

RECREATION PROGRAMS

WINTER
2022-23

IN THIS ISSUE

- 3 Park & Event Wagon Reservations
- 4 Youth & Family Events
- 5 - 7 Youth Trips & Programs
- 8 Youth Sports
- 9 - 10 Adult Programs
- 10 - 12 Active Agers



HOLIDAY CITY TOUR

Thur, Dec 15

Dazzlingly decorated city vehicles drive through Columbia Heights to celebrate and spread cheer for the holiday season on Thur, Dec 15th. Watch for a special guest

riding in the fire truck! The parade of vehicles leaves the Public Safety building at 5:30pm and heads towards the Prestemon Park area on the route. Map details can be found at www.columbiaheightsmn.gov, and Facebook @columbiaheightsmn. Vehicles will be driven in a parade-like fashion so people of the community can enjoy the sights and share in the excitement. Be sure to come out and wave along the route!

Following the tour, join us at Murzyn Hall (530 Mill St) for family photots with a special guest, activities and treats.

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

Nonperishable donations for SACA will be accepted.

SnowBLAST Feb 4, 2023, 4 - 7 pm

Come on by Huset Park East for the City's annual winter celebration, SnowBLAST. This FREE family friendly event will include:

- Free Pony Rides
- Music
- Skating Rink
- Limited Skates available for use
- Snow Soccer
- Snowshoeing provided by CH School District
- Fire Pits
- FREE Popcorn & S'Mores^
- FREE Hot Beverages^ (^while supplies last)
- Food Trucks and Alcohol sales
- Bring your own sled to zoom down the City Hall hill

This event is truly a community effort with City staff from Recreation, Public Works, Police, Fire, and Administration relying heavily on volunteer support and contributions.

For more details visit columbiaheightsmn.gov/events, Facebook @CHRecreation. Or call 763-706-3730.



NEW 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

Dec 23, 26 & Jan 2, 16, Feb 20, 2023

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 Watch for updates on the *Calendar available at www.columbiaheightsmn.gov*.

JOHN P. MURZYN HALL RENTAL INFORMATION

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups up to 375 people. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at www.columbiaheightsmn.gov.

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8 am to 4:30 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.





PARK RESERVATIONS

City of Columbia Heights Park reservations must be completed with the Recreation Dept. Call 763-706-3730. Reservations for 2023 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. 2023 reservations begin Jan 3.



SHARE YOUR TALENTS!

Do you have any special skills or talents you would like to teach here at Columbia Heights Recreation for either youth or adult classes? Please reach out to 763-706-3733 or kholznagel@columbiaheightsmn.gov if you are interested in teaching a class. We are open to ideas. Example: Life-skills classes for teens.

Hylander Fitness Center - Drop-In Times

The Fitness Center in the Hylander Center Door #42 has treadmills, elliptical machines, various weight machines and dumbbells.

Only the fitness center will be open during Recreation programming on the following dates and times:

Mondays, Nov 21-Dec 12, 2022 & Jan 9-Feb 27, 2023
(Closed Feb 20)5:30pm - 7:30pm

Wednesdays, Nov 30, Dec 7, 14.....5:30pm - 7pm

Saturdays, Dec. 3, 10, 17.....9:30am - 12:30pm, more dates in January TBA.

\$2 drop-in fee per person Fitness Center ONLY. Please bring exact change, if possible. Limited capacity in the fitness center. Watch for updates on the Hylander Calendar available at www.columbiaheightsmn.gov.



Bienvenido

INFORMACION DE LA INSCRIPCION *La inscripciones en línea al 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. FREE treats, cider, and tea will be served.

This is a great class for friends, couples, singles, families, active agers, and kids ages 9 and up. **Ages 9-12 should be accompanied by an adult.** If attending with a child 9 - 12, you can each choose to make your own wreath and register separately. If you will only be assisting your child and not making your own wreath you will register for one wreath.

Wreath-Making Wonderland

Sun, Dec 11.....1 - 3pm

1 Wreath.....\$28

2 Wreaths.....\$50

Class in the Senior Center,
lower level Murzyn Hall



Great Columbia Heights Bake-off 2023

THEME: Multi-Media Madness!

Create a cake or cupcakes that will showcase your favorite Book, Movie, TV Show, or Video Game! All ages and all baking experience welcome! Show us your creative bakes in this "from the comfort of your own home"

baking competition. We can make age categories for voting if we get enough bakers in the competition, so spread the word, invite friends! Winners receive a prize, and all participants are added into a drawing for prizes at the end of the competition!

You will receive a take-home kit with box cake mix, frosting, fondant, helpful recipes and ideas, decorative options and more to help you with the baking process. Make a note during your registration what colors you may need.

Send a photo and name of your finished creation by March 6 to kholznagel@columbiaheightsmn.gov. There will be a photo album on Facebook @CHRecreation. Vote for your favorites by "liking" the photo. **Vote by Mar 20.**

Great Columbia Heights Bake-off 2023

Feb 21 - 24.....Pick up kits at the Recreation office in Murzyn Hall between 8am - 4:30pm

Baking window: Feb 21 - Mar 6, Voting ends Mar 20

All ages.....\$20 per kit

Mini Tumblers 3-5 years old

Your little one will work on motor coordination, spatial awareness, and self-confidence. Each week we will play fun games with music to get the wiggles-out that incorporate aspects of both gymnastics and dance. The class also includes tumbling, balance, walking on the balance beam, and flexibility. Parents are invited as needed, depending on child-readiness. *Parents are expected to stay outside the room for bathroom breaks and if needed in the room.

Tuesdays, Feb 21-Mar 28.....11am - 11:45am

3-5 years old.....\$36.....Edgemoor Room, lower level of Murzyn Hall

Dance

Classes are held in the Edgemoor Room, lower level of Murzyn Hall.

Dance Creative Movement.....Ages 4-6

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 and shoes not required but are welcome.

Mondays, Jan 23 - Mar 20 (No class Feb 20).....4:45 - 5:30pm.....\$48

Dance 1st-3rd Grade

Class time focuses on technique and skill-building of multiple genres of dance. Basics of ballet and jazz will be covered. Dance helps build strength, flexibility, coordination, rhythm, self-confidence and more! The last class will include a showcase of their skills. Dance uniforms and shoes not required but are welcome.

Mondays, Jan 23 - Mar 20 (No class Feb 20).....5:45 - 6:30pm.....\$48



ENCORE Theater Trip & Game Show Battles Tue, Dec 27

*Join us for a trip to Stages Theater to see Rudolph the Red-Nosed Reindeer in a live-action re-telling of this beloved story! We will stop for lunch at Culver's, so you can either send money or pack a lunch. Then, we will head to Game Show Battle Rooms where they will compete in challenges that mimic TV game shows.

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

Tue Dec 27.....8:45am - 4:15pm Drop off at and pick up at Murzyn Hall



Snow Tubing at Wild Mountain Wed, Dec 28

Join us at Wild Mountain for a day in the tubing lanes. Wear appropriate outdoor clothing. 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 money for concessions, or bring your own lunch.

4th-9th Grade.....\$15, Bring a bag lunch or money.

Wed, Dec 28.....10:15am - 4:45pm, Drop off and pick up at Murzyn Hall



ENCORE Learn to Ski Program at Wild Mountain Mon, Jan 30

* Both experienced skiers and beginners are welcome to join this trip for 5th-10th graders! This program includes lift tickets, rental equipment, helmet, and a "learn to ski" lesson. Then, the kids will get to hit the runs with their small groups after the lesson. If you have your own downhill skis or snowboards, let us know in the notes when you register so we can plan accordingly. Those that need ski rentals, will need to fill out a form that we will have for parents at time of drop-off at Murzyn Hall, plan to fill out paperwork at drop-off time. Pack a lunch or bring money for concessions. Wear weather-appropriate clothing: hats, gloves, snowpants, etc.

Mon, Jan 30.....8:15am Parents must bring their child inside Murzyn Hall for signature of participation
- Return at 4:30pm - pick up at Murzyn Hall

5th - 10th Grade.....FREE* Bring a bag lunch or money.



ENCORE Early-release Day Trip to Zero Gravity Fri, Mar 17

* A shuttle van will pick-up your child from Columbia Academy at 1:15pm. If you have a 6th-8th grader that will not be coming from Columbia Academy, please let us know in the notes section when you register and be sure they are dropped off at Murzyn Hall by 1pm! We will bring the kids to Zero Gravity for an afternoon of fun. They will get to use the trampoline foam pit, play laser tag, climb the climbing wall, play trampoline dodgeball, and enjoy the open jump area.

Fri, Mar 17.....1 - 4:45pm

We will pickup students at Columbia Academy. Parents pickup at Murzyn Hall at 4:45pm

6th-8th Grade.....FREE*

Wild Wednesday Spring Break - Great Wolf Lodge Wed, Apr 5

Enjoy a day splashing around in the Great Wolf Lodge indoor water park. Take it easy and float the lazy river, ride the various exciting water slides, water basketball, and test your surfing skills on a simulator ride. Wear swimsuits, bring a towel, and extra clothes. Pizza and soda included with ticket. Bring cash for other food options, no outside food is allowed.

Wed, Apr 5.....9am - 4:30pm Drop-off and pick up at Murzyn Hall

4th-9th Grade.....\$35 pizza lunch included

ENCORE Youth Drawing Classes

ENCORE Fashion Runway 3rd-8th Grade

This stylish Young Rembrandts workshop is tailored for the aspiring fashionista. If you love to design clothes and are hip to the latest fashions, this drawing workshop is a perfect fit. Enroll now, this workshop favorite fills up fast!

Wednesdays, Jan 25-Feb 22.....5:30 - 7:30pm.....3rd-8th grade

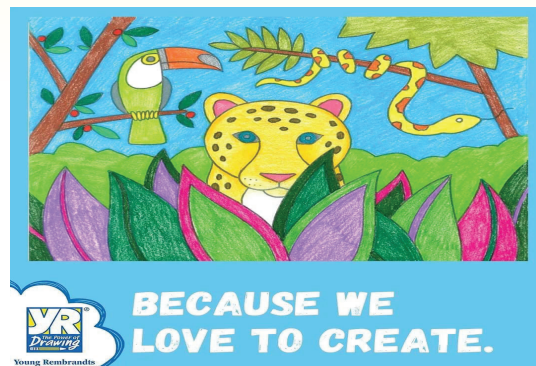
***FREE (\$80 value) Pre-registration required.....M/M room, lower level of Murzyn Hall**

ENCORE Art Academy 3rd-8th Grade

Be inspired by the masters! Create masterpieces like the great artists Romero Britto, Henri Matisse, Vincent Van Gogh, Paul Cezanne and Andre Derain in this amazing workshop! No experience necessary.

Wednesdays, March 1-29.....5:30 - 7:30pm.....3rd-8th grade

***FREE (\$80 value) Pre-registration required.....M/M room, lower level of Murzyn Hall**



Online registration
columbiaheightsmn.recdesk.com

ENCORE Brain Buster Days - 6th-12th Grade, non-school day opportunities

*6-12th graders, bored on your day off from school? Join us at Columbia Heights Library for brain busting challenges, FREE delicious lunch, and fun with your peers! This will also be an opportunity to voice your opinion on current and future out of school time classes. What challenges you may ask? You'll test your knowledge with escape rooms, trivia, break-out boxes, scavenger hunts, and more!

Grades 6-12.....11:30 - 1:30pm

Dates: Dec 9, Jan 30, March 20, April 10

FREE* Registration recommended, but walk-ins accepted on the day-of.

Held at the CH Library Community Room



ENCORE Science Sampler 3rd-7th Grade

*It's science, made fun with High Touch High Tech scientists! Explore the exciting world of sciences where the topic changes each week, and includes topics like our solar system, rain forest diversity, hydroponics, and animal adaptations.

ENCORE Science Sampler

Mondays, Mar 6 - 27..... 5:30 - 6:30pm

3rd-7th GradeFREE* Pre-registration required
M/M room, lower level of Murzyn Hall

ENCORE Tech Academy *All classes meet online on the date and time noted for each class. Technical Requirements for each class: Computer PC (Windows XP or later), or Mac (OSX) with at least a 2Hz processor and 4 GB of Ram, Internet, Webcam, Microphone and speakers, Google Meet (where the class instructors hold class)



ENCORE Video Production for YouTube 3rd-7th Grade

*Learn how to produce a YouTube Video with Tech Academy! YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world. Need Cell phone video camera or external webcam and Imovie (Mac) or Filmdora (Windows trial version).

ENCORE Video Production for YouTube Must attend both Saturdays, Jan 7 & 14

10:30 - 12:30pm.....Online class

3rd - 7th Grade.....FREE* (\$75 value!) Pre-registration required

Online registration
columbiaheightsmn.recdesk.com

ENCORE Escape the Ender Dragon: Escape Room 1st-6th Grade

*Unleash your creativity as you work collaboratively with your peers in Tech Academy. Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission to race through the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home. Basic computer skills needed (keyboarding and using a mouse), Minecraft Java Edition and PC (will not work on Chromebook, tablets, or phones), Google Meet (where the class instructors hold class), webcam, microphone and speakers.



Must attend both dates: Tuesdays, Feb 14 & 21

6 - 7:30pm.....Online class

1st - 6th Grade.....FREE* (\$60 value) Pre-registration required

ENCORE Multiplayer Minecraft: Colosseum Builder 1st-6th Grade

*Become the architect of mini-game battle arenas! Build your own arena with Tech Academy, then challenge your friends. Students will get a copy of the world map to take home and expand on. We will be using PC/Java Edition of Minecraft. Basic computer skills needed (basic keyboarding and using a mouse). Google Meet (where the class instructors hold class), Webcam, microphone, and speakers. Need Minecraft Java Edition, PC needed (will not work on Chromebook, tablets, or phones)

ENCORE Multiplayer Minecraft: Colosseum Builder Must attend both Saturdays, Feb 4 & 11

10:30 - 12:30pm.....Online class

1st - 6th Grade.....FREE* (\$75 value!) Pre-registration required



ENCORE Game Coding: Mario Kart 3rd-7th Grade

*In this Tech Academy class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart-style game. Then pick custom characters, track, etc. to customize their games. Needs PC (will not work on Chromebook, tablets or phones), Google Meet (where the class instructors hold class), webcam, microphone, and speakers.

Thur, Mar 16.....6 - 7:30pm.....Online class

3rd-7th Grade.....FREE* (\$40 value) Pre-registration required



*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.

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. (weather permitting)

Saturdays & Sundays, Jan 7 - Feb 26, NO Class Jan 21 or 22

1st-6th grade: Beginners Skating.....Saturdays, Jan 7-Feb 25, NO class Jan 21.....12:30 - 1:30pm.....\$35

Come learn the basics of ice skating. Skaters will be introduced to forward and backward skating, glides, turns, and more! No experience needed. Bring your own skates.

4th-10th Grade: Advanced Skating.....Saturdays, Jan 7-Feb 25, NO class Jan 21.....2 - 3pm.....\$35

For skaters who are confident on the ice and want to build their skills. Instructors provide guided skill-building and fun games.

Kindergarten-3rd Grade: Beginners Skating II.....Sundays, Jan 8-Feb 26, NO class Jan 22.....12:30 - 1:30pm.....\$35

Come learn the basics of ice skating. Skaters will be introduced to forward and backward skating, glides, turns, and more! No experience needed. Bring your own skates.

Open-Skate Warming House.....Sundays, Jan 8-Feb 26.....10am - 12pm.....FREE!

All ages - Join us at the Huset East Park ice skating rink for open-skating. The warming house will be open to enjoy some Sunday morning skating. It'll be easier to put on your skates, you can leave your items in the building, and you'll have a place to warm-up! This is an opportunity to use an outdoor rink with the convenience of a warming house. Bring your own skates.



Online registration columbiaheightsmn.recdesk.com

YOUTH BASKETBALL Boys Grades 2 - 6

Sign up immediately! Players are needed to fulfill teams. Call 763-706-3730 today!

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

Fee: \$50 Basketball Boys Grade: 2, 3, 4, 5, 6 Schedule TBD

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

Winter I Thursdays, **Jan 12** - Feb 2.....5:45 - 6:15pm

Winter II Thursdays, **Mar 2** - 23.....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. Scholarships do not apply program.

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

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

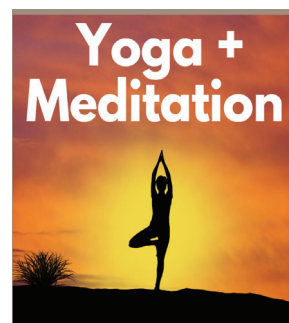
Winter I Thursdays, **Jan 5** - Feb 9.....6:15 - 7pm

Winter II Thursdays, **Feb 23** - Mar 30.....6:15 - 7pm



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.

Adult Yoga.....\$48, or \$10 per drop in class
Adults.....Edgemoor Rm, lower level Murzyn Hall
Winter I: Tuesdays, Jan 10 - Feb 14.....5:15 - 6:15pm



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+ Min 4/Max 20 . Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Mondays.....6 - 7pm.....Murzyn Hall, main hall
ZUMBA Winter 1 (Jan 30 FREE Trial Class) - Feb 6, 13, 27.....\$27, or \$10 per drop in class
ZUMBA Winter II Mar 6 - 27.....\$36, or \$10 per drop in class



Zumba Open House Jan 30, 6 - 7pm: Try Zumba...for FREE! Join licensed Zumba instructor Anne Sumangil for a free class on Monday, Jan 30 from 6-7pm at John P. Murzyn Hall. No registration is required. Just show up and be ready to bust a move! This class is for everybody and every body! Check out our Zumba instructor Anne's website at <https://annes.zumba.com>.



Ladies Night - Basketball

Pick-up basketball games and Coach-led skill-building. \$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.

Mondays Jan 9 - Feb 27, No class Feb 20.....Drop in between 5:30 - 7:30 pm
 CH Hylander Center door #42
 Ladies 12 years and older.....\$2 per person at the door

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.

Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall
Total Body Conditioning.....**Wednesdays**.....*NO CLASSES March or April 2023

Jan 4 - 25 6 - 7pm.....\$36 **Feb 1 - 22** 6 - 7pm.....\$36

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 - 8pm
Jan 5 - Feb 23.....\$10
Mar 2 - Apr 27.....\$10



Adult Wine and Watercolor Nights at Murzyn Hall

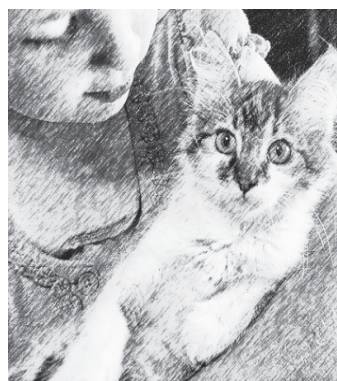
One free drink ticket, and cash bar during the class. There will be a special featured non-alcoholic drink for purchase as well!

January Jan 13 - Winter blahs? New year's resolution to accomplish? Come and draw at the watercolor pencil workshop. Unwind with a glass of wine as you sketch along with local illustrator, Eric Holmberg. No experience necessary. Eric's easy, step-by-step approach takes the "work" out of artwork. All supplies are provided.

January Jan 13.....6:30 - 8pm.....\$45.....Murzyn Hall

February 10 - Singles, want a night-out with friends or solo-time for a chance to do try something new? Couples, looking for a creative date night? Register for a night to unwind and get artistic with our watercolor pencil workshop happening the Friday before Valentine's Day! Relax with a glass of wine as you sketch along with local illustrator, Eric Holmberg. His step-by-step approach to making art is easier than dancing, and quieter than the opera.

February 10.....6:30 - 8pm.....\$45.....Murzyn Hall



Adult Photo-Sketching 101 Enjoy a cup of joe or apple cider as you learn how to turn your beloved snapshots into works of art. Our local artist, Eric Holmberg, believes anyone can draw if they give themselves a chance. Bring a favorite photo (hard copy or from your phone) and learn how to create a realistic rendering in just five, easy lessons. Personalize your home décor or make a unique gift for someone special. Laugh, learn, and let your inner artist come alive. Be sure to bring in either a hard copy or a picture on your phone of what you would like to re-create. 18 years and older.

Thursdays, Jan 19 - Feb 16.....6:30 - 8pm.....\$25.....Senior Center, lower level of Murzyn Hall

Register online at columbiaheightsmn.recdesk.com

Stompin' At The Hall 55 years & older exercise classes

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.....\$18

Jan 9 - Mar 6, No Class Jan 16, 30, Feb 20..... 9 - 10:05am

Stompin Thursdays.....\$21

Jan 5 - Mar 9, No Class Feb 2 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

Jan 3 - Mar 7, No Class Jan 31.....6:30 - 7:35pm

Aerobic Dance Thursdays.....\$24

Jan 5 - Mar 9, No Class Feb 2.....6:30 - 7:35pm



The CH Art Corner will be taking a break to escape the cold. The last classes of 2022 are Dec 10. Art Corner classes resume mid-February. To keep you thinking about art in February, here's a look at some of the art we did in 2022.



Active Agers 50+ Art Corner with Candy

Welcome to the Active Agers 50+ ART Corner! Classes offered are open to all levels of art experience. Photos shown are to inspire you. They are not necessarily what your finished art will look like. Your class Host is Candy, a long-time employee for the City. Art classes are held in the CH Senior Center. Full payment is due at registration and is non-refundable if canceled the week of class or you are a no-show. We respect the weather. Classes canceled or rescheduled by the Recreation Department are fully refundable. **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.**

DECEMBER

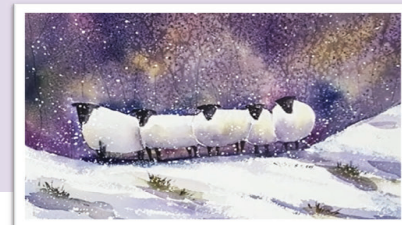
My Winter Wonderland: Could it be ice houses on a lake, or a whimsical village? Everyone paints a similar winter landscape. Then, you put your own twist on what a winter wonderland means to you. Paint bright and bold or subtle and serene; the choice is yours. Pictures provided are shown only for your inspiration. I will provide traceable templates to help you create your own winter wonderland. Take home a one-of-a-kind 7x12 painting.

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



Sheep, Far From the Barn: We will approach this class in a unique way. First, the paints we will use are liquid watercolor. We will practice liquid on a bookmark to get us going. Second, we will only use three colors. Third, salt and water are our best friends. Finally, a splatter here and there using gouache to create an 8x10 snowfall.

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



FEBRUARY

WATERCOLOR SPEED PAINTING! Our first class of 2023 is about working quickly with varied techniques used in watercolor painting. Today we experiment wet on wet, salt, and bokeh techniques. Practicing these techniques now will help you going forward. (To improve on techniques one must practice, and practice some more). You will leave class with several practice sheets and one watercolor painting incorporating the techniques you practiced.

Sat Feb 25.....11am - 1pm.....\$10.....Senior Center, lower level Murzyn Hall

BE LIKE PICASSO: Picasso was an abstract artist best known for his innovative and quirky abstract art techniques. He identified cubism as an art form, and introduced the world to collage. With Picasso's abstract portraits as your inspiration, you will create two of your own Picasso-like works of art. A variety of mixed media will be available for you to use. (Not everything is as it seems; there will be a twist to this class.)

Sat Feb 25.....2pm - 4pm.....\$10.....Senior Center, lower level Murzyn Hall



MARCH

LOUGH; AN IRISH LAKE (Watercolor Landscape) Minnesota is known for its 10,000 lakes. Ireland is known for its 12,000 lakes. Or as the Irish say, lough (pronounced loch). Let's celebrate Ireland this month painting one of its many lakes. We will begin by practicing watercolor techniques together on practice paper, then apply the techniques to your own version of an Ireland lough.

Sat Mar 18.....11am - 1pm.....\$10.....Senior Center, lower level Murzyn Hall



WHIMSICAL WATERCOLOR MUSHROOMS: The watercolor technique, Bokeh, will be used in this class. It offers a fun and whimsical view of art design. If you did not take the techniques class February 25, don't worry, we will practice the technique this day also. Your finished design may even include a bit of Irish luck, if you choose.

Sat Mar 18.....2pm - 4pm.....\$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 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 AARP. Registration required no later than 2 weeks prior, 763-706-3730.

Jan 9.....9am - 1pm..... \$29

Mar 13.....9am - 1pm..... \$29



"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.

Taste Test Socials!

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 Feb 24.....2 pm.....\$3

Fri Mar 24.....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

Botticelli Exhibit at Minneapolis Institute of Art Thur Jan 5.....9:30 am.....\$22 per person

In Renaissance Florence, artists saw art anew. At the center of it all was Sandro Botticelli, whose genius was transforming classical themes into original art inspired by new ideals of beauty. Rare paintings, drawings and sculptures by Botticelli, Lippo, Rosselli & Ghirlandaio. MIA is privileged to be the single stop for this exhibition that rarely travels outside of Italy. Please call DeLynn Mulligan as soon as possible at 763-706-3735 to sign up for this as we will need to purchase tickets for this exhibit.

Collette Travel Show- Wed Jan 11 at 1:00 pm in the Senior Center Free!

Come to hear about the exciting travel opportunities being offered through Collette Travel.

We are featuring trips to the following locations: Savannah, Santa Fe & Costa Rica.

Please come and join us for some food that is associated with each of areas we are offering travel opportunities. This program is free but please call 763-706-3730 no later than Mon, Jan 9th to sign up.

Swedish Glass Exhibit at the American Swedish Institute

The stunning new exhibit, Fluidity, features an immersive installation of glass, light, liquid, and sound by Swedish American glass artist Jo Andersson. We will try to get a private tour and potentially go out to lunch this day. We have not set a final date, but the exhibit runs Feb. 1 through May 28. (We will probably go closer to March-May but wanting to get a feel of how many would like to attend.) Please contact DeLynn at 763-706-3735 if you are interested in this outing. The cost, if we get the private tour, will be \$20 for the tour and \$2 for the bus fee.

Reminder, the Senior Center will be closed on December 23, 26, Jan 2, 16, & Feb 20.