

# RECREATION PROGRAMS

SPRING 2024

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### Bunny Donut Disco

Friday, March 22.....5 - 7pm

Celebrate Spring with a visit from Recreation's Spring Bunny! Decorate donuts and dance the night away at Murzyn Hall. We will have pictures with Spring Bunny, donut decorating, Bunny Bingo, crafts, music, refreshments, prizes, and a scavenger hunt!

\$10 per child, must pre-register  
Friday, March 22.....5 - 7pm...Murzyn Hall



### Recreation Open-House

Friday, May 17.....5:30 - 7:30pm in Huset Park, fields behind Murzyn Hall.....FREE

Come see what Columbia Heights Recreation has to offer for the upcoming season, including youth, adult, and senior citizen programming. Enjoy game stations where kids can try different sports and skills, interactive theater station, class informational tables, a bounce house, FREE face painting, FREE popcorn, music, and more!

**NEXT NEWSLETTER - SUMMER** is just around the corner! Registration **opens April 15** for Summer Park Programs and Theater.

- Glitter Bugs: 4 years old & entering Kindergarten in Fall 2024
- Dyno-Hites: 1st - 3rd grade for Fall of 2024
- S.P.A.R.K.S: 4th & 5th grade for Fall of 2024
- T.N.T: 6th - 8th grade for Fall of 2024
- Moonshoe, Mill Street Theater

**NEW 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

Feb 19, March 29, May 27

## 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 / via mail:** 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, or American Express payment by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

**Confirmation:** 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 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](http://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](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.





## PARK RESERVATIONS

City of Columbia Heights Park buildings may be reserved with the Recreation Dept. Available park buildings are at Ramsdell, Huset East, Keyes, and McKenna Parks. A \$100 deposit is required when you pick up the key and returned when the key is brought back. Call 763-706-3730. Fees including tax, are due at the time of the park building reservation:

**Residents: \$75**

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

**Non-Residents: \$175**

Photo: Keyes Park building



## 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. Fee increase due to sanitation procedures. Payment is required at time of reservation.



### 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 kholznel@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.

**Only the fitness center will be open during Recreation programming. Drop in during the following dates and times:**

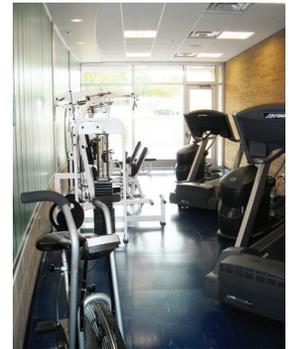
**Mondays, Wednesdays, and Fridays**

**April 15 - May 22.....6 - 8 pm**

**Saturdays**

**April 6 - June 1.....6 - 8 pm**

\$2 drop-in fee per person 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](http://www.columbiaheightsmn.gov).



**Bienvenido** INFORMACION DE LA INSCRIPCION \*La inscripciones en línea al [chreconline.org](http://chreconline.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, 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.

## 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, Dungeons & Dragons, 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**

**Tuesdays, Apr 2 - May 28.....6 - 8 pm**

**FREE** - Must sign in within the first 45 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. Bring friends!!



## 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.

### 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

# Harry Potter



### 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



## Family Galactic Canvas Painting

Paint a colorful night sky and celebrate the beauty of our galaxy: Adult/Child Activity

Partner with a child and have fun creating your own colorful night sky full of galaxies, stars, and planets on two canvases, one for each of you. The instructor provides steps while you guide your child or allow your child's creativity to flow on their own. When finished, you may hang your works of art side-by-side or separately. No experience necessary; this class is about spending quality time together. Supplies provided: 9X12 canvases, acrylic paint, brushes, and a surprise edible mini-project!

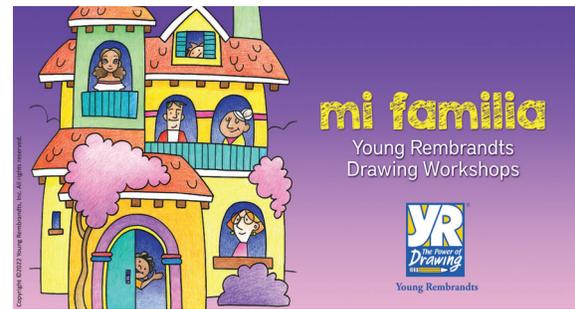
**Thursday, Apr 18.....5 - 6:30pm**  
**Senior Center, lower level Murzyn Hall**  
**\$20 per group of 2.** Please register one person only, list the other name in the notes at registration.



## Mi Familia: Drawing Workshop

Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring the magical world of LATIN AMERICA! Artists will learn to draw a charmed house, family, and so much more. Each day is a new look into what life is like in one of the largest regions of the world and students will complete multiple pieces of enchanting art. All supplies included.

**Wednesdays, Mar 27-Apr 24.....5:30 - 7pm**  
**M/M Room, lower level Murzyn Hall**  
**6 - 12 years old.....\$34**



## YOUTH TRIPS:

### 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.....Drop off and pickup at Murzyn Hall**  
**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**

### Nickelodeon Universe at Mall of America - Fri, Apr 5

We will take a bus to Nickelodeon Universe in the Mall of America for a day of fun! Start the day with Rock of Ages blacklight Mini-Golf, have lunch in the food court, and enjoy a 3-hour ride wristband! Parents/guardians must come in at drop-off and pick-up at Murzyn Hall. Bring money for lunch in the food court.

**Fri Apr 5.....8:45am - 5pm.....Drop off and pickup at Murzyn Hall**  
**4th-9th Grade.....\$22**



**MINI TUMBLERS - AGES 3-5**

Your little one will work on motor coordination, spatial awareness, and self-confidence. Each week we will play fun games with music to get the wiggles-out that incorporate both dance and gymnastics. The class also includes tumbling, balance-beam work, and flexibility. Parents are expected to stay outside of the classroom for bathroom breaks. However, depending on child-readiness, parents are invited in class as needed.



**Wednesdays, Apr 10 - May 15.....4 - 4:45pm**

**Ages 3-5.....\$36**

Class in the Edgemoor Room, lower level Murzyn Hall

**DANCE****Creative Movement Sampler Ages 5-7**

Get prepared for summer dance by trying out our Creative Movement Sampler. Class time focuses on skill-building of dance movements that have roots in Ballet and Jazz. Kids will play dance games and learn a short, choreographed dance. Dance uniforms and shoes not required.



**Tuesdays, Apr 2 - 23.....4 - 4:45pm**

**Ages 5-7.....\$24**

Class in the Edgemoor Room, lower level Murzyn Hall

**Girls' Basketball Skills**

Develop basketball skills in a fun and fast-paced environment; class is taught by a former coach of St. Thomas University. Players learn skills through team competitions, scrimmages, and structured games. Be ready to learn, listen, and play!

**1st-3rd grade.....Mondays, Apr 15 - May 20....6 - 6:45pm.....Hylander Center Door #42**

**4th-8th grade....Mondays, Apr 15 - May 20.....7 - 8pm.....Hylander Center Door #42**

**8/Under Girls Beginning Softball**

This entry level fast pitch softball is for girls ages 7-8. This is machine pitch league for girls with little or no knowledge of fast pitch softball. Team plays in the Northern Lights League with games on Wednesdays. Games will be played against neighboring communities such as St. Anthony, Spring Lake Park, Roseville, and maybe a few others. One or more practices per week. Practice days and times to be determined by coach. Register by March 15. Max of 13 per team.

**8 & under.....\$50**

**Girls Fast Pitch Softball**

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2024. Girls will be playing in the Big West League, which is competitive and will require traveling to other communities. Participants must pre-register in their current age category by March 15. Max of 13 per team. Dates and times TBD.

**Participant fee: \$75**

10 & under

12 & under

14 & under

High School (16U/18U)



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

## Mites T-Ball

Boys and girls completing Kindergarten and 1st grade

**Tue & Thur** - 6 - 7pm

June 25 - Aug 8

**Fee:** \$45, includes game shirt

Choose a location:

**T-Ball Keyes Park**

**T-Ball McKenna Park**

**T-Ball Huset Park**



## Squirts Baseball

Boys and girls completing 2nd & 3rd grades

**Mon & Wed** - 6 - 7pm

June 24 - Aug 7

**Fee:** \$45 includes game shirt

Choose a location:

**Squirts Keyes Park**

**Squirts McKenna Park**

**Squirts Huset Park**



Both Mites T-Ball and Squirts Baseball focuses on teamwork, learning the basics of baseball, skill-building, and playing against Heights teams at rotating fields. T-Ball uses a Tee to hit the ball, and Squirts coaches pitch the ball underhand to the kids. Players get to focus on the fun of learning baseball with their friends in our community parks; the only traveling you will need to do is between Keyes Park, McKenna Park, and Huset Park for games. Practices are two nights a week in the evenings. Once teams have a few practices, teams will play games against each other. Max 12 players per team.

**VOLUNTEER COACHES NEEDED!** Please commit 2 weeks prior to the start date in order for this program to run. To support our coaches, we run a coach meeting to discuss rules, go over lesson plans, and plan for the season together. We place 2 coaches together per team to provide a great experience overall for both the kids and coaches.

The Rec Dept reserves the right to shift players if sufficient coaches are not available at a particular location.

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



## Boys Baseball 9-15 years old

Play in an exciting boys' baseball league! This is a fun and competitive league that requires traveling to other surrounding cities such as Fridley, Mounds View, and St. Anthony for boys ages 9-15 (age requirement is as of May 1, 2024). They will develop as a team, make friends, learn all about baseball, and play against other teams in the league. April-July. Practices and games are mostly weeknights and will be determined by the coach. **Register by March 22!** Register early to ensure team placement in the league. **VOLUNTEER COACHES NEEDED!**

**Fee:** \$75, uniform included  
 Practice and game times to be determined.

### AGE GROUPS

10U - Max. age as of May 1 = 10 yrs

11/12U - Max. age as of May 1 = 12 yrs

13U - Max. age as of May 1 = 13 yrs

14U/15U - Max. age as of May 1 = 15 yrs



## ADULT SLOW PITCH SOFTBALL

A non-refundable team deposit of \$250 will secure your team a place in a league. Balance must be paid by April 15. Teams will receive schedules, rules, books, tournament books, game balls, and general league information beginning April 15 at the Recreation Office.

### Thursday Mens "D"

#### Double Header

#### League

Cost: \$800

Start Date: April 18

Max # of Teams: 8

# of Weeks: 11 + playoff

### Friday Co-Ed

#### Double Header

#### League

Cost: \$800

Start Date: April 19

Max # of Teams: 8

# of Weeks: 11 + playoff



## SHARE YOUR TALENTS!

**Looking to instruct a youth or adult program to share your culture with the community?** Examples include, but not limited to, Ecuadorian/other dance classes, language classes, cooking/nutrition, sports, youth pickleball, etc.

Call our office at 763-706-3730 to ask about becoming an instructor with CH Recreation!



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

**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. Scholarships do not apply.

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

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

Winter II: Thursdays, **Feb 29** - Mar 21.....5:45 - 6:15pm

Spring: Thursdays, **Apr 18** - May 9.....5:45 - 6:15pm



**Martial Arts Tae Kwon Do** Ages 6 & up through Adults (beginner to advanced) 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. Scholarships do not apply program.

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

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

Winter II: Thursdays, **Feb 22** - Mar 28.....6:15 - 7pm

Spring: Thursdays, **Apr 11** - May 16.....6:15 - 7pm



## Adult Co-Ed Open Volleyball

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.

**Fridays, Feb 16-May 17 \*No Mar 29**

Drop in between 5:30 - 8:30pm

Adults 18+.....CH Hylander Center door #42



## Drop-in Family Basketball

Come play open basketball, work on your skills, and have fun with your family. \*Adults must stay the entire time. Only YOU can watch your children; you may not leave them with someone else at the gym.

**Wednesdays, Apr 17 - Jun 5**

Drop in between 5:30 - 7:30pm

CH Hylander Center, door #42

ALL KIDS MUST BE ACCOMPANIED BY AN ADULT.

\$2 cash per child at the door, kids under 5 free.

Residents/non-residents



## Drop-in Family Indoor Futsal

Come play indoor soccer/futsal with your family. Residents/non-residents.

**Saturdays, Mar 16 - Jun 1 \*No March 23, March 30**

Drop in between 9:30 - 11:30am

CH Hylander Center, door #42.

ALL KIDS MUST BE ACCOMPANIED BY AN ADULT THE ENTIRE TIME THE CHILD IS THERE.

\$2 cash per child at the door, kids under 5 free.

## Women's Basketball

Play pick-up basketball games and get a basketball work-out in for your Monday evening! \$2 per person drop-in fee at the door - please bring exact change if you are able, or smaller bills. Open to residents and non-residents. Max of 40 people

**Mondays, April 15 - May 20.....Drop in between 6 - 8pm**

CH Hylander Center door #42

\$2 per person at the door

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

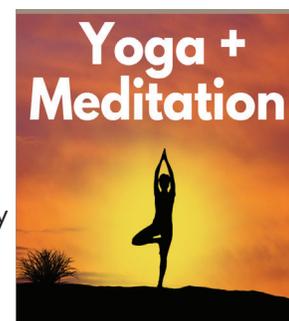
**YOGA & MEDITATION** Embrace a moment of mindfulness and relaxation in our "Mindful Meditation & Flow" yoga class. These sessions aim to cater to all levels of practice, combining gentle movements, deep stretching, and conscious breathing techniques.

\*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.....\$48, 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.**

16 years & older.....Edgemoor Rm, lower level Murzyn Hall

Spring: Mondays, Mar 18 - Apr 22.....5:30 - 6:30pm



**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.

**Spring I.....Wednesdays, 6 - 7pm.....May 8 - 29....\$36**

**Spring II.....Wednesdays, 6 - 7pm.....June 5 - 26....\$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

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

**May 2 - Jun 20.....**\$10



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

## 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 warm up 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](http://columbiaheightsmn.recdesk.com). Class details below.

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

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. Participants are spaced out for social distancing.

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.....**\$27

Mar 18 - May 20, No Class Apr 22..... 9:30 - 10:35am

**Stompin Thursdays.....**\$24

Mar 21 - May 16, No Class Apr 25 ..... 9:30 - 10:35am

## ADULT Aerobic Dance

Have fun and get fit!! Join us for a vigorous exercise class with Judy that will help you get and stay in shape. Class uses low impact dance steps from Latin, country, hip hop and a little bit of rock 'n roll. Wear comfortable clothes and good aerobic shoes. Bring a mat for floor exercises. Classes at Murzyn Hall, main hall, socially distanced.

**Aerobic Dance Tuesdays.....**\$27

Mar 19 - May 21, No Class April 23.....6:30 - 7:35pm

**Aerobic Dance Thursdays.....**\$24

Mar 21 - May 16, No Class Apr 25.....6:30 - 7:35pm

Register & pay for programs call 763-706-3730 or online at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

## Comedy Play at Plymouth Playhouse Theatre

**Till Beth Do Us Part - Thur May 9**

This side-splitting romp about marriage and careers introduces us to The Haydens , Suzannah and husband Gibby, a local tv Weatherman. They both work and decide an assistant is needed to help put the house in order. They hire a highly motivated southerner named Beth. Soon, they discover the hazards of hiring an assistant! 2 hrs with one 15 min intermission. Early dinner stop following the play. **Register and pay by Apr 9.**

**Thur May 9.....12pm leave Murzyn Hall.....\$35 includes tax/fees/van**

## MARCH

### Specialty Craft Class: Terracotta Treasures - Hosted by Amáda Márquez Simula

Escape the cold in Columbia Heights by crafting a miniature vacation hideaway. Paint a small terracotta pot with colorful acrylic paint pens, then adorn them with artificial succulents, rocks, and tiny refreshing beverages. Special treat and beverage provided.

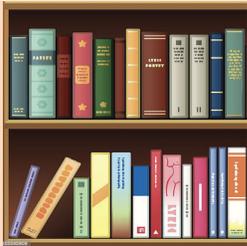
**Fri Mar 22.....1 - 3:30pm.....\$10 pre-pay.....Senior Center, lower level Murzyn Hall**



### BRUSHSTROKES WITH CANDY: Big Eyes! Bigger Ears!

We begin this class painting a watercolor carrot bookmark. Then, you will use the same techniques to paint a 9x12 watercolor rabbit. Samples will be available to guide you or, be your own kind of creative “big eyes and bigger ears”.

**Sat Mar 23.....1 - 4pm.....\$12 pre-pay.....Senior Center, lower level Murzyn Hall**



## CH Book Club

We meet bi-monthly to talk about books, and movies too. Join us for a treat and a beverage. Details in the monthly Active Agers newsletter. The next gatherings are March 15 & May 17. Senior Center.....3 - 4pm.....FREE

## 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 newsletters for each month’s outings. You must preregister for all day outings.



## Exercise With Patty

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 are excited about their improvement in balance, mobility, and strength. 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 763-706-3730.

**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**, or visit the City website [www.columbiaheightsmn.gov](http://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, artsy craftsy 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](http://www.columbiaheightsmn.gov) Click on: Departments> Recreation> Active Agers Newsletter
3. Call to get on the email list: 763-706-3730 or email [clack@columbiaheightsmn.gov](mailto:clack@columbiaheightsmn.gov)

**4-hour Safe Driving** AARP refresher class. Registration and payment required no later than 2 weeks prior to the class. Call 763-706-3730 or register online [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

\$25 AARP Members or \$29 non members

Apr 9.....9am - 1pm

Jun 11.....9am - 1pm



**BINGO** - Every Monday at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

**Helpful Phone Numbers**

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

**Happy Feet Foot Care:** 763-346-3390

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

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



**BRIDGE** Want to Learn to Play? Haven't Played in Years?

Bridge is one of the best ways to keep your brain sharp. Come to a FREE, friendly, and fun beginner Bridge class. A Bridge handout will be provided for you to keep for future reference. All adults are welcome, and you don't have to have any expertise in Bridge. We will practice bidding and playing the game in a non-challenging way. Coffee and pastries will be available.

**When:** Call Fran 612-889-7622 for dates. **Time:** 1:30 - 3 pm

**Room:** Enter building from the back parking lot & follow signage.

To sign up for the class, call or text Fran Felix at 612-889-7622 or e-mail at [gauthj@aol.com](mailto:gauthj@aol.com). Taught by Ben Wahi and Fran Felix.

**Wednesday Matinee Movies** FREE every Wednesday in the Senior Center. Movies start at 1:45pm. All are PG-13 or under. Movies are listed in the monthly Active Agers newsletters.

**First Friday of the Month Comedy Movie Matinee!**

Movies start at 1pm in the Senior Center. Always a comedy. Always FREE. Always a treat.

**Second Friday of the Month**

Meet in the Senior Center to play board or card games, paint with watercolors, work on puzzles, work on your own craft or 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.

**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! Occasionally, we have art class on a Saturday.

**1 - 3 pm, the last Friday of the month in the Senior Center. You must pre-register for these classes. Descriptions can be found in the monthly newsletter.**