

RECREATION PROGRAMS

WINTER
2023-24

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SnowBLAST Feb 3, 2024, 4 - 7 pm

Come on by Huset Park East for the City's annual winter celebration, SnowBLAST. This FREE family friendly event will include:

- Free Pony Rides
- Music
- Skating Rink
- Limited Skates available for use
- Snow Soccer
- Snowshoeing provided by CH School District
- Fire Pits
- FREE Popcorn & S'Mores^
- FREE Hot Beverages^ (^while supplies last)
- Food Trucks and alcohol sales
- Bring your own sled to zoom down the City Hall hill

This event is truly a community effort with City staff from Recreation, Public Works, Police, Fire, and Administration relying heavily on volunteer support and contributions.

For more details visit columbiaheightsmn.gov/events, Facebook @CHRecreation. Or call 763-706-3730.



HOLIDAY CITY TOUR

Tue Dec 19

Dazzlingly decorated city vehicles drive through Columbia Heights to celebrate and spread cheer for the holiday season on Tue, Dec

19th. Watch for a special guest riding in the fire truck! The parade of vehicles leaves the Public Safety building at 5pm and heads towards the Prestemon Park area on the route. Map details can be found at www.columbiaheightsmn.gov, and Facebook @columbiaheightsmn. Vehicles will be driven in a parade-like fashion so people of the community can enjoy the sights and share in the excitement. Be sure to come out and wave along the route! Toy Drive along the route, city staff will collect toys along the route or at Murzyn Hall to be donated to those in need.

Following the tour, join us at Murzyn Hall (530 Mill St) for family photos with a special guest, activities and treats.

Tue Dec 19. FREE, open-house at Murzyn Hall. Come any time between 6:30 - 8pm to take part in the festivities and take photos.

ONLINE REGISTRATION

columbiaheightsmn.recdesk.com

CITY WEBSITE

www.columbiaheightsmn.gov

LIKE US ON FACEBOOK

[Facebook.com/CHRecreation](https://www.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

Dec 25, 26 & Jan 1, 15, Feb 19, 2024

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

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, Mastercard, 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 • Facebook: ColumbiaHeightsBoosters

**JOIN
US!**

HYLANDER CENTER Watch for updates on the *Calendar available at www.columbiaheightsmn.gov*.

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 on our website at 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.





PARK RESERVATIONS

City of Columbia Heights Park reservations must be completed with the Recreation Dept. Call 763-706-3730. Reservations for 2024 begin Jan 2. Fees including tax, are due at the time of reservation:

CH Residents: \$75

CH Large Groups (100 people or more): \$150

Non-Residents: \$175

Photo: Sullivan Lake Park



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.

Reservation Fee: \$75 tax included.

Payment is required at time of reservation. 2024 reservations begin Jan 2.



SHARE YOUR TALENTS!

Do you have any special skills or talents you would like to teach here at Columbia Heights Recreation for either youth or adult classes? Please reach out to 763-706-3733 or kholznagel@columbiaheightsmn.gov if you are interested in teaching a class. We are open to ideas. Example: Life-skills classes for teens.

Hylander Fitness Center - Drop-In Times

The Fitness Center in the Hylander Center Door #42 has treadmills, elliptical machines, various weight machines and dumbbells. Adults 18+ only in the fitness center.

Only the fitness center will be open during Recreation programming on the following dates and times:

Saturdays, Nov 4-Feb 24 *Closed 11/25, 12/23, 1/27, 2/10, & 2/17 due to holidays and tournaments
Drop-in between 9:30-11:30am at the Hylander Center, door #42.

\$2 drop-in fee per person 18+ Fitness Center ONLY. Please bring exact change, if possible. Limited capacity in the fitness center. Watch for updates on the Hylander Calendar available at www.columbiaheightsmn.gov.



Bienvenido

INFORMACION DE LA INSCRIPCION *La inscripciones en línea al cheonline.org. 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, Mastercard, o American Express.

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.

VIRTUAL Tech Academy Classes

Try these virtual classes and learn all about game coding, special effects, or 3D Printing in the comfort of your home! Individual classes listed below.

Home Technical Requirements For all Classes:

Computer: PC (Windows 7 or later) or Mac (OSX) with at least a 2GHz processor and 4GB of RAM. Chromebooks, Tablets, and phones typically DO NOT Work.

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

Scholarships available. If needed call 763-706-3730 to apply & register.

**Pokémon Game Coding**

In this class, we introduce students to programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT.

Additional Technical Requirement:

Scratch and Scratch account

PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Weds Feb 14 & 21.....6-7:30pm.....2nd-5th grade.....\$45

3D Printing: Harry Potter

Learn 3D design and modeling skills using TinkerCAD while creating a Deathly Hallow model, then creating your own magical pendant. Students will be able to pick one design to be printed and mailed home.

Additional Technical Requirement:

TinkerCAD (login information provided during class)

Need PC (Windows or MacBook), will not work on Chromebooks, tablets, or phones

Sat Mar 23.....9-11 am.....2nd-6th grade.....\$30

**Game Coding with Star Wars**

In this class, we introduce students to programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT.

Additional Technical Requirement:

Scratch and Scratch account

PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Tue Mar 26.....6-8 pm.....3rd-6th grade.....\$30

**Video Production: Special Effects**

Learn film editing basics and how to use Hollywood-style special effects techniques. We will be teaching students how to create magical special effects.

Additional Technical Requirement:

Wondershare Filmora (free download)

PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Weds.....Mar 27 & Apr 3.....6-7:30 pm.....3rd -6th grade.....\$45

Stages Theater and Mystery Outing! Dec 27

Need something fun to do over winter break? Come with us to see Beauty and the Beast JR. at Stages Theater and enjoy a mystery outing after the show. Your day will be filled with fun and adventure!

Wed Dec 27.....9am - 4:30pm, drop off & pick up at Murzyn Hall
4th-9th grades.....\$20

Learn to Ski Program at Wild Mountain Dec 29 & Feb 9

Both experienced skiers and beginners are welcome to join this trip for 5th-10th graders! This program includes lift tickets, rental equipment, helmet, and a "learn to ski" lesson. Kids will get to hit the runs in small groups after the lesson. If you have your own downhill skis or snowboards, let us know in the notes when you register so we can plan accordingly. Those that need ski rentals, will need to fill out a form that we will have for parents at time of drop-off at Murzyn Hall, plan to fill out paperwork at drop-off time. Pack a lunch or bring money for concessions. Wear weather-appropriate clothing: hats, gloves, snowpants, etc.

Fri, Dec 29.....8:30am Parents must bring their child inside Murzyn Hall for signature of participation - Return at 6pm - pick up at Murzyn Hall
5th - 10th Grade.....\$22 Bring a bag lunch or money.

Fri, Feb 9.....8:30am-6pm, parents must come inside Murzyn Hall at drop-off for signature of participation.....5th-10th grade

Family Twilight Snow Tubing at Wild Mountain Sat, Jan 13

Spend your Saturday evening with family, flying down the winter tubing hills at Wild Mountain where they light up the hill with neon lights and sit by a bonfire. Plan to buy concessions for food, or eat once you get back home. This is designed to be an awesome family fun outing where we make it easier on you by providing a ride to Wild Mountain and tickets at a deep discount! We will take a bus to and from Wild Mountain as a group. We recommend a minimum of 42 inches tall to go tubing. Everyone must ride in their own tube. Wild Mountain provides tubes and have smaller tubes for guests under 100 lbs. Dress according to the weather for a winter activity in the snow.

Sat, Jan 13.....2:45 - 7:15pm, Drop off and pick up at Murzyn Hall
3rd Grade & Up with family members/parent.....\$15 per person

Exploring The Mall of America - Mon, Mar 25

Play Blacklight mini-golf when we first arrive and then spend the day in groups exploring the Mall of America. A fun day with friends to relax and enjoy walking around the mall. Staff will be in groups with participants. Bring money and plan to eat at the food court. They do not have to purchase anything other than food. They can plan to enjoy window-shopping with friends and mini-golf.

Mon Mar 25.....9:30am - 4:30pm..... 7th-10th grade.....\$8

Spring Break with Rec! Grand Slam & Movie - Wed, Mar 27

Take your spring break to the next level with a trip to Grand Slam and enjoy laser tag, mini-golf, ninja course, batting cages, bumper cars and more. Hot dog and soda included at Grand Slam. Then, kick back and relax with an afternoon movie at AMC Theaters. Bring money for concessions.

Wed, Mar 27.....9:15am - 4:30pm.....Drop off and pickup at Murzyn Hall
4th-9th Grade.....\$22



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 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. The official schedule is not listed on the sport description/schedule in RecDesk until coaches are found and days are chosen.

Drawing Workshop: Fantasy Forest

Fantasy Forest: Magical, mythical, marvelous art is coming your way in this new Young Rembrandts Drawing Workshop! Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your talent will truly enchant you as we create beautiful scenery and new masterpieces every day.

Weds, Feb 7-28.....5:30-6:45 pm.....M/M Room
K-5th Grade.....\$32



T.N.T Cards & Board Games

Need a place to meet with friends for card games or board games? Invite your friends and join us at Murzyn Hall; bring your own games or use ours! We have a lot of options: Steal the Bacon, Zombie Kittens, Clue Escape room, Cobra Paw, Sushi Go, Minute to Win it, and more. ONLY register your child if they are interested in board games, cards, and a laid-back time with friends. These are not physically active games and is student-led; staff will be there to supervise.

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

Every-other Tuesday:

Jan 30, Feb 13, 27, Mar 12, 26.....6-8 pm

Every-other Saturday:

Jan 27, Feb 10, 24 & Mar 2.....11am-1pm

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 or drop-in the day of.

Toy Theater: Tiny Puppets

Learn how to make your very own tiny theater including a stage, props, and characters out of items you can find in a craft store, and create your own script. All supplies provided. If you like theater, being creative, drawing, writing, and any form of puppetry, this class is for you!

Thurs, Jan 18-Feb 22.....5 - 7pm.....Prestemon Room
4th-8th Grade.....\$25 all supplies included



Winter Theater ages 8-16

Jan: Mon & Wed, 8, 10, {NO CLASS 15}, 17, 22, 24, 29, 31

Feb: Mon, Tues, Weds, 5, 6, 7, 12, 13, 14, {NO CLASS 19}, 20, 21, 26, 27, 28

4:30-6:30 pm.....Meet in the Theater Room, lower level of Murzyn Hall.

Performance: Fri Mar 1 at Murzyn Hall

Ages: 8-16.....\$35 *Scholarships available if needed



Join Lily and Devyn for another fun season of winter theater at Murzyn Hall! We will rehearse twice a week in January, followed by three times a week in February, with a final performance for family and friends. This is a great chance to act in a show, express your dramatic creativity, and work as a team with other kids, even if it is your first time trying out theater! It is a great experience for all.

North Suburban Holiday Lights Map

Our Holiday Light Map is back for 2023! If you're planning some impressive holiday decorations this year, sign-up to have your address added to our North Suburban Holiday Light Map for families to drive around and enjoy this season. There will be prizes!

Addresses must be submitted by Dec. 4, and homes must be decorated by Dec. 8.

Our map will go live on Dec. 8 - on the New Brighton Parks and Recreation Facebook Page or the City of New Brighton's website for the route, and don't forget to vote for your favorites.

Link to submit an address.

<https://forms.gle/zevqRA2WJZ1K8KPN9>



Great Columbia Heights Bake-off 2024

Compete in teams of two in the Great Columbia Heights Bake-off in-house this year! Put on your favorite apron, bring your creativity, and get baking with us at Murzyn Hall. You will get short technical challenges and one showstopper decorating challenge. Must be 1 adult and 1 youth on a team, or teen sibling (16+) with younger sibling. Prizes awarded!

Great Columbia Heights Bake-off 2024

Wed Feb 21.....5:30 - 7:45pm

Meet in the LaBelle Lounge, main level of Murzyn Hall

All ages.....\$20 per team. All teams will compete in person.



Womens' 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 6-8 pm
CH Hylander Center door #42

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

Hylander Fitness Center - Drop-In Times

The Fitness Center in the Hylander Center Door #42 has treadmills, elliptical machines, various weight machines and dumbbells. Adults 18+ only in the fitness center.

The fitness center will only be open during Recreation programming on the following dates and times:

Saturdays, Nov 18-Feb 24 *Closed 11/25, 12/23, 1/27, 2/10, & 2/17 due to holidays and tournaments

Drop-in between 9:30-11:30am

Hylander Center, door #42.

\$2 drop-in fee per person 18+ Fitness Center ONLY.

Please bring exact change, if possible. Limited capacity in the fitness center.

Online registration columbiaheightsmn.recdesk.com

Soccer Skills 3rd-6th grade

Designed for kids who want to not only learn how to play soccer, but also why you learn certain skills and strategies in a game. Coach Wilson and Coach Mike will lead you in soccer skill-building on Saturdays at the Hylander Center. Shin guards required. Tennis shoes only, no cleats in the gym.

Saturdays, Jan 13-Mar 9 (NO class Jan 27, Feb 10, & Feb 17).....11:45-12:45 pm.....Hylander Center door #42

3rd-6th Grade.....\$24

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. Come play indoor soccer/futsal with your family.

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 onsite.

YOUTH BASKETBALL Boys Grades 2 - 6

Sign up immediately! Teams are being formed now and players are needed to fulfill teams. Call 763-706-3730 today!

Begins the end of December and goes into March. Practices twice a week, nights to be determined by coach held at the Hylander Center. Games are on Saturdays and/or Sundays. Play in the Northern Twin Cities Basketball League against Blaine, Spring Lake Park, Fridley, Coon Rapids, and Anoka. Uniforms included in cost.

Fee: \$60 **Basketball Boys Grade: 2, 3, 4, 5, 6** Schedule TBD



GIRLS SOFTBALL Dome League

Girls Fast pitch softball for girls ages 8-10. Girls will be playing in a dome league (Indoors). Games will be played on Sunday mornings at the National Sports Center in Blaine. The games will be played from January to early March. Practices will start in December. Register today! Columbiaheightsmn.recdesk.com or call 763-706-3730.

Fee: \$80.....Girls 8-10 years old.....Schedule TBD



Online registration columbiaheightsmn.recdesk.com

Ice Skating

Ice Skating classes are held at Huset Park East. The Jefferson Building is our warming house, and the rink is near the bridge! Learn skating skills and play ice-games. Occasionally, instructors will serve special treats and hot cocoa. Must have own skates. (weather permitting)

Saturdays & Sundays, Jan 6 - Feb 18, NO Class Jan 20 or 21

1st-6th grade: Beginners Skating.....Saturdays, Jan 6-Feb 17, NO class Jan 20.....12:30 - 1pm.....\$35

Come learn the basics of ice skating. Skaters will be introduced to balance on the ice, forward and backward skating, glides, turns, and more! No experience needed. Bring your own skates.

4th-10th Grade: Advanced Skating.....Saturdays, Jan 6-Feb 17, NO class Jan 20.....1:45 - 2:45pm.....\$35

For skaters who are confident on the ice and want to build their skills. Instructors provide guided skill-building and fun games.

Kindergarten-3rd Grade: Beginners Skating II.....Sundays, Jan 7-Feb 18, NO class Jan 21.....12:30 - 1pm.....\$35

Learn the basics of ice skating. Skaters will be introduced to balance on the ice, forward and backward skating, glides, turns, & more! No experience needed. Bring your own skates.

Adult Beginners Skating.....Sundays, Jan 7-Feb 18, NO class Jan 21.....11:15 - 12pm.....\$30

Haven't learn to skate and would love the opportunity to try some beginners' lessons? Look no further, Coach Lila will help you learn the basics of ice skating. Adults 18+. Bring your own skates (skate rentals can be found at Dave's Sport Shop in Fridley).

Open-Skate Warming House.....Sundays, Jan 7-Feb 18, NO Jan 21.....10:30am - 12:30pm.....FREE!

All ages - Join us at the Huset East Park ice skating rink for open-skating. The warming house will be open to enjoy some Sunday morning skating. It'll be easier to put on your skates, you can leave your items in the building, and you'll have a place to warm-up! This is an opportunity to use an outdoor rink with the convenience of a warming house. Bring your own skates.



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.

Session 1: Thursdays, Jan 11 - Feb 1.....5:45 - 6:15 pm

Session 2: Thursdays, Feb 29 - Mar 21.....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.

Session 1: Thursdays, Jan 4 - Feb 86:15 - 7 pm

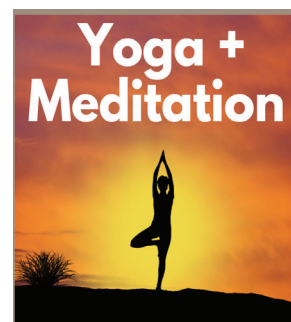
Session 2: Thursdays, Feb 22 - Mar 28.....6:15 - 7 pm



YOGA & MEDITATION WINTER

Try out Yoga + Meditation on December 12th and 19th at 5:30 in the Edgemoor Rm.

Embrace a moment of mindfulness and relaxation in our donation-based "Mindful Meditation & Flow" yoga class. We are offering 2 trial classes as "pay what you can" to be open to all and give the opportunity to see if it's a good fit for you! These sessions aim to cater to all levels of practice, combining gentle movements, deep stretching, and conscious breathing techniques
*Bringing your own mat is essential for this session. Additionally, we recommend having a blanket and block on hand to support and enhance your practice, ensuring comfort and stability throughout the session. Experience the calming benefits of yoga as you immerse yourself in a mindful atmosphere and cultivate a deeper connection with your body and breath.



Yoga & Meditation.....\$56, or \$10 per drop in class. **Drop-in classes available to bring friends or for those that can only come certain dates of the session. Register online or bring \$10 cash the night of class

Adults.....Edgemoor Rm, lower level Murzyn Hall

Winter I: Tuesdays, Jan 2 - Feb 13.....5:30 - 6:30pm

Register online for programs at
columbiaheightsmn.recdesk.com

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.

Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

Total Body Conditioning.....**Wednesdays.....Drop In or Single class attendance is \$10**

Jan 3 - 24 6 - 7pm.....\$36

Jan 31 - Feb 21 6 - 7pm.....\$36

Crochet Class 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 to solve problems and learn new skills.

Ages 16 & over.....Senior Center, lower level Murzyn Hall

Crochet Class.....Thursdays, 6:30 - 8pm

Jan 11 - Feb 29.....\$10

Mar 7 - Apr 25 (No class Mar 28).....\$10



Adult Ale & Art at Murzyn Hall

Mar 15 - Celebrate this Saint Patty's Day weekend with Ale & Art in the Murzyn Hall LaBelle Lounge! More than wine, better than bar-hopping! Enjoy your favorite beverage while learning how to draw amazing Celtic designs. Adults only. No artistic experience necessary. Let local artist, Eric Holmberg, show you the fun side of learning art, on Friday, March 15th from 6-8pm. Beverages for sale! All art supplies and instruction included in the cost.

Mar 15.....6 - 8pm.....\$30.....Murzyn Hall, LaBelle Lounge



Adult Photo-Sketching 101

Learn the secrets of photo-realistic drawing in four easy lessons and frame it at the end of the last class! Local artist, Eric Holmberg, will guide you in re-creating 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.

Mondays, Feb 5 - Mar 4 (No Feb 19).....6 - 8pm
\$30.....Senior Center, lower level of Murzyn Hall

Register online at columbiaheightsmn.recdesk.com

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.....\$27.....Jan 9 - Mar 5.....6:30 - 7:35 pm

Aerobic Dance Thur.....\$24.....Jan 11 - Mar 7, No Class Feb 8.....6:30 - 7:35 pm

In the Spotlight - Stompin' at the Hall for Active Aged 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!

Your instructor, Judy, 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. Class details below.

Stompin' At The Hall 50 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 try the first class for FREE!

Stompin Mondays..... 9:30 - 10:35 am.....\$21.....Jan 8 - Mar 4, No Class Jan 15, Feb 19

Stompin Thursdays.....9:30 - 10:03 am.....\$24.....Jan 11 - Mar 7, No Class Feb 8

Lunch and Grocery Shopping Days

Cost: \$3 for the van ride. All other costs are on your own. You must pre-register for these outings, call 763-706-3730. First day to sign up for these outings vary. Check out the monthly Active Agers 50+ newsletter for all the details. Dates will be adjusted if weather becomes a factor.

Tuesday Jan 16
Friday Feb 16
Friday Mar 15



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 depending on how far away we go! See the monthly newsletter for each month's outings. You must preregister for all day outings. If you have a suggestion for a place to go, let Candy know.

CH Book Club

We meet bi-monthly to talk about books, and movies too. Join us for a treat and hot chocolate, cup of coffee or tea. Details in the monthly Active Agers newsletter. The next wintry gatherings are January 19 & March 15. Senior Center.....3 - 4pm.....FREE



WINTER ESCAPE BINGO - FEB 26

Enjoy live music entertainment 1 - 2 pm for this special winter escape Bingo day. Get in the groove; bring your surfboard, wear your flip flops, shades, beach hat or tropical shirt.

Arrive between 1 and 1:15pm to TRIPLE your chances for a GREAT prize.
Arrive between 1:15 and 1:30pm to DOUBLE your chances for a GREAT prize.
Arrive between 1:30 and 1:45pm to receive ONE chance for a GREAT prize.
No prize chances given out after 1:45pm.
Prize drawings and a special treat following BINGO game #2!
Cost: \$2 for two BINGO cards. We will play 9 games for cash prizes.



Weather is always on our minds in the winter. You may call 763-706-3730 to confirm Feb 26, BINGO Day.

Exercise With Patty

The expression "old age is not for sissies" is often attributed to the actress Bette Davis. The expression emphasizes that aging is not a straightforward journey. It requires a willingness to confront the inevitable challenges of advancing years. For this reason, I started teaching seated exercise classes to Seniors.

Exercising while seated is generally safe and works for everyone. I use my background in powerlifting to adapt such movements using weights and stretch bands for seated exercise. These movements provide effective workouts for beginners and advanced exercisers. In the process, I hope participants are having fun, learning something new, and most importantly, excited about their improvement in balance, mobility, and strength. If you are new to exercise, stop in, see what we do, and consider a life-changing goal for yourself.

Mondays and Wednesdays at 10am in the Edgemoor Room, lower level of Murzyn Hall.

Drop-in classes are \$2 per visit. Buy a 10 - visit card for \$15. For more information call 763-706-3735.

If you are moving, you are winning! ~Patty



CH Senior Center The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call **763-706-3730**. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation. Located in the lower level of Murzyn Hall, **530 Mill Street NE**.

At the CH Senior Center we are big on fun and being in-the-know.

We provide educational, social and recreational programs to those 50 years & older in Columbia Heights and surrounding communities. 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, Book Club, our super popular day outings, and so much more. Break free from boredom! Come 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, and local senior condos/apartments.
2. The City Website: www.columbiaheightsmn.gov
Click on: Departments> Recreation> Active Agers Newsletter
3. Call to get on the email list: 763-706-3730



4-hour Safe Driving (Refresher) By AARP
Registration required no later than 2 weeks prior.
To sign up call 763-706-3730 or online columbiaheightsmn.recdesk.com.
Dec 12, 2023.....9am - 1pm..... \$29
Feb 13, 2024.....9am - 1pm..... \$29



BINGO - Every Monday at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 9 games.

Helpful Phone Numbers

ACCAP Chores & More: 763-783-4767
Happy Feet Foot Care: 763-346-3390 cost \$45
Senior Outreach Worker: 763-783-4741
Health Insurance Counseling: 1-800-333-2433

Wednesday Matinee Movies FREE Every Wednesday in the Senior Center. Movies start at 1:45pm and are typically 2 hours. All are PG-13 or under. Movies are listed in the monthly Active Agers 50+ newsletters.

January theme: Winter escape, and Elvis (Jan birthday)

February theme: Love is in the Air

March: Oscars Month

First Friday of the Month Comedy Movie Matinee!

Movies start at 1pm in the Senior Center. Always a comedy. Always FREE. Always a treat. Movie details can be found in the monthly Active Agers 50+ newsletters.

Second Friday of the Month

Meet in the Senior to play board or card games, paint with watercolors, work on puzzles, work on your own craft or to simply get out of the house and socialize with others. Games are provided but feel free to bring your own too. Coffee and treats are offered free of charge. Occasionally, (if we have 5-10 people) we might on the 'spur of the moment' get out to see a matinee movie, go 'needs' shopping, have lunch, etc. Details in the monthly Active Agers newsletter.

Winter Dates: January 12, February 9, March 8
1-3pm.....Senior Center

**** March 8 ** Musical Puzzle Challenge** with prizes and special treats!! Cost: \$4 to participate, payable at the door.
You must pre-register. Sign up any time before March 1st.
Call 763-706-3730 to get on the list.

Last Friday of the Month: Watercolor Brushstrokes

Join me, Candy, for two hours of relaxation. Swoosh watercolor paints without purpose across a watercolor canvas, or follow a template to learn techniques. Your own inspiration is welcome too! There are no rules. Just have fun! All class descriptions can be found in the monthly Active Agers 50+ newsletters. Occasionally, we have a special art event which may take place on a Saturday. The cost may differ or require you to pre-pay when you register.

1 - 3 pm, the last Friday of the month in the Senior Center.
You must pre-register for these classes. Cost is \$4 payable day of class.

Reminder, the Senior Center will be closed on December 25, 26, Jan 1, 15, & Feb 19.

Senior Center, Lower level of Murzyn Hall, **530 Mill Street NE. 763-706-3730**