

## RECREATION DEPARTMENT

530 Mill Street NE  
John P. Murzyn Hall  
763-706-3730

## OFFICE HOURS

Monday-Friday, 8 am-4:30 pm

## CLOSED

Sept 4, Nov 10, 23, 24, Dec 25, 26

## WEATHER HOTLINE

Call 763-706-3737 anytime for updates on cancellations.

## PHOTO POLICY

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on social media, and/or Recreation publications.

## REGISTRATION INFORMATION

Online: [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

In person: Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street NE, Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may register over the phone with a Discover, Visa, Master Card, American Express payment by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

Registrations: Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full. **Refunds will not be given if withdrawn later than 1 week prior to the activity.**

**Youth Scholarship:** Apply at the office for assistance if unable to pay for an activity. The \$25 scholarship will apply to program fees \$35 and higher. The remaining balance needs to be covered by the participant's parent or guardian. Please bring a copy of your federal income tax or school district free lunch form for verification. Only one scholarship per child per newsletter.



The **COLUMBIA HEIGHTS BOOSTERS** need your help supporting youth activities and athletics in Columbia Heights! Monthly Meetings: 3rd Wednesday of every month 7 pm at Murzyn Hall.

Bingo • Meat Raffles • Pull Tabs • **FUNDRAISING OPPORTUNITIES!**

[CHAthleticBoosters.com](http://CHAthleticBoosters.com) • Facebook: [ColumbiaHeightsBoosters](https://www.facebook.com/ColumbiaHeightsBoosters)

JOIN  
US!

**HYLANDER CENTER** Open for programming, see page 8 for program opportunities.

## JOHN P. MURZYN HALL RENTAL INFORMATION

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups up to 300 people. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall at [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov).

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8 am to 4:30 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.





Photo: Sullivan Lake Park

## PARK RESERVATIONS

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. Reserve a 4-hour block of time. All park reservations end at 8pm. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

Res Large Groups (100 people or more): \$125

Non-Residents: \$150



## NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use seasonally. It will be delivered and picked up by the Recreation Department. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs. Payment is required at time of reservation. Reservation Fee: \$65 tax included.

### Movie In The Park - Fri Sept 15 at 7:30 pm

Bring your family and some lawn chairs or a blanket to McKenna Park, 4757 7th St, and enjoy Trolls World Tour sponsored by New Horizon Academy! Free popcorn while supplies last. Poppy and Branch discover that there are six different troll groups scattered over six different lands. Each group is also devoted to six different kinds of music - funk, country, techno, classical, pop and rock. When rockers Queen Barb and King Thrash set out to destroy the other music, Poppy and Branch embark on a daring mission to unite the trolls



and save the diverse melodies from becoming extinct. The movie will begin promptly at 7:30 pm, Fri, Sept 15.

### CH Active Agers 50+ Adult Programs

#### What's Happening in the CH Senior Center! We are big on fun and being in-the-know.

The monthly Active Agers 50+ Newsletter is where you will find all there is to know about special events, informative seminars, in-house movies, exercise options, outreach assistance, activities, special guests, AARP classes, tax season, artsy craftsy fun, card clubs, BINGO, Heights Hikers schedule, Book Club, our super popular day outings, and so much more. Break free from boredom! Come on down and get involved.

See pages 10-12 for program information. Look for the monthly Active Agers Newsletter on the City website and at the Recreation Office. Call 763-706-3730 with any questions.



**Bienvenido** INFORMACION DE LA INSCRIPCION \*La inscripciones en línea al [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com). Las inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

\*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFR 84.287, IV B-21st Century Community Learning Centers.

**Friendly reminders** when registering for programs through Recreation. Check e-mails regularly and make sure e-mail in your RecDesk account is correct and up to date so you do not miss out on important class/program information. Your RecDesk account creates a personal calendar for you for all of your registered classes. Just log-in to your RecDesk account at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com) and go to your account page. There will be a calendar. You can click on the programs in your calendar to bring you to program details.

**Sports:** If you register for a league sport, the practices are scheduled through the coach, so the official schedule is not listed on the sport description/schedule in RecDesk until coaches are found and days are chosen.

### T.N.T Movie Night at Murzyn Hall

**Thur Oct 19**.....6th-9th grade.....6-9 pm.....\$5

Watch a movie on our projector in the hall and enjoy popcorn and snacks! Eat dinner before you arrive. Wear your comfiest clothes, bring pillows, blankets, etc. and settle in. Before the movie, we will start the night with board games, cards, and art activities. This is a relaxed event; we will not be playing physically active games.

### Valleyfair MEA Trip

**Ages 11-15**

**Sat Oct 21**....1-8:45 pm

Drop off at Murzyn Hall front door at 1pm, pick up at 8:45pm. Eat lunch before arrival. Plan to bring a visa gift card or card payment as they do not accept cash and we will be eating dinner at Valleyfair. The park will be decorated for the festive season along with some free interactive areas, free shows throughout the park, and kids will get to experience the rides all over the park!



Ages 11-15.....\$30

Sat Oct 21.....1-8:45 pm.....Drop off & pick up at Murzyn Hall front door

### Ice Skate Drive

Do you have any ice skates (hockey or figure) collecting dust? We can give them a home here at Recreation to be used at our annual SnowBLAST Festival! We are also hoping to utilize them for kids who need skates for recreational ice-skating lessons. Drop off skates between Sept 18 - Jan 5. Drop-off locations: Recreation Office at Murzyn Hall 530 Mill St. NE from 8 am-4:30 pm, M-F OR drop-off at Truck or Treat on October 28, 1-4 pm at Huset Park East



### Puppet Wagon at Truck or Treat

4th-9th Grade....Oct. 28, Truck or Treat....1-4 pm

\$12.....Meet in the theater room (lower level Murzyn Hall) Rehearsals Oct 24 & 27.....4:30-6:30 pm, Puppet Shows at Truck or Treat on Oct 28 any time between 1-4pm

Join the Puppet Wagon crew. Be a puppeteer at the Truck or Treat event on Saturday, October 28th at Huset East Park! Students will meet in the theatre room at Murzyn Hall for practices on Tuesday, Oct 24 and Fri, Oct 27 from 4:30-6:30pm. **Students must be able to make it to all practices to be in the show.** There are 2 shows during the Truck or Treat community event at 1:30 & 3 pm.



### T.N.T Cards & Board Games

6th-9th grades.....Prestemon Rm lower level Murzyn Hall

Dates: Tues 9/26, 10/10, 12/12 from 6-8 pm &

Sat 11/4, 11/18, 12/2 from 1:30-3:30 pm

FREE - Must sign in within the first 30 minutes of the session. Staff will end the session if no attendees.

Preregister at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com) or drop-in the day of.

Need a place to meet with friends for card games or board games? Mark your calendars and invite your friends to Murzyn Hall. Bring your own, or use ours! We have a lot of games to choose from: escape room board games, Clue, 5-minute dungeon, Sushi-go, Cobra-Paw, or play your own card games with friends. **ONLY register your child if they are interested in board games, cards, and a laid-back time with friends. These are not physically-active game nights; they can bring their own table-top games as well.**



## Young Rembrandts Jr. - Mouse, Cookies, and Crayons

4-6 year olds will explore the world of author, Laura Numeroff in this four-day workshop full of art and reading. Each day the class will read a different Laura Numeroff book, and then follow a Young Rembrandts lesson that incorporates one feature of the book they've enjoyed reading together. Students will create wonderful drawings and bring the stories to life with their imagination. Parents are encouraged to stay in class, but **MUST** at least stay in the building for this age group.



**4-6 year olds.....Wednesdays, Oct 4 - 25.....5-6 pm  
\$15....M/M Room, lower level Murzyn Hall**

## Wreath-Making Wonderland

**Sat Nov 18.....10:30 am-12:30 pm.....Adults & kids ages  
9 & up.....Senior Center, lower level Murzyn Hall  
\$25 for one wreath, \$45 for two wreaths**



Bring your holiday cheer to Murzyn Hall to create beautiful wreaths. We will provide a wreath, a large variety of fun and sparkly wreath picks/decorations, ribbons, and an instructor. If you want to add any extras to your wreath, or string lights, bring them with you. **FREE** treats, cider, and tea!

This is a great class for friends, couples, singles, families, active agers, and kids ages 9 and up. **AGES 9-12 SHOULD BE ACCOMPANIED BY AN ADULT**; if you are registering for one wreath, but working on it together, please note how many people in your group so we can get a head-count



**Online registration  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)**

**Save the date Tuesday, Dec 19!** Celebrate the joy of the holidays this season at Murzyn Hall with a variety of family-friendly activities, surprises, free cocoa and cookies! Keep an eye out for more information on Facebook @CHRecreation, the monthly newsletter, [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com), and flyers at Murzyn Hall.

**Sign-up for the monthly E-Newsletter here: <https://www.columbiaheightsmn.gov/community/e-newsletter.php>**

## Happy Harvest Take-home Kits

Start your Truck or Treat week off right and celebrate the fun of all the fall things with our Rec-at-Home kits! Your kit will be filled with a variety of fall crafts, coloring sheets, new recipes to try, a scavenger hunt, a pumpkin craft, candy, and a chance to win prizes. Geared towards 4-13 year olds, but fun for any age that wants to participate!



**Pick-up your kit at the Recreation Office in Murzyn Hall  
Oct 23-26.....8:30 am-4:30 pm.....\$12  
4-13 years old, but fun for any age**

## Family Cupcake Wars

**Thursday, Dec 7.....5:30-7:30 pm....Murzyn Hall Kitchen  
\$25 a team (1 Adult & 1 Youth.)**

Compete against other family teams in this challenging, but exciting baking contest! Wear your favorite apron and prepare for a festive, surprising cupcake challenge. All supplies provided and included in the cost. How to register your team: one person per family will register and add the name of your team member in the notes section during registration.



### Tech Academy Virtual Classes

Our virtual camps features engaging interactive instruction in a collaborative learning environment. We will be using Zoom for our classes. Class information will be sent to you through the e-mail associated with your RecDesk account.



Home Technical Requirements For Dungeons & Dragons Classes:

Computer: PC (Windows XP or later) or Mac (OSX) with at least a 2GHz processor and 4GB of RAM \*\*Chromebooks and Tablets typically DO NOT Work.

Internet: Broadband internet, Webcam, Microphone and Speakers, Zoom Installed on computers.

#### Dungeons & Dragons 101 with Character Creation - 1st-5th Grade

Saturdays.....Oct 14 & Oct 21.....10:30 am-12 pm.....\$65 (Scholarships available, see page 2)

\*VIRTUAL CLASS AT HOME, see class requirements above .

What's it like to play Dungeons and Dragons? Dungeons and Dragons (D&D), 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.

#### Dungeons & Dragons - One Shot Campaign - 1st-5th Grade

Sat Nov 18.....9 am-12 pm.....\$50 (Scholarships available, see page 2)

\*VIRTUAL CLASS AT HOME, see class requirements above.

Go on an epic adventure for all ages and experience levels. D&D is a timeless roleplaying game that helps kids develop math skills, storytelling, and collaboration skills. Work in small groups of 4-7 students to complete this one-shot campaign.



### Toy Theater: Tiny Puppets 4th-8th Grade

Learn how to make your very own mini puppet show with things you can find around the house! If you like arts and crafts, drawing, writing, and puppetry then this class is for you. In this 6-week toy theater-making class you will learn how to make the stage, the puppets, and the show, all out of paper! Hope to see you there!

4th-8th grade.....\$25, all supplies included

Thursdays, Sept 28 - Nov 2.....5-7 pm

Prestemon Room lower level of Murzyn Hall



Online registration  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### Intro to Improv Theatre - Youth 8-17 years

Want to develop the skills of spontaneity and creativity that make you a better actor? Interested in working as a team to explore original ideas, characters, and stories? Or just ready to take your first steps as an actor in a low pressure, fun-filled environment? Join Lily and Brylee for this 8-week beginning improv class, where we will explore ensemble building, improv games, and short form scene work. No experience necessary! There are no mistakes in improv, only happy accidents.

Theater room and M/M room, lower level of Murzyn Hall

Ages 8-12.....\$25.....6-8 pm.....Tuesdays, Sept 19, 26, Oct 3, 10, 17, 24, Nov 7, 14. NO CLASS Oct 31.

Ages 13-17.....\$25.....6-8 pm.....Thursdays, Sept 21, 28, Oct 5, 12, 19, 26, Nov 9, 16. NO CLASS Nov 2.



**DANCE** All Classes held in the Edgemoor room, lower level Murzyn Hall



**Creative Movement: 5-7 year olds**

Mondays, Sep 25-Nov 13.....4:45-5:30 pm.....\$48

Class time focuses on skill-building of multiple genres of dance with a focus on ballet and jazz. They will play dance games and learn a choreographed dance. The last class will include a showcase of their skills. Dance uniforms and shoes not required, but are welcome. Parents are asked to stay in the hall near the classroom for bathroom breaks and any other needs. We have chairs for families waiting.

**Ballet and Jazz.....8-12 years old.....Mondays, Sep 25-Nov 23.....5:45-6:30 pm....\$48**

Explore and learn the techniques of both ballet and jazz through barre work, across the floor dance movements, strength exercises, choreography, and more. Parents/family will be able to sit in on the last class to view everything students learned. Dance shoes required, any of the following allowed: Ballet shoes, half-sole ballet shoes, split sole dance shoes.

**Mini Tumblers.....3-5 year olds.....Tuesdays, Nov 14 - Dec 5, .....11:30 am - 12 pm.....\$28**

Your little one will work on motor coordination, spatial awareness, and confidence. Play fun games that incorporate both dance and gymnastics. This class also includes tumbling, balance, flexibility, and balance beam work. Parents are expected to sit outside of the classroom or join us in class depending on child readiness.

**Heights Soccer Saturdays.....Sept 23 - Oct 28**

In these Saturday sports classes, CH Rec staff will teach the basics of each sport with a focus on learning on teamwork and having fun! This is not a league, it is an opportunity for youth to build on their sports skills, play scrimmages, and get active in a low-stress environment. Keyes Park field. Weather permitting.

Soccer Skill-building: 4-5 years old.....10-10:45am.....\$28

Soccer Skill-building: 6-8 years old...11:15am-12pm.....\$28

Soccer Scrimmages 4th-8th grade....12:45-1:45pm.....\$28



**Martial Arts Little Tigers**

Learn basic kicks, punches and strikes through a variety of exercises and games. Develop coordination & flexibility. Promoting focus, discipline, and respect.

Youth Ages 3 - 6 years old.....Edgemoor Rm, lower level Murzyn Hall

**Martial Arts Little Tigers.....\$47 Scholarships do not apply.**

**Fall Session 1:** Thursdays, Sept 21 - Oct 12.....5:45 - 6:15 pm

**Fall Session 2:** Thursdays, Nov 2 - 30 (No Class Nov 23).....5:45 - 6:15 pm

**Martial Arts Tae Kwon Do**

Ages 6 & up through Adults Learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will train for belt certification testing. Participants are to purchase a uniform and pay for belt registration fee from the instructor.

Level 1 & 2, Ages 6 years old & up.....Edgemoor Rm, lower level Murzyn Hall

**Martial Arts Tae Kwon Do.....\$65 Scholarships do not apply.**

**Fall Session 1:** Thursdays, Sept 14 - Oct 19 .....6:15 - 7 pm

**Fall Session 2:** Thursdays, Oct 26 - Dec 7 (No Class Nov 23).....6:15 - 7 pm



## YOUTH BASKETBALL Boys & Girls, Grades 2 - 6

### Girls Season October - December

### Boys Season December - March

This Twin Cities Youth Basketball league will focus on instruction, skill development, and organized games with referees. Practices two nights per week and games vary on Saturdays, and Sundays. Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park. Uniforms included: jersey and shorts. Practices held in the city gym at the Hylander Center, 1300 49th Avenue, door #42. Registrants may be shifted to even out teams. Max of 10 per team.

Volunteer coaches are needed. Please contact the Rec office as soon as possible to volunteer and process the background check. Register at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)



**GIRLS Basketball Registration Deadline September 30.** No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

**BOYS Basketball Registration Deadline November 23.** No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

**When:** Girls season October - December. Boys season end of December - March. Practice schedule to be determined by coach. Practices will typically be held one or two weeknights.

**Girls Season:** October - December.....\$60.....Schedule TBD.....Basketball Girls Grade: 2, 3, 4, 5, 6

**Boys Season:** Late December - March.....\$60.....Schedule TBD.....Basketball Boys Grade: 2, 3, 4, 5, 6

## HYLANDER CENTER ACTIVITIES

### YOUTH & ADULTS

#### Ladies' Night Basketball

Pick-up basketball games, work on your skills, or get in a good basketball work-out! \$2 per person drop-in fee at the door - please bring exact change or smaller bills. Open to residents and non-residents.

**Mondays,** Sep 18-Dec 11 \*No Nov 27 Drop in between 6-8 pm  
CH Hylander Center door #42

Ladies 13 years and older.....\$2 per person at the door



#### Youth Basketball Skills Classes

Players will develop their basketball skills in a fun and fast-paced environment. The coach will lead skill-building through team competitions, scrimmages, and structured games.

**2nd & 3rd Grades**....6-6:45 pm.....\$42

**4th-6th Grades**.....7-8pm.....\$42

**Mondays,** Sep 25-Oct 30.....CH Hylander Center door #42

#### Adult Co-Ed Open Volleyball

Adults 18+ Co-Ed open volleyball. First come, first play. There will be 2 nets down in the Hylander Center Gym. Share the space and alternate for fair-playing time. \$2 per person. CASH only - please bring exact change. Residents/non-residents

**Tuesdays,** Sep 19-Dec 12 \*No Oct 31, Nov 3

Drop in between 6-8 pm.....CH Hylander Center door #42

#### Drop-in Family Basketball

**Wednesdays,** Sept 20-Dec 6 \*No Nov 22

Drop in between 6-8 pm at the Hylander Center, door #42  
ALL KIDS MUST BE ACCOMPANIED BY AN ADULT. \$2 per child at the door, kids under 5 free. Residents/non-residents

If you come with a group and one adult, all kids must leave with that adult as a group! Adults must stay. Come play open basketball, work on your skills, play scrimmages, and have fun with your family.



#### Drop-in Family Indoor Futsal

**Saturdays,** Nov 4-Feb 24 \*Closed 11/25, 12/23, 1/27, 2/10, 2/17 due to holidays and tournaments.

Drop in between 9:30-11:30 am at the Hylander Center, door #42

ALL KIDS MUST BE ACCOMPANIED BY AN ADULT. \$2 per child at the door, kids under 5 free. Residents/non-residents. If you come with a group and one adult, all kids must leave with that adult as a group! Adults must stay.

## Adult Art Escape with Eric Holmberg

### Take it Easel

School is starting, winter is around the corner and the stress of holidays will soon be upon us. Take some time for yourself in this therapeutic pastel sketching class. Laugh, sip free tea or coffee with treats, and draw your way to a good time! All supplies provided, with free treats, coffee, or tea options. You will create a masterpiece using pastels with the direction of local artist, Eric Holmberg.

Adults 18+.....Fri, Sept 29.....6:30-8 pm.....\$35.....LaBelle Lounge, main level of Murzyn Hall



### Color Hike

The fall colors are on display! Join Eric Holmberg on his quest to capture them in vibrant oil pastels. He will guide you in an easy hike and teach you how to draw the landscapes you see at Silverwood Park.

Location: meet at Silverwood Park outside the visitor center. 2500 County Rd. E, St. Anthony  
Saturdays, Oct 7, 14, & 21.....1-2:30 pm.....\$30, all supplies included

### Photo Sketching 101

Learn the secrets of photo-realistic drawing in four easy lessons and frame it at the last class! A local artist will guide you in recreating a real photo using all the great tips and tricks. All levels of drawing skills welcome; anyone can draw if you give yourself a chance! Bring a photo (digital or hard-copy) that you would like to draw.

Adults 18+.....Every-other Thursday: Nov 2, 16, 30, Dec 14.....6-8 pm.....\$30, all supplies included



**Register online for programs at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)**



**YOGA + MEDITATION** Stay active and de-stress! Develop a self-care routine and manage stress through movement and stretching with Yoga! RYT 200 Certified yoga instructor, Kelly O'Donnell, will guide a mixed levels yoga class. This class will walk you through yoga poses for strength and flexibility, breathing techniques for calming the mind and body, meditation for relaxation and focus based on the season. Wear comfortable loose fitting clothes and bring a yoga mat. You may bring optional props such as a blanket or two and a block.

**Yoga:** Tuesdays, Oct 3 - Nov 7.....5:30 - 6:30 pm.....\$48 for all classes or \$10 per drop-in class  
16 years & older - Adults.....Edgemoor Rm inside Murzyn Hall

**Crochet Class** Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together and learning new skills.

Ages 16 & over.....Keyes Room, inside Murzyn Hall

Crochet Class **Aug 31 - Oct 19**.....\$10  
Thursdays, 6:30 - 8 pm

Crochet Class **Oct 26 - Dec 21 (No Nov 23)**.....\$10  
Thursdays, 6:30 - 8 pm



**Total Body Conditioning** Tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, and core strength through a variety of exercises and stretching. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a yoga mat or towel, and tennis shoes. Min 8. Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

**Total Body Conditioning Fall I**.....\$36.....Wednesdays, Sep 27 - Nov 1, No Class Oct 11 & 25.....6 - 7 pm

**Total Body Conditioning Fall II**.....\$54.....Wednesdays, Nov 8 - Dec 20, No Class Nov 22.....6 - 7 pm

**ADULT Aerobic Dance** Enjoy this vigorous and fun exercise class with Judy that will help you get and stay in shape with low impact dance steps. Bring a mat or blanket for floor exercises. Classes at Murzyn Hall, main hall.

**Aerobic Dance Tue**.....\$36.....Sept 12 - Dec 19, No Class Oct 17, 31, Nov 7.....6:30 - 7:35 pm

**Aerobic Dance Thur**.....\$33.....Sep 14 - Dec 14, No Class Oct 19, Nov 2, & 23.....6:30 - 7:35 pm

### In the Spotlight - Stompin' at the Hall for Active Agers 50+

Exercise is essential for mobility and balance as we get older. Stompin' at the Hall is that and so much more. You may exercise seated and if your body allows, you may stand using a chair for support. The program is choreographed to music (who doesn't love moving to music). The routine begins with a warmup to increase fluid in our joints and oxygen to the muscles. From there we work on strengthening using light weights and resistance bands. Walking is included to make our heart and lungs stronger. Finally, we cool down with toning exercises and stretches. Stretching feels so good. The outcomes you can expect from this program:

Stronger muscles	Better posture	Increasing your endurance
Better flexibility	Better balance	Enhanced brain function

The best part; you will get to know your classmates better with a periodic social hour following class!

Testimonial from Sharon, who has been exercising with Judy for 30 years! "This class keeps me young and balanced. I fell and was able to get up on my own and didn't break any bones."

Your instructor, Judy Trempe, has a degree in dance, and experience in choreography. She changes the routine to keep it interesting and beneficial for every part of your body. You are welcome to try a class free of charge. Chat with Judy privately if you are concerned about your capabilities as she will modify the exercises to fit your personal needs. Judy: 763-755-9545.

To register & pay call 763-706-3730 or online at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com). See class details below.

### Stompin' At The Hall 55 years & older

Increase your energy with Judy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or two sessions. Men & women welcome. Classes at Murzyn Hall, main hall.

Beginners sign up for class and Judy will meet with you individually to show you the exercise routines so you become familiar with her class style prior to joining the rest of the group. Call to be added to the list 763-706-3730.

**Stompin Mondays**..... 9 - 10:05 am.....\$21  
Sep 11 - Dec 18, No Class Oct 16, Nov 6, Dec 4

**Stompin Thursdays**.....9 - 10:05 am.....\$24  
Sep 14 - Dec 14, No Class Oct 19, Nov 23..... 9 - 10:05 am

Register online at  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### Heights Hikers with Beverly

Local Active Ager Beverly Kronstedt is back to bring you outstanding hiking/ walking opportunities right in your local surrounding areas. Individuals drive to the parks on their own and then meet the group at the trailhead. This group typically walks several miles, but people can head to their cars any time they wish. If you are thinking about participating, please contact Beverly at 763-571-7502 and she will be happy to fill you in on all of the particulars-i.e. where to park, what if it rains, etc. Happy Hiking!  
See the monthly newsletter for details.

## Senior Center Exercise Update

We are closed on Monday, Sept 4. A class fee will be charged beginning Wednesday Sept 6.

Cost: Walk-in \$2 per time, or pre-pay 10 visits for \$15 (\$1.50 per time)

**Exercise with Patty:** Mondays and Wednesdays.....10 - 11 am

**Video Exercise:** Fridays.....10 - 10:50 am



## THE ART CORNER

Express your artful self! Designed for beginners, and those wanting to brush up on their skills or simply to be among others trying something different.

Saturday art classes are hosted by me, Candy, your Active Agers Coordinator. I provide the theme, inspiration, instruction, encouragement, and supplies. You provide an open mind and desire. For all classes you have the choice of medium; acrylics, watercolor paints, or mixed media (colorful paper). Check out the monthly newsletter for more class options!

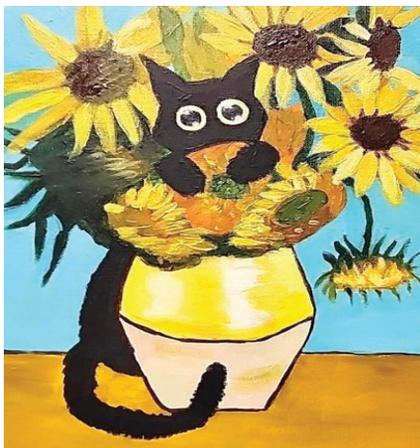
You must pre-register and pre-pay for Saturday classes. Call 763-706-3730 to sign up. Class fee is non-refundable within 48 hours of the class.

**Van Ghoul Kitty** Saturday, Oct 28.....11 am-2:30 pm.....\$10

Think like the famous artist Van Gogh. We will paint a black kitty amongst a vase of sunflowers. Bring a bag lunch.

**Winter Wonderland** Saturday, Dec 2.....10:30 am - 2:30 pm.....\$14 includes brunch.

Winter Wonderland Snow Globe and a Minnesota feel-good waffle brunch. On a flat surface you will paint a snow globe full of trees and wintry sparkle. Acrylics or watercolor paints. Bring your waffle appetite! GF available.



## SEEING THE FOREST AND THE TREES

AN ARTFUL AGING THREE WEEK WORKSHOP OFFERED BY COMPAS

Over the course of this class, participants will build their own library of botanical images to create a personal field guide to their local urban forest. Participants will increase social connections with their peers, learn a new creative drawing skill, and engage with a professional teaching artist and botanist.

Artist Background: Botanist and artist Sarah works to bring art and science closer together through hands-on art making. Sarah helps participants discover their hidden powers to Observe and Record the natural world through art.

**Thursdays, 1-3 pm.....Sept 21, 28, & Oct 12.....Senior Center, lower level of Murzyn Hall**

**Cost: \$10 for all three days** (Refundable until 4pm Sept 18) You must pre-register, call 763-706-3730. Pencil and paper provided. For more information call Candy at 763-706-3735. Compas is a grant-funded organization to bring art and its teachers closer to you.

**CH Senior Center** Lower level of Murzyn Hall, 530 Mill Street NE. We provide educational, social and recreational programs to those 50 years and older. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call Candy 763-706-3735.

### What's Happening in the CH Senior Center!

#### We are big on fun and being in-the-know.

The monthly Active Agers 50+ Newsletter is where you will find all there is to know about special events, informative seminars, in-house movies, exercise options, outreach assistance, activities, special guests, AARP classes, tax season, artsy crafts fun, card clubs, BINGO, Heights Hikers schedule, Book Club, our super popular day outings, and so much more. Break free from boredom! Come on down and get involved.

### Active Agers Newsletter

There are three ways to get the Newsletter:

1. Hard copies are available at: CH Recreation office & Senior Center at John P. Murzyn Hall 530 Mill Street NE, CH City Hall, CH Library 3939 Central Ave. NE, & senior condos/apartments.
2. The City Website: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov) Click on: Departments> Recreation> Senior Citizens> Monthly Newsletter
3. Call to have one emailed to you: 763-706-3730

### Driver Safety Refresher Class

Smart Diver 4-hour course by AARP. Registration is required no later than 2 weeks prior.

Oct 10.....9am - 1pm..... \$29

Dec 12.....9am - 1pm..... \$29

Sign up online [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com) or call 763-706-3730.



### Day Outings!

Giddy up and go with us around the metro and beyond. Ride the van, see and try new things, shop, eat, chat, laugh, and go home with memories. Van cost starts at \$2 for local outings and varies a bit more depending on how far away we will go! Check out the monthly newsletter for a listing of each month's outings.

### Helpful Phone Numbers

**ACCAP Chores & More:** 763-783-4767

**Happy Feet Foot Care:** 763-560-5136 cost \$45  
You must call them to make an appointment.

**Senior Outreach Worker:** 763-783-4741.

2nd Mon of every month, 1:30pm at Murzyn Hall

**Health Insurance Counseling:** 1-800-333-2433

### FRIDAYS IN THE SENIOR CENTER

**Comedy Movie Matinee:** First Friday of the month 1pm. Always free. Movie titles and details will be listed in the monthly newsletters.

**Birthday Club:** Second Friday of the month at 1pm. Sept 8, Oct 13, Nov 10-closed, Dec 8. Cost: \$1 pay day of. We gather to make cards, crafts, paint, knit, crochet, play games, do puzzles, laugh, tell stories, etc. It's your time with the company around you. If you have a birthday we will celebrate with cake! You must sign up in advance so we are sure to have enough cake to share with everyone. Call 763-706-3730.

**CH Book Club:** The next club get-together is Friday, Sept 15 at 3pm. We have collaborated with the CH Library to read fiction and non-fiction stories. Every other month members receive a book to read then discuss it at the next meeting...while enjoying a delightful treat! Want to read with us? Call 763-706-3735 for more information.

**Watercolor Brushstrokes with Candy:** Last Friday of the month at 1pm. Cost \$4 pay day of. Each month we will gather to learn a specific painting technique. Designed for beginners, all levels welcome! You must sign up in advance, call 763-706-3730. More details can be found in the monthly newsletters.

### It's Flu Season. Immunizations available: Flu, Shingles, Pneumonia, COVID booster.

Tuesday, Oct 17.....11:30 am - 2 pm. Call 763-706-3730 to sign up for a time slot. What you need to have with you the day of: Valid Picture ID, Medical Insurance Cards / Medicare Part B, Release Form (can fill out once here), CASH (if you do not have insurance card). Additional information will be in the October monthly newsletter.

Tax Season is just around the corner. I know!  
Where has the time gone. The January monthly newsletter will have more information.

**BINGO** - We are offering Bingo every Monday and at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

**Midday Matinees** - Wednesday midday movies at 1:45 pm  
1st Fridays will be 'belly laugh' Comedy Movie Matinees