

RECREATION PROGRAMS

SPRING 2020



SIGN UP NOW!

Youth Baseball & Softball

Grades K-18 years old.

See page 7 for more details.

NEW THIS YEAR!

Spring Family Fun Night

April 6, 6-7:30 pm, Hylander Center

Celebrate the arrival of Spring at this fun, family event!

- Egg Hop Relay Race
- Easter Egg Rolling
- T-Ball Tunnel
- Hop, hop, hopscotch
- Dancing
- Soccer Shoot
- Spring crafts
- Pictures with the bunny
- CH Police Bike Demo
- CH Fire Dept
- And MORE!!!

Ages 2-12 MUST PRE-REGISTER but all ages are welcome to participate. Kids will collect stamps at each activity station. Once they have their card filled, they can turn it in for a candy bag. Everyone is encouraged to participate but cards and candy bags are limited to ages 2-12. **Fee:** \$5 cash/check per family collected at the door.

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ONLINE REGISTRATION

www.chreconline.org

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

2 RECREATION INFORMATION

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

Nov 11, 28, 29, Dec 24, 25, & Jan 20

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: www.chreconline.org.

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, or Master Card 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 **Refunds will not be given if withdrawn 1 week prior to the activity.**

Participants Scholarship: Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent 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.

JOIN
US!

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](https://www.facebook.com/ColumbiaHeightsBoosters)

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 400 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 4:45 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.





PARK RESERVATIONS

The City of Columbia Heights Park reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

Non-Residents: \$75

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

Call 763-706-3730

Photo: Sullivan Lake Park



NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department. Reservations will begin on the first business day of each year. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs.

Reservation Fee: \$45

Payment is required at time of reservation.

Call 763-706-3730.



HYLANDER CENTER

The exercise room contains two treadmills, three elliptical machines, and various weight machines. Open gym basketball and volleyball when not in use for programming. Hylander Center - East Door #38, North side of CH High School. Parking directly across 49th Ave, designated stalls for Hylander Center users.

When: Monday–Friday, 9–11 am

Monday–Thursday, 6–8:30 pm

Saturday & Sunday, 9 am–12 pm

Closed if hosting a tournament & holidays.

Cost: \$1 Daily drop in/\$10 monthly pass for adults

Calendar available at www.columbiaheightsmn.gov.

WATER SAFETY & SWIMMING LESSONS*

CH Recreation and Columbia Heights Public Schools are joint partners with the 21st Century Learning Center



Grant. One of the grant-funded programs is a FREE Water Safety Instruction on Saturdays at the CH High School pool. For more info: www.colheights.k12.mn.us/aquatics or call your school's main office for ENCORE Aquatics.

*This program is partially funded with a grant from the MN Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the MN Department of Education.

Youth After School Open Gym with the CHPD

Tuesdays & Thursdays, 3:30 pm–5:30 pm

Hylander Center, 1300 49th Ave Door #38

High School aged students ONLY, free admission.

YOUTH DAY TRIPS 4TH-9TH GRADE

Urban Air - Friday March 27

Meet at the Hylander Center at 9:30 am, 1300 49th Ave - Door #38, for group games. Later, we will go to Urban Air. Passes include access to: Sky Rider Zipline, climbing walls, ropes course, warrior course, trampolines, dodgeball, and more!

Wear tennis shoes or bring them with. Bring a lunch or money to purchase food at Urban Air. Registration deadline Mar 23. Min 20/Max 35

Who: 4th-9th graders **When:** Friday, March 27

Time: 9:30 am - 4 pm

Drop off & Pick up, Hylander Center door #38

Fee: \$18 **Activity #** 2301-sp20

Nickelodeon Universe - Thur, April 9

Enjoy a day of thrills and chills at Nickelodeon Universe. The park is home to 7 acres of fun with more than 30 rides and attractions. Each participant will receive a 5-hour unlimited ride pass! Please wear your Wild Wednesday shirt, if you have one. **Note:** Bring a bag lunch or money for the food court. Registration deadline: April 6. Min 25/Max 50

Who: 4th-9th graders **When:** Thursday, April 9

Time: 9 am - 4:20 pm

Drop off & Pick up at Murzyn Hall

Fee: \$15 **Activity #** 4160-sp20



ENCORE* at Murzyn Hall Trimester 3 4th & 5th Graders

ENCORE participants will be transported from their CH school to Murzyn Hall after school. Trimester 3 will include student-led science explorations and hands-on experiments led by Hightouch Hightech Scientists. It will also include outdoor explorations at Silverwood Park with Three Rivers Staff; like slacklining, team building, climbing wall, and much more! Parents/families are welcome to join in on the social recreation time in the Youth Lounge during the pick-up window between 4:30 - 5:15 pm. This is a FREE program, however pre-registration is required, online or call 763-706-3730. Min 8/Max 24.

When: Tuesdays, March 10 - May 5

Who: Columbia Heights 4th and 5th graders (those that don't attend CH schools, must have their own transportation to Murzyn Hall at 2:45 pm)

Time: 2:30 - 5:15 pm (pickup window 4:30 - 5:15 pm)

Where: Prestemon Room, lower level Murzyn Hall

Fee: FREE* Pre-registration required

Activity # 2444-sp20

Sign up for programs at
WWW.CHRECONLINE.ORG



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Young Rembrandts* - World of Colors 4 yrs-K

April showers bring May flowers and springtime is the right time for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. We'll continue to stomp away springtime boredom as we draw and color a mighty dinosaur. The sky is the limit as we draw a colorful, patterned butterfly and soar to new heights with our fantastic kite drawing. Registration deadline Apr 8. Min 6/Max 20.

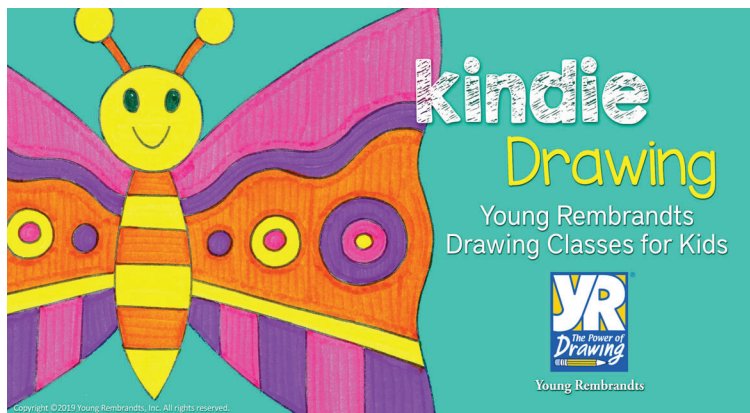
Who: 4 years old - Kindergarten

When: Mondays, Apr 13 - May 4

Time: 4 - 5 pm

Where: M&M Room, lower level at Murzyn Hall

Fee: \$20 **Activity #** 2310-sp20



Mindful Arts* - Kindergarten - 5th Grade

These classes will explore creative expression with the arts while learning about our minds and skills to aid in regulating our emotions and interactions with others. Each week we will practice mindfulness through activities such as, core practice and games like Simon Says, while relating arts with brain functions, healthy emotion identifiers through creating brain posters, Zentangles, neuron keychains and much more.

Registration Deadline: March 20. Min 5/Max 15.

Who: K-2nd grade / 3rd-5th grade

When: Tuesdays, March 24 - May 5 (no class April 7)

Where: Prestemon Room Lower level Murzyn Hall

Time:

K-2nd grade: 5:15 - 6:15 pm **Activity #** 2442-sp20

3rd-5th grade: 6:30 - 7:30 pm **Activity #** 2443-sp20

Fee: FREE* Pre-registration required

Young Rembrandts* - Anime & Manga 4th-8th graders

Why sit in front of the TV and watch cartoons when you can draw amazing characters and scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful Anime & Manga Drawing Workshop. Students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. Don't miss out on an exciting opportunity to produce wonderful artwork. Registration deadline Apr 8. Min 6/Max 20

Who: 4th - 8th graders

When: Mondays, Apr 13 - May 4

Time: 5:15 - 6:45 pm

Where: Prestemon Room, lower level, Murzyn Hall

Fee: FREE* Pre-registration required

Activity # 2311-sp20



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FAMILY YOGA*

Stay active and stress free this spring with Family Yoga! RYT 200 certified yoga teacher, Kelly O'Donnell will guide a mixed levels yoga class for you and your young one (2nd grade and up with a family member/adult).

This class will walk students through yoga poses for strength and flexibility, breathing techniques for calming the mind and body, meditation for relaxation and focus. Wear comfortable loose fitting clothes and bring a yoga mat. There will be a limited number of extra mats available. Registration deadline March 6. Min 5/Max 25.

Who: 2nd grade and older + adults

When: Tuesdays, March 17 - May 12

Time: 5 - 6 pm

Where: Murzyn Hall, main hall

Fee: FREE* Pre-registration required

Activity # 2441-sp20

**Flag Rugby* - Ages 7-13**

Instructors will lead this non-contact class with an emphasis on safety. Participants will develop hand-eye coordination, spatial awareness, and decision-making skills. All participants will receive a performance t-shirt and a rugby ball. Registration deadline: March 2. Min 14/Max 30

Who: All genders, Ages 7-13

When: Mondays, March 9-30

Time: 3:30-5 pm

Where: Hylander Center 1300 49th Ave NE Door #38

Fee: FREE* **Activity #** 2001-sp20

**Introduction to Improv* - 6th - 9th Graders**

Like laughing? Playing games? Telling stories? Join us for an introduction to improvisational theater. It is way more than just comedy! We will laugh together as we practice things like teamwork, finding our individual voices, exploring emotion and physicality (body language), and so much more. Join us to have fun, create cool stories and worlds together. Min 7/Max 16

Who: 6th-9th graders

When: Thursdays, April 2, 16, 23, 30 (4 weeks)

Time: 6:30 - 8 pm

Where: M&M Room, lower level at Murzyn Hall

Fee: Free* **Activity #** 2304-sp20



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Bienvenido INFORMACION DE LA INSCRIPCION *La inscripciones en línea al www.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.

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

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 and pay by March 15. Max of 13 per team.

Participant fee: \$45

8 & under: Activity # 1608-20

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2019. Girls will be playing in the Big West League, which is competitive and will require traveling to other communities. Tryouts may be required based on numbers. Participants must pre-register in their current age category and pay by March 15. Max of 13 per team. Dates and times TBD.

Participant fee: \$60

10 & under (min 9 yrs): Activity # 1610-20

12 & under: Activity # 1612-20

14 & under: Activity # 1614-20

16 & under: Activity # 1616-20

18 & under: Activity # 1618-20

Traveling Baseball

This Recreation traveling league baseball program is for youth, ages 8 - 15. Some traveling is required. Participating cities may include Fridley, New Brighton, Mounds View, St. Anthony, and White Bear Lake.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. If necessary an evaluation clinic will be held to determine their skill level and knowledge of the game. As with all programs, we strive to ensure that participants have a positive experience, fun, and learn the fundamentals of the activity.

Participants must pre-register with payment and deposit **by April 5**. Register early to ensure team placement in the league. 12 per team.

Fee: \$60 & Uniform Deposit: \$50 All practices and game times to be determined at a later time.

Age Groups

10U #1064-20 - Max. age as of May 1 = 10 yrs

11/12U #1065-20 - Max. age as of May 1 = 12 yrs

13U #1066-20 - Max. age as of May 1 = 13 yrs

14U #1067-20 - Max. age as of May 1 = 14 yrs

15U #1068-20 - Max. age as of May 1 = 15 yrs

Mites T-Ball

Tue & Thur

June 16 - Aug 6

Fee: \$35

Choose a location:

Keyes Park #1005-20

McKenna Park #1006-20

Huset Park #1007-20

Squirts Baseball

Mon & Wed

June 15 - Aug 5

Fee: \$35

Choose a location:

Keyes Park #1010-20

McKenna Park #1011-20

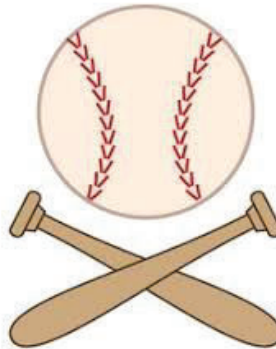
Huset Park #1012-20

Mites T-Ball completing Kindergarten and 1st grade.

Squirts Baseball completing 2nd and 3rd grades.

Emphasis on fun and fundamentals. T-Ball will use a tee for hitting. Squirts coaches will pitch to hitters. Registration deadline May 22. Max 12 players per team.

VOLUNTEER COACHES NEEDED! Please commit 3 weeks prior to the start date in order for this program to run. We will assist with providing support to volunteer coaches through example lessons and a coach meeting. Coaches umpire all games.



Registration is on a first come, first served basis. The Rec Dept reserves the right to shift registrants if sufficient coaches are not available at a particular location or if teams need to be balanced.

Register for programs online at www.chreonline.org



DANCE BE unique, take a chance, express yourself, and dance! Learn fundamental ballet & jazz technique, hip-hop, and play games. Weekly curriculum includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. Ms. Christina has 15 + years of dance experience. As a former student at Debra Miller's World of Dance she competed for 10 years and choreographed for other organizations. There will be a showcase for dancer's at the end of the season. Dancers must wear athletic attire, hair pulled back, and bring ballet, jazz, or tennis shoes.

SPRING Preschool 3 - 5 years old

Where: Murzyn Hall - Edgemoor Room (lower level).

Time: 5 - 5:45 pm

Mondays: March 16 - May 4 (8 sessions)

Fee: \$40 **Activity** #1210-sp20 min 5/max 12



Register online at www.chreconline.org

GYMNASTICS Instructors, Danielle. Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks.

Class Location: John P Murzyn Hall - Edgemoor Room (lower level).

Koalas: (18 mo-2 yrs w/adult) 4:15 - 4:45 pm **Wednesdays** March 25 - May 13

Fee: \$30 **Activity** #1199-sp20

This is a great starter class for children not ready to leave their parent's side. Learn basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperation.

Monkeys: (3-4 years old) 4:45 - 5:15 pm **Wednesdays** March 25 - May 13 **Fee:** \$30 **Activity** #1200-sp20

This class will work on developing skills, strength, flexibility, and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play.

Lions: (5-8 yrs, no experience) 5:15 - 5:45 pm **Wednesdays** March 25 - May 13 **Fee:** \$30 **Activity** #1201-sp20
Continue to develop gymnastics skills, strength, & flexibility that will lay the foundation for more advanced classes.

Rollers (Lvl 1): (5-8 yrs old) 4:30 - 5:15 pm **Tuesdays** March 24 - May 12 **Fee:** \$35 **Activity** #1202-sp20

This class builds on knowledge gained in previous classes. We will be working on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam, and bars.

Turners (Lvl 2): (5-9 yrs old) 5:15 - 6 pm **Tuesdays** March 24 - May 12 **Fee:** \$35 **Activity** #1203-sp20

This class will focus on building existing gymnastics skills to prepare them for the next class level. We will continue to work on floor skills such as jumps and basic tumbling as well as advancing skills on beam, and low bar.

Twisters (Lvl 3): (6-10 yrs old) 6 - 7 pm **Tuesdays** March 24 - May 12 **Fee:** \$40 **Activity** #1204-sp20

This class will focus on building skills from previous levels. We will incorporate higher level tumbling skills and more advanced work on beam, and bars.





Martial Arts Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 28 years. Thomas is a 7th Dan degree black belt in Tae Kwon Do and a 7th Hopkido black belt.

Little Tigers Kids ages 3-6 Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Min 8/Max 20

Who: Youth Ages 3 - 6 years old **Time:** 5:45 - 6:15 pm **Where:** Edgemoor Rm, lower level Murzyn Hall
Session 2 When: Thursdays, March 5 - 26 4 wks **Fee:** \$42 **Activity #** 2234-w20

Spring Session When: Thursdays, Apr 16 - May 7 4 wks **Fee:** \$42 **Activity #** 2231-sp20

Tae Kwon Do Ages 6 & up through Adults (beginner to advanced) Participants 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. Min 8/Max 20

Who: Level 1 & 2, Ages 6 years old & up **Time:** 6:15 - 7 pm **Where:** Edgemoor Rm, lower level Murzyn Hall
Session 2 When: Thursdays, Feb 27 - Apr 2 **Fee:** \$57 **Activity #** 2235-w20

Spring Session When: Thursdays, Apr 9 - May 14 **Fee:** \$57 **Activity #** 2232-sp20



Adult Slow Pitch Softball

Monday Mens "E" Double Header League

Cost: \$700
 Start Date: April 13
 Max # of Teams: 8
 # of Weeks: 11 + playoff

Thursday Mens "D" Double Header League

Cost: \$725
 Start Date: April 16
 Max # of Teams: 8
 # of Weeks: 11 + playoff

Friday Co-Ed Double Header League

Cost: \$675
 Start Date: April 17
 Max # of Teams: 8
 # of Weeks: 11 + playoff

Team Deposit

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 10.

Mandatory Managers Meeting

All managers are required to attend a mandatory meeting on Thur, April 9 at 6 pm at John P. Murzyn Hall. Teams will receive schedules, rules, books, tournament books, game balls, and general league information at this meeting.

CH Jamboree Tournament Men's Slow Pitch Softball

**Double Elimination -
16 Teams Max**

June 27th - 28th

1st Place - \$290 and trophy 2nd Place - \$190

**Entry Fee of \$190
Activity #5099-20**



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.

Mondays

Date: Mar 23 - May 18 **NO** class 4/27

Time: 9 - 10:05 am

Cost: \$22.00 - 8 classes **Activity #** 8202-sp20

Thursdays

Apr 2 - May 14

9 - 10:05 am

\$19.25 - 7 classes **Activity #** 8204-sp20

ADULT Aerobic Dance

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

Tuesdays

Date: Mar 24 - May 12

Time: 6:30 - 7:35 pm

Costs: \$19.25 - 7 classes **Activity #** 8206-sp20

Thursdays

Mar 26 - May 14

6:30 - 7:35 pm

\$22.00 - 8 classes **Activity #** 8207-sp20

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.

Who: Adults, all ages & skill levels, class min 8

Session: When: Wednesdays, Mar 25 - May 13

Fee: \$52

Activity # 5101-w20

Where: Edgemoor Room, lower level 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 to solve problems and learn new skills.

Who: Ages 16 & over **Time:** 6:30 - 8 pm **Where:** Keyes Rm, upper level Murzyn Hall

Session: Mar 5 - Apr 30 No class 4/16

Fee: \$10 **Activity #** 2654-w20

Register for programs online at
www.chreconline.org

Adult & 55+ Active Agers Special Events



KEEP MOVIN - FREE Seated Exercise Classes with Delynn

This is a 60 minute seated exercise class where we try to stay moving and breathing the entire class. See the Active Agers Calendar for dates and times each month.



Watercolor Painting

For 55+ Young at Heart Adults

Express yourself at one of our super easy monthly watercolor painting classes! Get out of the house and join the fun of painting. We will meet once a month 10:00 - 11:30 am practicing basic techniques and painting a take home project. Come discover your inner Van Gogh while enjoying the company of others. No previous experience is necessary. Call our office for dates and to sign up! 763-706-3730

Join us for the next class "Hills of Ireland" on March 20th, 10 - 11:30 am in the Senior Center.

Senior Center

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens for the Active Agers Newsletter and more information.

Active Agers

This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, senior housing facilities, and online www.columbiaheightsmn.gov. Look under Recreation Department, under Seniors.

Monday Bingo & Puzzles

Monday afternoons come challenge yourself!

Group Puzzle Time 12:30 pm - Love testing your brain doing puzzles but hate to do them alone? We will be putting out a puzzle for people to work on weekly.

FREE Bingo 1:50 pm - Come to the main hall of Murzyn Hall for a chance to win \$2 before dime bingo starts.

Dime Bingo 2 pm - You need \$2 worth of dimes to play dime bingo. We play 9 games of regular bingo and a final coverall. You can play up to two cards and it is a dime a game per card. 10 games x 2 cards - 20 dimes.

Please see the monthly Active Agers calendar for any changes.

Blood Pressure

Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1 - 1:45 pm by the CH Fire Dept.

Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.

Footcare for Seniors

"Happy Feet Footcare, Inc." will be providing foot care for at the CH Senior Center the first & third Wednesday of the month from 9 am - 12 noon, \$40. To make an appointment you must call 763-560-5136.



Wednesday Walking

Walking group meets every Wednesday morning at 8:40 am. Meet in the parking lot behind Murzyn Hall to take the mini bus to walk at Northtown Mall. We typically walk about 30 minutes and then go back to the Senior Center to socialize. New walkers always welcome.

AARP Safe Driver (Refresher) 4 hour courses. All AARP Safe Driver Refresher Courses are \$21 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center. Upcoming dates: Mar. 10, Apr 4, May 12.

Senior Outreach

The Senior Outreach Program (ACCAP) provides assistance to senior and disabled adults throughout Anoka County. Senior outreach workers can come to your home and assist you with access to these programs. Call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741. Karen is also at Murzyn Hall the 2nd Monday of each month from 1 - 1:45 pm in the main hall. Stop by with any questions.

ACCAP Chores & More

This program provides affordable services which include help with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults 60+ in Anoka County. There is a sliding fee scale for services provided. Help is based on worker availability in your area and type of service requested. Call Nancy 763-783-476637 or email nshaw@accap.org



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