

RECREATION PROGRAMS

**SPRING
2021**

SIGN UP NOW!

BASEBALL & SOFTBALL pg 4
Family Activities Adult Programs
Youth Programs

IN THIS ISSUE

- 3 Park & Event Wagon Reservations**
- 3 & 7 Community Activities**
- 3 - 9 Youth Programs**
- 4, 8 - 9 Youth Sports**
- 8 - 10 Adult Programs**
- 10 - 12 Active Agers**

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

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

April 2, May 31

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

HYLANDER CENTER CLOSED until further notice due to the State of MN COVID-19 Response.

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

JOHN P. MURZYN HALL RENTAL INFORMATION

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

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

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





PARK RESERVATIONS

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. 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 seasonally. It will be delivered and picked up by the Recreation Department. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs. **Reservation Fee: \$65 tax included.** Fee increase due to sanitation procedures.

Payment is required at time of reservation.

Family Discovery These program activities take place at Silverwood Park (2500 County Rd E, St. Anthony, MN 55421). Registration is required for each person attending the event (including adults). Register for each event under Library Programs at www.anokacounty.us/events or call 763-706-3690.

Snowshoe/Kicksled/Nordic Walking - Saturday, March 13, 10:30 am - 12 pm Minimum age 8

Get active with Snowshoeing, Kick sledding, and/or Nordic Walking. Activity option is weather dependent.

Outdoor Survival Skills - Saturday, March 27, 10:30 am - 12 pm Minimum age 8

Learn basic survival skills such as shelter building and fire building. Use available natural resources and simple tools.

Branch Out Into Art - Saturday, April 10, 10:30 am - 12 pm

Do you have a favorite tree? One that you like to climb or sit under? Learn about the wonderful workings of trees as they wake up from their winter slumber. Then, join an artist as you try your hand at kolrosing, the Scandinavian tradition of engraving thin lines into wood and staining them with a dark powder like cinnamon or cocoa!

Melty, Muddy, Mucky, Spring - Saturday, April 24, 10:30 am - 12 pm

What happens when the days get longer and earth begins to thaw? Learn about early emergers, how soil changes, and the importance of mud. See how you can use this ooey, gooey mud to make a colorful and textured painting.

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.

8/Under Girls Beginning Softball

This entry level fast pitch softball is for girls ages 7-8. This is machine pitch league for girls with little or no knowledge of fast pitch softball. Team plays in the Northern Lights League with games on Wednesdays. Games will be played against neighboring communities such as St. Anthony, Spring Lake Park, Roseville, and maybe a few others. One or more practices per week. Practice days and times to be determined by coach. Register and pay by March 15. Max of 13 per team.

Participant fee: \$45

8 & under: Activity # 1608-21

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2021. Girls will be playing in the Big West 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 # 1610-21

12 & under: Activity # 1612-21

14 & under: Activity # 1614-21

16 & under: Activity # 1616-21

18 & under: Activity # 1618-21

Traveling Baseball

This Recreation traveling league baseball program is for youth, ages 8 - 15. Some traveling is required. Participating cities may include Fridley, New Brighton, Mounds View, St. Anthony, and White Bear Lake.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. If necessary an evaluation clinic will be held to determine 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**. Register early to ensure team placement in the league.

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

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

AGE GROUPS

10U #1064-21 - Max. age as of May 1 = 10 yrs

11/12U #1065-21 - Max. age as of May 1 = 12 yrs

13U #1066-21 - Max. age as of May 1 = 13 yrs

14U #1067-21 - Max. age as of May 1 = 14 yrs

15U #1068-21 - Max. age as of May 1 = 15 yrs

Mites T-Ball

Tue & Thur

June 15 - Aug 5

Fee: \$35

Choose a location:

Keyes Park #1005-21

McKenna Park #1006-21

Huset Park #1007-21

Squirts Baseball

Mon & Wed

June 14 - Aug 4

Fee: \$35

Choose a location:

Keyes Park #1010-21

McKenna Park #1011-21

Huset Park #1012-21

Mites T-Ball completing Kindergarten and 1st grade.

Squirts Baseball completing 2nd and 3rd grades.

Emphasis on fun and fundamentals. T-Ball will use a tee for hitting. Squirts coaches will pitch to hitters.

Registration deadline May 21. Max 12 players per team.

VOLUNTEER COACHES NEEDED! Please commit 3 weeks prior to the start date in order for this program to run. We will assist with providing support to volunteer coaches through example lessons and a coach meeting. Coaches umpire all games.

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.





*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 3rd-8th Grade

Drawing Workshop - Ocean Life We will create detailed, pastel compositions on each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish, and illustrate a sea turtle with bold patterns, a blue crab and a wondrous scene of jellyfish. These pastel drawings will reward students with a great sense of pride and accomplishment.



Wednesdays Apr 7 - 28.....5:30 - 7:30 pm.....FREE*.....M/M Room lower level at Murzyn Hall
Activity #2310-sp21



Enchanted Academy Rembrandts' Enchanted Academy Art Workshop. Be prepared to be whisked away to an enchanted academy where nothing is as it seems. From drawing an enchanted forest to a day at the races with dragons, it's nothing but fun. The final of day of the Enchanted Academy Workshop will introduce students to pastel chalks as they create a whimsical drawing of a phoenix. Please wear an old shirt or smock to the final day of class. Grades 3 - 8.

Wednesdays May 5 - 26.....5:30 - 7:30 pm.....FREE*
M/M Room lower level at Murzyn Hall.....Activity #2311-sp21



Science Made Fun 4th-8th Grades

Calling all junior engineers! Join our Science Made Fun group for some hands on engineering fun. We will be exploring special techniques architects use to create some of the world's most awesome structures, creating mechanical robotic hands out of household items, be inspired by Newton's laws of motion and even build our own recycled rocket to launch!

Mondays April 5 - 26.....5:15 - 6:15 pm.....Grades 4-8.....FREE*
M&M Room lower level at Murzyn Hall.....Activity #2451-sp21

Spring Break-it with Rec! March 30 & 31

Motor Power Take home kit, with Zoom link

Motor Power with the Works Museum! What's inside a motor and how does it work? Make a crazy wigglebot at home. Make sure your e-mail is correct when you register; Recreation will send you an E-mail when you can pick up your kits from the Recreation Office. We will also send you the Zoom link so you can attend the class at 1pm on March 30th.

Tue, March 30 1 - 2 pm.....Grades 3-6.....FREE*.....Activity #2452-sp21



Minnesota Ultimate Frisbee FUN! At the Hylander Center - Door #38

Ultimate Frisbee is a non-traditional sport that places emphasis on having good sportsmanship while also participating in an active game! This half day will be full of opportunities to get moving and gain skills with a disc by learning how to throw, catch, and some foundations of offense and defense through small games. Beginners and those who know some things about ultimate would all enjoy this program!

Wed, March 31 1 - 4:30 pm.....Grades 4-9.....FREE*Activity #2453-sp21



Let's REC it at Home All take home kits can be picked up at the Recreation Office inside Murzyn Hall, 530 Mill St. NE. Register at www.chreconline.org, register each child separately.

The Rec Department will provide you and your child with activity kits. You can sign up for one, or all that fits your child's interests. Most of the necessary items to complete the projects are in the kits. There will be a few required items that you need to provide. A required supplies list, instructions, and a link to a pre-recorded video tutorial will also be included.

20-Minute Kid Krafts Recommended age group: 4 and above (with adult guidance as needed).

Sea Treasures Discovery Bottle Create a mesmerizing sensory experience with eye-catching glitter, beads, and sea trinkets. This activity is especially beneficial for our youngest of treasure hunters. Filling the bottles helps young children build on their motor skills and eye coordination. The finished activity is for your child's enjoyment with adult supervision at all times. Just add your own water. A short online video demo will be made available.

Baby Yoda Paper Lantern Who doesn't love the adorable Baby Yoda, from the Star Wars Disney+ original television series The Mandalorian. You and your child will recreate this loving character using a paper lantern and construction paper. Not included in the kit: scissors. A short online video demo will be made available.

Pick up Sea Treasure & Lantern kit April 12 - 16, 8:30 am - 4:30 pm.....\$5.....Activity #2381-sp4

20-Minute Kid Krafts Recommended age group: 7 and above (with adult guidance as needed).

Get Hooked on Gardening Celebrate Earth Day! The best way to create enthusiasm in gardening is by starting small; it is a learn-as-you-go, trial and error life skill. CH Rec has created an ideal kit for kids to get started. The activity teaches kids to be responsible for watering and weeding. They will learn that a neglected garden doesn't produce much, but a bumper crop will make their hands-on labor of love all worthwhile. Kits will include: peat pots, soil, ID markers, and seeds.

Collage of Color Paper Art Project This is a quick and easy unique art project. No paint or brushes required! Kids will love the unusual fun way to create a colorful work of art. All supplies included and a link to a pre-recorded video tutorial.

Pick up Gardening & Art Project kit April 12 - 16, 8:30 am - 4:30 pm.....\$5.....Activity #2382-sp7

Recommended for 10 years and up, or as a family activity.

Celebrate Cinco de Mayo... Let's Make a Piñata!

Cinco de Mayo, Spanish for 5th of May, is a colorful and vibrant celebration of Mexican heritage and pride. People of all ages dress in costumes, sing, dance, play games, and feast on fabulous foods. The piñata has become a tradition in Mexican fiestas. Once it is crafted, the real fun begins. Fill the sphere with candies, toys and other treats. The CH Rec kit will include all the materials needed to create your own festive piñata. Make yours special with additional treats or toys to stuff inside.

Pick up kit April 26 - 30, 8:30 am - 4:30 pm.....FREE*Activity #2380-sp10



Camp Fire's Nature and Leadership Program

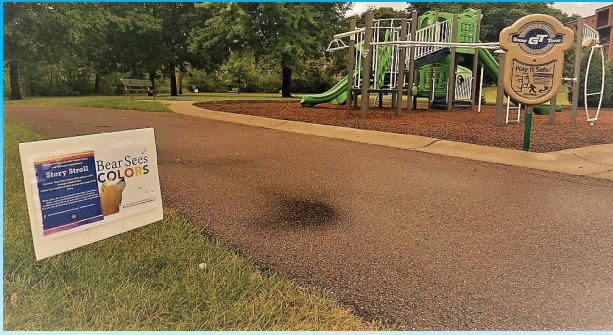
Grow in your leadership skills and learn how to be an environmental steward with Camp Fire Minnesota's team of Naturalists. Learn about ecology, outdoor living skills, renewable energy, environmental justice, environmental careers, and more through outdoor experiences. Activities will be held indoors and outdoors, bring appropriate clothing. Classes held in the Senior Center, lower level of Murzyn Hall.

Wednesdays, April 7 - May 12.....4:15 - 5:15 pm.....Grades 5 - 10.....FREE*Activity #2316-sp21



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Story Strolls FREE Spring 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 at the parks.

10 am - 4 pm the following days.....

Mar 16-17 - Huset Park

Apr 13-14 - Sullivan Park

May 11-12 - LaBelle Park

May Madness Scavenger Hunt



Help the Recreation

Department track down Millie the Meerkat!

Around our parks, her footprints hide, the clues we give will be your guide. With each footprint you find, will be your next clues, so be sure to wear your searching shoes! Register to get your first clue via E-mail on May 1st. You will have 3 weeks to complete your journey, May 1-21. FREE* family activity.

Turn in your selfie with Millie Meerkat to kholznagel@columbiaheightsmn.gov or drop it off at the Rec office for a chance to win a prize!

www.chreconline.org.....Activity #2450-sp21

Get EGGED!

Recreation staff and volunteers will hide a dozen (12) eggs filled with candy and goodies in your yard! Got an empty egg carton? This is a great way to repurpose, once your carton is full you've found all of the hidden eggs! Families can decide if they would like to hide more on their own. You MUST live in Columbia Heights and must preregister. The "Egging Crew" will contact you with the window of time your house will have eggs hidden, and with any other planning details.

Register by March 25th, www.chreconline.org

You will Get EGGED! April 1st or 2nd

\$5 per household.....Activity #2609-21



DANCE

Join Katie for this 5 week dance session. Wednesdays in the Edgemoor Room, lower level Murzyn Hall

• **Preschool-Kindergarten boys & girls.....**Wednesdays, April 14 - May 12

4:45 - 5:30 pm.....\$20.....Activity #1219-sp21

Get the wiggles out, have fun with rhythm, play dance games, and learn the basics of multiple styles of dance.

• **1st-3rd Grade boys & girls.....**Wednesdays, April 14 - May 12

5:45 - 6:30 pm.....\$20.....Activity #1220-sp21

Various dance styles throughout all 5 classes. Class time focuses on technique and skill-building while dancers help create choreography and play dance games.



ADULT SLOW PITCH SOFTBALL

A non-refundable team deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 9. Teams will receive schedules, rules, books, tournament books, game balls, and general league information beginning April 5 at the Recreation Office inside John P. Murzyn Hall.

Thursday Mens "D" Double Header League

Cost: \$750
Start Date: April 15
Max # of Teams: 8
of Weeks: 11 + playoff

Friday Co-Ed Double Header League

Cost: \$725
Start Date: April 16
Max # of Teams: 8
of Weeks: 11 + playoff

CH JAMBOREE TOURNAMENT MEN'S SLOW PITCH SOFTBALL

Double Elimination -
16 Teams Max

JUNE 26th - 27th
1st Place - \$300 and trophy
2nd Place - \$200

Entry Fee of \$200
Activity #5099-21



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 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

Session 1 Thursdays, Mar 4 - 25.....\$42

5:45 - 6:15 pmActivity # 2234-sp21

Session 2 Thursdays, Apr 22 - May 13.....\$42

5:45 - 6:15 pmActivity # 2231-sp21

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

Session 1 Thursdays, Feb 25 - Apr 1.....\$57

6:15 - 7 pm.....Activity # 2235-sp21

Session 2 Thursdays, Apr 15 - May 20.....\$57

6:15 - 7 pm.....Activity # 2232-sp21

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, Mar 30 - May 18.....FREE* Pre-registration required
5:15 - 6:15 pm.....Activity # 2441-sp21



*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.

REMINDER: During this COVID time, masks must be worn at all activities. A "face covering" must be worn to cover the nose and mouth completely. Wearing a mask or face covering helps protect yourself and others in case you're infected but don't have symptoms. It is still important to keep 6 feet between people and to stay home when you are sick.

Mask tips: -Cover your nose and mouth and try to fit it snugly against the sides of your face. Tuck the edge under your eye glasses.

-Keep the mask on your face the whole time you are out.

-Wash your cloth mask after each time you wear it.

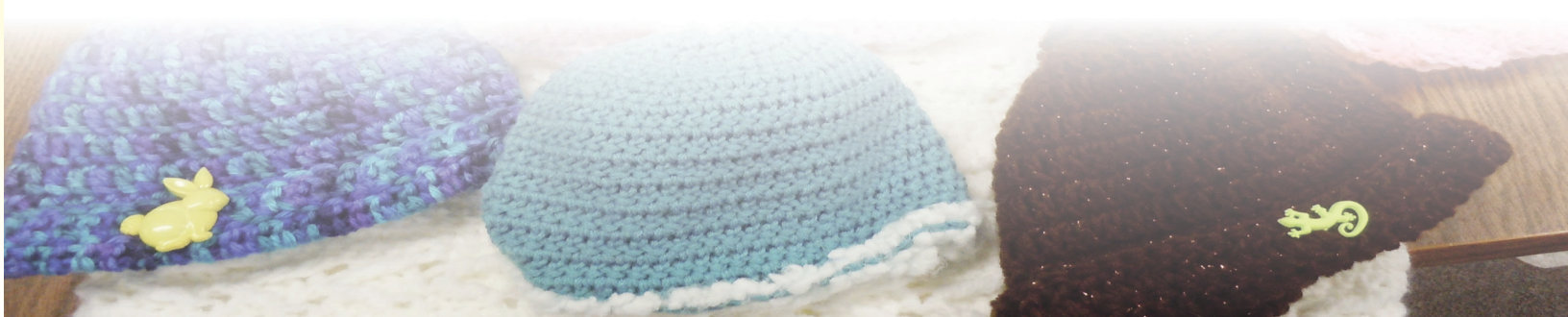
Crochet Class Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together to solve problems and learn new skills.

Ages 16 & over.....Senior Center, lower level Murzyn Hall

Thursdays April 8 - May 20.....\$10
6:30 - 8 pm.....Activity # 2654-sp21

Thursdays June 3 - July 29, no class June 24.....\$10
6:30 - 8 pm.....Activity # 2653-sp21

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 Mar 22 - May 24.....No Class April 12
9 - 10:05 am.....\$24.75.....Activity # 8202-sp21

Thursdays Mar 25 - May 20.....No Class Apr 15
9 - 10:05 am.....\$22.....Activity # 8204-sp21

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 Mar 23 - May 18.....No Class Apr 13
6:30 - 7:35 pm.....\$22.....Activity # 8206-sp21

Thursdays Mar 25 - May 20.....No Class Apr 15, May 6
6:30 - 7:35 pm.....\$19.25.....Activity # 8207-sp21

Total Body Conditioning Donna has decided to suspend in-person classes at this time. Classes may resume in the summer, please watch for class dates.

Plan Your Move Talk

Thur, Apr 1.....10 - 11:15 am.....Senior Center, lower level Murzyn Hall

It's never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. This seminar brings in experts to teach you about the selling process and how they can help ensure a seamless transition. You will hear from local Realtor, SRES Renee Miller of Keller Williams Classic Realty NW, about understanding home values, timing your move to reach your goals, how they will market your home to get top dollar, and hear some market statistics for your area. You will be provided strategies and resources for staging and downsizing. This informative session is tailored to those wondering how and where to get started with what can seem like an overwhelming task. There will be plenty of time for Q&A so you will leave feeling refreshed and ready for your next step.

You must pre-register! Call 763-706-3730 to sign up as space is limited.



Art Classes are happening! Now is the perfect opportunity for you to try something new! The cost is minimal. If you like it, I encourage you to keep it up to improve, or simply to enjoy the art of relaxation and camaraderie. For your protection and mine; sanitizing, social distancing, and mask wearing is our continued plan in 2021.

~ Your CH Recreation Department resident artist, Candy Lack

Pre-registration is required for all classes. Call 763-706-3730 to sign up. All classes are held in the CH Senior Center at Murzyn Hall, 530 Mill St NE, Columbia Heights

Space is limited to maintain social distancing. Call if you need to cancel as there will be others hoping to paint! If you are experiencing COVID-19 symptoms, you must stay home.

Watercolor Practice This class is for anyone who wants to swoosh a paint brush across paper. This is an ideal starter class. Simply relax and enjoy the experience of paint onto paper. All supplies provided. \$2 payable day of class.

Fri, Mar 5:	10:15 - 11:30 am.....	\$2
Fri, Apr 9:	10:15 - 11:30 am.....	\$2
Fri, May 7:	10:15 - 11:30 am.....	\$2

Brushstrokes Paint Class In this class we all paint the same themed picture. No experience necessary. Just follow along. We will practice a bit, and then paint a themed picture. All supplies provided. \$2 payable day of class.

Friday, Mar 19:	10 am - 12 pm.....	Hills of Ireland.....	\$2
Friday, Apr 23~:	10 am - 12 pm.....	Celebrating 100 years of Columbia Heights ~Special Guest.....	\$2
Friday, May 21:	10 am - 12 pm.....	Vintage Garden Seeds.....	\$2

~April 23rd Special Guest; our new CH Mayor, Amáda Márquez Simula will paint with us and share her vision for the City and its Seniors. Sign up early as this class is sure to fill up quickly. Bring your questions for Mayor Amáda. It's all about fun and camaraderie.~~



Escape Winter Creating Mixed Media Art Projects It's the most forgiving form of art. If you are not afraid of sticky fingers, this class is perfect for you. We will work with paper, glue, paint, markers and more. \$4 payable day of class.

Tuesday, Mar 23:	10 am - 12:30 pm.....	Stand up Tea House w/battery tea light.....	\$4
Tuesday, Apr 27:	10 am - 12:30 pm.....	Spring Chickens.....	\$4
Tuesday, May 4:	10 am - 12:30 pm.....	Spring Clay Pot of Flowers.....	\$4
Tuesday, May 18:	10 am - 12:30 pm.....	Spring Florals.....	\$4

Junk Journaling 101 by Jan

Save your junk mail! Jan, a junk journal artist, will show you how to turn your junk mail or other papers into a work of art. This is an ongoing class, join anytime. Bring a scissors, and old magazines. \$4 materials fee is payable the first class you attend.

One time materials fee: \$4 payable the first class you attend. Participation fee \$2 payable at each class you attend.

Fridays, Mar 12 and 26 2 - 3:30 pm.....\$2 each class

Check the Active Agers calendar for future dates.

You must pre-register for this class. Call 763-706-3730 to sign up.

Space is limited following in the state's guidelines to safely offer group classes for your enjoyment.



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.

During this COVID time, masks must be worn at all activities. A "face covering" must be worn to cover the nose and mouth completely. Wearing a mask or face covering helps protect yourself and others in case you're infected but don't have symptoms. It is still important to keep 6 feet between people and to stay home when you are sick.

Mask tips: -Cover your nose and mouth and try to fit it snugly against the sides of your face. Tuck the edge under your eye glasses.

-Wash your cloth mask after each time you wear it.



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. Free service not affiliated with any company.

AARP Safe Driver (Refresher) These classes have been put on hold until further notice. You can take the course online at 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, 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 Fred 763-783-4767 or email fwagner@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, \$45. To make an appointment call 763-560-5136.

Two Concerts with Tara Brueske

Wed, Mar 31 & Wed, May 19 at 12 pm in Senior Center

\$1 per person payable day of program. Keeping social distancing in mind we will place chairs 6 ft apart. Rolls & coffee at your seat. Must preregister no later than 1 week prior, 763-706-3730.

300 Piece Puzzle Smackdown!

Thur, Mar 25 & Thur, May 20 at 12 pm - FREE

Think you could go pro with your puzzle skills? This is the opportunity to prove it! Come and compete or just come and play for fun. We will have the same 300 piece puzzle for everyone signed up. We will start at the same time and see who finishes first or who gets the most done by 1:30 pm. \$25 gift certificate for the winner.

Call 763-706-3730 to sign up no later than 1 week prior.

Mystery Bingo w/cash & prizes

Wed, Mar 24 & Wed, May 12 at 12 pm. \$1 day of.

All are welcome even if you are used to Bingo. We will constantly be mixing it up so you will not know what to expect! Preregister no later than 1 week prior 763-706-3730.

BINGO - We are offering Bingo every Tuesday and Thursday at 2 pm in the main hall of Murzyn Hall. One person per table. Bring two \$1 bills for 10 games.

Keep Movin' - This 20-30 minute seated exercise class will shake off those cobwebs. You do not need to preregister - feel free to just show up. Best yet, it's FREE!

Midday Matinees

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

Adult Coloring Come prior to the movie at 12 for time to color or bring your own crafts and supplies.