



SIGN UP NOW!

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2022 JAMBOREE EVENTS

The Annual Columbia Heights Lions Club Jamboree will be held June 22nd - 26th at Huset Park.

Wednesday, June 22 • Tasty Pizza Medallion Hunt - Clues posted daily, 11 am & 5 pm @ Tasty Pizza and on Facebook. \$1,000 prize! 763-571-2722

Thursday, June 23 • Community Art & Info Fair 5 - 7:30 pm @ Huset Pk West. Register at columbiaheightsmn.recdesk.com
 • Lions Beer Garden 5 pm - close
 • Carnival 5 pm - 11pm **Jamboree Carnival \$2 admission per person, kids FREE. No bikes, scooters, skate boards, or dogs.
 • City Knights 7 pm preforming at Huset Park East

Friday, June 24 • Jamboree Parade 6 - 8 pm, NEW ROUTE Begins at 45th & Quincy St., proceeds south to 40th Ave., turns south at 5th St. ending behind Murzyn Hall.
 • Lions Beer Garden 5 pm - 12 midnight
 • Carnival 3 pm - 12 midnight **\$2 admission, kids FREE w/paid adult

Saturday, June 25

- Lions Beer Garden 1 pm - 12 midnight
- Music: the Amazing Joe Macko 7pm at Huset Park East
- Carnival 1 pm - Close **\$2 admission, kids FREE w/paid adult
- Fireworks at dusk (if rain, Sunday at dusk)

Sunday, June 26

- CH Lions/Fire Fighters Pancake breakfast 10 am - 1 pm @ Murzyn Hall, \$8 Adults/teens, \$5 Kids 5-12, Kids under 5 FREE.
- Carnival 12 pm - 6 pm Family Fun Day FREE Admission
- Lions Beer Garden 12 pm - 6 pm

Carnival Tickets. \$20 for 10 ride tickets with presale. \$3 per ride ticket at the carnival. One ticket is needed per ride. See CH Lions website for presale locations.

JAMBOREE Hotline 763-706-3789

More information www.columbiaheightslions.com

ONLINE REGISTRATION

columbiaheightsmn.recdesk.com

CITY WEBSITE

www.columbiaheightsmn.gov

LIKE US ON FACEBOOK

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



COLUMBIA HEIGHTS
 REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER



C.H. RECREATION DEPARTMENT

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

RECREATION DEPARTMENT

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

OFFICE HOURS

Monday-Friday, 8 am-4:30 pm

CLOSED

May 30, July 4

WEATHER HOTLINE

Call 763-706-3737 anytime for updates on cancellations.

PHOTO POLICY

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on social media, and/or Recreation publications.

REGISTRATION INFORMATION

Online: columbiaheightsmn.recdesk.com

In person / 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.





Photo: Sullivan Lake Park

PARK RESERVATIONS

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. Reserve a 4-hour block of time. All park reservations end at 8pm. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

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

Non-Residents: \$150



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. Payment is required at time of reservation.

Reservation Fee: \$65 tax included.

CH Boosters Annual Charity Golf Tournament July 19

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



CH SCHOOLS

ENCORE Summer Sports Sampler Grades 4 - 6 & Youth Camps Grades 6 - 12

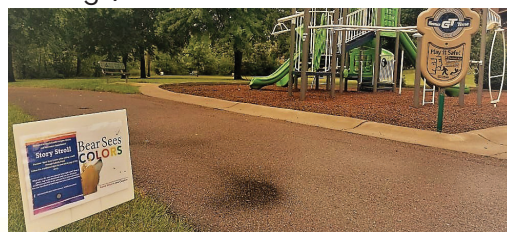
An introduction to the sport: fundamentals, skills and games with Hylander Coaches and student athletes. Each week offers a new sport and is held at various locations at CH High School. Mon-Thurs 5-6:30 pm. Grades 6 - 12 Youth Camps offer a variety from sports, to swimming, to dance, and robotics.

<https://www.colheights.k12.mn.us/Page/4773>

Story Strolls - FREE Family Activity

The CH Library, Parks, and Recreation Departments are teaming up to bring you story strolls. Staff will place large story pages throughout the featured parks. Gather your family and read a story as you walk along park trails. If there is inclement weather that would prevent our stories from staying in the ground we will post updates on Facebook @CHRecreation and on our program calendar at columbiaheightsmn.recdesk.com. Please help us keep the stories going, let us know if pages are missing. Begins day 1 at 10am - 4pm the last day.

June 21-24 Huset Park West
July 12-15 Sullivan Park
Aug 9-12 Prestemon Park



Bienvenido INFORMACION DE LA INSCRIPCION *La inscripciones en línea al columbiaheightsmn.recdesk.com. 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, CDA 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 17th season of the Moonshoe Players!
Registration deadline: June 1

Youth entering 3rd - 8th grades

June 8, 4 - 6pm audition for parts, all registered participants

June 13 - July 7 (No July 4), Mon - Fri, no Wednesdays

12:30 - 4 pm, bagged lunch provided

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

SPECIAL trip to Stages Theater Wed, June 29. Drop off at 11:30 am, pick up at 4 pm.

Moonshoe Players Theater.....\$15

Dress Rehearsals: July 5 & 6 time TBD

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



The Mill Street Players* 8th-12th Grade

*Back for the 12th year! Registration deadline: July 1

Youth entering 8th - 12th grades

July 11 - August 11, Mon - Fri, no Wednesdays

12:30 - 4 pm, bagged lunch provided

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

SPECIAL trip to Stages Theater Wed, July 27. Drop off at 11:30 am, pick up at 4 pm.

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

Dress Rehearsals: August 8, 9, 10 Time TBD

Theater Performance: Thurs. Aug. 11 at 6:30 pm Murzyn Hall, \$5 tickets



Online registration
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 8:30am start & Fridays.....9 am - 12 pm.....Bagged lunch provided

Puppet Wagon Week 1 June 13 - 17.....\$8

Puppet Wagon Week 2 June 20 - 24.....\$8

Puppet Wagon Week 3 June 27 - July 1.....\$8

(No Classes the week of July 4 - 8)

Puppet Wagon Week 4 July 11 - 15.....\$8

Puppet Wagon Week 5 July 18 - 22.....\$8

Puppet Wagon Week 6 July 25 - 29.....\$8

Puppet Wagon Week 7 Aug 1 - 5.....\$8



Puppet Wagon Monarch Pledge Evening Show Aug 17th 3 - 7:30 pm\$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. Check your email regularly for updates on program details. Sign up at 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 13 - July 8 (No Program July 4).....\$45

Glitter Bugs Session II: July 11 - Aug 5.....\$45

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

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

DynoHites Session I: June 13 - July 8 (No Program July 4).....\$45

DynoHites Session II: July 11 - Aug 5.....\$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 13 - July 8 (No Program July 4).....\$45

SPARKS Session II: July 11 - Aug 5.....\$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 13 - July 8 (No Program July 4).....\$45

TNT Session II: July 11 - Aug 5.....\$45

FREE TRAVELING PUPPET WAGON PERFORMANCES

Join the traveling puppet wagon for it's 19th season! Performances are approximately 30 min long and will include a puppet play, jokes, story telling, and time to dance. In case of rain call the Rec Dept 763-706-3730 to check on show status. Check the YouTube Channel "PuppetWagon" the following day for the show.

JUNE 16 - AUG 5 *NO SHOW JULY 7 & 8

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
Fridays	Bruce Nawrocki Park	1271 Circle Terr Blvd NE	11 am



WILD WEDNESDAYS 4th-9th Grades

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. Read program descriptions for lunch/concession details for all trips. Check your email regularly for program updates.

Wild Mountain.....\$20

June 22.....9:15 am - 4:45 pm

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

Bunker Beach.....\$12

July 13.....10:15 am - 4:20 pm

Enjoy a day at the waterpark with a large wave pool, water slides, lazy river, activity pool and more! Ride the waves on a tube for \$2 for 1 hour. Bring a swimsuit, towel, sunscreen, and water bottle. Bring money for food at concessions or pack a lunch. No food is allowed inside the facility. If you bring a bagged lunch, it will be eaten outside upon arrival with staff.

Valleyfair.....\$25

July 20.....9:15 am - 5 pm

An amusement park filled with roller coasters, games, giant swings, bumper cars, and more! Games at own expense. Waterpark NOT included. We will NOT be purchasing any lunch food inside the park; pack a bag lunch to eat prior to entering the park.

Summer Bash!.....\$5

Aug 3.....1 - 4 pm

Join us at Huset Park for an afternoon of excitement. Slip N Slide Kickball, Slip N Slide, water balloon games, field games, ice cream, treats, and much more. Registration Required.

Mystery Trip.....4th-9th Grades.....\$12

Aug 10.....9:30 am - 4:30 pm

Take a small group trip for the day filled with mysterious excitement!

Closer to the date we will send hints to our registered participants for our trip destination. Min 12/Max 24.



Online registration
columbiaheightsmn.recdesk.com



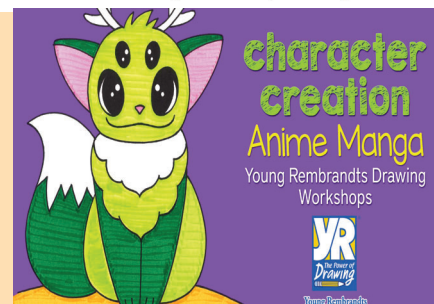
ENCORE
21st-Century Community Learning Center

ENCORE Art Camp - Anime & Manga Drawing Workshop 5th - 8th Grades

*If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging - this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, Sugoi action and more ARTastic drawings.

ENCORE Young Rembrandts Art Camp.....FREE* - Valued at \$85

Mon-Thur, July 25 - 28.....5 - 7 pm.....5th-8th Grades.....M/M Room, lower level 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 at Murzyn hall. Nicole invites parents to sit in the class anytime. Join the waitlist if class is full.

Mini Musicians.....3 - 6 years old.....\$58

Mondays, June 13 - July 18 (No July 4).....4:15 - 5pm

Classes held in the Edgemoor Room at Murzyn Hall in the lower level



DANCE All Classes held in the Edgemoor room, lower level Murzyn Hall

Jamboree Dance Camp.....8-14 years old.....\$15

Mon-Fri, June 20-24.....11:30 am-1 pm - Parade arrival time TBD

Jump into this Jamboree Dance Camp and learn a parade-friendly dance routine. Dancers will practice the routine, tie-dye a dance T-Shirt, and perform in the Jamboree parade with the CH Recreation crew and puppet wagon on Friday 24!

All That Jazz Camp.....7-10 years old.....\$20

Tuesdays and Wednesdays, June 28-July 13.....4:30-5:15 pm

Dance to upbeat popular songs while working on basic body isolations layered over traditional and modern ballet, while incorporating high-kicks and kick-line tips and tricks. Learn short dance routines and have a blast!

Creative Choreography Workshop.....9-12 years old.....\$20

Tuesdays and Wednesdays, July 26-August 10.....4:30-5:15 pm

Miss Livia will guide dancers in choreography basics. Dancers will flex their creative muscles as they learn about the artistic process of designing their own dance routines!



DANCE CLASSES:

Creative Movement I: 4-6 year olds who have not taken a class with CH Rec dance before.....\$42

Mondays, July 11-Aug 29.....5:15-6 pm

Have fun with rhythm, play dance games, learn the basics of multiple styles of dance, with a focus on ballet and jazz. The last class will feature a showcase of their skills. Dance uniforms/outfits not required.

Creative Movement II: 4-6 year olds who have already taken a 4-6 year old dance class with CH Rec.....\$42

Mondays, July 11-Aug 29.....6:15-7 pm

Have fun with rhythm, play dance games, and continue building on already-learned dance skills/techniques.

Hip-Hop Tumblers.....3-5 year olds.....\$26

Tuesdays, June 14-July 12.....10:15-11 am

Your little dancer will dance to upbeat, popular music, play dance games, build spatial awareness, and learn creative movements. Includes an introduction to tumbling.

ENCORE EUREKA ENGINEERING Camp.....2nd-7th Grades

Aug 15-17.....9 am-12 pm.....M/M Rm lower level Murzyn Hall

FREE* - Valued at \$85!

*Eureka Engineering introduces students to the core skills of robotics and STEM through engaging, hands-on learning opportunities. Student groups will work with Lego Mindstorm kits, which include both electrical and mechanical components. The small groups will be mentored by experienced and passionate instructors. Parents are welcome to watch their child's robotic creations come to life in exciting and competitive challenges including drag racing, fighting robots and more!



ENCORE RC WARS Camp.....4th-9th Grades

Aug 15-17.....1-4 pm.....M/M Rm lower level Murzyn Hall

FREE* - Valued at \$85

*In RC Wars, teams of students will build their own Remote Control vehicles to race and battle against other teams. Students will need to design their vehicles to not only be faster and stronger than other teams' creations, but also better than purchased RC Cars and Drones! RC Wars will feature land and air races, obstacle courses and more as students learn mechanical and electrical building skills in an energetic and exciting environment.



Summer Sports Camps 4 - 12 years old

Recreation Youth Sports Camps coming soon! Go to columbiaheightsmn.recdesk.com and Facebook @CHRecreation to find program information.

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

Online registration
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 8 am - 12 pm.

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 Team 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.** REGISTER EARLY!

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



*6th - 8th Grade Football register at the CH High School Activities Office or online <https://2015a.cf.wordwareinc.com/?p=2301>

Questions call 763-528-4511. Equipment provided.

Football Camps and Program opportunities June - August (<https://www.colheights.k12.mn.us/Page/4773>).

Martial Arts Little Tigers Learn basic kicks, punches and strikes through a variety of exercises and games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Scholarships do not apply.

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

Martial Arts Little Tigers.....\$46

Thursdays, July 7 - 28.....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. Scholarships do not apply.

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

Martial Arts Tae Kwon Do.....\$62

Thursdays, June 30 - Aug 46:15 - 7 pm



YOGA Stay active and de-stress! Develop a self-care routine and manage stress through movement and stretching with Yoga! RYT 200 Certified yoga instructor, Kelly O'Donnell, will guide a mixed levels yoga class. 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 based on the season. Wear comfortable loose fitting clothes and bring a yoga mat. You may bring optional props such as a blanket or two and a block.

Summer Yoga 16+.....\$42 for all 6 classes or \$10 per drop-in class
Every other Tues Jun 14, 28, Jul 12, 26, Aug 9, 23.....5:15 - 6:15 pm
Adults.....Outside Murzyn Hall weather permitting, or inside the Edgemoor Rm



Register online for programs at columbiaheightsmn.recdesk.com

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. Ages 16+.

Mondays.....6 - 7 pm.....Murzyn Hall, main hall. \$10 per drop-in class or listed fee.

ZUMBA June 6, 13, 20, 27.....6 - 7 pm.....\$36

ZUMBA July 11, 18, 25.....6 - 7 pm.....\$27

ZUMBA August 1, 15, 22, 29.....6 - 7 pm.....\$36



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. Min 8.
Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

Total Body Conditioning Summer I.....\$48
Wednesdays, Jun 22 - Jul 27.....6 - 7 pm

Total Body Conditioning Summer II.....\$48
Wednesdays, Aug 3 - Sept 7.....6 - 7 pm



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 Jul 7 - Aug 25.....\$10
Thursdays, 6:30 - 8 pm

Crochet Class Sep 1 - Oct 20.....\$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.....\$24.75

Jun 6 - Aug 22, No Class Jul 4, Aug 1 & 8..... 9 - 10:05 am

Stompin Thursdays.....\$27.50

Jun 9 - Aug 25, No Class Jul 14, Aug 4..... 9 - 10:05 am

Register online at
columbiaheightsmn.recdesk.com

ADULT Aerobic Dance

Enjoy this vigorous and fun exercise class with Judy that will help you get and stay in shape. 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 7 - Aug 23, No Class Jul 5, Aug 2.....6:30 - 7:35 pm

Aerobic Dance Thur.....\$27.50

Jun 9 - Aug 25, No Class Jul 14, Aug 4.....6:30 - 7:35 pm



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.

Active Aged 50+ Art Corner - JUNE CLASSES



Brushstrokes: Healthy Start to Summer

This half-day watercolor class will be spent painting fruits or veggies on 5x5 sheets similar to those shown. But first... to get a jump on Summer, we will get limbered up with range-of-motion stretches. Enjoy a freshly made fruit smoothie while you paint. Call 763-706-3730 to sign up.

Wed June 4.....9:30 am - 1:30 pm.....\$6 includes a special treat
Senior Center, lower level Murzyn Hall.

Brushstrokes: Birdhouse Row

We will use cheery watercolor paints, whatnots and gems to paint and decorate a cheek-to-cheek birdhouse version of row houses. Keep it rustic, fancy or just plain silly. The choice is yours. You will have several templates to pick from.

Sat June 18.....10:30 am - 12:30 pm.....\$4

Senior Center, lower level Murzyn Hall, Call to sign up 763-706-3730



Express yourself at one our summer art classes. No previous experience is necessary. Designed for beginners; all levels welcome. CH residents and non-residents are welcome. Your instructor is Candy, a CH Rec Department staff.

Cost includes all supplies and treats, unless noted otherwise. Bring exact dollar amount please.

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



Mixed Media: Happy Lil Tweethouse. Wood, napkins, paper, paint and glue are the mediums we will use to create a cheery birdhouse for your kitchen, porch or gifting. All supplies are included however, if you have a specific color theme or idea in mind, please bring your own colorful napkins and whatnots to fit the theme you want. Bring your own scissors.

Sat June 18.....1 - 3:30 pm.....\$6.....Senior Center, lower level Murzyn Hall

Watercolor Practice: Blobs of Color and Doodles. We do not have a subject to paint as this is practice, but I know you'll like the outcome enough to share your creation with others. This is a beginner class, but all levels are welcome to explore or, expand your style.

Sat July 9.....10:30 am - 12:30 pm.....\$4.....Senior Center, lower level Murzyn Hall



Brushstrokes: Mystery Day! Your only clue: U Can't Touch This

This watercolor painting class promises to be a fun and bit silly occasion. As I've said many times; "to get better at something, you must do it over and over." You will paint your subject 4 to 6 times.

Sat July 9.....1 - 3:30 pm.....\$4.....Senior Center, lower level Murzyn Hall

Plein Air Road Trip and Rock Painting. "Plein air" means to paint outdoors. We will head west on the CH transit van, taking the scenic route around Lake Minnetonka. The drive includes a couple stops, time to paint our rocks, and lunch at the Minnetonka Drive-in. Bring three or four smooth rocks to paint, about the size of your palm. You are responsible for your own food, shopping costs, and rocks to paint. You may bring a bag lunch. No wheelchairs or walkers allowed on the van.

Sat July 23.....9:30 am - 3:30 pm.....\$6 Includes paints and brushes, and bottled water
Where to Meet: Front Door Murzyn Hall (street level), Columbia Heights. Max 8 participants.



Brushstrokes: Watercolor. Southwest Inspired Art. Indigenous people tell stories through art. This Shards technique of painting is new to the Active Agers. We will tape off our pattern onto watercolor paper, fill in the blocks with colorful paints, then finish your story with pens.

Sat Aug 6.....10:30 am - 1 pm.....\$4.....Senior Center, lower level Murzyn Hall



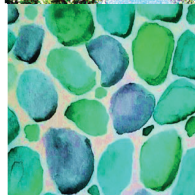
Mixed Media: Respect the Dream Catcher Today we will make a mobile with twigs, string and beads. If you can follow instructions, you can do this! It is my hope that we come to understand and respectfully acknowledge the Dream Catcher for more than a decoration.

Sat Aug 6.....1:30 - 3:30 pm.....\$6.....Bring a sharp scissors to class.....Senior Center, lower level Murzyn Hall



Watercolor Practice: Minnesota; the state of water. Today's practice class will focus heavily on water and the 'wet on wet' technique of watercolor painting, and doodling. Both techniques can greatly enhance and put a creative stamp on your finished art projects.

Sat Aug 20.....10:30 am - 12:30 pm.....\$4.....Senior Center, lower level Murzyn Hall



Brushstrokes: Split Rock Lighthouse. We will paint a similar yet dramatically unique watercolor painting of this iconic Minnesota symbol. No experience necessary, but may be helpful this day.

Sat Aug 20.....1 - 3:30 pm.....\$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, 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. look at the Recreation Department, under Seniors.

4-hour Safe Driving (Refresher)

By the Minnesota Safety Council.
Registration required no later than
weeks prior, 763-706-3730.

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

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

Aug 22.....9am - 1pm..... \$29

Sign up online columbiaheightsmn.recdesk.com



"Wine & Words Book Club"

Best To Laugh by Lorna Landvik

Fri July 15.....3 pm

"It is goodbye to Minnesota, hello to California, where a girl who has always lived by her wits has a real chance of making a living by them. With that, Minnesota native Lorna Landvik launches her latest irresistible character on to the world stage - or at least on to the dimly lit small stage where stand-up comedy gets its start."

Call DeLynn 763-706-3735 if you will be picking up a book.
Meet Fri, July 15 in the Senior Center to discuss the book.



"Poems in the Parks"

The Library & Recreation Depts are bringing poems to the parks this summer! Large sign-boards featuring summer inspired poems will be placed along the trails.

Poems displayed **10 am - 3 pm**

Friday, June 17 at Sullivan Lake Park

Friday, July 15 at Prestemon Park

Friday, August 19 at LaBelle Park

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

Tara Brueske Summer Concert

Wed, July 6.....3:30 - 4:30 pm.....\$2 day of

Please join us for a special summer-time themed concert. You can then stay for our free "Healthy Living Presentation" with the MN Alzheimer's Association from 5 - 6 pm. After the presentation, you can wander over to Huset Park East to listen to the sounds of the Jolly Ramblers Polka Band. (FREE) Please call 763-706-3730 to sign up for the Tara Brueske concert.

"Healthy Living for Your Brain & Body"

Wed July 6.....5 - 6 pm.....FREE

Join the MN Alzheimer's Association to learn about research in the areas of diet & nutrition, exercise, cognitive activity, social engagement, and use hands-on tools to help you incorporate recommendations into a plan for health aging. 763-706-3730 to sign up.

Then go to see the Jolly Ramblers Polka Band in Huset East from 6:30 - 8 pm! FREE Event.

Taste Test Socials Returning!

We will continue with our popular series of Taste Test Socials where you come in and sample a variety of different food. Cost is \$2 payable day of the event but you must call 763-706-3730 to sign up.

Thur. June 30.....2 pm

Thur. July 28.....2 pm



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 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.