

RECREATION PROGRAMS

FALL 2022

SIGN UP NOW!

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Chalk Art Walk Oct 15 - 16

Chase Your Dreams! Draw something that inspires you to dream big. Huset Park West walking path. FREE to participate, see details on page 4.



Truck or Treat 2022

Oct 29, 1 - 4pm

Truck or Treat returns for its fifth year Sat, Oct 29 from 1 - 4 pm at Huset Park East. Kids and their parents can explore a variety of vehicles, including police cars, fire trucks, tow, dump, garbage, mail trucks, and a school bus. Recreation will host a puppet show. In addition to the organizations that provide their vehicles, Columbia Heights City departments will also collaborate with many community partners and volunteers. Costumes are encouraged for all ages and your pets! There will be a pet costume contest. Each vehicle station will hand out candy for kids middle school and younger. Food and beverage for sale during the event. Free hot cider and coffee while supplies last. Puppet Shows at 1:30 & 3pm.

Huset Park East, 3965 Jefferson St. FREE EVENT

Updates posted at www.columbiaheightsmn.gov/events and on Facebook.

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

Sept 5, Nov 11, 24 & 25.

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, American Express, 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 300 people. 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

MOVIE IN THE PARK - FREE!

AUG 25 - Harry Potter and the Goblet of Fire
8pm at Huset Park
530 Mill St behind Murzyn Hall

SEPT 16 - Encanto with Spanish subtitles
7:30pm at McKenna Park, 4757 7th St

Bring your family and a blanket or lawn chair. FREE!
Check the City's Facebook page @columbiaheightsmn or website columbiaheightsmn.gov for updates and further details.



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.

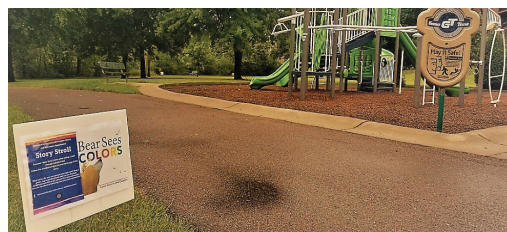
Reservation Fee: \$65 tax included.

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.

Sept 16-19 LaBelle Park

Oct 7-10 Huset Park West



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.

Chalk Art Walk October 15 & 16

Calling all chalkers of ALL skill levels! Show us your dreams! Participate in our Chalk Art Walk for a chance to share some joy with your community and you may even win a prize! Register by October 7 to create your own chalk art around the Huset West Park walking path. FREE! Whether you register alone, or with a group, you will receive a marked space along the path. We can provide a small amount of chalk, if needed, just make a note in your registration. All chalk drawings are done at your own pace on October 15 & 16 from dawn until dusk.

THEME: Chase Your Dreams! Draw something that inspires you to dream big.



ENCORE Puppet Wagon at Truck or Treat

*Puppeteers needed for a puppet show during the Truck or Treat event on Saturday, October 29. Students will meet in the Theatre room for practices on October 24 and 26 from 5-7:30 pm. **Students must make it to all practices to be in the show.** We will perform two shows during the Truck or Treat event. The Puppet Wagon director will provide more information about event-day once registered. Max 5 students.

4th-8th grade.....FREE Pre-registration required..... Meet in the theater room (lower level Murzyn Hall)
Rehearsals Oct 24 and 26.....5-7:30pm, Puppet Show Oct 29 at 1:30pm & 3pm

Online registration columbiaheightsmn.recdesk.com

HOLIDAY CITY TOUR SAVE THE DATE Dec 15

Get ready to spread holiday cheer, be sure to mark your calendars for a family-friendly holiday event on December 15th. More details to come! Information will be posted on Facebook, our Winter City Newsletter, and the City website www.columbiaheightsmn.gov, and Facebook @columbiaheightsmn.



Youth Trips Does your child have the day off of school? Send them to Rec for a day of fun!

Thur, Oct 20 - ENCORE Mystery Fall celebration!

*Spend the day with recreation celebrating the fun of fall, the day will be full of surprises. Bring a bag lunch.

4th-9th Grade.....FREE

Thur Oct 20.....9am-4pm.....Prestemon Room, lower level of Murzyn Hall

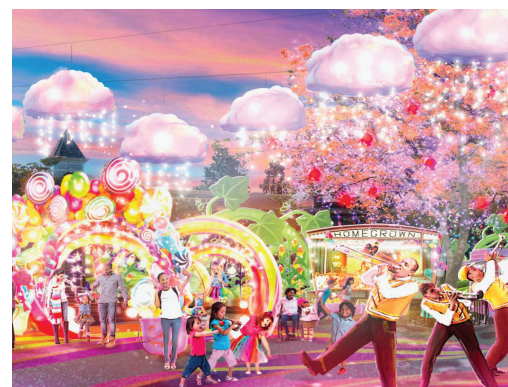
Fri, Oct 21 - Night Out at Valleyfair youth trip 3:30-10pm

Drop off at Murzyn Hall front door at 3:30pm, pick up at 10pm

Upon arrival, pizza will be served before we leave. We head to Valleyfair Park for their NEW special evening events. Rides are open, with other activities to do throughout the park. Bring cash for any extra activities. Costumes encouraged.

6th-10th grades.....\$25

Fri Oct 21.....3:30-10pm.....Drop off & pick up at Murzyn Hall front door



ENCORE Musical Theater Sept 24-Dec 7, Saturdays

*Musical Theater MN brings in highly trained teachers that offer a musical theater skill-building experience. Each practice includes dancing, singing, and acting with a focus on creativity and learning the basics of musical theater. There will be a short music-filled showcase of skills learned at the end of the 12-week session.

Ages 9-14.....FREE.....Edgemoor Rm, lower level Murzyn Hall
Saturdays, Sept 24-Dec 7 (no class Nov 26).....11:30am-1pm
Dress Rehearsal Dec 5 (time TBD) Show night Dec 7 (time TBD)



ENCORE Theater Skills with Dahlia

Oct 17-Dec 5, Mondays

*A theater skills class for middle school students that will meet weekly to learn different acting techniques like character development, improvisation, vocal dynamics, comedic timing, and body language. They will learn these skills through classic theater games and activities. They will be able to display what they learned to their friends and family in a showcase after our final lesson.

5th-9th grade....FREE.....Edgemoor Rm, lower level Murzyn Hall
Mondays, Oct 17, 24, Nov 7, 21, 28, Dec 5.....5:30-7:30pm

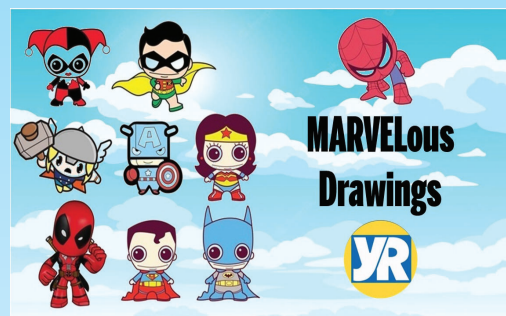


ENCORE - Young Rembrandts Drawing Workshops 3rd-8th Grades

Marvelous Drawing

*Kawaii styled superheroes coming your way! This style is so fun to draw and great for beginners. Classes held in the M/M Room, lower level Murzyn Hall.

ENCORE Marvelous Drawing.....FREE* - Valued at \$80
Wednesdays, Sept 21 - Oct 19.....5:30 - 7:30pm.....3rd-8th Grades



Space Aliens

*Space aliens are coming and it will be Laugh-Out-Loud funny! There are big aliens...and little aliens! If we can imagine an alien, we'll draw it! Students will learn how to draw amazing cartoon characters with humorous expressions and animated poses. Classes held in the M/M Room, lower level Murzyn Hall.

ENCORE Space Aliens.....FREE* - Valued at \$80
Wednesdays, Nov 2 - Dec 7 (No class Nov 23).....5:30 - 7:30pm.....3rd-8th Gr



*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 Teen Dodgeball

6th-10th grade

*Bust out your best dodgeball moves at these teen dodgeball nights! Grab a group of friends and get ready to dodge, duck, dip, and dive. Players will receive a team bandanna. CH Hylander Center door #42

6th-10th grade.....6-7:30pm

FREE - MUST register columbiaheightsmn.recdesk.com

October 27 - Halloween night. Dress in your favorite costume (make sure that it does not interfere with game play)

November 17 - NEON Night. Wear your brightest colors.



ENCORE Skyhawks Volleyball 3rd-7th grade

Wednesdays, Nov 16-Dec 14, NO class Nov 23

*Skyhawks volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player.

3rd-7th grade.....Wed evenings, time to be announced
FREE - MUST register columbiaheightsmn.recdesk.com
CH Hylander Center door #42



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Heights Soccer Saturdays K - 6th Grade

CH Rec staff will teach the exciting game of soccer with a focus on learning basic soccer skills and teamwork while having fun! This is not a league, it is an opportunity for youth to build on their soccer skills, play scrimmages, and get active. Participants may be split into smaller groups to work on skills and play mini-games based on skill and age level for the Mighty Mites group.



Heights Soccer Saturdays, Sept 17 - Oct 22 weather permitting

Huset Park field behind Murzyn Hall

Kickers Kindergarten & 1st grade.....10:30 - 11:15am.....\$30

Mites 2nd-6th grade.....11:30am - 12:30pm.....\$30

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

Creative Movement I: No experience.

4-6 year olds **who have NOT taken** a class with CH Rec dance before.....\$45
Wednesdays, Sept 28-Nov 16.....4-4:45 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 dance class with CH Rec.....\$45
Wednesdays, Sept 28-Nov 16.....5-5:45 pm

Have fun with rhythm, play dance games, and continue building on already-learned dance skills/techniques. The last class will feature a showcase of their skills. Dance uniforms/outfits not required.



YOUTH BASKETBALL

Boys & Girls, Grades 2 - 6

Girls Season October - December

Boys Season December - March

This Twin Cities 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. Registrants may be shifted to even out teams. Max of 10 per team. **Volunteer coaches are needed.** Please contact the Recreation office as soon as possible to volunteer and process the background check. Register at columbiaheightsmn.recdesk.com



GIRLS Basketball Registration Deadline September 30. No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

BOYS Basketball Registration Deadline November 23. No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

When: **Girls** season October - December. **Boys** season end of December - March. Practice schedule to be determined by coach. Practices will typically be held one or two weeknights.



Girls Season: October - December **Fee:** \$60 **Schedule** TBD
Basketball Girls Grade: 2, 3, 4, 5, 6

Boys Season: Late December - March
Fee: \$60 **Schedule** TBD
Basketball Boys Grade: 2, 3, 4, 5, 6



Columbia Heights Basketball Association

Fall Workouts - September-November 2022

Winter Season: November 2022 thru Mid-March 2023, \$150

- Boys & Girls 5th - 8th gr.
- Kids will play in 25-30 games (within their grade and age level) against teams from other cities.
- Play in official game settings with referees, score keepers, scoreboards, and full games with two halves.
- Works in partnership with the CH Recreation Department and the CHHS Basketball Program.
- Family discount for two or more siblings
- \$65 for a new uniform if you don't have one from previous years.

(Note: if we do not have enough kids for a team, we may combine grades or if there is not enough for a team, we will offer skills and fundamental workouts through the season)

Questions, please contact Aaron Goff at 763-568-8860, rexruppert@yahoo.com or Tom Greenhalgh at 612-597-6301, heightscoachtom@aol.com. You can also drop off payment & registration at the CH Recreation Department.

Family Basketball - Saturdays

Welcome families of all variations (guardians, aunts, uncles, grandparents, parents, and kids)! Basketball is a game that can be played by all ages and varied skills. Families will be able to spend time with and work together in a team and competitive environment. There will be free-shooting time, as well as coach-led activities and games.

\$2 per person drop-in fee at the door – please bring exact change if you are able, or smaller bills. Open to residents and non-residents. Children ages 7 to 14 years old and must be with an adult.

Saturdays, Sept 17 - Dec 10.....9 am-12 pm

7-14 years old & adults.....\$2 per person at the door

CH Hylander Center door #42



Ladies Night - Basketball

Coach-led skill-building and pick-up basketball games. \$2 per person drop-in fee at the door – please bring exact change if you are able, or smaller bills. Open to residents and non-residents. Max of 30 participants.

Mondays, Sept 19 - Dec 12.....5:30-7:30 pm

Ladies 15 years and older.....\$2 per person at the door

CH Hylander Center door #42



Online registration
columbiaheightsmn.recdesk.com

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

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

Martial Arts Little Tigers

Session I.....\$46

Thursdays, Sept 22 - Oct 13.....5:45 - 6:15 pm

Session II.....\$46

Thursdays, Oct 27 - Nov 17.....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

Session I.....\$62

Thursdays, Sept 15 - Oct 206:15 - 7 pm

Session II.....\$62

Thursdays, Oct 27 - Dec 8 *NO class Nov 246:15 - 7 pm



Family Paddling Night at Silver Lake Park

Bring the family out and try some paddle activities like kayaking, stand up paddle boarding, and canoeing (selection will be weather-dependent). Staff will be on hand to help get everyone set up with life jackets, paddles, boats and to help with instruction. All equipment is provided by Anoka County Parks. Ages 5 and up are welcome to join and must be accompanied by an adult. Preregistration required, 763-706-3730 or columbiaheightsmn.recdesk.com

Family Paddling Sampler

Silver Lake Park - 4305 Stinson Blvd NE (Columbia Heights side of the lake)
Sept 22.....6-8 pm.....FREE must preregister



YOGA & MEDITATION 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.

Yoga + Meditation.....\$42 for all 6 classes or \$10 per drop-in class
Tuesdays, Sept 20 - Oct 25.....5:15 - 6:15 pm
16 years and older.....Edgemoor Rm, lower level Murzyn Hall



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+. Zumba classes will be taking a break for the month of December.

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

ZUMBA September 12, 19, 26.....6 - 7 pm.....\$27

ZUMBA October 3, 10, 17, 24.....6 - 7 pm.....\$36

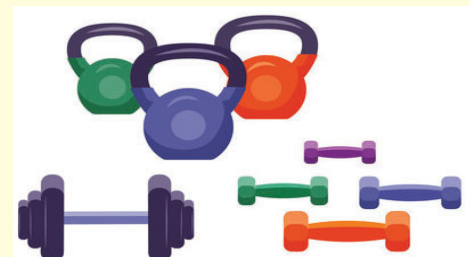
ZUMBA November 7, 14, 28.....6 - 7 pm.....\$27



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 Fall I.....\$54
Wednesdays, Sept 21 - Nov 2 *NO class Oct 26.....6 - 7 pm

Total Body Conditioning Fall II.....\$54
Wednesdays, Nov 9 - Dec 21 *NO class Nov 23.....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.....Keyes Room inside Murzyn Hall

Crochet Class Sept 1 - Oct 20.....\$10

Thursdays, 6:30 - 8 pm

Crochet Class Oct 27 - Dec 22, no class Nov 24.....\$10

Thursdays, 6:30 - 8 pm

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. NEW to class? Try one night for free.

Aerobic Dance Tue.....\$35.75

Sept 13 - Dec 13, No Class Nov 8.....6:30 - 7:35 pm

Aerobic Dance Thur.....\$33

Sept 15 - Dec 15, No Class Nov 10, 24.....6:30 - 7:35 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.....\$35.75

Sept 12 - Dec 12, No Class Nov 7..... 9 - 10:05 am

Stompin Thursdays.....\$33

Sept 15 - Dec 15, No Class Nov 10, 24..... 9 - 10:05 am



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 Monday through Thursday at various parks in Columbia Heights and nearby communities. Typical hikes in Col Hgts include Sullivan Lake, La Belle & Kordiak. See the schedule in the Active Agers Newsletter calendar.

We gather for the camaraderie of others like us; those wanting to try something different or wanting to brush up on their skills. We meet once a month in the CH Senior Center either in the morning or afternoon. Your Art Host is Candy, a long-time staff member of the CH Recreation Department.

NEW CHANGES: *All classes must be prepaid at a minimum of one week prior to the class. These classes will fill up fast with a limited number of seats so please call 763-706-3730 or online at columbiaheightsmn.recdesk.com to pay with a credit card. (We will not be able to accept any day-of class payment.)* All art classes are \$10 apiece.

All supplies are provided. Images shown are for inspiration purposes only. You have the freedom to create your own design. Please call with any questions 763-706-3730.

Watercolor Bobber and Sunfish.

We will get our brushes wet and practice painting bobber bookmarks. Once you are comfortable with the technique, you will paint a trophy Sunfish with watercolor paints and colored pencils to provide detail and depth. Max: 12

Sat Sept 24.....10:30 am - 1 pm.....\$10.....Senior Center, lower level Murzyn Hall

Acrylic Sunflowers and Poppy Fields.

You will paint and take home your choice of painting. In addition to brushes, we will use non-traditional tools to paint our flowers. Max: 12

Sat Sept 24.....1:30 - 3:30 pm.....\$10
Senior Center, lower level Murzyn Hall



Mixed Media: Eccentric Women.

We will use paper, glue and whatnots to create images of three eccentric women. Bring your own whatnots to design the dresses or use available scrapbook paper provided. Examples of whatnots you could bring to class: candy wrappers, old greeting cards, small fabric pieces, etc. Finished project size 9x12. Max: 10

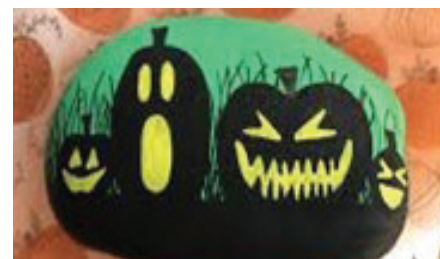
Sat Oct 22.....10:30 am - 1:15 pm.....\$10.....Senior Center, lower level Murzyn Hall



Acrylic Halloween Rock Art.

Two rocks are provided for you to paint your own spooky design. You may bring more of your own rocks no larger than the palm of your hand. Max: 10

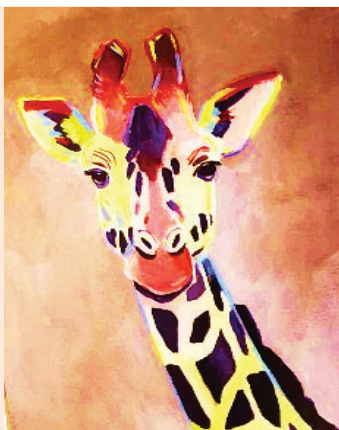
Sat Oct 22.....1:45 - 3:45 pm.....\$10.....Senior Center, lower level Murzyn Hall



Watercolor Abstract Animals. Today we paint bright and bold. The giraffe will be our model in the morning class, and the elephant will be our model in the afternoon class. Sign up for one or bring a sack lunch and stay for both classes. Paint at your leisure. Max: 12

Sat Nov 19 Giraffe.....10:30 - 12:30 pm.....\$10
Senior Center, lower level Murzyn Hall

Sat Nov 19 Elephant.....1:30 - 3:30 pm.....\$10
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 2 weeks prior, 763-706-3730.

Sept 12.....9am - 1pm..... \$29

Nov 14.....9am - 1pm..... \$29



Sign up online columbiaheightsmn.recdesk.com

"Poems in the Parks"

The Library & Recreation Depts are bringing poems to the parks this fall! Large sign-boards with poems will be placed along the trails. FREE

Poems displayed 10 am - 3 pm

Fri Sept 16 at Huset West Park

Fri Oct 14 at Sullivan Lake Park

Taste Test Socials Returning!

Back by popular demand! We will be sampling a wide variety of name brand foods/snacks. Cost is \$3 payable day of the event but you must call 763-706-3730 to sign up no later than 1 week prior.

Fri Oct 28.....2 pm.....\$3

Fri Dec 16.....2 pm.....\$3

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

Keep Movin' - 60 minute seated exercise class. You do not need to preregister - just show up. FREE

Midday Matinees

Select days at 1:30 pm in the Senior Center. See the Newsletter for the dates and movie titles.

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

"Letter Writing to Soldiers & Pizza Lunch"

Fri Oct 7.....1 pm.....FREE

Glenda Parkhurst will be here telling us how big of an impact letters make to soldiers, followed by a time to write to soldiers at Fort Wainwright in Alaska, where the suicide rate is very high. This non-profit organization, Operation Empowering Hope, seeks to provide chaplains with materials that soldiers want. We will then enjoy a pizza lunch. Call by Fri Sept 30 to sign up 763-706-3730.

"Totally Criminal" Cocktail Hour

Wed Oct 12.....3 - 7 pm.....\$12

"Totally Criminal Cocktail Hour" brings mystery lovers and authors together. We will be going to the Zephyr Theater in Stillwater to hear local, New York Times best-selling author Brian Freeman discuss his book, "The Zero Night: A Johnathan Stride Novel". Please contact DeLynn Mulligan at 763-706-3735 to sign up. This will fill up fast, call ASAP!

Plan Your Move Lunch & Learn

Thu Oct 13.....1 pm.....FREE

It is never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. Local REALTOR/ SRES, Renee Miller of Keller Williams Realty Elite, touches on understanding home values, timing your move, market statistics and how realtors market your home to get top dollar. She will go over resources and the use of her referral partners to help you downsize and declutter. You do need to call and register for this no later than Thur Oct 16 by calling 763-706-3730.

"Inspired by Books" tour at Minneapolis Institute of Art & lunch

Tue Dec 20.....10:30 am.....\$2 bus fee, tour is FREE

You must be registered no later than one week prior to this outing by calling 763-706-3730.

"Inspired by books" tours are facilitated by MIA guides who will relate works of art to popular books. The book we will be using as our inspiration will be, "Chronicles of a Radical Hag (with recipes)" by Minnesota best-selling author Lorna Landvik. \$2 per person bus fee, free tour.