



SIGN UP NOW!

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2021 JAMBOREE EVENTS

The 79th Columbia Heights Lions Club Jamboree will be held June 23rd - 27th at Huset Park.

Wednesday, June 23 • Tasty Pizza Medallion Hunt - Clues posted daily, 11 am & 5 pm @ Tasty Pizza and on Facebook. \$1,000 prize! 763-571-2722

• Active Agers Jamboree Bingo 2 - 3 pm \$2 @ Murzyn Hall
Call CH Recreation 763-706-3730 for information

Thursday, June 24 • Community Art & Info Fair 5 - 7:30 pm @ Huset Pk West & Mill Street
• Lions Beer Garden 5 pm - close
• Carnival 5 pm - close **Jamboree Carnival \$2 admission per person, kids FREE. No bikes, scooters, skate boards, or dogs.

Friday, June 25 • Jamboree Parade 6 - 8 pm, Begins at 45th & Central Ave., proceeds south to 40th Ave., ends at 5th St.
• Lions Beer Garden 5 pm - 12 midnight
• Carnival 12 pm - close **\$2 admission, kids FREE w/paid adult



RECREATION PROGRAMS

**SUMMER
2021**

Saturday, June 26 • Adult Softball Tournament @ Huset Park
• Jamboree Jammers with CH Recreation - Registration required. See page 7 or www.columbiaheightsmn.recdesk.com
• Active Agers 55+ Mixed Media Art - CH Rec. See page 11
• Lions Car Show 5-9 pm, 4 pm registration @ Huset Park
• Lions Beer Garden 10 am - 12 midnight
• Carnival 12 pm - Close **\$2 admission, kids FREE w/paid adult
• Fireworks at dusk (if rain, Sunday at dusk)

Sunday, June 27 • Adult Softball Tournament @ Huset Park
• CH Lions Waffle breakfast 10 am - 1 pm @ Murzyn Hall
• Carnival 12 pm - 6 pm Family Fun Day FREE Admission
• Lions Beer Garden 12 pm - 6 pm

JAMBOREE Hotline 763-706-3789
More information www.columbiaheightslions.com

NEW ONLINE REGISTRATION
www.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

May 31, July 5

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.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, 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.



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 CLOSED until further notice due to the State of MN COVID-19 Response.

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 375 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

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

Non-Residents: \$75

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

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: \$65 tax included. Fee increase due to sanitation procedures.

Payment is required at time of reservation.



CH Boosters Annual Charity Golf Tournament July 20

Majestic Oaks Golf Club 18-hole scramble. Dinner provided immediately following the tournament. \$100 per person: includes golf, cart, range, balls, refreshments, awards, and dinner.

Register at www.chathleticboosters.com

To support a safe environment for our patrons and staff, current recommendations for physical distancing, cleaning/sanitization protocols, and capacity reductions have been implemented and will be adjusted as needed to remain compliant with current state guidelines. Recreation is essential to mental and physical health and we are relying on the public's cooperation to help keep everyone healthy. We appreciate your patience and understanding with these new procedures.

We ask that if the participant or anyone in your household is not feeling well that you do not attend the activity that day or for as long as needed to ensure the safety and health of others.

Due to the fluidity of this pandemic, changes to programs and events may be necessary. The department will continue to follow COVID-19-related guidelines and staff are prepared to adjust programming as needed. With this in mind, programs are subject to cancellation, as well. Thank you Columbia Heights community!

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, CDFA 84.287, IV B-21st Century Community Learning Centers.

These CH Recreation community theater experiences are excellent opportunities for youth to learn new theater skills, exercise creativity, build self-confidence and more! New and returning actors welcome. If acting isn't your thing, please consider being a part of our very important stage, lighting, and sound crew. CH Public Schools is providing a bagged lunch free to all participants. Additional rehearsals may be added prior to performance dates.

Moonshoe Players* 3rd-8th Grade

*Join us for the 16th season of the Moonshoe Players!
Registration deadline: June 1

Youth entering 3rd - 8th grades

June 9 & 10, 5 - 7 pm audition for parts, all registered participants

June 14 - July 9 (No July 5), Mon - Fri, no Wednesdays

1-4pm, optional 12:30 bagged lunch provided

Theater room, lower level of Murzyn Hall (please use back entrance)

Moonshoe Players Theater.....\$15

Dress Rehearsals: July 6, 7, 8 time TBD

Theater Performance: Thurs. July 8 at 7 pm Murzyn Hall, \$5 tickets



The Mill Street Players* 8th-12th Grade

*Back for the 11th year! Registration deadline: July 1

Youth entering 8th - 12th grades

July 12 - August 12, Mon - Fri, no Wednesdays

1 - 4 pm, optional 12:30 bagged lunch provided

Theater room, lower level of Murzyn Hall (please use back entrance)

Mill Street Players Theater.....\$15

Dress Rehearsals: August 9, 10, 11 Time TBD

Theater Performance: Thurs. Aug. 12 at 7 pm Murzyn Hall, \$5 tickets



NEW online registration

www.columbiaheightsmn.recdesk.com

Puppet Wagon Puppeteers* 4th - 8th Grade

All participants will receive a lunch. Puppeteers rehearse Monday & Tuesday for the puppet shows Thursday & Friday at local parks. You may sign up for a max of 3 weeks and if you are interested in additional weeks you will be added to a wait list. Thank you for making it possible for more kids to become puppeteers.

Youth entering 4th - 8th grade.....\$8 per week.....Theater Room lower level at Murzyn Hall (use back entrance)

Mondays, Tuesdays, Thursdays & Fridays.....9 - 12 pm.....Bagged lunch provided

Puppet Wagon Week 1 June 14 - 18.....\$8

Puppet Wagon Week 2 June 21 - 25.....\$8

Puppet Wagon Week 3 June 28 - July 2.....\$8

(No Classes the week of July 5-9)

Puppet Wagon Week 4 July 12 - 16.....\$8

Puppet Wagon Week 5 July 19 - 23.....\$8

Puppet Wagon Week 6 July 26 - 30.....\$8

Puppet Wagon Week 7 Aug 2 - 6.....\$8



Puppet Wagon Monarch Pledge Evening Show Aug 18th Practice Aug 16 - 17.....\$5

Youth Summer Programs

5



*This program is partially funded with a grant from the Minnesota 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 Minnesota Department of Education.

SUMMER YOUTH PARK PROGRAMS*

CH Recreation strives to promote a positive environment that incorporates teamwork, sportsmanship, and celebrates diversity. Your child gets to explore the park and experience a variety of fun-filled activities with new and old friends. Trained staff plans engaging themed-weeks, like space-week, water-week and much more! Each park program has water activities, arts & crafts, music, special trips, sports, group games and challenges catered to each age-group. FREE bagged lunches from CH Public Schools for all participants. Min 10 / Max 20. Check your email regularly for updates on program details. Sign up at www.columbiaheightsmn.recdesk.com



Summer Glitter-Bugs 4 years old & entering Kindergarten.....Ramsdell Park

Monday, Tuesday, Thursday, & Friday.....9:15 am - 12 pm

Glitter Bugs Session I: June 14 - July 9 (No Program July 5).....\$45

Glitter Bugs Session II: July 12 - Aug 6.....\$45

Summer Dyno-Hites Youth entering 1st - 3rd gr.....Huset Park East

Monday, Tuesday, Thursday, & Friday.....9 am - 12 pm

DynoHites Session I: June 14 - July 9 (No Program July 5).....\$45

DynoHites Session II: July 12 - Aug 6.....\$45



Summer S.P.A.R.K.S * Youth entering 4th & 5th gr.....Huset Park East

Monday, Tuesday, Thursday, & Friday.....1 - 4 pm

SPARKS Session I: June 14 - July 9 (No Program July 5).....\$45

SPARKS Session II: July 12 - Aug 6.....\$45

Summer T.N.T.* Youth entering 6th, 7th, & 8th gr.....M/M Room at Murzyn Hall, use back door

Monday, Tuesday, Thursday, & Friday.....1 - 4 pm

TNT Session I: June 14 - July 9 (No Program July 5).....\$45

TNT Session II: July 12 - Aug 6.....\$45

FREE TRAVELING PUPPET WAGON PERFORMANCES

Join the traveling puppet wagon for it's 18th season! Things may look a little different this year as we will be encouraging social distancing practices. Performances are approximately 30 min long and will include a puppet play, jokes, story telling, and time to dance. **For the 2021 season we will livestream the show on**

Instagram @puppetwagonch. The weekly show will be shown the following day on the YouTube channel "PuppetWagon", watch the CH Recreation Facebook page for links.

In case of rain call the Rec Dept 763-706-3730 to check on show status.

JUNE 14 - AUG 6 *NO SHOW JULY 8 & 9

Day	Park	Address	Time
Thursdays	Huset Park	3965 Jefferson St. NE (at the building)	10 am
Fridays	Ramsdell Park	4956 Johnson St. NE (at the building)	10 am



WILD WEDNESDAYS

Youth entering 4th - 9th grades. Wild Wednesday T-Shirt Required. Wear your shirt from previous summers or purchase one at the Recreation Office for \$8. Wild Wednesday trips Pick up and Drop off at Murzyn Hall main entrance. Bring a bag lunch or money for concessions for all trips. Check your email regularly for program updates.

Wild Mountain.....\$17

June 30.....9:40am - 4:45pm

Bring swimsuit & towel. Enjoy unlimited access to all activities including the Wild Adventure Island, lazy river, water slides, FreeFall XP, go-karts, & Alpine Slides!

Nickelodeon Universe.....\$15

July 14.....10:30am - 4:25pm

Face Coverings are required to be worn during your entire visit at Nickelodeon Universe. The park is operating at a limited guest capacity to allow for safe social distancing. Enjoy a 3-hour unlimited ride wristband. Ride rollercoasters, giant swings, and more! Games at own expense. Participants must stay in the park, or meet staff in the food court.

Valleyfair.....\$25

July 28.....9:40am - 4:30pm

An amusement park filled with rollercoasters, games, giant swings, bumper cars, and more! Games at own expense. Waterpark NOT included.

NEW online registration

www.columbiaheightsmn.recdesk.com



Story Strolls FREE Spring Family Activity

The CH Library, Parks, and Recreation Departments are teaming up to bring you story strolls. Gather your family, explore city parks, and read a story together as you walk along park trails. Staff will place large story pages throughout the featured parks. Happy reading! Please be mindful of social distancing at the parks. 10 am - 4 pm the following days.....

June 9-10	Huset Park West
June 23-24	Sullivan Park
July 7-8	Ramsdell Park
July 21-22	Prestemon Park
Aug 4-5	LaBelle Park
Aug 18-19	Keyes Park



What's that Wednesday? All ages!

Follow/LIKE us on Facebook @CHRecreation. Each Wednesday in August Columbia Heights Recreation/Murzyn Hall Facebook page will post zoomed in photos of something in our parks! Take a guess in the comments section of that photo on Facebook for a chance to win a prize! First person to guess the correct answer gets a prize, if no one guesses correctly - no prizes that week.



July 7th - ENCORE Ultimate Frisbee in the park
MN Ultimate coaches lead this non-traditional sport that places emphasis on good sportsmanship while enjoying this highly active sport! The

day will be full of opportunities to get moving and gain skills with a disc by learning how to throw, catch, and build foundations of offense and defense during game-play. Beginners and those with some experience would all enjoy this day in the park. Bring a lunch.



ENCORE Ultimate Frisbee.....FREE*

July 7.....9am - 3:30pm
5th - 8th grades.....Huset Park field



Jamboree Jammers

Jam out with Rec to celebrate Jamboree! Meet us at Murzyn Hall for a Jamboree extravaganza. Come make a crazy carnival hat, enjoy some popcorn and treats, and a special surprise. All ages!! Kids must be accompanied by an adult. Supplies will be provided. Register for only one time frame. Max 25 per hour.

Sat June 26.....\$5, You only need to register one family member

Jamboree Jammers.....10 - 11 am

Jamboree Jammers.....11 am - 12 pm

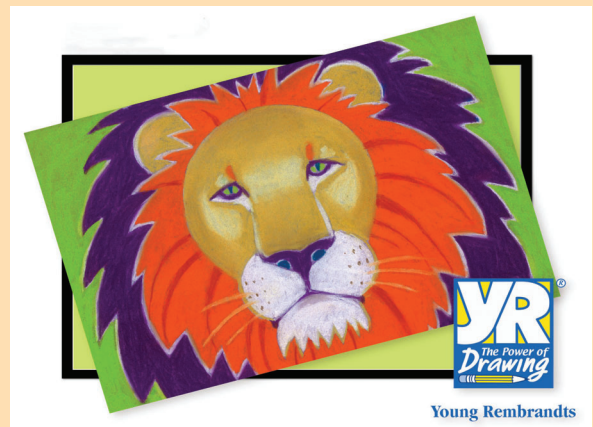
NEW online registration
www.columbiaheightsmn.recdesk.com

Young Rembrandts Art Camp - AFRICAN SAFARI 2nd - 6th Grades

Go on a Safari adventure with Young Rembrandts this summer! We will explore the exciting land and many animals that inhabit Africa. In five days we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating 2 large scenes - one in a graphic style filled with a variety of animals and another focusing on the twists and turns of an African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity.

Young Rembrandts Art Camp.....\$40

Aug 16 - 19.....5:15 - 7:15pm
2nd - 6th grades.....M/M Room, lower level Murzyn Hall



ENCORE Summer Sports Sampler Grades 4-6

An introduction to the sport: fundamentals, skills and games with Hylander Coaches and student athletes. Each week offers a new sport Mon-Thurs 5-6:30 pm. Each week is held at various locations at CH High School.

For more info. visit <https://www.colheights.k12.mn.us/activities>



*This program is partially funded with a grant from the Minnesota 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 Minnesota Department of Education.

Soccer Sanneh Day Camp K - 6th Grade

This day camp is an excellent opportunity for kids to learn soccer basics and youth development. The Sanneh Foundation partners with local sports professionals to help your child build confidence and develop fundamental soccer skills to help kids excel in this sport. Day camps promote an atmosphere of community through the universal excitement for sport. Each participant gets 4 days of coaching with a snack each night, along with a free T-shirt, soccer ball, and swag bag.

Soccer Sanneh Clinic.....\$25

M - Th, July 19-22.....6 - 7:30 pm

K - 6th gr.....Huset Park field behind Murzyn Hall

**VOLUNTEER COACHES NEEDED FOR
SOCCER & FOOTBALL!! PARTICIPATION FEE
WILL BE WAIVED FOR COACH'S CHILD**

NEW online registration
www.columbiaheightsmn.recdesk.com

Fall Co-Ed Soccer

The focus of this soccer program is skill development and fun for boys and girls entering grades 1-6. Games will be played against local groups. **Volunteer coaches needed!**

Practices once or twice a week determined by coach, games Saturday mornings time vary between 8am - 12pm.

Beginning in late August.

Soccer Mites 1st - 2nd grades.....\$40

Soccer Squirts 3rd - 4th grades.....\$40

Soccer Pee Wees 5th - 6th grades.....\$40



YOUTH FOOTBALL Teams play in the Twin Cities North Youth Football League.

Grades 2 & 3, 4, 5, 6 are assigned to a team based on grade level, regardless of weight. Weight restrictions enforced for: quarterback, running back, wide receiver, and tight end. **Volunteer Coaches Needed (clinic with Varsity Coach) Helmet, shoulder pads, game & practice jersey & pants provided. **Buy your own shoes.**

Practices start beginning of August. Games are in early September through October. There are approximately 2 practices and 2 games a week.

Football 2nd & 3rd Gr..... \$60

Football 4th Gr..... \$60

Football 5th Gr..... \$60

Football 6th Gr..... \$60

*7th & 8th Grade Football register at the CH High School Activities Office or online (www.colheights.k12.mn.us/activities/athletics) June - August. Questions call 763-528-4511. Equipment provided. Practices start August.



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. Min 8/Max 15. Scholarships do not apply.

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

Martial Arts Little Tigers.....\$42

Thursdays, June 17 - July 8.....5:45 - 6:15 pm

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. Min 8/Max 15. Scholarships do not apply program.

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

Martial Arts Tae Kwon Do.....\$57

Thursdays, June 10 - July 156:15 - 7 pm



ENCORE FAMILY YOGA Stay active and de-stress! Develop a self-care routine and manage stress with your family through movement and stretching with Family Yoga! RYT 200 Certified yoga instructor, Kelly O'Donnell, will guide a mixed levels yoga class for you and your child/family member (2nd grade and up with a family member/adult). This class will walk you through yoga poses for strength and flexibility, breathing techniques for calming the mind and body, meditation for relaxation and focus. Wear comfortable loose fitting clothes and bring a yoga mat. You may bring optional props such as a blanket or two and a block. Social distancing and proper precautions will be applied.



ENCORE Family Yoga.....FREE* Pre-registration required, \$120 value!
 Jun 1 - Aug 3.....Tuesdays, 5:15 - 6:15 pm
 2nd grade & older + adults.....Murzyn Hall, main hall or outside if possible

*This program is partially funded with a grant from the Minnesota 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 Minnesota Department of Education.



Adult Zumba We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class takes place Saturdays, OUTSIDE on the field behind Murzyn Hall, next to the back parking lot, 530 Mill St. In case of inclement weather, the class will take place on the following Sunday at 9:30 am. If there is another rain day the class may discuss creating another makeup day. Min 4/Max 20

ZUMBA June 5, 12, 19, & 26.....9:30 - 10:30am.....\$36
ZUMBA July 17, 24, 31.....9:30 - 10:30am.....\$27
ZUMBA August 7, 14, 21, 28.....9:30 - 10:30am.....\$36

This class is in partnership with Columbia Heights Public Schools Community Education



Adult Enrichment 
 Columbia Heights Public Schools

Register online for programs at
www.columbiaheightsmn.recdesk.com

Total Body Conditioning Donna is back for in-person classes! Tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, and core strength through a variety of exercises and stretching. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a yoga mat or towel, and tennis shoes. Min 8.

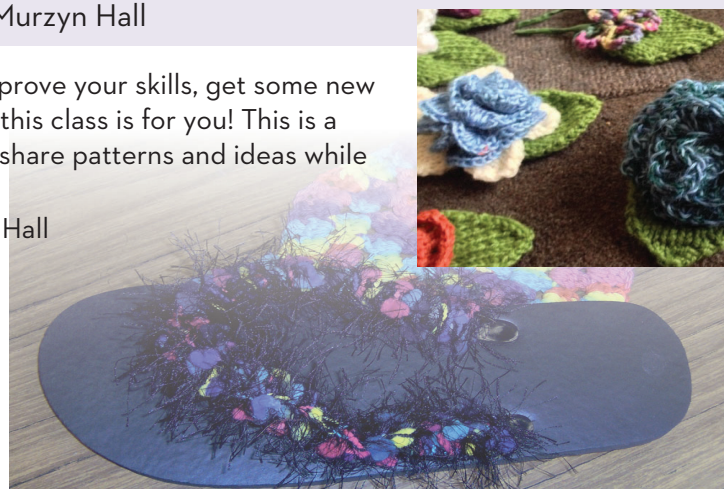
Total Body Conditioning.....\$42
 Wednesdays, July 28 - Sept 1.....6 - 7pm
 Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

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.

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

Crochet Class June 3 - July 29, no class June 24.....\$10
 Thursdays, 6:30 - 8 pm

Crochet Class Aug 5 - Sept 23.....\$10
 Thursdays, 6:30 - 8 pm





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. Participants are spaced out for social distancing guidelines.

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.....\$22

Jun 14 - Aug 23, No Class Jul 5, Aug 2 & 9..... 9 - 10:05am

Stompin Thursdays.....\$24.75

Jun 17 - Aug 26, No Class Jul 29, Aug 5..... 9 - 10:05am



Heights Hikers with Beverly

Beverly Kronstedt is back to bring you outstanding hiking/ walking opportunities right in our own Columbia Heights! Individuals drive to the parks on their own and then meet up with the whole group at the trailhead. This group typically walks several miles. The locations they go to typically have loops so people can end early and head back to their vehicles if they need to. If you are thinking about participating, please contact Beverly at 763-571-7502 and she is happy to fill you in on all of the particulars-i.e. where to park at each park, etc. Beverly hikes Tuesday through Thursday in Columbia Heights and typically hikes at these three parks: Sullivan Lake, La Belle & Kordiak.

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, socially distanced.

Aerobic Dance Tue.....\$24.75

Jun 15 - Aug 24, No Class Jul 27, Aug 3.....6:30 - 7:35 pm

Aerobic Dance Thur.....\$24.75

Jun 17 - Aug 26, No Class Jul 29, Aug 5.....6:30 - 7:35 pm



Register online at
www.columbiaheightsmn.recdesk.com



Gentle Movement with Kelly

Wed, July 14.....2pm.....\$1 payable day of event

Join Kelly for 45 minutes of gentle movement combining chair and standing stretches inspired by yoga, fluid movement inspired by Tai Chi and breath focus to bring balance between body and mind. Attendees can expect gentle stretching in the spine, legs and arms to help loosen stiffness. No experience required; please wear clothes you can easily and comfortably move in. Please call 763-706-3730 in order to sign up for this class. \$1 is due day of the class.

Express yourself at one of our summer art classes. No previous experience is necessary. Simply enjoy the company of others while learning a new hobby and a little bit more about you. We encourage all Active Agers 55+ to come out and participate for your own well-being. CH residents and non-residents are welcome. We continue to support a safe environment for everyone. Your instructor is Candy, a CH Rec Department staff.

You must pre-register for all classes. Call 763-706-3730 to sign up! Fee is payable day of class.

Brushstrokes Watercolor Class: Painting a Floral Arrangement

This class allows you to use your own imagination to create a colorful picture of flowers. Instruction and all supplies are provided.

Wed June 9.....10am - 12pm.....\$2

Room: M&M, next to the Senior Center, lower level Murzyn Hall.

Mixed Media Art Project: The Me Paper Doll, a Jamboree Theme

This exciting mixed media class theme focuses on the carnival. You will make a colorful paper standup image of yourself embellished with reminders of the days when you had fun at carnivals. This class takes place during the Columbia Heights Lion's sponsored Jamboree celebration. This type of mixed media art offers a whimsy form of creating an art project with colorful paper, paint, glue and more. Participants will receive a complimentary pass to the Jamboree carnival following class. Max of 15 participants.

Sat June 26.....10am - 12:30pm.....\$4.....Room: Senior Center, lower level Murzyn Hall



Mixed Media Art Project: Let's Go Camping!

This class may spark some fun memories you've had camping with family or friends. Or, if you have never camped, this is the easy way to do it, expressing camp through art. This type of mixed media art offers a whimsy form of creating an art project with paper, paint, glue and more.

Tue July 13.....10am - 12:30pm.....\$4.....Room: Senior Center, lower level Murzyn Hall

Brushstrokes Watercolor Class: The Monarch Butterfly Pledge

Our Recreation Department is participating in the CH Mayors' Monarch Pledge. Participants can plant milkweed and native plantings, teach and attend classes, raise Monarchs, or create artwork to continue the message of how important Monarchs and pollinators are to our world and community.

You are welcome to participate in this pledge by painting a Monarch butterfly watercolor painting thus joining the effort of sharing the Monarch Pledge. Bonus: we will warm up our paint brushes by painting a whimsy Monarch caterpillar bookmark. Our Mayor, Amada Marquez Simula, will join this day to share more information about the Monarch Pledge. Instruction, supplies and a snack will be provided.

Wed July 28.....10am - 12:30pm.....\$3.....Room: Senior Center, lower level Murzyn Hall



Mystery Day!

Today is Candy's choice of art activity. No previous experience is necessary. We will be working with our hands and getting knotty. Instruction and supplies will be provided.

Wed Aug 11.....10am - 12:30pm.....Cost will not exceed \$8

Room: M&M, next to the Senior Center, lower level Murzyn Hall.

Acrylic Painting: The Great CH Get Together

Today you must bring an art partner with you to class. Together the two of you will paint a Minnesota State Fair themed acrylic painting. You must partner on this activity. We will paint on canvases. In the end, you and your partner will each have your own take home painted picture.

Wed Aug 25.....10am - 12:30pm.....\$4

Room: M&M, next to the Senior Center, lower level Murzyn Hall

CH Senior Center Lower level of Murzyn Hall, 530 Mill Street NE. We provide 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.

During this COVID time, masks must be worn at all activities. A "face covering" must be worn to cover the nose and mouth completely. Wearing a mask or face covering helps protect yourself and others in case you're infected but don't have symptoms. It is still important to keep 6 feet between people and to stay home when you are sick.

Active Agers Newsletter

Monthly newsletter with programs, classes & special events. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and online www.columbiaheightsmn.gov. Look at the Recreation Department, under Seniors.

Defensive Driving (Refresher)

By the National Safety Council.
Preregistration required no later than 1 week prior to the class
763-706-3730.

June 25.....9am - 1pm..... \$29

Aug 27.....9am - 1pm..... \$29



Helpful Phone Numbers

ACCAP Chores & More: 763-783-4767

Happy Feet Foot Care: 763-560-5136 cost \$45

Senior Outreach Worker: 763-783-4741

Health Insurance Counseling: 1-800-333-2433

Summer Haiku's in Huset West

Come enjoy some fresh air and stretch your legs while you enjoy some summer Haiku's set along the trails at Huset West. Please feel free to write your own, original summer Haiku and send it to DeLynn Mulligan dmulligan@columbiaheightsmn.gov and we may include it. Haiku's will be on the trails from **9am - 3pm, Tuesdays:**

May 25.....June 22.....July 27

"Poems in the Parks"

The Library and Recreation Depts are bringing poems to the parks this summer! Large sign-boards featuring summer inspired poems will be placed along the trails. Explore a city park and ponder a classic poem!

Poems will be displayed **10am - 4pm**

Friday, June 18 at Sullivan Park

Friday, July 16 at Huset West Park

Friday, August 20 at LaBelle Park

"Wine and Words: A wine-tasting book club"

You, Me and the Sea by Meg Donohue
Friday, July 16 at 3 pm, Senior Center

"As a child, Merrow spends her days exploring bluffs and swimming in the caves around her coastal California home. It is an enchanting childhood, but not without its hardships. The mystery of Merrow's mother's death haunts her, as does the senseless cruelty of her older brother, Bear. Then Amir arrives and Merrow is drawn to his spirit, passion and resilience in the face of Bear's viciousness. Together they embrace their love of the sea and their growing love for each other."



Books will be available to be picked up May 17 and after at John P. Murzyn Hall. Please contact DeLynn Mulligan at 763-706-3735 if you will be picking up a book. We will enjoy a coastal California wine in honor of the book's setting when we meet Friday, July 16 to discuss the book.



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

Mystery BINGO - With cash & prizes

Fri June 26.....2pm.....\$1

Sign up at 763-706-3730

Fri July 30.....2pm.....\$1

Keep Movin' - This 60 minute seated exercise class will shake off those cobwebs. You do not need to preregister - feel free to just show up. Best yet, it's FREE!

Midday Matinees

Join us on select days at 1:30 pm in the Senior Center. See the Newsletter for the dates and movie titles.