

RECREATION PROGRAMS

FALL 2019

Youth Basketball Grades 2 - 6
Girls Season October - December
Boys Season December - March

- Twin Cities Youth Basketball league
- Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park, Saturday and Sunday afternoons.
- Volunteer coaches are needed**, registration fee waived for your child.
- Fee: \$45

GIRLS Basketball Registration Deadline September 28.

BOYS Basketball Registration Deadline November 30.

See Page 8 for more details.

TRUCK OR TREAT Saturday, October 26 1-4 pm

Join the Columbia Heights city departments for a family fun afternoon Saturday, October 26th from 1 to 4 pm at Huset Park East. Explore vehicles from police, fire, public works, a state patrol helicopter, and other partner agencies (touch a truck style event). Recreation will have family activities and a puppet show. City departments will also collaborate with community partners such as SACA Food Shelf, HeightsNEXT, and the CH Lions. Costumes are encouraged for all ages and your dogs for a pet costume contest. Kids middle school and younger will receive a stamp as they visit the vehicles and turn in the postcard of stamps for a treat bag. The CH Athletic Boosters will have food for sale and Community Grounds will be providing hot cider. Huset Park East, 3965 Jefferson St. FREE EVENT

NEW PROGRAMS

**Adult Co-Ed Kickball Tournament Day
- Sept. 21**

**Co-Ed Volleyball Tournament
Day - Oct. 12**

See page 11 for more details. Register your team today.



IN THIS ISSUE

- 3 - Park & Event Wagon Reservations
- 4 - 9 - Youth Programs & Trips
- 8 & 9 - Youth Sports
- 10 - Adult Exercise
- 11 - Adult Co-Ed Kickball & Volleyball
- 12 - Active Agers



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

See Flip Side for City Newsletter

www.columbiaheightsmn.gov

C.H. Recreation Department

530 Mill Street NE
John P. Murzyn Hall

763-706-3730

Office Hours:

Monday through Friday,
8 am to 4:30 pm

The office will be closed on
Sept. 2, Nov. 11, 28, & 29

Recreation Hotline

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4 pm. Call our information line at (763) 706-3737.



FOR SALE!

Heights Athletics
Sweatshirts
Youth & Adult
Sizes - \$20
available at the
Recreation
Office

Columbia Heights Recreation Mission Statement

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

REGISTRATION INFORMATION

Online: www.chreconline.org. **In person or via mail at 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.

Like us on Facebook: @CHRECREATION

City website: www.columbiaheightsmn.gov

Park & Recreation Commission

Chair: David Payne

Commission Members: Ann Carder, Sean Clerkin, Jr., Bruce Evans, Tom Greenhalgh, Kevin McDonald, David Payne, & Marsha Stroik
Council Representative: Nick Novitsky

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.



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 local cable television, and/or Recreation Department publications.

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



PHOTO: SULLIVAN LAKE PARK

NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department. Reservations will begin on the first business day of each year.

Reservation Fee: \$45

Make reservations at the Recreation Department 530 Mill St or by calling 763-706-3730. Payment is required at time of reservation.



HYLANDER CENTER 1300 49th Ave

The exercise room contains 2 treadmills, 3 elliptical machines, and various weight machines. Open gym basketball, volleyball, and pickleball, when not in use for programming. Hylander Center - East Door #38, North side of CH High School. Parking directly across 49th Ave in designated marked stalls for Hylander Center users.

WHEN: Monday - Friday 9 - 11 am Monday - Thursday 6 - 8:30 pm
Saturday & Sunday 9 am - 12 pm

Closed if hosting a tournament and on holidays.

Calendar available at www.columbiaheightsmn.gov

COST: \$1 Daily drop in / \$10 monthly pass for adults

Youth After School Open Gym with the CHPD at the Hylander Center, 1300 49th Ave Door #38 High School aged students ONLY, free admission Tuesdays & Thursdays: 3:30 pm-5:30 pm

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 @ Murzyn Hall. Bingo, Meat Raffles, Pull Tabs, and FUNDRAISING OPPORTUNITIES! <http://chathleticboosters.com>
www.facebook.com/ColumbiaHeightsBoosters

WATER SAFETY & SWIMMING LESSONS* CH Recreation and Columbia Heights Public Schools are joint partners with the 21st Century Learning Center Grant. One of the grant-funded programs is a FREE Water Safety Instruction on Saturdays at the CH High School pool. For more information: www.colheights.k12.mn.us/aquatics or call your school's main office for ENCORE Aquatics



*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.



Our programs are possible because of wonderful people and great partnerships. Thank you to all who made the summer of 2019 a success!

- Summer Staff - Mack, Keon, Elizabeth, Jack, Luke, Q, Ally, Wyatt, Ali, Lily, Karl, Sam
- Baseball, T-ball, Softball coaches:
 Jenna Belanger - Squirts Baseball Maroon Dragons
 Tricia and Ryan Johns - Mites T-Ball Gold Tigers
 Monaca Cisek and Jennie Loahr - Mites T-Ball Purple
 Anthony Fortier and Adam Kieffer - Squirts Baseball
 White Snowy Phoenix
 Jesse Roggenbuck - 10U Traveling Baseball
 Greg Mueller - 13U Traveling Baseball
 Brian DuRose - 8U Fastpitch softball
 Chris Schoenbauer - 10U Fastpitch Softball
 Emily Amsler - 16U Fastpitch Softball
 Tarek Morey - 18U Fastpitch Softball



- Loaves and Fishes & Key Club - Katelyn Gasperlin, Dale Schutz, Mary Bowen, Drake Pham, and many other Key Club members
- Lunch Volunteers: Donna Schmitt, Pat Carlson, Mary Cochrane, Jodi Griffin, Grace Hiyakumoto, Matt Hinton, Rachel Bundy, Mary Tholkes
- CH Community Education (Jodi and Kristen) for great collaboration through the summer and coordinating Blooming Heights Garden visits with Maya Lemon and Wes Nugtere for the Glitter-Bugs park program
- Public Works for keeping the wading pools and splash pads going all summer
- Spark-Y - Cece Watkins and Patrice Banks

PUPPET WAGON AT TRUCK OR TREAT

*Puppeteers needed! We have an opportunity for students to do a puppet show during the Truck or Treat event on Saturday, October 26th. Students will meet in the Theatre room for practices on October 14, 21, and 24 from 6-8 pm. Students must make it to all practices to be in the show. We will perform one or two shows during the Truck or Treat event between 1 - 4 pm, October 26. Please have students meet in the Theatre room at 12:30 to help set up the puppet wagon at the Truck or Treat site. Max 5 students.

Who: 4th - 8th grade **Fee:** FREE Pre-registration required **Activity #** 1167-19
When: Practices 6-8 pm October 14, 21, 24 Performance Sat. Oct. 26 12:30 pm - 4 pm



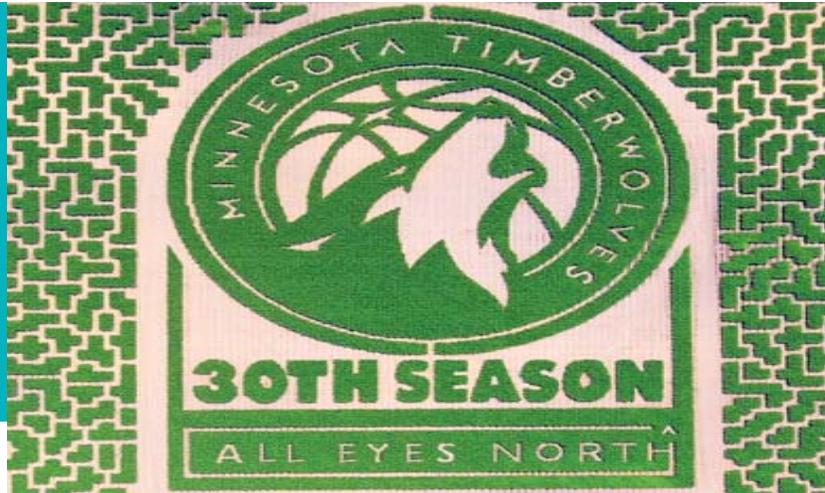
Calling all Young Actors! Holiday Theater

*If you are an actor we would love to have you be a part of our holiday play for the "Cookies & Cocoa" event on Thur, December 12. Min 8/Max 12

Who: 6th grade & up **Where:** Theater room, lower level Murzyn Hall
When: Mondays & Wednesdays 6-8 pm beginning Oct 28. No rehearsals 11/11, 11/25, 11/27
 Additional rehearsals may be added. Performance night Thur, Dec. 12.
Fee: \$10 **Activity #** 1151-19



SIGN UP FOR PROGRAMS AT WWW.CHRECONLINE.ORG



Theater Skills Workshop - Thursday, October 17

*Participants will get to work with local actors to build their skills through a variety of activities. In the afternoon, we will go to the Children's Theatre Company to see "Circus Abyssinia Ethiopian Dreams". This play includes an incredible range of high-flying hilarity, hula hooping, death-defying tricks, and ridiculously joy-filled juggling with the music and movement of East Africa. Bring a bag lunch. 10 min/24 max

Who: 4th-10th graders

Where: Prestemon Room, downstairs Murzyn Hall, pick-up and drop off at back entrance.

When: Thursday, October 17th

Time: 9 am - 4:30 pm

Fee: FREE must pre-register

Activity #2306-F19

Twin Cities Harvest Festival - Friday, October 18

To celebrate fall, participants will get to navigate a corn maze, visit the petting zoo, enjoy hayrides, and much more. This festival is held on 20 acres of land and is celebrating the MN Timberwolves' 30th season. Participants will pick out a pumpkin to decorate back at Murzyn Hall. 10 min/26 max

Who: 4th-9th graders

Where: Prestemon Room, downstairs Murzyn Hall, pick up and drop off at back entrance

When: Friday, October 18th

Time: 9 am - 4 pm

Fee: \$8

Activity #2307-F19

Healthy Body, Healthy Minds - Monday, November 4th & Tuesday, November 5th 4th - 9th Graders

***Day 1** Mon. Nov. 4th, 9 am - 4 pm. Get ready to be active with your body & mind. Test your strength and learn about your muscle groups at a Ninja gym in the morning and then work your mind after lunch with a Mad Science "Chem in a Flash" course. Bring a bag lunch and tennis shoes to change into at the ninja gym.

***Day 2** Tues. Nov. 5th, 8:45 am - 4 pm. Participants will spend the morning at Feed My Starving Children packing food to be sent to global communities in need. In the afternoon participants will learn about nutrition and prepare spring rolls with Whole Foods Culinary Director Ani Loizzo!

Sign up for both days. Pre-registration required, deadline Oct. 28. Min 10/Max 26.

Where: Prestemon Room, downstairs Murzyn Hall.

Pick up and drop off at back entrance

When: Mon, November 4th **Time:** 9 am - 4 pm

Tues, November 5th **Time:** 8:45 am - 4 pm

Fee: FREE Pre-registration required

Activity # 2605-F19



**This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.*

DANCE

BE unique, take a chance, express yourself, and do your dance! Learn fundamental ballet & jazz technique, and play games. Weekly curriculum includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. 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. Her daughter is a dancer as well and might accompany her in class as a student helper. There will be a recital for dancer's to showcase their newly defined talent at the end of the season. Dancers must wear hair pulled back, athletic attire, and bring ballet, jazz, or tennis shoes.



Class Location: John P Murzyn Hall - Edgemoor Room (lower level).

Mondays: October 7 - December 2 (8 sessions) *No Class Nov. 11

Preschool 3 - 5 years old 5 pm - 5:45 pm **Fee:** \$40 **Activity** #1210-F19 min 5 max 15

Kindergarten - 2nd Grade 6 pm - 6:45 pm **Fee:** \$40 **Activity** #1211-F19 min 5 max 20

3rd - 5th Grades 7 pm - 7:45 pm **Fee:** \$40 **Activity** #1212-F19 min 5 max 20

Register for programs online at
www.chreconline.org

GYMNASTICS Instructors, Danielle & Connie.

Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks.

Class Location: John P Murzyn Hall - Edgemoor Room (lower level).

Koalas: (18 mo-2 yrs w/adult) 4:15-4:45 pm **Wednesdays** Sept 18 - Nov 13 No 10/30 **Fee:** \$30 **Activity** #1199-F19

This class is a great starter class for children not ready to leave mom's side. Children will learn the basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperative play.

Monkeys: (3-4 years old) 4:45-5:15 pm **Wednesdays** Sept 18 - Nov 13 No 10/30 **Fee:** \$30 **Activity** #1200-F19

This class will work on developing skills, strength, flexibility, and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play.

Lions: (5-8 yrs, no experience) 5:15-5:45 pm **Wednesdays** Sept 18 - Nov 13 No 10/30 **Fee:** \$30 **Activity** #1201-F19

Continue to develop gymnastics skills, strength, flexibility that will lay the foundation for more advanced classes.

Rollers (Lvl 1): (5-8 yrs old) 4:30-5:15 pm **Tuesdays** Sept 17 - Nov 12 No 10/29 **Fee:** \$35 **Activity** #1202-F19

This class builds on knowledge gained in previous classes. We will be working on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam and bars.

Turners (Lvl 2): (5-9 yrs old) 5:15-6 pm **Tuesdays** Sept 17 - Nov 12 No 10/29 **Fee:** \$35 **Activity** #1203-F19

This class will focus on building existing gymnastics skills to prepare them for the next class level. We will continue to work on floor skills such as jumps and basic tumbling on beam, low bar work and beginning vaults.

Twisters (Lvl 3): (6-10 yrs old) 6-7 pm **Tuesdays** Sept 17 - Nov 12 No 10/29 **Fee:** \$40 **Activity** #1204-F19

This class will focus on building gymnastics skills from previous class levels. We will incorporate higher level tumbling skills and more advanced work on beam, vault and bars.



Martial Arts Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 27 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 with peers. Promoting focus, discipline, and respect. Min 8/Max 20

Who: Youth Ages 3 - 6 years old **Time:** 5:45 - 6:15 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

Session 1 When: Thursdays, Sept 26 - Oct 17 4 wks **Fee:** \$42 **Activity #** 2231-F19

Session 2 When: Thursdays, Nov 14 - Dec 12 No Class 11/28 4 wks **Fee:** \$42 **Activity #** 2234-F19

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 20

Who: Level 1 & 2, Ages 6 years old & up **Time:** 6:15 - 7 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

Session 1 When: Thursdays, Sept 19 - Oct 24 **Fee:** \$57 **Activity #** 2232-F19

Session 2 When: Thursdays, Nov 7 - Dec 12 No 11/28 **Fee:** \$57 **Activity #** 2235-F19



Mindful Arts K-5th Graders

*This class is a great opportunity to explore creative expression with arts and crafts while learning about our minds and skills to aid in regulating our emotions and interactions with others. Each week we will practice mindfulness through activities such as core practice and games like simon says, and do a craft relating to our activity such as making a brain poster, Zentangles, neuron keychains, and more!

Who: K-2nd grade

Time: 5:30 - 6:15pm

When: Mondays Sept. 16th- Oct. 14th

Where: Prestemon Room lower level Murzyn Hall

Activity #2442-F19

Who: 3-5th grade

Time: 6:30 - 7:30pm

When: Mondays Sept. 16th- Oct. 14th

Where: Prestemon Room lower level Murzyn Hall

Activity #2443-F19

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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.

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 26. 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:** \$45

Girls Grades 2

Schedule TBD

Activity #1522-19

Practices in the City Gym at the Hylander Center

Girls Grades 3

Schedule TBD

Activity #1523-19

Girls Grades 4

Schedule TBD

Activity #1524-19

Girls Grades 5

Schedule TBD

Activity #1525-19

Girls Grades 6

Schedule TBD

Activity #1526-19

Boys Season: December - March **Fee:** \$45

Boys Grades 2

Schedule TBD

Activity #1530-19

Practices in the City Gym at the Hylander Center

Boys Grades 3

Schedule TBD

Activity #1531-19

Boys Grades 4

Schedule TBD

Activity #1532-19

Boys Grades 5

Schedule TBD

Activity #1533-19

Boys Grades 6

Schedule TBD

Activity #1534-19

Register online at www.chreconline.org

TRAVELING BASKETBALL Columbia Heights Basketball Association

Fall Workouts - September -November 2019

Winter Season: November 2019 thru Mid-March 2020, \$150 (Prices for teams 6th grade or under may be lower)

- 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 last year.

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

WRESTLING The North Metro Wrestling program is gearing up for another season and would like YOU to join in on the fun! This program is for new and experienced wrestlers. Learn basic wrestling techniques and have a fun wrestling atmosphere to practice and compete. If you are interested stop by and check it out, the coaches would be happy to talk to you about the program. Wrestlers compete in the MPRB League that consists of matches during the week and some Saturday tournaments, as well as open tournaments throughout the year. North Metro has a full staff of committed coaches but we are always looking for more eyes so please contact the Rec office if you would be willing to help volunteer coach.



Who: K - 8th Grades **When:** Week of December 2 - March 13

Practices will be twice a week, some practices may occur in NE Minneapolis. We will email details to the families that register.

Time: Evening practices time to be determined

Fee: \$45 & \$45 uniform deposit **Activity #1600-19**

North Metro Wrestling is running a **FREE CLINIC on Thur. Aug. 22nd from 6 - 7:30 pm** in the Columbia Heights Wrestling room. We are looking for new wrestlers that want to come out and get an idea of what to expect if they sign up with us this winter. We will have games for the kids and some healthy snacks for all. We will show the kids some fun basic moves and let them practice them. It will be a fun introduction to the sport of wrestling, and we hope to see a lot of new families.



Heights Kickers Soccer Preschool & Kindergarten

CH Rec staff will teach the exciting game of soccer with a focus on learning basic soccer skills and teamwork while having fun! Min 10/Max 25.
Reg deadline Sept. 6.

Who: Boys & Girls, Preschool thru Kindergarten

When: Saturdays, September 14 - October 19

Time: 10 am - 10:45 am

Where: Huset Park East near the park building on Jefferson St

Fee: \$25

Activity # 1806-19

Mighty Mites Flag Football Boys & Girls K-2nd grade

CH Rec staff will teach the basics of flag football; holding, passing, kicking, catching, and working as a team. Min 8/Max 20. Reg deadline Aug. 28.

Who: Boys & Girls, K-2nd grade

When: Saturdays, September 14 - October 19

Time: 11:30 am - 12:30 pm

Where: Huset Park East near the park building on Jefferson St

Fee: \$25

Activity # 2055-19

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.

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

Date: Sep 16 - Dec 16 **NO** class 10/14, 11/11

Time: 9 - 10:05 am

Cost: \$33.00 - 12 classes **Activity #** 8202-f19

Thursdays

Sep 19 - Dec 19 **NO** class 10/17, 10/31, 11/28

9 - 10:05 am

\$30.25 - 12classes **Activity #** 8204-f19

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.

Tuesdays

Date: Sep 17 - Dec 17 **NO** class 10/15

Time: 6:30 - 7:35 pm

Costs: \$35.75 - 13 classes **Activity #** 8206-f19

Thursdays

Sep 19 - Dec 5 **NO** class 10/17, 10/31, 11/28

6:30 - 7:35 pm

\$24.75 - 9 classes **Activity #** 8207-f19

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.

Who: Adults, all ages & skill levels, class min 8 **Where:** Edgemoor Room, lower level Murzyn Hall

Time: 6 - 7 pm **When:** Wednesdays, Aug. 28 - Oct 16

Fee: \$48 **Session 1 Activity #** 5102-su19

Session 2: When: Wednesdays, Oct 30 - Dec 18

Fee: \$52 **Activity #** 5101-f19

FREE Senior Exercise Classes

Mobility: This is a 60 minute up-tempo class with emphasis on increasing heart rate & moving the whole body. You can take this class at your own pace, we show both high-intensity and low-intensity options.

Feel free to just show up; you do not need to sign up or preregister. These classes are offered through the Senior Center programs, and scheduled based on the availability of the instructor, Senior Citizen Coordinator Delynn. See the monthly Active Agers newsletter for dates and times each month;
www.columbiaheightsmn.gov under Recreation Department, Senior Programs.



Pickleball

This is a paddle sport combining elements of badminton, tennis, and table tennis. All ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. FREE to participate. Equipment is provided or feel free to bring your own. All levels welcome!

Thursdays 9 - 11 am at the Hylander Center, 1300 49th Ave Door #38

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.



Who: Ages 16 & over
Time: 6:30 - 8 pm
Where: Keyes Rm, upper level Murzyn Hall
Fall 1 Session: Thursdays, Sep 5 - Oct 24
Fee: \$10 **Activity #** 2653-f19
Fall 2 Session: Nov 7 - Dec 19 NO 11/28
Fee: \$8 **Activity #** 2654-f19

Register for programs online at
www.chreconline.org



NEW PROGRAMS!

Heights Adult CoEd Kickball Tournament **Saturday, September 21st**

Join us for a one day adult kickball tournament! Get a group together to participate in this new event for a fun and competitive day. Games are played through 5 innings; format will be decided based upon number of teams registered. Rain date is Sunday, September 22nd. The tournament will start at 9 am. Following WAKA regulations. Min 4 teams/max 12 teams.

Who: Adult teams (min 11 per team/max 18 per team)
Where: Fields to be determined
Time: Begins at 9 am
Fee: \$100/team **Activity #**5010-F19

Heights Adult CoEd Volleyball Tournament **Saturday, October 12th**

Join us for a one day adult volleyball tournament! Get a group together to participate in this new event for a fun and competitive day. Games will be played using rally scoring to 21; matches are played as a best of 3. The tournament will start at 9 am. Following in-house rules. Min 4 teams/max 8 teams.

Who: Adult teams (min 6 per team/max 10 per team)
Where: Hylander Center Gym 1300 49th Ave.
Time: Begins at 9 am
Fee: \$100/team **Activity #**5020-F19

12 Adult & Senior Citizen Active Agers

Senior Center

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides 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 for the Active Agers Newsletter and more information.

Active Agers

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

Blood Pressure

Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1 - 1:45 pm by the CH Fire Dept.

Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.



AARP Safe Driver (Refresher) 4 hour courses. All AARP Safe Driver Refresher Courses are \$21 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center. Upcoming dates: Sep. 10, Oct. 8, Nov. 12, Dec. 10

Footcare for Seniors

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

Wednesday Walking

Walking group meets every Wed. morning at 8:40 am and then walks at Northtown Mall, if inclement weather, or Silver Lake Park if nice weather. We typically walk about 30 minutes and then go back to Murzyn to socialize.

"Mobility" exercise

This is a 60 minute up-tempo class with emphasis on increasing heart rate and moving the whole body. You can take this class at your own pace - we show both high-intensity and low-intensity options. Class dates and times are in the Active Agers monthly newsletter for this free class.

Flu Shot Clinic

Monday October 14th from 12:00 - 2:00 pm at Murzyn Hall. Bring a photo ID and insurance card.

Senior Outreach

The Senior Outreach Program (ACCAP) provides assistance to senior and disabled adults throughout Anoka County. Senior outreach workers can come to your home and assist you with access to these programs. Call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741. Karen is also at Murzyn Hall the 2nd Monday of each month from 1 - 1:45 pm in the main hall. Stop by with any questions.

AACAP Chores & More

This program provides affordable services which include help with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults 60+ in Anoka County. There is a sliding fee scale for services provided. Help is based on worker availability in your area and type of service requested. Call Nancy 763-783-476637 or email nshaw@accap.org



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