

# RECREATION PROGRAMS

FALL  
2021

## IN THIS ISSUE

- 3 Park & Event Wagon Reservations
- 4 Community Events
- 5 - 6 Family & Youth Programs
- 7 - 8 Youth Sports
- 9 - 10 Adult Programs
- 10 - 12 Active Agers

## Truck or Treat 2021

### FALL Boogie Bash

Get your '70s vibes ready for this "21st Night of September" Celebration. Costumes encouraged. Grab your roller skates, roller blades, or dancing shoes and join us Sept 21 for a commu-

nity fall fun night. We will dance feverishly to hit music from the 1960's & 70's and more!

Skating and dancing in the parking lot across from Murzyn Hall at 530 Mill St. Food options for sale. More details to come, check Facebook and the recreation pages listed below. If rain join us Wed Sept 22.

Tue, Sept 21.....6 - 8:30pm  
FREE Event.....Murzyn Hall parking lot, 530 Mill St NE

### Oct 30, 1 - 5 pm

Join the Columbia Heights City departments for a family fun afternoon Sat, Oct 30, from 1 - 5 pm at Huset Park East. Kids and their parents can explore a variety of vehicles, including police cars, fire trucks, tow, dump, garbage, mail trucks, and a school bus. Recreation will host a puppet show. City departments will also collaborate with community partners such as SACA Food Shelf, HeightsNEXT, and the CH Lions. Costumes are encouraged for all ages and your pets! Kids middle school and younger will receive a stamp as they visit the vehicles and turn in the postcard of stamps for a treat bag. Food and beverage for sale during the event. More details will be posted at [www.columbiaheightsmn.gov/events](http://www.columbiaheightsmn.gov/events) and on Facebook. Huset Park East, 3965 Jefferson St. FREE EVENT

### NEW ONLINE REGISTRATION

[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### CITY WEBSITE

[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

### LIKE US ON FACEBOOK

[Facebook.com/CHRecreation](https://www.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

Sep. 6, Nov. 11, 25, 26

## 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](http://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

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

Watch for updates on the *Calendar available at [www.columbiaheightsmn.gov](http://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](http://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**

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

**Non-Residents: \$150**



## 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.

## MOVIE NIGHT at McKenna Park Sep 17

Go to [heights100.com](https://heights100.com) to vote for which one of four family-friendly movie options you'd like to see most: Toy Story, Secret Life of Pets, or Lego Batman.

Voting ends Sept 7.

Bring your family and a blanket to McKenna Park on Fri, Sept. 17, at 7 pm (movie starts at 7:30). Seating is limited and on a first-come, first-served basis. FREE! Check the City's Facebook page @columbiaheightsmn or website [columbiaheightsmn.gov](https://columbiaheightsmn.gov) for updates and further details.

To support a safe environment for our patrons and staff, current recommendations for physical distancing, cleaning/sanitization protocols, and capacity reductions 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!

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

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

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



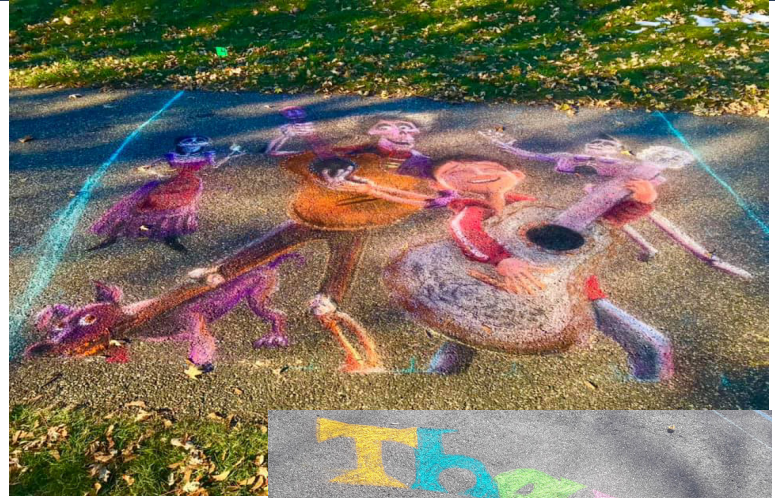
## Chalk Art Walk – Artists Wanted

**October 2 & 3 drawings take place.**

Calling all artists of ALL skill levels! Participate in the Chalk Art Walk. Register by September 27th to create your own work of art around the Huset Park West walking path. FREE! Whether you register alone, or with a group, you will receive a marked space along the path. We can provide a small amount of sidewalk chalk, if needed. Just make a note in your registration that you will need chalk. All chalk drawings are done at your own pace on October 2nd and 3rd from 9am - 7pm (or before it is dark in the park)

The 2021 theme is **THE GREAT OUTDOORS!** Show your appreciation for the nature around us; for example your favorite pollinator-friendly plant, a memory of your favorite camping trip, or a dream hiking location. The world is yours to create!

Art enthusiasts! Come watch the artists create; take a stroll around the park. Then, vote for your favorites online. Check our website and [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com) for more information on how to vote.



## ENCORE Puppet Wagon at Truck or Treat

\*Puppeteers needed for a puppet show during the Truck or Treat event on Saturday, October 30. Students will meet in the Theatre room for practices on October 25 and 28 from 5-7:30 pm. Students must make it to all practices to be in the show. We will perform two shows during the Truck or Treat event. The Puppet Wagon director will provide more information about event-day once registered. Max 5 students.

4th - 8th grade.....FREE Pre-registration required  
Rehearsals Oct 25 and 28.....5 - 7:30pm  
Meet in the theater room (lower level Murzyn Hall)  
Puppet Show Oct 30 at 2pm & 4pm



## Rec At Home: Halloween take home kit

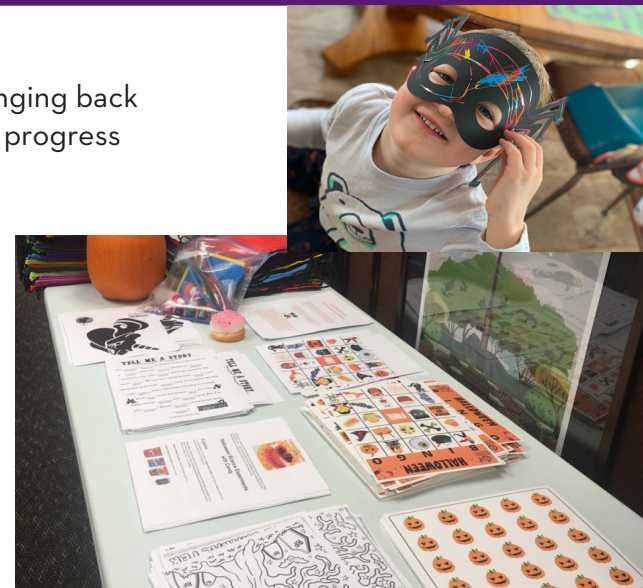
Our Rec at Home kits were such a hit over the last year that we are bringing back another holiday kit for Halloween. Don't forget to take pictures of your progress and final projects and share them with us.

Celebrate the fun in October by picking up a crafty art and activity kit at the Recreation Department! Registration required.

### Rec At Home Halloween

\$5 per kit

Pick up at the Recreation office in Murzyn Hall October 26 or 27 between 8am - 5pm







\*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 Spanish-English Theater

\*In collaboration with CH Rec., Musical Theatre Minnesota brings highly trained teachers to offer this musical theater experience. Students who speak only English or only Spanish are welcome. It's not mandatory to be bilingual to attend. Participants work towards a community performance at the of the 12 week session. Each practice includes dancing, singing, and acting with a focus on creativity and learning the basics of musical theater. Min 8/Max 16

## ENCORE Spanish-English Theater

9 - 14 years old.....FREE Pre-registration required  
Saturdays, Sep 25 - Dec 2  
11am - 12:30pm.....Edgemoor Room, lower level Murzyn Hall

Dress Rehearsal night Wed, Dec 1, time TBD  
Show night will be Dec 2, time TBD



**NEW online registration**  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)



## ENCORE Olympics Workshop

\*Does your family love watching the Olympics? Take this year's Olympic experience to the next level and participate in the Young Rembrandts Olympic Sports Drawing Workshop. This workshop is 5 days of all Olympic sports. We'll have fun learning how to draw detailed characters and scenes as well as have a BLAST talking about our favorite Olympic sports and athletes! Come draw with us!

## ENCORE Olympics Workshop

Wednesdays, Oct 6 - Nov 3  
3rd - 8th grade.....FREE Pre-registration required  
5:30 - 7:30pm.....M&M Room lower level Murzyn Hall



## ENCORE Character Creations Workshop

\*Learn the basics of cartooning and create your own characters with Young Rembrandts! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters.

## ENCORE Character Creations Workshop

Wednesdays, Nov 10 - Dec 8  
3rd - 8th grade.....FREE Pre-registration required  
5:30 - 7:30pm.....M&M Room lower level Murzyn Hall





### Story Strolls FREE Family Activity

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

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

Sept 22-23 LaBelle Park

Oct 20-21 Huset West Park

Nov 17-18 Sullivan Park

**Online registration**  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### Mini Musicians

The Mini Musicians program is the perfect introduction to music lessons for your 3-6 year old child. This is a 5-week no-practice curriculum where we explore the piano through improvisation, singing, movement, and games at Murzyn hall. Parents are encouraged to sit in the class anytime.

Nicole Navratil has been teaching piano and voice for 16 years and absolutely loves getting to know new students and their families.

**Mini Musicians.....\$58**

Wednesdays, Sep 29 - Nov 3 (no class Oct 20)

Kids 3 - 6 years old.....10:30 - 11:15am

Classes held at Murzyn Hall in the lower level



**Dance** Miss Mikey's bio: Started dancing when I was very young at Midwest Youth Dance Theater. I studied ballet, jazz, tap, modern and musical theater. In my teens I studied at a studio called Out on a Limb. At that studio I participated in their training program, as well as seasonal productions. For high school I attended the Perpich Center for arts Education, where I concentrated in dance. I earned a BA from the University of Minnesota in dance and English in 2012. I produced two shows the following two years. In the summers, I taught at wilderness dance camp. Over the years I have taught at various dance studios in the twin cities. Currently, I live in Northeast Minneapolis with my husband and two year old son. I am a full time student, working towards becoming an LADC.

Level 1 (ages 3-5): learn the fundamentals of creative movement and basics of dance, while also learning to dance with others in the space. Most importantly, they'll have fun and stay engaged!

Level 2 (ages 6-8): learn basic ballet and jazz movement fundamentals, while working on spatial awareness on the dance floor with others. We will be working towards a dance routine, which we will show at the end of the season.

Level 3 (ages 9-12): learn the basics of ballet, jazz and modern. They will also have the chance to choreograph their own movement. Kids will be working towards a dance routine which they can showcase at the end of the season.

**All classes are held in the Edgemoor Room, lower level of Murzyn Hall.** The kids should be in clothes that they can move in, and have their hair out of their face.

**Mondays Oct 4 - Nov 29, No class Nov 22**

**Dance Level 2** Ages 6 - 8.....4:45 - 5:30pm.....\$42

**Wednesdays Oct 6 - Dec 1, No class Nov 24**

**Dance Level 1** Ages 3 - 5.....4 - 4:45pm.....\$42

**Dance Level 3** Ages 9 - 12.....5 - 5:45pm.....\$42





## Heights Soccer Saturdays PreK - 6th Grade

CH Rec staff will teach the exciting game of soccer with a focus on learning basic soccer skills and teamwork while having fun! This is not a league, it is an opportunity for youth to build on their soccer skills, play some scrimmages, and get active. Participants may be split into smaller groups to work on skills and play mini-games based on skill and age level for the Mighty Mites group.



### Heights Soccer

Saturdays, Sep 18 – Oct 23 weather permitting

Huset Park field behind Murzyn Hall

**Kickers** Preschool - 1st grade.....10 - 10:45am.....\$25

**Mites** 2nd – 6th grade.....11:15am – 12:15pm.....\$25

**NEW online registration**  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

## YOUTH BASKETBALL Boys & Girls, Grades 2 - 6 Girls Season October - December Boys Season December - March

This Twin Cities Youth Basketball league will focus on instruction, skill development, and organized games with referees. Games will be played on Saturdays, and Sunday afternoons. Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park. Uniforms included: jersey and shorts. Practices held in the city gym at the Hylander Center, 1300 49th Avenue, door #42. Registrants may be shifted to even out teams. Max of 10 per team. **Volunteer coaches are needed.** Please contact the Recreation office as soon as possible to volunteer and process the background check. All practices are held in the City Gym at the Hylander Center.



**GIRLS Basketball Registration Deadline September 30.** No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

**BOYS Basketball Registration Deadline November 24.** No registrations accepted after the deadline, as teams need to be submitted to the league. Sign up for grade level.

**When:** **Girls** season October - December. **Boys** season end of December - March. Practice schedule to be determined by coach. Practices will typically be held one or two weeknights.

**Girls Season:** October - December **Fee:** \$50 Schedule TBD

**Basketball Girls Grade: 2, 3, 4, 5, 6**

**Boys Season:** December - March

**Fee:** \$50 Schedule TBD

**Basketball Boys Grade: 2, 3, 4, 5, 6**





## TRAVELING BASKETBALL

Winter Season: Mid-November 2021 thru Mid-March 2022, \$150

- Boys & Girls 5th - 8th gr.
- Kids will play in 20-30 games (within their grade and age level) against teams from other cities.
- Play in official game settings with referees, score keepers, scoreboards, and full games with two halves.
- Works in partnership with the CH Recreation League and the Columbia Heights High School Programs.
- Family discount for two or more siblings
- \$60 for a new uniform if you don't have one from previous years.

Questions, please contact Aaron Goff at 763-568-8860 or email at [rexruppert@yahoo.com](mailto:rexruppert@yahoo.com) or Tom Greenhalgh at 612-597-6301 or email at [heightscoachtom@aol.com](mailto:heightscoachtom@aol.com). You can also drop off payment & registration at the CH Recreation Department.

## CH BASKETBALL ASSOCIATION FALL SKILLS WORKOUTS

Boys & Girls 5th - 8th grade.....\$25

Early September - Late October 2021

Time To Be Determined.....Practices at one of the CH Public Schools Gyms

The CH Basketball Association is holding skills and conditioning training for boys and girls from grades 5th to 8th grade. From September to late October, we will be conducting Fall workouts. The workouts will focus on basketball fundamentals, skills, teamwork, and physical conditioning to prepare for the winter basketball season. Cost is \$25 for the season. Open to boys and girls in grades 5th through 8th.

Questions, please contact Aaron Goff at 763-568-8860 or email at [rexruppert@yahoo.com](mailto:rexruppert@yahoo.com) or Tom Greenhalgh at 612-597-6301 or email at [heightscoachtom@aol.com](mailto:heightscoachtom@aol.com). You can also drop off payment & registration at the CH Recreation Department.

**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. Min 8/Max 15. Scholarships do not apply.

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

**Martial Arts Little Tigers**.....\$42

Thursdays, **Sep** 23 - Oct 14.....5:45 - 6:15pm

Thursdays, **Nov** 4 - Dec 9 No Class Nov 11 & 25.....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. Min 8/Max 15. Scholarships do not apply program.

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

**Martial Arts Tae Kwon Do**.....\$57

Thursdays, **Sep** 16 - Oct 21 .....6:15 - 7pm

Thursdays, **Oct** 28 - Dec 16 No Class Nov 11 & 25.....6:15 - 7pm



Online registration  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)



**ADULT YOGA & MEDITATION** This class will include classic yoga postures, relaxation techniques and meditation based on the seasons. The fall Yoga + Meditation session will focus on breath, movement and meditation to support the seasonal shift towards autumn.

This class is taught for adults, but on a case-by-case basis, we can determine if your child could join if you do not have alternative options for them during the class. There will be coloring activities available for kids.

**Adult Yoga & Meditation.....\$53**

Tuesdays, Sep 21 - Nov 6.....5:15 - 6:15pm

Adults.....Murzyn Hall, main hall or outside if possible



\*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.



**Adult 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. This class takes place Saturdays inside Murzyn Hall, in the Edgemoor Room (lower level), 530 Mill St. Min 4/Max 20

Saturdays.....9:30 - 10:30am

**ZUMBA Fall 1** Sept 25, Oct 9, 16, 23, 27.....\$45

**ZUMBA Fall 2** Nov 6, 13, 20, 27.....\$36

This class is in partnership with Columbia Heights Public Schools Community Education



**Adult Enrichment**   
Columbia Heights Public Schools

Register online for programs at  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

**Total Body Conditioning** Donna is back for in-person classes! 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. Min 8.

Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

**Total Body Conditioning.....Wednesdays**

**Sept 15 - Oct 20..... 6 - 7pm.....\$42**

**Nov 30 - Dec 22..... 6 - 7pm.....\$42**



**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

**Crochet Class** Sept 30 - Dec 16, no class Nov 11 & 25.....\$10

Thursdays, 6:30 - 8 pm







### 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. 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.....\$33

Sep 13 - Dec 13, No Class Oct 18, Nov 8..... 9 - 10:05am

#### Stompin Thursdays.....\$30.25

Sep 16 - Dec 16, No Class Oct 21, Nov 11 & 25..... 9 - 10:05am

### Autumn Haiku's in Huset West

Come enjoy some fresh air and stretch your legs while you enjoy some autumn Haiku's set along the trails at Huset West. Please feel free to write your own, original autumn Haiku and send it to DeLynn Mulligan [dmulligan@columbiaheightsmn.gov](mailto:dmulligan@columbiaheightsmn.gov) and we may include it. Haiku's will be displayed on the trails from

**9am - 3pm on Mondays**

**Sept 13, Oct 11, & Nov 1**

### "Poems in the Parks"

The Library and Recreation Depts are bringing poems to the parks this fall! Large sign-boards featuring fall inspired poems will be placed along the trails. Explore a city park and ponder a classic poem!

Poems displayed on **Fridays 10am - 4pm**

**Sep 17 at Huset West Park**

**Oct 15 at Sullivan Park**

**Nov 19 at LaBelle Park**

### 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.....\$33

Sep 14 - Dec 14, No Class Oct 19, Nov 9.....6:30 - 7:35pm

#### Aerobic Dance Thursdays.....\$30.25

Sep 16 - Dec 16, No Class Oct 21, Nov 11, 25.....6:30 - 7:35pm

**Register online at**  
**[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)**



### Heights Hikers with Beverly

Beverly Kronstedt is back to bring you outstanding hiking/ walking opportunities right in our own Columbia Heights! Individuals drive to the parks on their own and then meet up with the whole group at the trailhead. This group typically walks several miles. The locations they go to typically have loops so people can end early and head back to their vehicles if they need to.

If you are thinking about participating, please contact Beverly at 763-571-7502 and she is happy to fill you in on all of the particulars-i.e. where to park at each park, etc.

Beverly hikes Tuesday through Thursday in Columbia Heights and typically hikes at these three parks: Sullivan Lake Park, La Belle Park, and Kordiak Park.



## The Active Agers 50+ art program with Candy is moving to Saturdays starting in September!

No previous experience necessary. Each project is geared for the beginner, yet interesting for the more adventurous. You must pre-register to ensure we have enough supplies on hand. Payment is due day of class. We just ask for you to call ahead if you can't make it so we can then offer your seat to someone else.

All classes are held in the Senior Center at Murzyn Hall. To Pre-register, Call 763-706-3730.

### SEPTEMBER

**Macrame Hanger 101:** Yes, macrame hangers are popular once again. This class promises to be easy peasy! We will use a neutral-colored cotton blend cord that is not scratchy when held in your hands. Materials to make the hanger are included. If you have a special pot at home you want to put in your hanger, bring it to class for measurement purposes. You must bring your own sharp scissors to class.

**Sat Sept 11**.....10am - 12:30pm.....\$6.....Room: Senior Center, lower level Murzyn Hall

### Brushstrokes Watercolor Class: Mini Masterpiece

**Claude Monet was an Impressionist.** You will paint your impression of a lush green field of flowers. To get better at something you must do it over and over. You will paint your own mini masterpiece three times in class. Finished size of each painting will be approximately 4x5 inches. All supplies included.

**Sat Sept 11**.....1:30 - 3:45pm.....\$3.....Room: Senior Center, lower level Murzyn Hall

### OCTOBER

**Watercolor Halloweengo!** You are going to paint your very own scary Bingo card! While it's drying, we will have a light lunch then play Bingo for fun prizes!! All supplies, prizes and lunch included.

**Sat Oct 9**.....10:30am - 2pm.....\$4.....Room: Senior Center, lower level Murzyn Hall

### Brushstrokes Watercolor Class: Dragon fly

Today we combine the nearly effortless flight of the dragon fly with fall colors. Follow along to make your impression of a dragon fly in fall. You will take home a beautiful 8x8 watercolor painting. All supplies included.

**Sat Oct 16**.....10:30am - 12:45pm.....\$3.....Room: Senior Center, lower level Murzyn Hall



### NOVEMBER

**The Gift of Handmade Cards:** Personalize your own thoughts into cards. Everyone will go home with no less than 6 handmade seasonal cards; make more cards if you want to. Mediums used today will include paints, paper, glue/tape and sparkle. All supplies are included but you are welcome to bring your card making supplies or embellishments such as: stickers, string, jewels, photos, stamps, ink pads, etc. Bring a sack lunch. Depending how many cards you want to make, this will be a 3 to 4 hour class.

**Sat Nov 13**.....10:30am - 2:30pm.....\$6.....Room: Senior Center, lower level Murzyn Hall

**DECEMBER - Holiday Tea House:** Back by popular request! We made floral tea houses earlier this year. The finished houses were so cute that everyone requested to make another. The photo shown is the floral tea house. In this class you will have a choice of holiday themed papers and embellishments. Each house comes with a battery-operated tea light. All supplies are included but feel free to bring your own embellishments such as: stickers, jewels, holiday whatnots, etc. You must bring your own sharp scissors to class. Holiday treats and hot apple cider will be served. Bring your own sack lunch if you want to.

**Sat Dec 4**.....10:30am - 1:30pm.....\$5.....Room: 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](http://www.columbiaheightsmn.gov), under Departments go to Recreation and then Senior Citizens.

### Active Agers Newsletter

Monthly newsletter with programs, classes & special events. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and online [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov). look at the Recreation Department, under Seniors.

### 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

### Safe Driver 4 Hour Refresher Course

We will be offering the Safe Driver 4 hour refresher course through the MN Safely Council which meets all requirements for the auto insurance discount in Minnesota. Call 763-706-3730 to register. You must be preregistered no later than the deadline.

**\$29 per person.....9am - 1pm class**

**Sep 27.....register no later than Sep 17**

**Oct 25.....register no later than Oct 15**

**Nov 15.....register no later than Nov 5**

**Dec 13.....register no later than Dec 3**



**BINGO** - We are offering Bingo every Monday and at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

**Keep Movin'** - This 40 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.

### Medicare 101

Thur. Oct 7.....2 - 3pm.....FREE

We will review the types of Medicare insurance available and the factors to consider when deciding the type of insurance best for you. If you already have a Medicare Insurance plan, you will be able, at the end of the meeting to schedule an appointment with True Partners to review your current plan. Call 763-706-3730 to sign up.

### MN Legal Aid

Wed. Oct 20.....12:30 - 1:30pm.....FREE

Come learn about the latest issues facing seniors regarding legal issues-i.e. fraud, Social security issues, elder abuse, Power of Attorney, Wills, etc. Call to sign up 763-706-3730.

### Wine and Words Book Club

Fri. Sept 17.....3 - 4pm

We are a wine tasting book club! The book we will be discussing on Fri. Sept. 17 is "My Grandmother Asked Me to Tell You She is Sorry" by Fredrik Backman. There are copies available to be picked up at Murzyn Hall. You must call DeLynn at 763-706-3730 to let her know you are stopping by. You must bring the book with you on Fri. Sept. 17 or, if you are not going to be there, you must drop the book back off prior to Sept. 17.



**Happy Fall. Reminder, the Senior Center will be closed on November 11, 25, & 26.**

