

RECREATION WINTER 2018 PROGRAMS



Youth Basketball BOYS Grades 2 - 6 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 will be held in the city gym at the Hylander Center, 1300 49th Avenue, door #38. Registrants may be shifted to even out teams. Max of 10 per team. Volunteer coaches are needed. Please contact the Recreation office as soon as possible to volunteer and process the background check.



**BOYS Basketball Registration
Deadline November 30.
Fee: \$45**

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

Register at www.chreconline.org or at the Recreation Office 530 Mill Street NE, 763-706-3730.

Hylander Center 1300 49th Ave. Door #38

Who: Adults & Youth, Resident/Non-Resident

When: Monday - Friday 9:00 - 11:00 a.m.

Mondays - Thursdays 6:00 - 8:30 p.m.

Saturdays 9:00 a.m. - 12:00 p.m.

Sundays 11:30 a.m. - 2:30 p.m.

*Closed if hosting a tournament or when used for programming. Calendar available at www.columbiaheightsmn.gov

Cost: \$1 Daily drop in, \$10 monthly pass

Questions contact Recreation 763-706-3730.

NEW PROGRAMS!

- **School Release Days: ENCORE at the Park**
- Wild Mountain Snow Tubing
- Winter Survivor at Springbrook Nature Center
- Asian Arts & Textiles
- Periphery theater performance
- FREE Teen Yoga!**



COOKIES & COCOA

Wed., December 12

Crafts, cookies, and cocoa – oh my! Enjoy a night of holiday fun with your little ones. Sip cocoa while decorating your own cookie and craft. Fun and games included! Have your picture taken

with Santa. **Bring an unwrapped gift to be donated to SACA.** Min 15/Max 50. Reg. Deadline: Dec 7.

PRE-REGISTRATION REQUIRED

When: Wednesday, December 12

Time: 6:00 pm - 7:30 pm

Where: Murzyn Hall main hall

Who: 3 yrs. old and up with a parent

Fee: \$7 **Activity #** 2603-18

Did you know John P. Murzyn Hall is available to rent for events? As a resident of Columbia Heights you are eligible for a 25% discount on the rental fee.



John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. See more photos of Murzyn Hall on our website at: www.columbiaheightsmn.gov

We invite you to tour our facility 763-706-3737 for the Murzyn Hall information line.

C.H. Recreation Department

530 Mill Street N.E.

John P. Murzyn Hall

763-706-3730

www.chreconline.orgOffice Hours: Monday through Friday,
8:00 a.m. to 4:30 p.m.

The office will be closed on

Nov. 22, 23, Dec. 24, 25, Jan. 1, 21

RECREATION HOTLINE

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4:00 p.m. Call our information line at (763) 706-3737.

**FOR SALE!**

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

Columbia Heights Recreation Mission Statement

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

REGISTRATION INFORMATION

Online: www.chreconline.org. In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone with a Discover, Visa, or Master Card 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 \$25); the remaining 25% 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. One scholarship per child per newsletter.

Like us on Facebook: [Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)
City website: www.columbiaheightsmn.gov

Park & Recreation Commission

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

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

Hylander Center 1300 49th Ave. Door #38**Who:** Adults & Youth, Resident/Non-Resident**When:** Monday - Friday 9:00 - 11:00 a.m.

Mondays - Thursdays 6:00 - 8:30 p.m.

Saturdays 9:00 a.m. - 12:00 p.m.

Sundays 11:30 a.m. - 2:30 p.m.

*Closed if hosting a tournament or when used for programming. Calendar available at www.columbiaheightsmn.gov

Cost: \$1 Daily drop in, \$10 monthly pass

Questions contact Recreation 763-706-3730.

**John P. Murzyn Hall
Rental Information**

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

for wedding receptions, meetings, parties, banquets, etc.



Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. 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 8:00 a.m. to 4:30 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.

JOIN US! The Columbia Heights Boosters need your help supporting youth activities and athletics in Columbia Heights!! Monthly Meetings: 3rd Wed. of every month 7 p.m. @ Murzyn Hall. Bingo, Meat Raffles, Pull Tabs, and FUNDRAISING OPPORTUNITIES! <http://chathleticboosters.com>
www.facebook.com/ColumbiaHeightsBoosters

PARK RESERVATIONS

The City of Columbia Heights has established a Park Reservation Fee. Reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

Residents: \$50 **Non-Residents:** \$75

Large Groups 100 people or more: \$125

NEIGHBORHOOD EVENT WAGON

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

Reservation Fee: \$45



Reservations for 2019 begin on the first business day of January. Make reservations at the Recreation Department 530 Mill Street or by calling 763- 706-3730. Payment is required at time of reservation.



PHOTOS: SULLIVAN LAKE PARK & Huset Park West



Registration Information

COLUMBIA HEIGHTS RECREATION – REGISTRATION FORM Phone: 763-706-3730

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

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

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

Parent/Guardian Name: _____ Home Phone: _____

Email Address: _____ Work/Cell Ph: _____

Emergency Contact Name: _____ Phone: _____

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

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

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

Need activities for the kids on out of school days? This is for you! In partnership with the Columbia Heights Public Schools ENCORE program, the Recreation Department is offering a variety of activities and trips during the fall. Your child does NOT have to participate in ENCORE or attend CHPS to register for these activities.

**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.*



Wild Chutes Snow Tubing @ Wild Mountain Thursday, December 27

Wild Chutes Snow Tubing offers several lanes of fun including one lane set-up for double wide chains! It's great fun! Come on out and play! It's fun, it's easy, and much better than sliding in your backyard. Imagine the thrill of cruising down one of our specially formulated tubing lanes alone or with a group of friends and then effortlessly getting to the top of the hill on our conveyor lift. You just stand on it with your tube and allow it to do all of the work to pull you to the top of the mountain. No experience or special equipment is needed. Just hop in your snow tube and enjoy the ride! Bring bag lunch or money for concessions. Dress for the weather! Min 25/Max 50. Registration deadline Dec. 20.



Who: 4th-9th grade **When:** Thursday, December 27

Drop off & Pick up, Murzyn Hall **Drop-off:** 9:45 am **Bus leaves:** 10:00 am **Pick-up:** 3:45 pm

Fee: \$12 **Activity #** 2407-18

Register for programs online at www.chreconline.org

Winter Survivor @ Springbrook Nature Center* Friday, December 28

Lost in the woods? Don't stress, survive! Learn what is most important in a survival situation. Gain the skills to set up and start a survival fire and build a survival shelter. Drop off and pick up will be on the backside of Murzyn Hall. Please bring a bag lunch and dress for the weather. Min 10/Max 23. Registration deadline Dec. 21.

Who: 4th-9th grade

Where: Prestemon Rm downstairs Murzyn Hall, use back entrance

When: Friday, December 28

Time: 9:30 am - 3:00 pm

Fee: \$5! **Activity #** 2308-W18



Asian Textiles & Arts* 4th - 9th Grade Friday, January 25

The Minnesota Textile Center is offering a special class: Kumihimo—braided cord— a Japanese technique of braiding multiple threads. The braids were once used to lace samurai warrior’s armor, over 1,000 years ago! Now Kumihimo is used as an art form that can decorate just about anything.



In the afternoon we will explore the Minneapolis Institute of Art, MIA. There will be a guided tour in the Arts of Asia and we will have time to explore on our own as a group.



Please bring a bag lunch. Drop off and pick up will be on the backside of Murzyn Hall. Min 10/Max 23

Who: Boys & Girls 4th-9th grade

Where: Prestemon Rm downstairs Murzyn Hall, please use back entrance

When: Friday, January 25

Time: 9:30 am - 3:30 pm

Fee: \$5

Activity # 2309-W19

FREE - Youth After School Open Gym with the CHPD at the Hylander Center
1300 49th Ave. Door #38

Mondays: Columbia Academy 3:30 - 5:30 p.m.

Thursdays: CH High School 3:30 - 5:30 p.m.

**School Photo ID required. This is an opportunity to keep youth active and give them an alternative activity after school.*



PERIPHERY at Youth Performance CO.* 4th - 12th Grade

Friday, February 8

Join us as the Youth Performance Co. puts on the play “Periphery” - We Shall Not Be Moved – The Student Sit-ins of 1960

It’s 1960 in North Carolina, and everyone knows that only white people can eat at lunch counters. But four young African-Americans change what “everybody knows” by taking the radical move of sitting at a lunch counter and asking for a cup of coffee. What happened next changed history. Please eat lunch prior to arrival. Min 10/Max 23

Who: 4th-12th Grade

Where: Murzyn Hall main entrance

When: Friday, February 8

Time: 11:00 am - 2:45 pm

Fee: \$5

Activity # 2310-W19



FREE Yoga & Wellness After School*

Join Kelly O’Donnell, Registered Yoga Teacher 200, for a preteen/teen beginners yoga class. This fun and light yoga class will put a modern spin on yoga while pulling inspiration from the Himalayan traditions of the ancient yogis! Each session will incorporate classic yoga poses and movements, music, meditation, breathing, and relaxation techniques that are geared towards teens.



Who: Boys & Girls 6th Grade & Up

Where: Columbia Academy Fitness Rm

When: Tuesdays, January 8 - Feb. 19

**No class Jan. 22*

Time: 3:30 - 4:45 pm

Fee: FREE!!!



Youth Basketball Boys Grades 2 - 6

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 will be held in the city gym at the Hylander Center, 1300 49th Avenue, door #38. Registrants may be shifted to even out teams. Max of 10 per team. Volunteer coaches are needed. Please contact the Recreation office as soon as possible to volunteer and process the background check.



BOYS Basketball Registration Deadline November 30. No registrations accepted after the deadline, as teams need to be submitted to the league.

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

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

Boys Grades 2

Schedule TBD

Activity #1530-18

Boys Grades 3

Schedule TBD

Activity #1531-18

Boys Grades 4

Schedule TBD

Activity #1532-18

Boys Grades 5

Schedule TBD

Activity #1533-18

Boys Grades 6

Schedule TBD

Activity #1534-18

Practices in the City Gym at the Hylander Center

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

W R E S T L I N G

The North Metro Wrestling program is gearing up for another season and would like YOU to join in on the fun! This program is for new and experienced wrestlers. Learn basic wrestling techniques such as takedowns, turns, and pinning combinations. Wrestling is a great skill to have for football players as well. So if you are interested stop by and check it out, the coaches would be happy to talk to you about the program.

Members compete in the MPRB League that consists of matches during the week and some Saturday tournaments, as well as open tournaments throughout the year. Please contact the Rec office if you would be willing to help volunteer coach.

Who: K - 8th Grades **When:** 11/27/18 - 3/16/19

Time: Tuesdays at Edison 6:30 - 8:00 pm

Thursdays at CHHS 6:30 - 8:00 pm in the wrestling room

Fee: \$45 & \$45 uniform deposit

Activity #1600-18



SPRING is next! Watch for details on youth Baseball and Softball in the next newsletter. Volunteer Coaches needed - call the Rec Office to sign up 763-706-3730.



COOKIES & COCOA Wednesday, December 12

Crafts, cookies, and cocoa – oh my! Enjoy a night of holiday fun with your little ones. Sip cocoa while decorating your own cookie and craft. Fun and games included! Have your picture taken with Santa. **Bring an unwrapped gift to be donated to SACA.** Min 15/Max 50.

Registration Deadline: Dec 7.
PRE-REGISTRATION REQUIRED

When: Wednesday, December 12

Time: 6:00 pm - 7:30 pm

Where: Murzyn Hall main hall

Who: 3 yrs. old and up with a parent

Fee: \$7 **Activity #** 2603-18



SIGN UP FOR PROGRAMS AT WWW.CHRECONLINE.ORG

Ice Skating 2nd -8th Grades January 5 - February 2

Join Mack & Erick on Saturday afternoons for 5 weeks, January 5 - February 2 at Ostrander Park for ice skating lessons, with hot cocoa and marshmallows in the warming house. Older youth can get help with skating skill or play games.



When: Saturdays, January 5 - February 2

Where: Ostrander Park

Who: 2nd - 5th graders **Beginning Ice Skating**

Time: 1:00-2:00 pm **Fee:** \$15 **Activity #** 1214-19

Who: 6th - 8th graders **Skating Club Open Skate** **Time:** 2:00-3:00 pm

Fee: \$15 **Activity #** 1215-19



Sports Sampler for Kids 4 yrs - 3rd Grade

This is a great opportunity for younger kids to get active this winter! The instructor will give an introduction to sporting activities such as baseball/softball, basketball, soccer, football, kickball, volleyball, frisbee golf, track & field, parachute, bowling, hula hoops, jump ropes, hopscotch, four square, throwing and catching. Min 10/Max 25

Who: Boys & Girls, 4 years - Kindergarten

Glitter Bugs: Tuesdays, Jan. 29 - Feb. 26

Time: 6:00-6:45 pm

Where: Valley View Elementary Gym

Fee: \$15 **Activity #** 1100-W19

Who: Boys & Girls, 1st - 3rd Grade

Dyno-Hites: Tuesdays, Jan. 29 - Feb. 26

Time: 6:45-7:30 pm

Where: Valley View Elementary Gym

Fee: \$15 **Activity #** 1101-W19



GYMNASTICS Instructors, Danielle Lindstedt & Nikkita. Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks.
Class Location: John P Murzyn Hall - Edgemoor Rm (lower level).

Wednesday classes: January 16 - March 6

Koalas & Adult: (18 mo-2 yrs w/adult) 4:15-4:45pm Wed. Jan. 16 - March 6

Fee: \$35 Activity #1199-W19

This class is a great starter class for children not ready to leave mom's side. Children will learn the basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperative play. Max 12

Monkeys: (3-4 years old) 4:45 - 5:15pm Wednesdays Jan. 16 - March 6 Fee: \$35 Activity #1200-W19

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play. Max 12

Lions: (5-8 yrs, no experience) 5:15 - 5:45pm Wed. Jan. 16 - March 6 Fee: \$35 Activity #1201-W19

This class works on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for more advanced classes. Max 12

Tuesday classes: January 15 - March 5

Rollers (Lvl 1): (5-8 yrs old) 4:30 - 5:15pm Tuesdays Jan. 15 - March 5 Fee: \$40 Activity #1202-W19

Work on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam and bars.

Turners (Lvl 2): (5-9 yrs old) 5:15 - 6:00pm Tuesdays Jan. 15 - March 5 Fee: \$40 Activity #1203-W19

We will continue to work on floor skills such as jumps and basic tumbling on beam, low bar work and beginning vaults.

Twisters (Lvl 3): (6-10 yrs old) 6:00 - 7:00pm Tuesdays Jan. 15 - March 5 Fee: \$45 Activity #1204-W19

We will incorporate higher level tumbling skills and more advanced work on beam, vault and bars.

***Register for programs online at www.chreconline.org**

DANCE

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

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

Mondays: Jan. 7 - Feb. 25 (6 sessions) *No Class Jan. 21 or Feb. 18

Preschool 3 - 5 years old 5:00pm - 5:45pm Fee: \$30 Activity #1210-W19 min 5 max 15

Learn fundamental ballet & jazz.

Kindergarten - 2nd Grade 6:00pm - 6:45pm Fee: \$30 Activity #1211-W19 min 5 max 5

Learn fundamental ballet, jazz, & hip hop.

3rd - 5th Grades 7:00pm - 7:45pm Fee: \$30 Activity #1212-W19 min 5 max 20

Focus on dancing along to age appropriate Hip-Hop and The Hits! Learn fundamental ballet, jazz & hip hop.



Martial Arts Instructors, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years & teaching for over 25 years. Thomas: 7th Dan degree black belt in Tae Kwon Do & a 7th Hopkido black belt. Elvira: 3rd degree.

Little Tigers Kids ages 3-6 Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility with peers. Promoting focus, discipline, and respect.

Who: Youth Ages 3 - 6 years old **Min 8/Max 20** 4 week classes

Time: 5:45 - 6:15 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

FALL Session I: When: Thursdays, Jan. 17 - Feb. 7 **Activity #** 2231-W19 **Fee:** \$39

FALL Session II: When: Thursdays, Feb. 28 - March 21 **Activity #** 2234-W19 **Fee:** \$39



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

Who: Ages 6 years old & up 6 week classes, Min 8/Max 20

Where: Edgemoor Room, lower level Murzyn Hall

Session I: When: Thursdays, Jan. 10 - Feb. 14

Level 1 & 2: Time: 6:15 - 7:00 pm **Fee:** \$51 **Activity #** 2232-W19

Session II: When: Thursdays, Feb. 21 - March 28

Level 1 & 2: Time: 6:15 - 7:00 pm **Fee:** \$51 **Activity #** 2235-W19



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Like us on Facebook:

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City website: www.columbiaheightsmn.gov

WATER SAFETY & SWIMMING LESSONS

CH Recreation and Columbia Heights Public Schools are joint partners with the 21st Century Learning Center Grant. One of the grant-funded programs is a FREE Water Safety Instruction on Saturdays at the CH High School Pool.

For more information:

www.colheights.k12.mn.us/encore

www.colheights.k12.mn.us/encore



ENCORE
21st-Century Community Learning Center

Stompin' At The Hall 55 years & older

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or both sessions. Men & women welcome. Classes held at Murzyn Hall.

***Beginner** New to Stompin'? Great! We would love for you to join on either day. Sign up for the Beginner class and Judy will meet with you individually to show you the exercise routines so you become familiar with the class style prior to joining the rest of the class. Call 763-706-3730 for questions.

Mondays

Date: Jan. 7 - Mar. 4

No Class 1/21, 2/18

Time: 9:00 - 10:05 a.m.

Activity # 8202-W19

Cost: \$19.25 - 7 classes

Thursdays

Jan. 10 - Mar. 7

9:00 - 10:05 a.m.

8204-W19

\$24.75 - 9 classes



ADULT Aerobic Dance These classes are for adults interested in motivated workouts involving low impact dance steps. Enjoy this vigorous and fun exercise class that will help you get and stay in shape. Class uses low impact dance steps. Bring a mat or blanket for floor exercises. Class is held at Murzyn Hall, Main Hall, Min 8/Max 25

Tuesdays

Date: Jan. 8 - March 5

No Class 1/22

Time: 6:30 - 7:35 p.m.

Activity # 8206-W19

Costs: \$22.00 - 8 classes

Thursdays

Jan. 10 - March 7

6:30 - 7:35 p.m.

8207-W19

\$24.75 - 9 classes



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

Who: Ages 16 & over **Time:** 6:30 - 8:00 p.m. **Where:** Keyes Rm, upper level Murzyn Hall

Winter Session 1: Thursdays, Jan. 10 - Feb. 28

Fee: \$10 **Activity #** 2653-W19

Winter Session 2: Thursdays, March 7 - April 25

Fee: \$10 **Activity #** 2654-W19



Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. 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 bottle of water, a yoga mat or towel, and tennis shoes.

Who: Adults, all ages & skill levels. Min. 8. **Where:** Edgemoor Rm, lower level Murzyn Hall

Time: 6:00 - 7:00 p.m.

When: Wednesdays, January 9 - Feb. 27

Fee: \$48

Activity # 5101-W19



FREE Senior Exercise Classes.

Schedule varies, see Senior Active Agers newsletter each month for dates and times. Feel free to just show up; you do not need to sign up or preregister.

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

Slow Moves: This is a 40 minute mid-tempo class that emphasizes slower movements and fuller range of motion. We will gently warm the body and stretch it out and release all of the bad energy.

Lower Body: This is a 20 minute class that will work on abs, back, and legs to get us nice and strong and be able to hold ourselves up.

These classes are offered through the Senior Center programs, and scheduled based on the availability of the instructor, Senior Citizen Coordinator Delynn. The monthly Active Agers newsletter can be found at the City website, www.columbiaheightsmn.gov under Senior Programs.



HYLANDER CENTER

WHAT: The exercise room contains 2 treadmills, 3 elliptical machines and various weight machines. Open gym, when not in use for programming, for basketball, & volleyball.

WHO: Adults & Youth, Residents/Non-Residents

WHEN: Monday - Friday 9:00 - 11:00 a.m.

Mondays - Thursdays 6:00 - 8:30 p.m.

**Closed if hosting a tournament and on holidays*

Calendar available at www.ci.columbia-heights.mn.us

WHERE: Hylander Center - East Door #38

1300 49th Avenue, on the North side of CH High School.

PARKING: Directly across 49th Ave. there are designated marked stalls for Hylander Center users.

COST: \$1 Daily drop in

\$10 monthly pass for adult Residents

\$20 monthly pass for adult Non-Residents

WALKING



Walking Club

The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:40 a.m. We typically walk inside at Northtown. New walkers always welcome.

AARP Safe Driver (Refresher) 4 hour Courses. All AARP Safe Driver Refresher Courses are \$21.00 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center. Upcoming dates: Dec. 11, Jan. 8, Feb. 12, March 12, April 9.



Card Groups: "500" Club

Our '500' club meets on Wednesdays beginning at 10:00 a.m. in the Senior Center. This is for anyone who enjoys playing in a more structured setting. Participants play until noon and contribute 25 cents per time for coffee and dessert. Please stop by and give it a try.



Cribbage

A senior cribbage group meets every Friday at 10:00 a.m. in the Senior Center. All levels are welcome.

Bridge

A senior bridge group meets every Monday at 9:30 a.m. in the Senior Center. All levels are welcome. Call Delynn for more details or questions, 763-706-3735.

12 Adult & Senior Citizen Active Agers

Senior Center

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social, and recreational programs to those 50 years and older. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. 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. You will find a copy of the monthly Active Agers, Trip Flyer, and more information.

Active Agers

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

Blood Pressure

Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1:00 p.m. to 1:45 p.m. by the CH Fire Dept.

AARP Safe Driver (Refresher) 4 hour Courses. All AARP Safe Driver Refresher Courses are \$21.00 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center. Upcoming dates: Dec. 11, Jan. 8, Feb. 12, March 12

Health Insurance Counseling

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

Who wants PICKELBALL???

Interested in Pickleball? Please give us a call or send an email so that we can have an idea of how many people would like to start playing and what times work best.
Delynn 763-706-3735
or dmulligan@columbiaheightsmn.gov



Senior Outreach

Get help in person the 2nd Monday of each month, at 1:00 p.m. in Murzyn Hall and meet the Senior Outreach Worker, Karen Fantel. Senior outreach workers can also come to your home and assist you with access to these programs.

The Senior Outreach Program (ACCAP) for Columbia Heights provides assistance to senior and disabled adults throughout Anoka County. Helping people find resources in the community to help enable them to remain independent. Did you know that there are programs to help subsidize your energy bills, prescription discount programs, food assistance, free insurance counseling, "Store to Door" grocery shopping and legal aid assistance that comes to local senior centers? For information call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741.

Chores & More

This is for persons over 60. IF you need assistance with various household services including house cleaning, and minor repairs, please call 763-783-4767, Monday through Friday. We utilize a sliding fee scale, and for income eligible we ask for a suggested donation. Funding support under contract with the Metropolitan Area Agency on Aging, Inc. as part of Older Americans Acts Program.



Footcare for Seniors

"Happy Feet Footcare, Inc." will be providing foot care for seniors at the CH Senior Center the first & third Wednesday of the month from 9:00 a.m. - noon. To make an appointment you must call 763-560-5136.

The cost is \$36 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Remember you must schedule an appointment.

Please register early for all Recreation programs so that we can ensure each program will be a success!

UPCOMING SPORTS

- `Basketball Boys!
- `Gymnastics!
- `Tae Kwon Do!
- `Sampler!
- `Dance!
- `Ice Skating!



THE RECREATION DEPARTMENT WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO ALL OF THE VOLUNTEER COACHES! WE ARE SUCCESSFUL BECAUSE OF YOU.



Thank you Volunteers!!!



***Register for programs online at www.chreconline.org**

Register for all programs at Columbia Heights Recreation 530 Mill Street. 763-706-3730

B i e n v e n i d o

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.