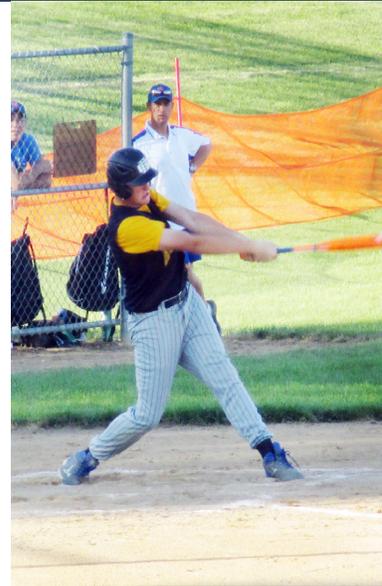


RECREATION PROGRAMS

SPRING
2019



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS



Summer Sports Sign Up NOW!

Youth Baseball and Softball. T-Ball for K-1st grade, Squirts coach pitch baseball for 2nd - 3rd grades, 8 years and under beginning girls softball, 10U - 18U girls traveling softball, 10U - 15U traveling baseball. Pages 8 & 9

ADULT Co-Ed & Men's Slowpitch Softball

Summer Program Registration will start in the beginning of May for ages 4 & up.

ONLINE REGISTRATION www.chreconline.org

City website: www.columbiaheightsmn.gov

Like us on Facebook:

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



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 Mondays - Thursdays 6 - 8:30 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

IN THIS ISSUE

3 Park & Event Wagon Reservations

4 School Release Trips

5 Egg Hunt

5 Youth Sports Clinics

6 Gymnastics

7 Martial Arts - Youth & Adults

7 Youth Dance

8 & 9 Softball, Baseball, Adult Co-Ed Softball

10 Adult Exercise

11 Crochet

12 Active Agers

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
February 18, April 19, & May 27

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:

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

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 of 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 has established a Park Reservation Fee. 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

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.



PHOTOS:
SULLIVAN LAKE PARK &
HUSSET PARK WEST



WAFFLE BREAKFAST March 3

Columbia Heights Royalty Program will be sponsoring an All You Can Eat Waffle and Sausage Breakfast on Sunday, March 3, 8 am – 12 noon at Murzyn Hall. Tickets can be purchased at the door for \$8. A silent auction will also take place. All are welcome!

FREE - Youth After School Supervised Open Gym Hylander Center
1300 49th Ave. Door #38

Tuesdays & Thursdays: CH High School
3:30 - 5:30 pm *School Photo ID required.*

This is an opportunity to keep youth active and give them an alternative activity after school. Questions, contact Recreation 763-706-3730.

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

NICKELODEON UNIVERSE

Monday, March 18

Enjoy a day of thrills and chills at Nickelodeon Universe, the largest indoor amusement park in the nation. The park is home to 7 acres of fun with more than 30 remarkable rides & attractions. Each participant will receive a 5-hour unlimited ride pass! **Note: Bring a bag lunch or money for the food court.** Please wear your Wild Wednesday shirt if you have one.

Reg deadline March 11

Who: 4th -8 th graders **When:** Monday, March 18

Drop-off: 9:30 am at Murzyn Hall **Pick-up:** 4:15 pm

Fee: \$15 **Activity #** 4160-sp19



SIGN UP FOR PROGRAMS AT WWW.CHRECONLINE.ORG



Vertical Endeavors & Snowshoeing *

4th - 9th grades, Wednesday March 20

Indoor rock climbing is a unique experience that promotes mental and physical health, improves self-esteem and self-confidence, encourages teamwork and leadership, and develops problem solving and goal setting skills. We will experience 2 hours of climbing, then come back to Murzyn Hall for a snowshoeing adventure (weather permitting). Snowshoes provided. Bring a bag lunch and clothes for outdoor activities. **Reg deadline Mar 13.**

Who: 4th - 9th grade **When:** Wednesday, March 20

Drop off & Pick up at Murzyn Hall

Drop-Off: 8:45 am **Pick-up:** 3:30 pm

Fee: \$5 **Activity #** 2404-w19

**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.*

Whole Food Cooking & KIDCREATE Art *

4th - 9th grades, Friday, March 22



Chef Ani, Whole Foods Culinary Director, will lead a truly delicious cooking class just for us at Murzyn Hall. Bring your appetite and creative cooking skills. Lunch will be provided. After lunch we will create a magical mud mosaic piece of art to take home. **Reg deadline March 8.**

Who: 4th - 9th grade

When: Friday, March 22

Drop off & Pick up at Murzyn Hall

Drop-Off: 9:30 am **Pick-up:** 3 pm

Fee: \$5 **Activity #** 2403-w19



Flashlight Egg Hunt Friday, April 12

Join us for some old fashioned fun with a twist! Have your picture taken with the Bunny, enjoy games, and a flashlight Egg Hunt. Bring your own basket along to collect your many colorful eggs. PRE-REGISTRATION REQUIRED.

Who: 3 years old & up with a Parent or Adult
When: Friday, April 12
Time: 6 - 7:30 pm
Where: Senior Center, lower level Murzyn Hall
Fee: \$7 per child **Activity #** 2609-19



[Register online at www.chreconline.org](http://www.chreconline.org)

Girls & Boys Summer Basketball Clinic

EARLY BIRD REGISTRATION ... SAVE \$10! Coach Aaron Goff will lead participants through fundamentals and techniques of the game. Instruction on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills. Participants will receive a T-shirt.

Who: Girls & Boys 3rd - 8th grade
Where: Hylander Center City Gym
When: Monday, July 18 - Thursday, July 11
Time: 6:30 - 8:30 pm
Fee: Early Bird Special \$30 After June 10, \$40 **Activity #** 1596-19



Spring Girls & Boys Volleyball Clinic

Learn the basics of volleyball or get one on one help to fine tune your skills. Sessions will include instruction in setting, hitting, passing, serving, and teamwork. Games may be played time permitting. Participants will receive a T-shirt.

Where: Hylander Center City Gym
When: Monday - Thursday, May 6 - 9
Who: Girls & Boys 3rd - 6th grade **Time:** 6 pm - 7 pm
Fee: \$35 **Activity #** 1307-19



GYMNASTICS Instructor, Danielle Lindstedt. 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).

Wednesday classes: March 27 - May 15

Koalas: (18 mo-2 yrs w/adult) 4:15 pm – 4:45 pm Wednesdays March 27 - May 15 **Fee: \$35 Activity #1199-sp19**

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 pm – 5:15 pm Wednesdays March 27 - May 15 **Fee: \$35 Activity #1200-sp19**

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills 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 pm – 5:45 pm Wednesdays March 27 - May 15 **Fee: \$35 Activity #1201-sp19**

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for more advanced classes.

Tuesday classes: March 26 - May 14

Rollers (Lvl 1): (5-8 yrs old) 4:30 pm – 5:15 pm Tuesdays March 26 - May 14 **Fee: \$40 Activity #1202-sp19**

This class builds on knowledge gained in previous gymnastics 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 pm – 6 pm Tuesdays March 26 - May 14 **Fee: \$40 Activity #1203-sp19**

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 pm – 7 pm Tuesdays March 26 - May 14 **Fee: \$45 Activity #1204-sp19**

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.

Register online at www.chreconline.org

**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.*



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



Martial Arts Instructors, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 25 years. Thomas is a 6th Dan (degree black belt in Tae Kwon Do and a 5th 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.

Who: Youth Ages 3 - 6 years old **Min** 8/**Max** 20 **4 weeks**
Time: 5:45 - 6:15 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

When: Winter Session: Thursdays, Feb 28 - March 21 **Activity #** 2234-w19 **Fee:** \$39

When: Spring Session: Thursdays, April 11 - May 2 **Activity #** 2231-sp19 **Fee:** \$39

Tae Kwon Do Ages 6 & up through Adults. This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. Participants learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.

Who: Ages 6 years old & up **Min** 8/**Max** 20 **6 weeks**
Time: 5:45 - 6:15 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

When: Winter Session: Thursdays, Feb 21 - March 28

Level 1 & 2: **Time:** 6:15 pm - 7 pm **Fee:** \$49 **Activity #** 2235-w19

When: Spring Session: Thursdays, April 4 - May 9

Level 1 & 2: **Time:** 6:15 pm - 7 pm **Fee:** \$51 **Activity #** 2232-sp19



[Register online at www.chreconline.org](http://www.chreconline.org)

DANCE Learn fundamental ballet & jazz technique, play games... and HAVE FUN! Weekly curriculum includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. Miss Lindsay started teaching at the Rec Dept in 2018 and comes to us with years of dance experience. MINI-RECITAL INCLUDED! Dancers will perform a final routine for family & friends. Students must wear dance or athletic attire. Ballet, jazz, or tennis shoes required.

Class Location: John P Murzyn Hall - Edgemoor Room, lower level

Mondays: Mar 18 - May 6

Preschool 3 - 5 years old 5 pm – 5:45 pm **Fee:** \$40 **Activity #**1210-sp19 min 5 max 15
 Learn fundamental ballet & jazz.

Kindergarten - 2nd Grade 6 pm – 6:45 pm **Fee:** \$40 **Activity #**1211-sp19 min 5 max 15
 Learn fundamental ballet, jazz, & hip hop.

3rd – 5th Grades 7 pm – 7:45 pm **Fee:** \$40 **Activity #**1212-sp19 min 5 max 20
 Focus on dancing along to age appropriate Hip-Hop and The Hits! Learn fundamental ballet, jazz & hip hop.



8/Under Girls Beginning Softball

This entry level fast pitch softball is for girls ages 7-8. The league will use a pitching machine for games that will be played against neighboring communities such as St. Anthony, Fridley, Spring Lake Park, Mounds View, and Roseville. Participants must pre-register and pay by March 15. Max of 13 per team. Does not play in Suburban League. Entry level, plays local teams. Practices times determined by coach.

Participant fee: \$45

8 & under: Activity # 1608-19



Register for programs online at www.chreconline.org

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2019. Girls will be playing in the Suburban League, which is competitive and will require traveling to other communities. Tryouts may be required based on numbers. Participants must pre-register in their current age category and pay by March 15. Max of 13 per team. Dates and times TBD.

Participant fee: \$60

10 & under (min 9 yrs): Activity # 1610-19

12 & under: Activity # 1612-19

14 & under; Activity # 1614-19

16 & under: Activity # 1616-19

18 & under: Activity # 1618-19



JR. HYLANDER HOUSE LEAGUE BASEBALL

Mites T-Ball

Children completing Kindergarten and 1st grade. Players will be introduced to the game and will use a tee for hitting. Emphasis is on fun and fundamentals.

Tues & Thurs June 4 - Aug 1

No session July 4

Fee: \$35

Registration deadline: May 20

Please choose a location:

Keys Park #1005-19

McKenna Park #1006-19

Huset Park #1007-19

VOLUNTEER COACHES NEEDED
PARTICIPATION FEE WILL BE WAIVED FOR COACHES CHILD

Squirts Baseball

Children completing 2nd and 3rd grades. Coaches will pitch to hitters. Emphasis is on fun and fundamentals.

Mon & Wed June 3 - July 31

Fee: \$35

Registration deadline: May 20

Please choose a location:

Keys Park #1010-19

McKenna Park #1011-19

Huset Park #1012-19



Registration is on a first come, first served basis. The Rec Dept reserves the right to shift registrants if sufficient coaches are not available at a particular location or if teams need to be balanced. The department will try to form one team per program at each park. Maximum of 12 players per team. Coaches umpire all games.

Traveling Baseball

This Recreation traveling league baseball program is for youth, ages 8 - 15. If necessary an evaluation clinic will be held to determine their skill level and knowledge of the game.

The “North Suburban League” is a competitive league designed for participants that have knowledge & skills of the game. This league is designed to improve baseball fundamentals, sportsmanship and have fun. Traveling is required. Some participating cities may include Fridley, New Brighton, Mounds View, St. Anthony, and White Bear Lake.

The “Gopher State Baseball League” is designed for participants of an advanced skill level and will involve travel of farther distances, mostly around the metro. There could be a tournament outside of the metro. It is a more competitive league, and participants are not guaranteed equal playing time.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. As with all programs, we strive to ensure that participants have a positive experience, fun, and learn the fundamentals of the activity. Participants must pre-register with payment and deposit **by April 5**. Players will not be allowed to participate in the evaluation process unless registered. Dates & time of the evaluation clinic to be determined. Register early to ensure team placement in the league. New bat regulations still apply. 12 per team.



Fee: \$60 & Uniform Deposit: \$50

AGE GROUPS

10U #1064-19 - Max. age as of May 1 = 10 yrs

11/12U #1065-19 - Max. age as of May 1 = 12 yrs

13U #1066-19 - Max. age as of May 1 = 13 yrs

14U #1067-19 - Max. age as of May 1 = 14 yrs

15U #1068-19 - Max. age as of May 1 = 15 yrs

All practices and game times to be determined at a later time.

Register for programs online at www.chreconline.org

2019 ADULT SLOW PITCH SOFTBALL

Monday Mens “E” Double Header League

Cost: \$700
Start Date: April 15
Max # of Teams: 8
of Weeks: 11 + playoff

Thursday Mens “D” Double Header League

Cost: \$700
Start Date: April 18
Max # of Teams: 8
of Weeks: 11 + playoff

Friday Co-Ed Double Header League

Cost: \$650
Start Date: April 19
Max # of Teams: 8
of Weeks: 11 + playoff

TEAM DEPOSIT

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 10.

MANDATORY MANAGERS MEETING

All managers are required to attend a mandatory meeting on Thur, April 12 at 6 pm at John P. Murzyn Hall. Teams will receive schedules, rules, books, tournament books, game balls, and general league information at this meeting.



CH JAMBOREE TOURNAMENT MEN’S SLOW PITCH SOFTBALL

Double Elimination -
16 Teams Max

JUNE 28th - 30th

1st Place - \$270 and trophy

2nd Place - \$170

Entry Fee of \$180

Activity #5099-19

Stompin' At The Hall 55 years & older

Increase your energy! 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: Mar 18 - May 13 **NO** class 4/22

Time: 9 - 10:05 am

Cost: \$22.00 - 8 classes **Activity #** 8202-sp19

Thursdays

Date: Mar 21 - May 16 **NO** class 3/28, 4/18

Time: 9 - 10:05 am

Cost: \$19.25 - 7 classes **Activity #** 8204-sp19

ADULT Aerobic Dance

Enjoy this vigorous and fun exercise class 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: Mar 19 - May 14 **NO** class 4/16

Time: 6:30 - 7:35 pm

Costs: \$22.00 - 8 classes **Activity #** 8206-sp19

Thursdays

Date: Mar 21 - May 16 **NO** class 4/4, or 4/18

Time: 6:30 - 7:35 pm

Cost: \$19.25 - 7 classes **Activity #** 8207-sp19

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 for flexibility. 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, Mar 6 - May 15 **NO** class 3/27, 4/3, 4/10

Fee: \$48 **Activity #** 5101-sp19

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 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 Room, upper level Murzyn Hall
Winter / Spring Session:
 Thursdays, Mar 7 - April 25
Fee: \$10 **Activity #** 2654-w19

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, CDFR 84.287, IV B-21st Century Community Learning Centers.

REGISTRATION INFORMATION

Columbia Heights Recreation – Registration Form Phone: 763-706-3730

Register online at www.chreconline.org or Bring / Mail the Form to: 530 Mill Street NE, Columbia Heights MN 55421

Participant Name: _____ Birthdate: _____ Grade: _____ Male/Female: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian Name: _____ Home Phone: _____

Email Address: _____ Work/Cell Ph: _____

Emergency Contact Name: _____ Phone: _____

<u>Activity Name</u>	<u>Activity Number</u>	<u>Fee</u>
1. _____	# _____	\$ _____
2. _____	# _____	\$ _____
3. _____	# _____	\$ _____

Make checks payable to “City of Columbia Heights” Total Due \$ _____

Data Privacy: I understand that this information will only be made available to program staff, the City’s insurer and attorney, and to others connected with the program for the purposes of administering the activity and providing me with the notice of scheduling changes. I agree to participation in the aforementioned activity(ies) and I further agree to indemnify, and hold the City of Columbia Heights harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, participation in this activity.

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.

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.

Chores & More

This is for persons over 60. If you need assistance with various household services including house cleaning, mowing, raking, snow removal, and minor repairs, please call 763-783-4767, Monday through Friday.

Senior Outreach

The Senior Outreach Program (ACCAP) for Columbia Heights 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.

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. To make an appointment you must call 763-560-5136.

The cost is \$40 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Appointment required.

Motor Coach Trips

Redlin Art Center Watertown, SD

June 25 \$67 per person, Activity # 8563-19

After arriving at the Redlin Center you will be seated in the 108-seat auditorium for a presentation and tribute to Terry. Hear Terry talk about his process and techniques. Then you will meet on the patio overlooking a 30-acre park designed by Terry to attract wildlife. A picnic lunch will come in a special Redlin keepsake.

Arrive & Return Time: 6:45 am - 6:45 pm

Registration & Cancellation Deadline: May 16

"Mamma Mia" Chanhassen Dinner Theater

Wed Sept 25 \$80 per person, Activity # 8574-19

Arrive & Return Time: 10 am - 4:30 pm

Registration & Cancellation Deadline: Aug 22

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: March 12, April 9, May 14

Card Groups: All levels welcome! Questions call 763-706-3735

• **500 Club** Wednesdays at 10 am.

• **Cribbage** Fridays at 10 am.

• **Bridge** Mondays at 9:30 am.

Walking Club Wednesdays 8:40 am the group meets at the city mini bus in the parking lot behind Murzyn Hall. Group walks at Silverwood Park or if poor weather at Northtown Mall. New walkers always welcome.