

# RECREATION PROGRAMS

WINTER  
2021-22

## IN THIS ISSUE

3 Park & Event Wagon Reservations

4 Youth & Family Events

5 - 6 Youth Programs

7 - 8 Youth Sports

8 - 10 Adult Programs

10 - 12 Active Agers



## SnowBLAST Feb 5, 2022, 3-6:30 pm

Come one and all to the City's annual winter celebration, SnowBLAST at Huset Park East. This FREE family friendly event will include:

- Skating Rink
- Fire Pits
- Music
- Snowshoeing provided by CH School District
- Puppet Wagon Performance
- FREE Popcorn & S'Mores
- FREE Hot Beverages
- Food Trucks and Alcohol sales
- Bring your own sled to zoom down the City Hall hill

We will be working with Dave's Sportshop for free skate rentals. Register for free skate rentals only, at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com), while supplies last.

For more details visit [Columbiaheightsmn.gov/events](http://Columbiaheightsmn.gov/events), Facebook @CHRecreation. Or call 763-706-3730.



## SANTA'S CITY TOUR

Wed, Dec 15

Santa is excited for his city tour riding on the Fire Truck spreading holiday cheer! Be sure to check out his route so you can catch an

early glimpse of Santa riding through the city between 5:30-6:30! Santa's route & time frame can be found at [www.columbiaheightsmn.gov/Santa](http://www.columbiaheightsmn.gov/Santa), and Facebook @columbiaheightsmn.

The route ends at Murzyn Hall (530 Mill St. NE). Experience the warmth of the holidays with cookies and hot cocoa, pictures with Santa, crafts, and board games. \*Santa is excited to see you and to keep everyone safe! Masks are not required, but are encouraged.

**Wed Dec 15. FREE, open-house format at Murzyn Hall. Come any time between 6:30-8pm to take part in the festivities.**

Toy Donations for SACA will be accepted at Murzyn Hall



## 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://www.facebook.com/CHRecreation)



**COLUMBIA HEIGHTS**  
REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER

# C.H. RECREATION DEPARTMENT

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

## RECREATION DEPARTMENT

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

## OFFICE HOURS

Monday-Friday, 8 am - 4:30 pm

## CLOSED

Dec 23, 24, 31 & Jan 17, Feb 21, 2022

## 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, 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](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 375 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 reservations must be completed with the Recreation Dept. Call 763-706-3730. Reservations for 2022 begin Jan 3. Fees including tax, are due at the time of reservation:

**Residents: \$50**

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

**Non-Residents: \$150**

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. 2022 reservations begin Jan 3.

## Heights Lights Tour

Do you want to share your winter holiday lights display with the Columbia Heights Community? Register to be added to our Heights Lights Tour Map. We will confirm your address, pin your location to a map, and share on our Facebook events page: "Heights Lights Tour." Register by Dec 13.

**VOTE** for your favorite display! A link to the map and voting will be posted on the web page and Facebook. Prizes will be awarded to 1st, 2nd, and 3rd place. Voting ends December 31st.

Use the map to create your own custom city lights tour! Where to find the map?

Facebook @CHRecreation

[columbiaheightsmn.gov/heightslights](http://columbiaheightsmn.gov/heightslights)

Murzyn Hall Recreation Office, 530 Mill St. NE



## Letters to Santa

Drop off your letters to Santa inside Murzyn Hall. Look for Santa's mailbox just through the main entrance. E-mail [kholznagel@columbiaheightsmn.gov](mailto:kholznagel@columbiaheightsmn.gov) if you would like a letter template sent to you, or you can pick one up right next to the mailbox...or make your own!

Be sure to put your address on your letter so that Santa and his helpers can send a letter back to you.



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

## Wreath-Making Wonderland – Ages 9 and up

Bring your holiday cheer to Murzyn Hall to create beautiful wreaths. We will provide a wreath, wreath picks/decorations and an instructor! If you want to add any extras to your wreath, or string lights, bring them with you.



This is a great class for adults, as well as kids ages 9 and up.

**Ages 9-15 should be accompanied by an adult.**

If attending with a child 9 & up, you can each choose to make your own wreath and register separately. If you will just be assisting your child, you will register for one wreath.

## Wreath-Making Wonderland

Sat, Dec 4.....11am - 1pm

Ages 9 & Up.....\$18 per wreath

Class held in the M/M Room, lower level Murzyn Hall

## Valentine Treats, Family Make-and-Take

It's a kick-off to our Columbia Heights Bake-off! Come learn the ins and outs of using Royal Icing, helpful cookie decorating ideas, and create no-bake goodies to take home.

Each family group will receive pre-baked cut-out cookies, royal icing, sprinkles, decorations, and a box to take your cookies home. (You may also bring your own container with you for any extras).

This class is for family groups: ages 7 and up, price is per family. **Register one member of your family and answer the registration question to let us know how many will attend with your group (Family group max of 6 people).**

Min: 5 families/Max: 12 families

## Valentine Treats, Family Make-and-Take

Family groups, ages 7 & up.....\$25 per family

Wed, Feb 9.....6 - 7:30pm

Murzyn Hall, main hall



## Great Columbia Heights Bake-off 2022

Feb 16-17.....Pick up kits at the Recreation office in Murzyn Hall between 8am - 4:30pm

Baking window: Feb 18 - Mar 6

Vote by Mar 18

All ages.....\$15 per kit

## Rec At Home: Holiday Kit

Our Rec at Home kits were such a hit over the last year that we are bringing back another holiday kit for the holidays. Don't forget to take pictures of your progress and final projects and share them with us.

Pick-up a kit filled with crafts, games, activity sheets, hot cocoa mix and more!

Dive in to these Holiday-themed kits in the comfort of your own home. Geared towards youth but great for all ages.



## Rec At Home: Holiday Kit

\$8 per kit

Dec 15-18.....Pick up at the Recreation office in Murzyn Hall between 8am - 4:30pm

## Great Columbia Heights Bake-off 2022

THEME: WINTER WONDERLAND

Show off your baking skills in this virtual competition! All baking levels welcome. Spread the word! The more participants we get, the more age categories we can make. If not enough to make age categories, the competition will not be age-based.

We will provide a take home kit with box cake mix, frosting, fondant with extra fondant recipe, and a few extras to help the baking process.

Once you have finished, send a photo of your creation to [kholznagel@columbiaheightsmn.gov](mailto:kholznagel@columbiaheightsmn.gov). There will be a photo album on Facebook @CHRecreation. Vote for your favorites by "liking" the photo. **Vote by Mar 18.**

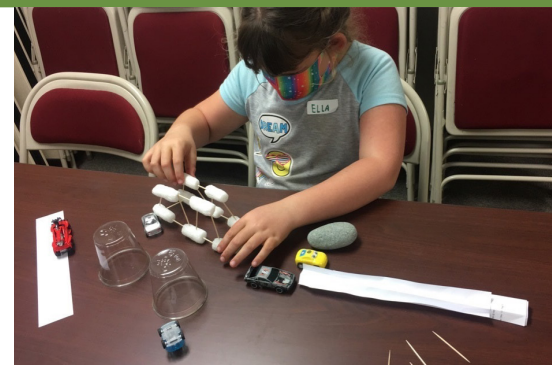
## ENCORE Science Explorers

Join Science Made Fun scientists and explore science with hands-on experiments. Each week will cover a new topic: Forensic Fun, Invisible Forces, Wacky Water Workshop, Sounds Like Fun.

ENCORE Science Explorers.....3rd-7th Grades

Tuesdays, Jan 25-Feb 25.....FREE\*

5:30 - 6:30pm.....M/M Room, lower level of Murzyn Hall





## Mini Musicians

The Mini Musicians program is the perfect introduction to music lessons for your 3-6 year old child. This is a 5-week, no-practice curriculum where we explore the piano through improvisation, singing, movement, and games. Parents are encouraged to sit in the class anytime.



**Mini Musicians.....**Lower level of Murzyn Hall  
**Kids 3 - 6 years old.....Tuesdays, 10:30 - 11:15am**

**Musicians I:** Class for beginner students  
**Dec 14 - Jan 18 (no class Dec 28).....\$58**

**Musicians II:** This class is a continuation of Mini Musicians I for students who already have participated in class I.

**Feb 15 - Mar 15.....\$58**

**Online registration**  
**columbiaheightsmn.recdesk.com**

## Alphabet Detectives Jan 15 - Feb 5

Eddie the Yeti is ready to shred the slopes on his Yeti snowboard, but we need help locating him because he forgot his helmet!

Letters of the alphabet will be hidden in one of our parks. On each letter, there is a corresponding number, these numbers will help you crack the code and solve the riddle! Explore the park, follow walking paths, check the playgrounds, letters will be attached to man-made structures. Decoders will list each park and how many letters are hidden in each.

### Get your Decoders beginning Jan 15:

- Rec office at Murzyn Hall, Monday-Friday 8am-4:30pm
  - columbiaheightsmn.recdesk.com
  - Facebook @CHRecreation
- Finish by Feb 5 to be entered into a prize drawing, winners drawn at random.  
Turn in photos of you with Eddie the Yeti to be entered:  
E-mail to kholznagel@columbiaheightsmn.gov



## ENCORE Chibi Art - Manga Cuties

\*The students will learn how to draw kawaii (cute), Japanese-inspired chibi characters!

Chibi is a Japanese word meaning short or small. It is a style that can be used to make beautiful art, while still being easy and fun, perfect for beginner artists to learn.

## ENCORE Chibi Art - Manga Cuties

**Wednesdays, Jan 12 - Feb 2**

**3rd - 8th grade.....FREE Pre-registration required**  
**5:30 - 7:30pm.....M&M Room lower level Murzyn Hall**



## ENCORE Drawing Workshop: My Hero Academia

\*This will be a step-by-step class for students to learn how to draw the popular characters from My Hero Academia! Students will be assisted by teacher to use skill-based drawing and coloring techniques. They will be encouraged to ask as many questions as they need, to find and gain confidence in their artistic abilities.

**ENCORE Drawing Workshop: My Hero Academia**  
**Wednesdays, Feb 16 - Mar 9**

**3rd - 8th grade.....FREE Pre-registration required**  
**5:30 - 7:30pm.....M&M Room lower level Murzyn Hall**



\*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.



## ENCORE Elf at Stages Theater Mon, Dec 27

\*"Buddy the Elf is back at Stages this holiday season in his quest to find his true identity. After being raised as a would-be elf at the North Pole, Buddy's enormous size and poor toy-making abilities causes him to embark on a journey to discover who he really is. Through his heart-felt determination to win over his new family, Buddy shows us all the true meaning of Christmas. This heartfelt and hilarious musical, based on the beloved holiday film from New Line Cinema, is filled with memorable music and lots of laughs for the whole family to enjoy."

**5th-10th Grade.....FREE\***

**Mon Dec 27.....9:30am - 4:15pm Drop off at and pick up at Murzyn Hall**

The day starts at Murzyn Hall with theater-related group activities, lunch, and then we head to Stages Theater for the show! Bring a bag lunch \*Masks are required in the vans and at the show.

## Snow Tubing at Wild Mountain Tue, Dec 28

Join us at Wild Mountain for a day in the tubing lanes. Imagine the thrill of cruising down Wild Mountain's specially formulated tubing lanes alone or with a group of friends and ride back up to the top on the magic carpet - you simply stand on it with your tube and it will pull you up the hill. No experience or special equipment needed. Bring appropriate outdoor attire: snowpants, jackets, hats and mittens. Bring a bag lunch and/or money for concessions. We will be eating lunch upon arrival, before snow tubing.

**4th-9th Grade.....\$14**

**Tue, Dec 28.....9:45am - 3:45pm Drop off and pick up at Murzyn Hall**



## ENCORE Trip to Camp Tanadoona Jan 27

\*Spend the day at Tanadoona, a 103-acre outdoor education site in Excelsior, MN. Snowshoe through the wooded trails, Learn how to navigate using compasses, and work together to complete team-building challenges on this nature-focused field trip. Most activities will be outdoors so dress appropriately.

**Sign up for your age group.**

Group 1 (Black Bear) - Grades 4th & 5th: Maximum 15 students

Group 2 (Wolf) - Grades 6th & 7th: Maximum 15 students

Group 3 (Lynx) - Grades 8th & 9th: Maximum 15 students

**Thur, Jan 27.....9am - 4:30pm Drop-off and pick up at Murzyn Hall**

**4th - 9th Grade.....FREE\* Bring a bag lunch.**



## ENCORE Searching for Signs of Spring with Silverwood Park

\*Join us for a day filled with creative art making inspired by outdoor adventures in the natural surroundings of Silverwood Park. With a naturalist, explore the trails in search of spring's arrival in the plants and animals we encounter. We will learn about the inner workings of trees as they wake up from the winter and even tap a maple tree to learn how syrup is made! With an artist, craft a nature journal to take home with your sketches and observations from the day, then try your hand at the traditional Scandinavian art of kolrosing by carving thin lines into wood and coloring them with dark powders like cinnamon or cocoa!

Bring a bag lunch. Come prepared for both indoor and outdoor activities.

**Wed, Mar 23.....9:15 - 4:15pm drop off and pick up at Murzyn Hall**

**4th-8th Grade.....FREE\***





## ENCORE Youth Community Action Council

\*We are looking for a group of students to join our after school Youth Community Action Council. This group is student-led and designed for students to collaborate to create a project that your group feels could make a difference. Examples: environmental issues, composting initiatives, and visions for making our community a better place. Meetings begin with a snack, social time, and interactive discussions. Service on this council gives you volunteer service hours and looks great on your resume. CH District students only.

**Jan 19, Feb 16, March 16, April 13** – additional dates may be needed depending on the needs of the project.  
3:30 - 5:30pm at the CH High School – room location will be communicated at a later date.  
6th-12th Grades.....FREE

\*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.



## Dance

Level 1 (ages 4-6): Learn the fundamentals of creative movement and a few basic movements of ballet, modern, and hip-hop, while also learning to dance with others in the space (spatial awareness). Most importantly, they'll have fun and stay engaged!

**Classes are held in the Edgemoor Room, lower level of Murzyn Hall.** The kids should be in clothes that they can move in, and have their hair out of their face.

**Dance Level 1** Ages 4 - 6.....\$32  
Tuesdays Feb 1 - Mar 8.....4:15 - 5pm

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

## Volleyball Skills

Players will establish skills in passing, serving, setting, hitting, and general court movement. Hylander Center, door #42.

3rd-6th grade boys and girls.....\$35  
Mondays &  
Wednesdays,  
March 28 - May 4  
6:15 - 7:30pm



## Wrestling Pre-K-6th grade

The North Metro wrestling program is for new and experienced wrestlers. Practices are two days a week. Learn basic wrestling techniques, such as takedowns, turns, and pinning combinations. Tournaments will be held on the weekends; they could be on Saturdays or Sundays depending on the schedule.

PreK-6th Grade.....\$45  
Practices held at CH High School Wrestling Room.  
Tuesdays & Thursdays, Nov 30-Mar 10.....6:30 - 8pm

**Empire Athletics: Basketball**

Grades 4-12 at the Hylander Center, Door #42  
 Empire Athletics is here to help build your basketball legacy with knowledge and development on and off the court. We will focus on basketball skills, basketball IQ, leadership skills, healthy lifestyles and tips, college/professional road map. Lead by Coach J, this training is for basketball skills of all levels. Min 6/Max 25

**Grades 4-12.....Hylander Center gym, door #42**  
**Saturdays, Dec 11 - Mar 12 (No Jan 29, Feb 12 & 19)**  
**11am - 2pm.....\$50**

**YOUTH BASKETBALL Boys Grades 2 - 6**

This Recreation Youth Basketball league will focus on instruction, skill development, and organized games with referees. Games will be played on Saturdays, and Sunday afternoons. Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park. Uniforms included: jersey and shorts. Practices held in the city gym at the Hylander Center, 1300 49th Avenue, door #42. **Volunteer coaches are needed.** Please contact the Recreation office as soon as possible to volunteer and process the background check. All practices are held in the City Gym at the Hylander Center.

End of December - March. Practice schedule to be determined by coach, typically one or two weeknights.

**Fee:** \$50    Schedule TBD

**Basketball Boys Grade: 2, 3, 4, 5, 6**

**Ice Skating**

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

**Saturdays, Jan 8 - Feb 19** (weather permitting)

**3rd-9th grade:**

**Beginners skating.....11:30am - 12:30pm.....\$25**

For those who have tried ice skating at least once and want to learn the basics and confidence on the ice.

**4th-9th Grade: Open Skate.....1 - 2pm.....\$25**

For skaters who are already confident skaters and want to build on skills. Instructors provide guided skill-building and awesome ice-skating games.

**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.....\$44**

Thursdays, Jan 13 - Feb 3.....5:45 - 6:15pm

Thursdays, Mar 3 - 24.....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. 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, Jan 6 - Feb 10.....6:15 - 7pm

Thursdays, Feb 24 - Mar 31.....6:15 - 7pm



**Online registration**  
**columbiaheightsmn.recdesk.com**



**ADULT YOGA** This class will include classic yoga postures, relaxation techniques and meditation based on the season. The Winter Yoga + Meditation session will focus on breath, movement, and meditation to support the seasonal shift through the winter.

**Adult Yoga**.....\$56 for all 8 classes, or \$10 per drop in class  
Tuesdays, Jan 4 - Feb 22.....5:15 - 6:15pm  
Adults.....Edgemoor Rm, lower level Murzyn Hall



**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. Classes held inside Murzyn Hall, in the main hall, 530 Mill St. Min 4/Max 20 . This class is in partnership with Columbia Heights Public Schools Community Education

Mondays.....6 - 7pm.....Murzyn Hall, main hall

**ZUMBA Winter I** Jan 31 - Feb 28 (No class Feb 21).....\$36, or \$10 per drop in class

**ZUMBA Winter II** Mar 7 - 28.....\$36, or \$10 per drop in class

**Zumba Open House Jan 24, 6-7pm:** Try Zumba...for FREE! Join licensed Zumba instructor Anne Sumangil for a free class on Monday, Jan. 24 from 6-7pm at John P. Murzyn Hall. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

No registration is required. Just show up and be ready to bust a move! This class is for everybody and every body! This Zumba® class is designed to bring people together to sweat it on. For more information on our Zumba instructor Anne, check out her website at <https://annes.zumba.com>.



**Adult Enrichment**   
Columbia Heights Public Schools

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

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

**Total Body Conditioning**.....**Wednesdays**

**Jan 5 - 26** ..... 6 - 7pm.....\$32

**Feb 2 - Mar 9** ..... 6 - 7pm.....\$48



**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 - 8 pm

**Jan 6 - Feb 24**.....\$10

**Mar 3 - Apr 28**.....\$10





### 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. 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.....\$19.25**

Jan 3 - Feb 28, No Class Jan 17, Feb 21 ..... 9 - 10:05am

**Stompin Thursdays.....\$24.75**

Jan 6 - Mar 3 ..... 9 - 10:05am



### 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.....\$24.75**

Jan 4 - Mar 1 .....6:30 - 7:35pm

**Aerobic Dance Thursdays.....\$24.75**

Jan 6 - Mar 3 .....6:30 - 7:35pm

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



## Active Agers 50+ Art Corner MAY Classes

**MAY: Brushstrokes: Mish Mash Watercolor Paint Day** A Mish Mash class will be offered to anyone who missed a past class or didn't finish a previous project. Random Brushstrokes kits will be available to paint for anyone interested! Sign up to pick out a random paint subject in class. If you are hoping to paint a specific picture you missed previously, I will call you a week before class to discuss options. Max: 10.

**Sat May 7.....10:30am - 12:30pm.....\$4.....Room: Senior Center, lower level Murzyn Hall**

**Brushstrokes: Plein Air Painting..A Road Trip.** "Plein air" is about experiencing painting in the outdoors. Today we are taking a bus trip to Fort Snelling Cemetery to paint the American Flag while honoring those who gave their lives for our freedom.

There is more! We will first stop at Ikea to have brunch and shop a bit before going to Fort Snelling. This bus trip and paint day is limited to 8 passengers only. The bus will depart 9am from the Senior Center at Murzyn Hall, and return around 3:30pm. Painting supplies are included. You are responsible for your own food and shopping costs.

**Sat May 21.....9am - 4pm.....\$6.....Room: Senior Center, lower level Murzyn Hall**



## Active Agers 50+ Art Corner with Candy

Welcome to ART 2022! We are taking January off because we thought Minnesotans would rather be tucked at home snuggled up under a warm throw. For any class, no previous experience is necessary. All levels of experience are welcomed. It is my hope you simply want to get out of the house and join others in a fun activity. Brushstrokes classes are watercolor painting classes. \$4 per class, a dollar increase from last year due to the increased costs of materials.

Occasionally, a specialty art activity will be added. Each project is geared for the beginner, yet interesting for the more adventurous. Costs vary and sometimes you are required to bring your own supplies, such as a scissors or notions.

**Must Pre-register, Call 763-706-3730. 8-12 people max per class. Please call 24 hrs ahead if you need to cancel so we may offer your seat to someone on the waiting list. Thank you for your cooperation.**



**FEBRUARY A pizza box Valentine!** This is a unique acrylic painting method for beginners and advanced. You will take home a colorful 12x12 Valentine for you, or someone special. All supplies are provided for this specialty class.

**Sat Feb 12**.....10:30am - 12:30pm.....\$6.....Senior Center, lower level Murzyn Hall

**MARCH Brushstrokes: A Field of Shamrocks...** March is a month full of national days to celebrate just about anything. Today we will celebrate cute critters, and paint a whimsical St Patty's work of art with watercolor paints and other mixed media. You have a choice: the morning class will feature a pudgy little pig in a field of shamrocks, while the afternoon class will feature an adorable panda bear in a similar shamrock setting. Your 8x8 finished painting will truly be one of a kind!

### Sat Mar 12

10:30am - 12:30pm....Pudgy Pig.....\$4.....Senior Center, lower level Murzyn Hall

1:30pm - 3:30pm.....Panda Bear.....\$4.....Senior Center, lower level Murzyn Hall



**MIXED MEDIA ART: Whale Tail** This day we get rippin' and diving deep. This class involves only a splatter of paint. The rest is glue, torn paper and your imagination to create your own version of a whale diving down under the sea. All supplies are provided to create this 8x10 finished project.

### Sat Mar 19

10:30am - 12:30pm.....\$6

Senior Center, lower level Murzyn Hall



## APRIL - Brushstrokes: Mini Masterpiece / Van Gogh

Today we paint your own impression of Vincent Van Gogh's, Irises; one of his most celebrated works of art. We will mix mediums using watercolors and gouache paints. Never heard of gouache? Sign up for this class to learn how to pronounce gouache and why it is an added medium to this class. To get better at something you must do it over and over. You have the choice of attending either class. **April 9** we will paint this masterpiece three times on 4x5 paper. **April 23** we will make one 8x8 master piece.

**Sat Apr 9**.....10:30am - 1pm.....\$4.....Senior Center, lower level Murzyn Hall

**Sat Apr 23**.....2pm - 4pm.....\$4.....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 50 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](http://www.columbiaheightsmn.gov), under Departments go to Recreation and then Senior Citizens.

### 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](http://www.columbiaheightsmn.gov). look at the Recreation Department, under Seniors.

### 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

### Smack-down Spectacular!

Think that you are a jigsaw puzzle or word find master??? Come try your skills or just come for the fun of it and compete against yourself!

#### 500 Piece Puzzle Smack-down- FREE!

**Mon. Jan. 31.....11:30am-1:30pm**

Everyone will get the exact same 500 piece puzzle and all will start and end at the exact same time. Prize goes to the first person who either finishes or has the most done of their puzzle. Must call 763-706-3730 to sign up no later than Mon. Jan. 24.

#### Word Find Smack-down! FREE!

**Mon. Feb. 28.....11:30am-1:30pm**

Everybody is always saying how they have been doing word finds for years and that they do them daily. Here is your chance to prove your stuff. Everyone will be given the same word finds and you will have two hours to find as many words as possible. Prize will go to the person with the most words found. Must call 763-706-3730 to sign up no later than Mon. Feb. 28

**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.

**Keep Movin'** - This 40 minute seated exercise class will shake off those cobwebs. You do not need to preregister - feel free to just show up. 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.

### Wine and Words Book Club

Fri. Jan 21.....3 - 4pm

We are a wine tasting book club! The book we will be discussing on Jan 21 is "The Music Shop" by Rachel Joyce. Books can be picked up by contacting DeLynn at 763-706-3730. Bring the book with you on Fri. Jan. 21 or, if you are not going to be there, drop the book back off prior to Jan 21.

### Special Valentine Celebration

Fri. Feb 11.....12:15pm.....\$3 per person

Pizza lunch, Tara B Concert, and Bingo for cash and prizes. Call 763-706-3730 to sign up no later than Feb 4.

### "Gather" Fridays for December, January, & February

We will be starting something new on Fridays for the winter months of December thru February in the Senior Center. You can come for any portion of the day or you can stay the full day; you do not need to call ahead to let us know you are coming or not. No Gather Fridays on Dec 24 & Feb 11.

**10am** "Gather"- We will have all kinds of cards, games, puzzles, art supplies, etc. & refreshments available so people can get together to visit with each other.

**12pm** \$2 Bingo- We will be playing for \$.

**1:30pm** Movie- We will dip into our deep movie collection for some real winners!

### Trader Joe's "Taste Test" & Mystery Socials

This is really just an excuse to get together, try yummy food and socialize! We will be sampling different foods from Trader Joe's; seeing what we like and don't like, and there might be some other mysteries thrown in there as well. Must call 763-706-3730 one week prior to all of the socials in order to sign up. \$2 payable day of social.

Wed. Dec. 22 @ 1:30pm (Sign up by Wed. Dec. 15)

Wed. Jan. 26 @ 1:30 pm (Sign up by Wed. Jan. 19)

Wed. Feb. 23 @ 1:30 pm (Sign up by Wed. Feb. 16)

**Reminder, the Senior Center will be closed on December 23, 34, Jan 17, & Feb 21.**