

RECREATION PROGRAMS

FALL 2020

SIGN UP NOW!

Family Activities

Join us for in person, socially distanced, and online ways to stay active!

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

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

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

ONLINE REGISTRATION

www.chreconline.org

CITY WEBSITE

www.columbiaheightsmn.gov

LIKE US ON FACEBOOK

Facebook.com/CHRecreation



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER

2 RECREATION INFORMATION

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 7, Nov 11, 26, 27, Dec 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: www.chreconline.org.

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.

**JOIN
US!**

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

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 400 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 4:45 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.





PARK RESERVATIONS

The City of Columbia Heights Park reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

Non-Residents: \$75

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

Call 763-706-3730

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. Reservations will begin on the first business day of each year. 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.

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*.

Family Discovery Saturdays* The CH Library and Rec Department have teamed up to offer socially-distanced outdoor performances in the parks. Pack your picnic blanket or chair and join us at Huset Park East (3965 Jefferson St). Register for each event under Library Programs at www.anokacounty.us/events or call 763-706-3690.

Saturday, Sept 26, 10:30 am Native Pride Dancers* Story telling, drumming, and dance.

Saturday, Oct 10, 10:30 am Lupita Doesn't Want to go to Sleep* From In the Heart of the Beast Puppet Theater. Performed in both English and Spanish.

Saturday, Oct 17, 10:30 am Raptor Center* See MN raptors up close and personal.

Saturday, Nov 14, 10:30 am and 11:30 am Geocaching* Meet at Silverwood Park (2500 County Rd E, St Anthony)

Bienvenido INFORMACION DE LA INSCRIPCION *La inscripciones en línea al www.chreconline.org. Las inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFA 84.287, IV B-21st Century Community Learning Centers.

Chalk Art Walk - Artists Wanted

Calling all artists and chalk enthusiasts! Let's kick off the fun-filled events of Hall-O-Week together with family-friendly art along the Huset Park West walking path. FREE! Register by Oct 5 for a spot to create a masterpiece. Whether you register alone, or with a group, you will receive a marked space along the path. We can provide sidewalk chalk, if needed. Pick-up supplies Oct 14-16 at the Recreation Office in Murzyn Hall between 8 am - 4:30 pm. All chalk drawings are done at your own pace and should be finished by Saturday, Oct 24. To register call 763-706-3730 or email kholznagel@columbiaheightsmn.gov. **View the Chalk Art at Huset Park West Oct 24 - 30.**



HALL-O-WEEK OCT 24 - 30 COMMUNITY ACTIVITIES

All Week - Check out the art at Chalk Art Walk around Huset Park West! Send in your photos or videos of your Hall-O-Week adventures! Costumes, silly videos, fun at Truck or Treat, chalk walk, and more!

Monday: Heights Pride day! Show your Heights Pride, take a fun picture or video and tag us on Facebook @CHRecreation or Instagram @columbiaheightsmn

Tuesday: Craft kit and pumpkin pick up to take home and make, \$5 per kit. Pickup 8:30 am - 6:30 pm at the Rec office. Register by Oct 20, www.chreconline.org Activity #1801-F20.

Wednesday: Wacky Hair day! Show off your Wacky Hair, take a fun picture or video and tag us on Facebook @CHRecreation or Instagram @columbiaheightsmn

Thursday: Truck or Treat Boo Drive-Thru 5-8 pm - feel free to decorate yourself and your car! Event details below.

Friday: Jump for Joy it's Friday! Take a jumping picture of you or your family in mid-air & share!

Truck or Treat Hits the Road With 'Boo Drive-Thru'

Thu, Oct 29, 5-8 pm, through Huset Park on Jefferson St NE, from 40th Ave.

The City's annual Truck or Treat event is doing things a little differently this year due to COVID precautions. The special "Boo Drive-Thru" event will take a drive-through approach along a lit path. City trucks, police cars, fire trucks, snow plows, and a number of other vehicles will be on display and showing off their lights as visitors drive along a guided route to view each of the stations. City officials will also be handing out candy! The guided drive is expected to take about 10 minutes. This is a family friendly event, wear your costumes and decorate your vehicle if you want. Details may change. Check the City's Facebook page @columbiaheightsmn or website at columbiaheightsmn.gov for updates and further details.



Story Strolls FREE Family Activity

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

10 am - 4pm the following day.....Sept 15-16 - Huset Park

Sept 29-30 - Ramsdell Park

Oct 13-14 - Sullivan Park

Oct 27-28 - Labelle Park

Nov 17-18 - Prestemon Park

ENCORE Spanish / English Musical Theatre / TEATRO MUSICAL EN ESPAÑOL E INGLÉS* - Youth 9-14 yrs old

In collaboration with CH Rec., Musical Theatre Minnesota brings in highly trained teachers to offer bilingual Spanish-English musical theater. Participants work towards a community performance at the of the 12 week session. Each practice includes dancing, singing, and acting. Spanish and English speakers welcome. Theater performance date to be determined. Min 8/Max 16

En colaboración con Columbia Heights Recreation, Musical Theater Minnesota brinda a sus más expertos maestros a ofrecer clases de teatro musical bilingüe. Los participantes entrenan para poner a puesta un show al final de la sesión 12! Cada práctica incluye canto, danza y actuación. Hispano hablantes y angloparlantes son bienvenidos!

- Quiénes: Jóvenes de 9 a 14 años.
- Cuándo: Sábados de 12.30 a 2pm. Sept 26 a Dec 12
- Dónde Subsuelo, Murzyn Hall 530 Mill St. NE.
- Programa gratuito!*

Activity # 2303-F20

Youth 9-14 years old.....Edgemoor Room, Lower Level of Murzyn Hall

Saturdays, Sept 26 - Dec 12.....FREE*

12:30 - 2 pm.....**Activity # 2303-F20**

ENCORE Engineering Explorers*

Do you enjoy questioning and discovering? The Works Museum will provide guided exploration in super circuits, motor power, lights and kaleidoscopes, and maze engineering. Reg deadline Sep 18. Min 10/Max 12

4th-8th Grade.....M&M Room, lower level Murzyn Hall

Saturdays, Sept 26 - Oct 24 (no class Oct 17)

FREE Registration required

10:30 - 11:30 am.....Activity #2445-F20

Oct 24 class 10:30 am - 12 pm

ENCORE Science Samplers*

Take a science adventure with Hightouch Hightech Scientists. Students will learn how to be geologists, experiment with electricity, chemistry, and build rainforests. Reg deadline Nov 4. Min 10/Max 12

4th-8th Grade.....M&M Room, lower level Murzyn Hall

Saturdays, Nov 14, 21, Dec 5, 12

FREE Registration required

10:30 - 11:30 am.....Activity #2446-F20



Alphabet Detectives Get outside with your family and friends for physical-distancing fun! Work on your sleuthing skills and become an Alphabet Detective for the month of October. Each letter of the alphabet will be hidden in one of our parks. On each letter, there is a corresponding number (1-26), these numbers will help you crack the code and solve the riddle! Explore the park, follow walking paths, check the playgrounds, letters will be attached to man-made structures. Decoders will list how many letters are in each park.

Where and when to get your Decoders beginning Sept 28:

- Rec office at Murzyn Hall, Monday-Friday 8 am-4:30 pm
- Downloadable form on www.columbiaheightsmn.gov under Recreation Department
- Facebook Alphabet Detectives Event Page on Facebook
- Finish by Oct 30 to be entered into a prize drawing, winners drawn at random

Turn in riddles at the Rec office or E-mail results to kholznagel@columbiaheightsmn.gov. For more info follow us on Facebook, check our city website or call 763-706-3730. Share your adventures on Facebook @CHRecreation and Instagram @columbiaheightsmn.

*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 Young Rembrandts - Pastel Drawing*

Art History with the masters! Join us, as we learn about pastels and explore art history. Each day we will create one large drawing in pastel chalks. We will create artwork while being inspired by Edvard Munch, Pablo Picasso, Vincent Van Gogh, Wassily Kandinsky, and Claude Monet. The daily results will be truly frame-able! No experience necessary. Please wear an old shirt or smock to class. Reg deadline Oct 2. Min 5/Max 9

4th-8th Grade.....M&M Room, lower level Murzyn Hall
Wednesdays, Oct 7 - Dec 9.....FREE Registration required
5:15 - 7:15 pm.....Activity #2311-F20

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Young Rembrandts - Preschool Drawing

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A drawing of a friendly caterpillar will introduce our students to the wonderful world of drawing. Apple trees, acorns, and birds are just a few of the many great lessons students will learn with Young Rembrandts staff. Reg deadline Oct 2. Min 5/Max 9

4 years old - K.....M&M Room, lower level Murzyn Hall
Wednesdays, Oct 7 - Nov 4.....\$20
4 - 5 pm.....Activity #2310-F20

DANCE Ms. Christina has 15 + years of dance experience. As a former student at Debra Miller's World of Dance she competed for 10 years and choreographed for other organizations. Classes focus on creativity, skill development, self-expression, and confidence building!

Performance DANCE Class - Join Ms Christina for year round dance on Mondays. Learn one ballet, jazz, and Hip-Hop routine to perform in a recital at the end of the year.

Edgemoor Room, lower level Murzyn Hall
\$120, (Oct-May classes) payment plan available through the Rec office.
Mondays, Oct 5 - Dec 14, Holiday break, Jan 4 - May 3 2021 (No Class Jan 18, Feb 15)
• **1st-3rd Grade**.....5:30 - 6:30 pm.....Activity #1208-20/21
• **4th-6th Grade**.....6:45 - 7:45 pm.....Activity #1209-20/21



Dance for FUN! Tuesdays in the Edgemoor Room, lower level Murzyn Hall

- **Preschool-Kindergarten**.....Tuesdays, Oct 6 - Nov 245 - 5:45 pm.....Activity #1210-F20
Learn the basic fundamentals of ballet, jazz, and hip hop dance. Informal showcase at the end of the session. Wear dance or tennis shoes.
- **Boys Hip Hop 1st-3rd Grade**.....Tuesdays, Oct 6 - Nov 246 - 6:45 pm.....Activity #1211-F20
Are you a boy who loves to dance or want to learn but prefers to kick it with the guys? This class is for you! You will learn the basic fundamentals of hip hop. Wear loose clothing and tennis shoes.
- **Boys & Girls Technical 3rd-6th Grade**.....Tuesdays, Oct 6 - Nov 247 - 7:45 pm.....Activity #1212-F20
This class gives dancers a chance to create an individualized strengthening and critiquing plan to meet their dancing goals. Wear comfortable clothing and shoes adequate for the type of dance you are working on that day.

Youth Basketball Boys and 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 #38. 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.



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

BOYS Basketball Registration Deadline November 25. No registrations accepted after the deadline, as teams need to be submitted to the league.

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: \$50			Schedule TBD for all teams	
<u>Girls Grades 2</u>	<u>Girls Grades 3</u>	<u>Girls Grades 4</u>	<u>Girls Grades 5</u>	<u>Girls Grades 6</u>		
Activity #1522-20	Activity #1523-20	Activity #1524-20	Activity #1525-20	Activity #1526-20		
Practices in the City Gym at the Hylander Center						

Boys Season: December - March		Fee: \$50			Schedule TBD for all teams	
<u>Boys Grades 2</u>	<u>Boys Grades 3</u>	<u>Boys Grades 4</u>	<u>Boys Grades 5</u>	<u>Boys Grades 6</u>		
Activity #1530-20	Activity #1531-20	Activity #1532-20	Activity #1533-20	Activity #1534-20		
Practices in the City Gym at the Hylander Center						

COLUMBIA HEIGHTS BASKETBALL ASSOCIATION (CHBA) Traveling Basketball

FALL SKILLS WORKOUTS The CHBA is holding skills and conditioning training for boys and girls 5th to 8th grade. From September to late October, we will be conducting Fall workouts with a focus on fundamentals, skills, teamwork, and physical conditioning to prepare for the winter basketball season.

Who: Boys & Girls 5th - 8th grade When: Early September - Late October 2020
Time: To be determined Where: Columbia Academy Fee: No fee for Fall workouts

CHBA TRAVELING BASKETBALL- Winter Season Mid-Nov 2020 thru Mid-March 2021,
\$150 (Prices for teams 6th grade or under may be lower)

- Boys & Girls 4th - 8th grade
- Kids will play in 25-30 games (within their grade & age level).
- Play in official game settings with referees, score keepers, scoreboards, and full four-quarter games against teams from other cities.
- Works in partnership with the CH Recreation Dept and the CHHS Basketball Program.
- Family discount for two or more siblings.
- \$65 for a new uniform if you don't have one from last year.

Questions, contact Aaron Goff at 763-568-8860 rexuppert@yahoo.com or Tom Greenhalgh at 612-597-6301 Heightscoachtom@aol.com





HEIGHTS SOCCER SATURDAYS

CH Rec staff will teach the exciting game of soccer with a focus on learning basic soccer skills and teamwork while having fun! Participants may be split up into smaller groups to work on skills and play mini-games. Min 10

September 19 - October 24 weather permitting.....\$25.....Huset Park near parking lot behind Murzyn Hall.

Kickers - Preschool through Kindergarten.....9:45 - 10:30 am.....Activity # 1806-F20

Mites - 1st-5th Grade.....11 am - 12 pm.....Activity #1807-F20



Martial Arts Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 29 years. Thomas is a 7th Dan degree black belt in Tae Kwon Do and a 7th Hopkido black belt.

Little Tigers Kids ages 3-6 Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Min 8/Max 15. Scholarships do not apply for this program.

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

Fall Session 1 Thursdays, Oct 1 - 22.....\$42

5:45 - 6:15 pmActivity # 2231-F20

Fall Session 2 Thursdays, Nov 12 - Dec 10 (No Class Nov 26).....\$42

5:45 - 6:15 pmActivity # 2234-F20

Tae Kwon Do Ages 6 & up through Adults (beginner to advanced) Participants learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will train for belt certification testing. Participants are to purchase a uniform and pay for belt registration fee from the instructor. Min 8/Max 15. Scholarships do not apply for this program.

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

Fall Session 1 Thursdays, Sept 24 - Oct 29.....\$57

6:15 - 7 pm.....Activity # 2232-F20

Fall Session 2 Thursdays, Nov 5 - Dec 17 (No Class Nov 26).....\$57

6:15 - 7 pm.....Activity # 2235-F20

ENCORE FAMILY YOGA*

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



2nd grade and older + adults..... Murzyn Hall, main hall
Tuesdays, Sept 15 - Nov 3.....FREE* Pre-registration required
5:15 - 6:15 pm.....Activity # 2441-F20



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MOVIE NIGHT At McKenna Park Sept 18

The movie selection will be announced at a later date, but it will be a family friendly selection. Bring your family and a blanket to McKenna Park on Fri, Sept. 18, at 6:30 pm (movie starts at 7:30). Seating is limited due to COVID precautions. FREE! Pre-registration is required, please indicate # of family members attending. Register online www.chreconline.org Activity #1802-F20 to secure a physically distanced family space. Check the City's Facebook page @columbiaheightsmn or website columbiaheightsmn.gov for updates and further details.

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 Rm, upper level Murzyn Hall
Thursdays Sept 24 - Nov 19.....\$10
6:30 - 8 pm.....Activity # 2653-F20
Thursdays Dec 3 - 17, Jan 7 - 28.....\$10
6:30 - 8 pm.....Activity # 2654-W20

Register online at
www.chreconline.org





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.

Mondays Sept 14 - Dec 21.....No Class Oct 26
9 - 10:05 am.....\$38.50.....Activity # 8202-F20

Thursdays Sept 17 - Dec 17.....No Class Oct 29
9 - 10:05 am.....\$33.....Activity # 8204-F20

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.

Tuesdays Sept 15 - Dec 15.....No Class Oct 27, Nov 3
6:30 - 7:35 pm.....\$33.....Activity # 8206-F20

Thursdays Sept 17 - Dec 17.....No Class Oct 22, 29, Nov 26
6:30 - 7:35 pm.....\$30.25.....Activity # 8207-F20

Total Body Conditioning Tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, coordination and overall 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 light and medium weights (2 & 5 lbs for example), a yoga mat or towel, water, and tennis shoes. Also, 1 lb wrist and ankle weights if you have them. NOTE: For your safety, class size is limited to accommodate social distancing guidelines.

Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall
Max 10/Min 5

Wednesdays, Sept 2 - 23.....\$28
6-7 pm.....Activity # 5101-sep20

Wednesdays, Sept 30 - Oct 21.....\$28
6-7 pm.....Activity # 5102-oct20

Wednesdays, Nov 4, 18, 25 Dec 2.....\$28
6-7 pm.....Activity # 5103-nov20



WATERCOLOR PAINTING For 55+ Young at Heart Adults

Express yourself at one of our super easy monthly watercolor painting classes! Get out of the house and join the fun of painting. Our resident artist Candy will introduce basic painting techniques. Everyone will then have time to practice and make two take-home projects. Come discover your inner Van Gogh while enjoying the company of others. NO previous experience is necessary. All painters will be placed at their own table with supplies.

Participation is \$2 payable day of the class. Wear a mask. PREREGISTRATION IS REQUIRED for one of 2 class times. Call to sign up! 763-706-3730

Friday, October 23 - Creatures of the Deep Blue Sea

• 9:30 - 11:30 am Max 6 participants OR • 3 - 4:30 pm Max 4 participants
This month we are getting away from fall colors and going into the deep blue. We will practice together a little while, and then paint critters of the sea.



Friday, November 20 - Holiday Wreath

• 9:30 - 11:30 am Max 6 participants OR • 3 - 4:30 pm Max 4 participants
We will paint a holiday wreath. We will first practice together making bookmarks.

Friday, December 11 - Holiday Gift Tags

• 9:30 - 11:30 am Max 6 participants OR • 3 - 4:30 pm Max 4 participants
This month we will paint little holiday gift tags or as little somethings inside a card. We will practice together a little while. Then you will spend the rest of the time creating your own works of art on traced designs. Your host, Candy, will guide you along as needed.



DECOUPAGE ART We are taking a break from Watercolor Painting this week to introduce you to the fun of Decoupage Art! Everyone will take home at least 6 individually created tree ornaments. No experience necessary. Just bring your imagination. You will get messy...wear art friendly clothing.

Tuesday, December 8.....Time: 9:30 - 11:30 am.....Senior Center.....10 participants

\$3 per person payable day of the class. PREREGISTRATION IS REQUIRED Call 763-706-3730 to sign up. Don't forget your mask. Thank you!

Brush Strokes

Now through the remainder of the year we are offering watercolor workshops. Your host, Candy, will get you started to work independently, at your own pace. Learn watercolor techniques and painting tips. Practice instruction sheets, paper, paint, and brushes will be provided. Bring your own snack or beverage. YOU MUST PRE-REGISTER. Call 763-706-3730

\$2 per class payable day of class.....Senior Center.....7 participants

10:30 am (Movie to follow at 1:30pm)

September 11, 25, October 9, 30, November 6, December 4, 18



CH Senior Center Lower level of Murzyn Hall, 530 Mill Street NE. We provide educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens.

Active Agers Newsletter

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

Health Insurance Counseling

For Medicare beneficiaries or soon to start Medicare. Senior Linkage Line 1-800-333-2433. This free service is not affiliated with any insurance company.

AARP Safe Driver (Refresher) These classes have been put on hold for the remainder of 2020. You can take the course online at www.AARPDriverSafety.org and save 25% with the code DRIVINGSKILLS.

Senior Outreach Program

(ACCAP) provides assistance to senior and disabled adults throughout Anoka County. Outreach workers can assist you with filling out forms for medical assistance, food support, and more. Call Karen F., Outreach Worker for Columbia Heights 763-783-4741.

ACCAP Chores & More

Provides affordable services on a sliding fee scale. Includes help with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults 60+ in Anoka County. Help is based on worker availability in your area and type of service requested. Call Kayla 763-783-476637 or email kfanum@accap.org.

Footcare for Seniors

"Happy Feet Footcare, Inc." will be providing foot care at the CH Senior Center the first & third Wednesday of the month from 9 am - 12 noon, \$40. To make an appointment call 763-560-5136.

Midday Matinees

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

Let's Talk About Medicare Insurance - Fri., Oct. 16, 1 pm in Senior Center- FREE

This is an educational, socially distanced, meeting brought to you by True Partners Insurance Brokers about Medicare and Medicare Insurance. They will discuss what Medicare covers, its costs and how to enroll. For those already on Medicare, they will review the types of Medicare insurance available and the factors to consider when deciding what type of insurance is best for you. At the end of the meeting you will have a chance to schedule an appointment with True Partners to review your current Medicare plan. (Licensed Medicare Insurance Brokers)

Fall Concert with Tara Brueske

Friday, November 13 at 1 pm in Senior Center

\$1 per person payable day of program. Keeping social distancing in mind we will place chairs 6 feet apart and serve rolls & coffee to you at your seat.

Small Bus Trips - Delynn will be taking small groups to various places in the minibus. You must reserve a space in advance. September trips include:

9/15 Roseville Farmers Market - 8:30 am

9/16 Walking & Sweet Chocolat - 10 am

9/22 Stillwater - 10 am

9/29 & 9/30 Pine Tree Apple Orchard

More bus trips in the months to come. You do need to reserve a space, 763-706-3730. There is a \$1 or \$2 fee depending on the distance of the location.

Join us for Poems in the Park - The Library, Parks, and Recreation Departments are bringing poems to the parks this fall. Explore a park and read a poem in nature! Large signboards featuring nature inspired poems will be along the trail from **10 am - 4 pm**.

Thur. Sept. 10 - Sullivan Park 721 51st Ave. NE

Thur. Sept. 24 - LaBelle Park 1150 42nd Ave. NE

Thur. Oct. 8 - La Belle Park 1150 42nd Ave. NE

Thur. Oct. 22 - Huset West walking path 530 Mill St NE

Are you a poet??? If you have an original poem that you would like for us to publish in our monthly Active Agers newsletter or use for any of our future poetry walks, please call DeLynn Mulligan at 763-706-3735 or email dmulligan@columbiaheightsmn.gov.

