

RECREATION PROGRAMS

SPRING
2023

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Go Big or Go Gnome Hunt: Kick-off Party

Friday, March 31.....5:30 - 7:30pm.....Murzyn Hall.....\$10 per child
Ages 5 & up, children must be accompanied by an adult. Pre-registration required. Have a blast at this Kick-off party for the upcoming Gnome Hunt! Let's gather together to decorate and paint your very own Gnomes and a mushroom keepsake to take home. This will be a kick-off event to our Go Big or Go Gnome Hunt in the Parks. For the kids: A treasure scramble!

Go Big or Go Gnome Hunt!

Begins April 10 - Ends April 24
Columbia Heights is home to many friendly Gnomes; they stealthily run around spreading joy, prosperity, and protecting the plants. See if you can find them cleverly hiding throughout our parks. Pick up a Gnome Card at Murzyn Hall Mon-Fri, April 10-24 from 8am - 4:30pm or download a copy at columbiaheightsmn.gov/departments/recreation. The Gnome Card has clues to guide you to the CH parks where the Gnomes are hiding. Turn in your Gnome Cards to Murzyn Hall or send to kholznagel@columbiaheightsmn.gov by April 24 to be entered into a prize drawing. Please leave every gnome as you found it.



Recreation Open-House

Friday, May 19.....5:30 - 7:30pm in Huset Park, fields behind Murzyn Hall.....FREE

Come see what Columbia Heights Recreation has to offer for the upcoming season, including youth, adult, and senior citizen programming. Enjoy game stations where kids can try different sports and skills, class informational tables, a bounce house, FREE face painting, FREE popcorn, music, surprise character visits, theater improv station, and more!

NEXT NEWSLETTER - SUMMER is just around the corner!

Registration **opens May 1** for Summer Park Programs and Theater.

Glitter Bugs: 4 years old & entering Kindergarten in Fall 2023

Dyno-Hites: 1st - 3rd grade for Fall of 2023

S.P.A.R.K.S: 4th & 5th grade for Fall of 2023

T.N.T: 6th - 8th grade for Fall of 2023

Puppet Wagon Puppeteers, Moonshoe, Mill Street Theater

NEW ONLINE REGISTRATION

columbiaheightsmn.recdesk.com

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

Feb 20, April 7, May 29

WEATHER HOTLINE

Call 763-706-3737 anytime for updates on cancellations.

PHOTO POLICY

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on social media, and/or Recreation publications.

REGISTRATION INFORMATION

Online: columbiaheightsmn.recdesk.com

In person / via mail: Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street NE, Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may register over the phone with a Discover, Visa, or Master Card payment by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full. **Refunds will not be given if withdrawn 1 week prior to the activity.**

Participants Scholarship: Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent needs to be covered by the participant's parent or guardian. Please bring a copy of your federal income tax or school district free lunch form for verification. Only one scholarship per child per newsletter.



The **COLUMBIA HEIGHTS BOOSTERS** need your help supporting youth activities and athletics in Columbia Heights! Monthly Meetings: 3rd Wednesday of every month 7 pm at Murzyn Hall.

Bingo • Meat Raffles • Pull Tabs • FUNDRAISING OPPORTUNITIES!

CHAthleticBoosters.com • Facebook: ColumbiaHeightsBoosters

**JOIN
US!**

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

JOHN P. MURZYN HALL RENTAL INFORMATION

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

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

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





PARK RESERVATIONS

City of Columbia Heights Park reservations must be completed with the Recreation Dept. Call 763-706-3730. Reservations for 2023 begin Jan 3. Fees including tax, are due at the time of reservation:

Residents: \$50

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

Non-Residents: \$150

Photo: Sullivan Lake Park



NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use seasonally. It will be delivered and picked up by the Recreation Department. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs.

Reservation Fee: \$65 tax included. Fee increase due to sanitation procedures.

Payment is required at time of reservation. 2023 reservations begin Jan 3.



SHARE YOUR TALENTS!

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

Hylander Fitness Center - Drop-In Times

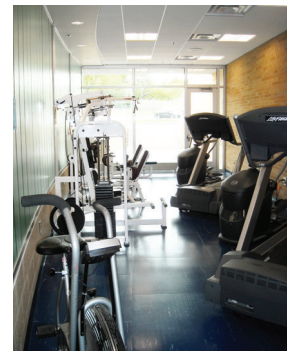
The Fitness Center in the Hylander Center Door #42 has treadmills, elliptical machines, various weight machines and dumbbells.

Only the fitness center will be open during Recreation programming. Drop in during the following dates and times:

Mondays, Mar 20 - May 22.....6 - 8pm

Saturdays, Mar 4 - April 22.....9:30am - 12pm

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



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

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

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



ENCORE Guitar 101 5th - 12th Grade

*Instructors from Bach to Rock will help your guitar-player focus on the group aspect of guitar performance, basics of the instrument, learning songs, technique, and music theory. Max 8 students.

Tuesdays, Mar 28-May 16.....5:30 - 6:30pm

5th-12th Grade.....*FREE (\$120 value!)

Theater Room, lower level of Murzyn Hall

Bach to Rock Crash Courses

Once a month, CH Rec will hold music-related crash courses like, intro to ukulele, beat-making, piano, etc. to introduce you to all types of music skills! Find out what best fits YOU!

Check columbiaheightsmn.recdesk.com for more class offerings each month.



Beginning Songwriting 5th grade - Adults

Join Bach to Rock instructors in this crash course to learn the basics of songwriting. We will focus on how to get started, song structure, helpful techniques/exercises, and help you harness your creativity to make music. Max 8 students.

Tue, May 9.....6:30 - 7:30pm

5th grade - Adults.....\$5 per person, must register

Theater Room, lower level of Murzyn Hall

Beat Making 5th grade - Adults

Come join us to learn the basics of beat making. We will focus on how to get started, composition, technology, and the basics of becoming an electronic/hip hop music producer.

Tue, June 6..... 6:30 - 7:30pm

5th grade - Adults.....\$5 per person, must register

Theater Room, lower level of Murzyn Hall



DANCE

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

Creative Movement: Ages 4-6

Have fun with rhythm, play dance games, learn the basics of multiple styles of dance, with a focus on ballet and jazz. The last class will feature a showcase of their skills. Dance uniforms and shoes are not required, but are welcome! Parents are asked to stay in the hall near the classroom for bathroom breaks and any other needs. We have chairs for families waiting.

Mondays, April 3-May 8.....4:30 - 5:15pm.....\$42

Creative Movement: Ages 5-7

Class time focuses on skill-building of multiple genres of dance with a focus on ballet and jazz. They will play dance games and learn a choreographed dance. The last class will include a showcase of their skills. Dance uniforms and shoes not required, but are welcome. Parents are asked to stay in the hall near the classroom for bathroom breaks and any other needs. We have chairs for families waiting.

Mondays, April 3-May 8.....5:30 - 6:15pm.....\$42

Ballet: Ages 8-11

Dancers will work on fundamentals of ballet. The class will focus on balance, flexibility, fine motor skills, and spatial awareness. They will learn ballet dance combinations and technical ballet skills. Ballet shoes are required.

Wednesdays, April 5-May 10.....5 - 5:45pm.....\$42

Mini-Tumblers: Ages 3-5

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

Wednesdays, April 12-May 3.....2:30 - 3:15pm.....\$28

Class in the Edgemoor Room, lower level Murzyn Hall

ENCORE Zero Gravity Trip - Mar 17

*On this early-release school day a City van will pick-up your child from Columbia Academy at 1:15pm. If you have a 6th-8th grader that will not be coming from CA, please let us know when you register and be sure they are dropped off at Murzyn Hall by 1pm! They will have an afternoon of fun at Zero Gravity Trampoline Park: open jump area, trampoline dodge ball, climbing wall, laser tag, and more.



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

Rec staff will pick up students at Columbia Academy.

Parents pick up at Murzyn Hall at 4:45pm

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

Wild Wednesday: Great Wolf Lodge

April 5

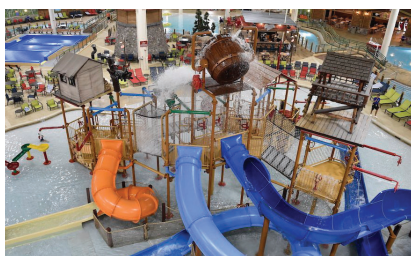
4th-9th Graders

Enjoy a day splashing around in Great Wolf

Lodge indoor water park. Take it easy and float the lazy river, ride a variety of exciting water slides, water basketball, and test your surfing skills on a simulator ride. Wear swimsuits, bring a towel, and extra clothes. Pizza and soda include. Bring cash for other food options, no outside food allowed.

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

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



ENCORE Learn to Ski at Wild Mountain - Mar 20

*Rescheduled date. TENTATIVE

- this trip is weather-dependent. It will be spring-conditions, so it depends if the hill will still be open on this date or not. We will keep everyone informed.

Experienced skiers and beginners are welcome to join this trip for 5th-10th graders. Includes lift tickets, rental equipment, helmet, and a "learn to ski" lesson. Pack a lunch or bring money for concessions. Wear weather-appropriate clothing: hats, gloves, snow pants, layers, etc.

Mon, Mar 20.....8:20am, Parents must bring their child inside Murzyn Hall for drop off. Return at 4:45pm, pick up at Murzyn Hall

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



ENCORE Silverwood Adventures - Apr 10

*Trick Photography and Rock your Art: Geology and Clay - Silverwood's naturalists will provide many tools and gadgets for youth to explore, play, learn, and create art with light. Bend light, cast rainbows,

shoot a trick photograph, or warp space. Then, they will spend the afternoon learning about patterns and colors found in rocks and why they look that way. They will enjoy the fun of marbling clay and forming clay it into a bowl!

Mon, Apr 10.....9am - 3pm

Drop off and pick up at Murzyn Hall - we will take vans to Silverwood Park

4th-8th Grade.....*FREE, Bring a bag lunch



Family Discovery in collaboration with the CH Library

DIY Birdfeeders*.....Sat, Mar 25.....1 - 2 pm

Family Birding*.....Sat, Apr 29.....2 - 3 pm

Families Discovery classes at the CH Library.

Registration required: <https://anokacounty.libcal.com/> Click on CH Library.

Fire & Charcoal at Silverwood*.....Sat, May 20.....2 - 4pm

Spark up a new skill and ignite your curiosity as we learn the safety and basic techniques involved in starting a fire. Then we will turn our attention to using a product of fire - charcoal - to make our own spectacular still life or landscape drawings.

***FREE.....Ages 7 and up(all children MUST be accompanied by an adult)**

Registration required, columbiaheightsmn.recdesk.com

Meet at Silverwood Park, White Oak Classroom - 2500 County Rd. E, St. Anthony - check e-mail prior to event for details.



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



ENCORE Tech Academy: Minecraft ModPack

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. We will make a custom ModPack. Students should be comfortable with keyboarding, and playing Minecraft. ADDITIONAL tech requirements: Minecraft Java Edition, PC only (will not work on Apple, Mac, Chromebook, Tablets, or phones), MCreator - FREE download and must be downloaded before class. Virtual class held on Zoom, you will receive an email prior to class with details.



2nd-6th Grade.....*FREE Pre-registration required
Apr 3 & 4.....9 - 11:30am.....Online class

Online registration columbiaheightsmn.recdesk.com



ENCORE Musical Theater

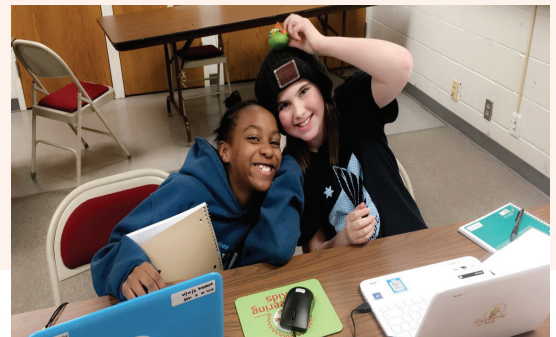
Musical Theater MN brings in theater skills professional to offer a musical theater, skill-building experience. The focus is less on the end showcase, and more on the overall experience and skills learned. They will learn dancing, singing, acting, scriptwriting, teamwork, and creativity.

9-14 years old.....*FREE Pre-registration required
Saturdays, Mar 11-May 13 (No class Apr 8)
11:30am - 1pm.....Edgemoor Rm, lower level Murzyn Hall
Evening dress rehearsal May 15, Showcase May 17 - time TBD

ENCORE Tech Academy: Web Design

Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, javascript, and CSS. No experience necessary, but familiarity with common tasks using a computer operating system (text editing and understanding directory structures) and good keyboarding skills. ADDITIONAL tech requirements: PC needed, will not work on Chromebook, tablets, or phones. Virtual class held on Zoom, you will receive an email prior to class with details.

4th-8th Grade.....*FREE Pre-registration required
Saturdays, Apr 15 & 22.....10:30am - 12:30pm.....Online

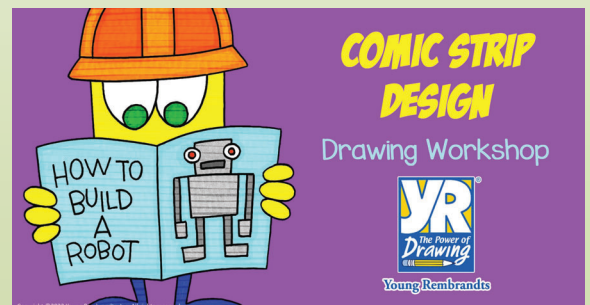


ENCORE Drawing Workshop: Comic Strip Design

Young Rembrandt's Comic Strip Design workshop will lay the foundations to build your own comic. Awesome characters and fantastic expressions in our short stories will make every class epic! **(\$95 Value)**

MUST cancel registration 1-week prior to class if you can no longer attend, or you will be charged a \$5 no-show fee.

3rd-7th Grade.....*FREE Pre-registration required
Tuesdays, Apr 18 - May 16....5:30 - 7:30pm
Location M/M room, lower level Murzyn Hall



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 by March 15. Max of 13 per team.

8 & under.....\$60



Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2023. Girls will be playing in the Big West League, which is competitive and will require traveling to other communities. Participants must pre-register in their current age category by March 15. Max of 13 per team. Dates and times TBD.

Participant fee: \$75
10 & under
12 & under
14 & under
High School (16U/18U)

Online registration
columbiaheightsmn.
recdesk.com



Mites T-Ball

Tue & Thur

June 20 - Aug 3

Fee: \$40

Choose a location:

Keyes Park
McKenna Park
Huset Park

Squirts Baseball

Mon & Wed

June 19 - Aug 2

Fee: \$40

Choose a location:

Keyes Park
McKenna Park
Huset Park

Mites T-Ball completing Kindergarten and 1st grade.

Squirts Baseball completing 2nd and 3rd grades.

Both Mites T-Ball and Squirts baseball are skill-building programs where the CH teams play against each other, rotating between fields in Heights (not traveling). The goal is to build on baseball skills and learn how the game is played. T-ball players use a Tee for hitting and Squirts coaches pitch to players. 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 provide support to volunteer coaches through example lessons and a coach meeting. Coaches umpire all games.

The Rec Dept reserves the right to shift players if sufficient coaches are not available at a particular location.



Traveling Baseball

Boys ages 9 to 15. Age requirement is as of May 1, 2023. Boys will be playing in the North Star Baseball League which is competitive and will require traveling to other communities. Participants must pre-register in their current age category by **March 24**. Register early to ensure team placement in the league. **VOLUNTEER COACHES NEEDED!**

Fee: \$60

Practice and game times to be determined.

AGE GROUPS

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

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

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

14U/15U - Max. age as of May 1 = 15 yrs

ENCORE Skyhawks Volleyball

Beginners 3rd-5th Grade For those who have little to no experience in volleyball. Skyhawks volleyball staff will assist each beginner player in developing fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player.

Mondays, May 1-May 22.....4:30-5:30pm.....Hylander Center, Door #42
3rd - 5th Grade Beginners level.....*FREE pre-registration required



Experienced 6th-8th Grade This volleyball class is for those who have played volleyball before and are confident and ready for more skill-building and team scrimmages.

Mondays, May 1-May 22.....5:45-6:45pm.....Hylander Center, Door #42
6th - 8th Grade Experienced level.....*FREE pre-registration required

Martial Arts Little Tigers Learn basic kicks, punches and strikes through a variety of exercises and games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Scholarships do not apply.

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

Martial Arts Little Tigers.....\$46

Winter II: Thursdays, **Mar 2 - 23.....5:45 - 6:15pm**

Spring: Thursdays, **Apr 20 - May 11.....5:45 - 6:15pm**



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

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

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

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

Spring: Thursdays, **Apr 13 - May 18.....6:15 - 7pm**



Online registration columbiaheightsmn.recdesk.com

ADULT SLOW PITCH SOFTBALL

A non-refundable team deposit of \$250 will secure your team a place in a league.

Balance must be paid by April 14. Teams will receive schedules, rules, books, tournament books, game balls, and general league information beginning April 11 at the Recreation Office.

Thursday Mens "D"

Double Header League

Cost: \$750

Start Date: April 21

Max # of Teams: 8

of Weeks: 11 + playoff

Friday Co-Ed

Double Header League

Cost: \$725

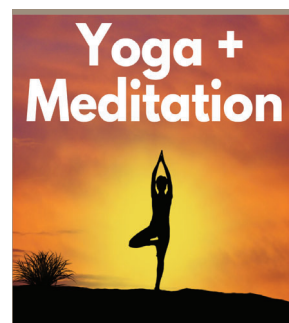
Start Date: April 22

Max # of Teams: 8

of Weeks: 11 + playoff



YOGA & MEDITATION Stay active and de-stress! Develop a self-care routine and manage stress through movement and stretching with Yoga! RYT 200 Certified yoga instructor, Kelly O'Donnell, will guide a mixed levels yoga class. This class will walk you through yoga poses for strength and flexibility, breathing techniques for calming the mind and body, meditation for relaxation and focus based on the season. Wear comfortable loose fitting clothes and bring a yoga mat. You may bring optional props such as a blanket and a block.



Yoga & Meditation.....Class Fee, or \$10 per drop in class
 16 years & older.....Edgemoor Rm, lower level Murzyn Hall
 Spring: Tuesdays, Apr 4 - May 2.....5:15 - 6:15pm.....\$40
 Summer I: Tuesdays, May 23 - Jun 27.....5:15 - 6:15pm.....\$48 (May 23 class held outside on the Murzyn Hall lawn.
 Other classes will be decided on a class-to-class basis)

Register online for programs at
columbiaheightsmn.recdesk.com

Zumba We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. This class is for everybody and every body! Check out our Zumba instructor Anne's website at <https://annes.zumba.com>.



Ages 16+Mondays.....6 - 7pm.....Murzyn Hall, main hall
ZUMBA Winter II Mar 6 - 27.....\$36, or \$10 per drop in class

Ladies Night - Basketball

Pick-up basketball games, coach-led skill-building when needed, and get a basketball work-out in for the evening! \$2 per person drop-in fee at the door - please bring exact change if you are able, or smaller bills. Open to residents and non-residents. Max of 40 people

Mondays, March 20 - May 22.....Drop in between 6 - 8 pm
 CH Hylander Center door #42.....Ladies 13 years & older.....\$2 per person at the door
 Ladies 12 years and older.....\$2 per person at the door

Total Body Conditioning Tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, and core strength through a variety of exercises and stretching. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a yoga mat or towel, and tennis shoes.

Adults, all ages & skill levels. Donna is on a break in March and April. Classes resume in May.

Total Body Conditioning.....**Wednesdays, 6 - 7pm.....May 17 - Jun 21....\$54**

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

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

Crochet Class.....Thursdays, 6:30 - 8pm

Mar 2 - Apr 27 (No Class Apr 6)\$10

May 4 - Jun 29 (No Class May 25).....\$10



Adult Art Nights at Murzyn Hall

March 24 - Wine & Watercolor Pencil Workshop

Join local artist Eric Holmberg for an evening of drawing over drinks. Admission includes all the supplies needed to make your art masterpiece and a surprise treat to pair with your wine! You will get to take your canvas home. Enjoy this light-hearted lesson that is sure to get your creative juices flowing with a MYSTERY theme. Wine and non-alcoholic options will be available for purchase.

March 24.....6:30 - 8:30pm.....\$45.....Murzyn Hall



Photo-Sketching 101

Start your week off right with a "Treat Yourself Day" and learn how to turn your favorite photo into a pencil-drawn work of art! Enjoy tea and treats each week as our local artist, Eric Holmberg, leads you on a drawing journey. He believes anyone can draw if they just give themselves a chance. Bring a favorite photo (hard copy or digital) and learn how to create a realistic rendering in just five, easy lessons.

Mondays, Apr 10 - May 8.....6:30 - 8pm.....\$25.....Murzyn Hall



Register online at columbiaheightsmn.recdesk.com

Stompin' At The Hall 55 years & older exercise classes

Increase your energy with Judy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or two sessions. Men & women welcome. Classes at Murzyn Hall, main hall. Participants are spaced out for social distancing.

Beginners sign up for class and Judy will meet with you individually to show you the exercise routines so you become familiar with her class style prior to joining the rest of the group. Call to be added to the list 763-706-3730.

Stompin Mondays.....\$24

Mar 27 - May 22, No Class Apr 10..... 9 - 10:05am

Stompin Thursdays.....\$24

Mar 30 - Jun 1, No Class Apr 6, May 25 9 - 10:05am

ADULT Aerobic Dance

Have fun and get fit!! Join us for a vigorous exercise class with Judy that will help you get and stay in shape. Class uses low impact dance steps from Latin, country, hip hop and a little bit of rock 'n roll. Wear comfortable clothes and good aerobic shoes. Bring a mat for floor exercises. Classes at Murzyn Hall, main hall, socially distanced.

Aerobic Dance Tuesdays.....\$27

Mar 28 - May 30, No Class May 23.....6:30 - 7:35pm

Aerobic Dance Thursdays.....\$24

Mar 30 - Jun 1, No Class Apr 6, May 25.....6:30 - 7:35pm

MARCH Candy's Active Ager 50+ ART Corner!

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

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

WHIMSICAL WATERCOLOR MUSHROOMS: The watercolor technique, Bokeh, will be used in this class. It offers a fun and whimsical view of art design. Your finished design may even include a bit of Irish luck, if you choose.

Sat Mar 18.....2pm - 4pm.....\$10.....Senior Center, lower level Murzyn Hall



Welcome to Candy's Active Agers 50+ ART Corner! Classes are open to all levels of art experience. We gather for the camaraderie of others like us; those wanting to try something different or to brush up on their skills. Images shown are to inspire you. Be your own kind of creative, or follow a traceable template. Unless noted, all supplies are included. Cancellations within 5 business days and no shows are non-refundable. Classes canceled or re-scheduled are fully refundable. If you must cancel, please call so we may offer your seat to someone on the waitlist. Thank you for your cooperation. Min 8/ Max 14: Register online COLUMBIAHEIGHTSMN.RECDESK.COM, or call 763-706-3730 to sign up before the classes fill up. If a class is full, do get on the waitlist. Full payment due at registration.

APRIL

BRUSHSTROKES WATERCOLOR: BIG EYES! BIGGER EARS... What's April without a rabbit? We begin this class practicing a watercolor & pen carrot bookmark. Then you will use the technique learned to paint a rabbit. Samples will be available to guide you or, be your own kind of creative big eyes and ears. Approx size: 9x12 paper

Sat April 1.....11am - 1:15pm.....\$10.....Senior Center, lower level Murzyn Hall



COZY BIRDS OF SPRING: ACRYLIC PAINTING Learn to sketch these birds using three basic shapes as your guide. Use bright acrylic paints to bring your cozy little birds to life. Paint a pair of love birds, 3, 4 or more! It's your creative design. Approx size: 9x12 paper

Sat April 1.....2pm - 4:30pm.....\$10.....Senior Center, lower level Murzyn Hall



BRUSHSTROKES WATERCOLOR: WATER LILY Create a beautiful lily today. Wet on dry, wet on wet and bokeh watercolor techniques will be used on your painting today. You might just decide to add a little whimsy to your painting too. Approx size: 8x10 paper

Sat April 22.....11am - 1pm.....\$10.....Senior Center, lower level Murzyn Hall

CHERRY BLOSSOMS: MYSTERY DAY! Bring your imagination to this class. We will paint an abstract sea of cherry blossoms using a very unique technique. Sorry... no image ... no sneaking a quick look ahead of time! Approx size: 11x14 canvas board

Sat April 22.....1:30pm - 4pm.....\$16.....Senior Center, lower level Murzyn Hall

MAY

SALLE DE BAINS: MIXED MEDIA Create your own heavenly bathroom using paints, paper, glue, markers and what nots. Bring your own embellishments such as ribbon, gems, old jewelry, magazines, sheet music, candy wrappers, stickers, etc. Approx size: 9x12 canvas board

Sat May 13.....11am - 1:30pm.....\$12.....Senior Center, lower level Murzyn Hall



MY LITTLE TEACUP: ACRYLIC PAINTING Having a little experience creating art with acrylic paints will be beneficial in this class, however beginners are welcome too. We will learn feathering, shading, reflections and much more today. This is a fun painting with a twist; we will paint on black paper. Approx size: 9x12 paper

Sat May 13.....2pm - 4pm.....\$10.....Senior Center, lower level Murzyn Hall



JUNE CAMPING GUY: ACRYLIC PAINTING There's nothing like a campfire, crickets, and tent. You choose; a gnome, a happy-go-lucky guy, a bear or other character for this fun deep-in-the-woods scene. Templates for these three characters will be provided. If you want a different character, bring a simple drawing to class that can be transferred to an 11x14 canvas board. Image shown is for inspiration. It is not mine. Approx size: 11x14 canvas board

Sat June 3.....10am - 1pm.....\$14.....Senior Center, lower level Murzyn Hall



CH Senior Center Lower level of Murzyn Hall, 530 Mill Street NE. We provide educational, social and recreational programs to those 50 years and older in the community. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens.

Active Agers Newsletter

Monthly newsletter available at the Senior Center, Recreation Office, CH Public Library, City Hall, and online www.columbiaheightsmn.gov. look at the Recreation Department, under Seniors.

4-hour Safe Driving (Refresher)

By AARP. Registration and payment required no later than 2 weeks prior to the class. Call 763-706-3730.

Apr 10.....9am - 1pm..... \$29

Jun 12.....9am - 1pm..... \$29



Plan Your Move Lunch & Learn

It is 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. You will hear from local REALTOR/ SRES, Renee Miller of Keller Williams Realty Elite, as she touches on understanding home values, timing your move, market statistics in the area and how realtors market your home to get top dollar. We will also go over resources and the use of our referral partners to help you downsize and declutter. To register for this program, you must call 763-706-3730.

Thu April 27.....1pm.....FREE.....Senior Center

LITTLE LOANER LIBRARY We have a book, puzzle and movie loaner library in the Active Agers/Senior Center. Borrow and then bring back any of the materials. We are always looking for donations/contributions of books, puzzles and movies.

BINGO - Every Monday and at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

Midday Matinees

Select days at 1:30 pm in the Senior Center. See the Newsletter for the dates and movie titles.

Helpful Phone Numbers

ACCAP Chores & More: 763-783-4767

Happy Feet Foot Care: 763-560-5136 cost \$45

Senior Outreach Worker: 763-783-4741

Health Insurance Counseling: 1-800-333-2433

The CH Recreation Department would like to take this opportunity to thank Delynn Mulligan, Senior Citizen Coordinator, for her dedication to the program for the past ten years. She has truly enhanced the lives of so many people in and around the Columbia Heights area. Delynn has driven thousands of miles bringing people to new restaurants, shopping, and site seeing tours, she has called BINGO weekly, shown movies, taught exercise classes, introduced new foods, shared valuable information, and given her heart to everyone participating in the Active Agers program. Countless times Delynn has gone above and beyond to help those around her. She will be missed by so many. We wish Delynn all the best in her future endeavors.

“Important Documents” Seminar with Steve Smith - May 15 at 12pm

“Do you know where your important records are? There is a solution that is both simple and flexible. You can list all of your important records such as your will, home deeds, health insurance provider, emergency contacts and all of the things you really don’t pay attention to daily.” You will leave with a 3-ring binder and set of 31 dividers ready to tackle your important documents. You must call to preregister for this class no later than May 8th, 763-706-3730.

May 15.....12pm.....FREE.....Senior Center

Tara B. Concert - Thurs May 18

Join our good friend Tara B. for a concert to kick off the summer. You must call to preregister for this class no later than May 11th, 763-706-3730. \$3 payable day of program.

May 18.....2-3 pm.....\$3 per person.....Senior Center

“Fluidity: Identity in Swedish Glass” Exhibit Private Tour at American Swedish Institute May 16th.....9am.....\$22 per person

This stunning exhibit features the US Premier of Swedish artist Jo Andersson’s Being, an immersive glass experience where visitors engage with hand blown vessels to create intricate light mosaics in a darkened, sound-scape gallery. We start with the exhibit at the ASI for the hour long tour and then go out to lunch at your own expense. Call 763-706-3730 to register and pay for the tour and transportation.