



*Voted Best of St. Paul Three Years in a Row*

**Thompson Park Activity Center (TPAC) Serving Adults 55+**

*Special Events*

**The Good Old Days of WCCO Radio**



Retired WCCO Radio News Director, Curtis Beckman will entertain with station history, glory day stories centered around radio personalities such as Howard Viken, Steve Cannon, Charlie Boone, Sid Hartman, Joyce Lamont, Roger Erickson, and more. Don't forget the school closings and just darn fun commentary. Dessert will be served. Register by Nov 10.

Wed, Nov 16                      1-2 pm  
1708-F22                          1 session - \$8

**Afternoon Snowflake Soiree**

TPAC is excited to host a snowflake soiree. Donate a food shelf item or bring a sweet treat to share at the smorgasbord table of deliciousness. Beautiful live music and punch will be provided.

Register by Dec 7.

Wed, Dec 14                      1-2 pm  
1712-F22                          1 session - Free

**Thompson Park Activity Center**

1200 Stassen Lane, West St. Paul, MN 55118  
Open 9 am-4 pm, Mon-Thur, 9 am-12 pm Fri.

**TPAC will be closed Nov 24;**

**Nov 30: 9 am-1 pm; and Dec 22-Jan 2.**

For information or registration call 651-403-8300  
or find us online: <https://tridistrict.ce.eleyo.com>

*Announcements*

**Metro Dining Cards**

 MDC cards are available at TPAC for \$30 per set until Dec 21, or while supplies last.

**Tax Appointments**

TPAC will begin scheduling tax appointments on Tuesday, Jan 10. See page 11 for more information.

**AARP Tax-Aide Volunteers**

See page 11 for more information.

*Special Event*

**Music of the World: Robert Everest**

Robert Everest is a multilingual vocalist, composer, and instrumentalist who has been joyfully exploring music from around the world for over thirty years. Be transported through time and cultures in this musical performance. Register by Jan 12.

Wed, Jan 18                      1-2 pm  
1737-W23                          \$10 - Includes dessert



# TPAC LEARNING & DISCUSSION

**RESCHEDULED**

## Ukrainian Woven Arts

Textile creation combines environmental considerations, necessity and aesthetics. The variety that results is especially evident in the geographical expanses within the current boundaries of Ukraine. Sampling the wealth of textile designs not only explores the cultural variety, but the complexities of historic people groups. Register by Nov 17. *Presenter: The Museum of Russian Art*

Wed, Nov 23                      2-3 pm  
1716-F22                          1 session - \$5



If you get excited seeing Dayton's logo again, this presentation may be for you. The downtown Dayton's Project is complete. During this incredible restoration, much was discovered and either preserved or noted in the history books. The work that went into the restoration of this icon, as well as Dayton's store history will be highlighted in this presentation. Hearing what the project was, and can continue to be, may help soften fears associated with visiting downtown Minneapolis. Register by Nov 24.

*Presenters: Morgan Hansen and John Boreen*

Tue, Nov 29                      10-11:30 am  
1723-F22                          1 session - \$5



## History & Function of the Federal Reserve

The Federal Reserve System, consisting of twelve banks across the nation and the Board of Governors in DC, was created in 1913 to serve as the nation's central bank. Explore the history, purposes and function of the Reserve Banks. Register by Dec 1.

*Presenter: LuAnne Pederson, Sr VP, FRB of Minneapolis*

Tues, Dec 6                              10-11 am  
1718-F22                                  1 session - \$5

## Easy Make & Eat Holiday Treats

TPAC has some good bakers who know how to make and eat treats. Join us for three favorite easy holiday treats. Go home with a baggie for snacking. Space is limited to 12 people. Register by Dec 1.

Wed, Dec 7                              1-3 pm  
1721-F22                                  1 session - \$6

## Tax Preparation 101

"I used to do my own taxes, maybe I can do them again!?" Members of the AARP Tax-Aide Program will share the role they play in preparing returns. Walk through the basics of tax prep with experts who know. Individual issues will not be addressed, but the how-to of tax preparation will be. Register by Dec 5.

Thur, Dec 8                              10-11:30 am  
1720-F22                                  1 session - \$3

**Services Include:**

- Foot assessments
- Toenail trimming
- Calluses/Corns
- Thinning overgrown toenails
- Foot massages

Call 651-403-8300 to schedule an appointment at TPAC.  
\$55 per 30-40 minute appointment.  
Payment due at time of service.

# TPAC LEARNING & DISCUSSION

## Out & About Group

A social group for men and women who enjoy getting together for 1-2 outings a month. Lunch is usually a part of these activities. Each member supports the group in the following ways:

- Pay the \$10 annual fee to TPAC.
- Pay participation costs when applicable.
- Organize an outing. activity.
  - We can help with ideas.
- Donate gas money to the driver if carpooling.

After registering, information will be emailed to you by the group's Communications Coordinator.

1609 -F22                      \$10 annually

## Umbrella Projects Group

Umbrella project volunteers participate in the community to enhance services: *Making A Difference Through Service*. If this resonates with you, please join us! Some past activities include visiting healthcare centers, assisting new Americans to learn English, decorating bags for meals on wheels, sewing bags for Days for Girls, and several other one-time projects. This is an active volunteer group, not a fundraising group. Register for the year, or come for a visit to see what we are working on. You are not required to participate in everything. Join what interests you.

Second Mondays                      10-11:30 am  
1599-F22                                      Free



## Umbrella Mat Making Event

Fourth Tuesdays                      1-2 pm  
1606-F22                                      Free

## Great Decisions Group

This grassroots program, sponsored by the U.S. Foreign Policy Association, with the purpose of educating citizens on critical global policy issues, has study groups throughout the U.S., with Minnesota boasting the greatest number of any state. Books may be purchased from TPAC by Nov 4 for \$30. Thereafter, books are available at [www.fpa.org](http://www.fpa.org)  
*Facilitator: Charles Happach*



## Technology Support Center

TPAC volunteer mentors assist with technology questions, both hand-held and home-based. Come with your device and receive patient assistance. Check in at the computer lab when you arrive at TPAC. Additional mentors welcome!

Mondays                                      9 am-12 pm  
Drop-ins welcome                      Free

**Nov: Foreign policy, economic power, and industrial power**

**Dec: Recap 2022 season & discuss 2023 topics / dates**

Second Mondays                      1-3 pm  
1296-W22 Group                              \$10 annually



**OUT & ABOUT IS SEEKING VOLUNTEER**

Here's a volunteer opportunity for an ambitious person with leadership skills and time! Out & About is looking for a dependable person with leadership skills to oversee, organize and/or facilitate group outings within the Twin Cities area 1 or 2 times per month. The group has approximately 20 active members that enjoy stimulating activities, i.e., visiting museums, gardens, concerts. Members pay their own way and are encouraged to suggest, research and plan one outing per year. Meet new people and put your energy to use!

Send your resume to [brenda.myran@isd197.org](mailto:brenda.myran@isd197.org) or call 651-403-8300 if you'd like to discuss.

# TPAC LEARNING & DISCUSSION

## British History with Terry Kubista

Broaden your knowledge of British History in a fun, relaxed setting with a combination of oral presentations, videos and participant questions. Register at least 5 days in advance.

*Presenter: Terry Kubista, British Historian*

### Nov 8: Stonehenge / Doggerland

This is the beginning of the story from the earliest known facts about the land before it had a name and the ice age people who tried to survive there.

### Dec 13: The British Government

Is Parliament even remotely related to our system for government? How should we compare them? How does the Parliament of the United Kingdom function?

Second Tuesdays            1:30-3:30 pm  
1116-F22                        \$8 per session

## TED Talks Discussion Group

*TED = Technology, Entertainment and Design*

Watch a 20-minute TED TALK video, covering a range of interesting topics from psychology to science, and join in a lively discussion with the group. Topics are chosen by the group. *Facilitator: Patricia Ruble*

**Nov:** Martha Minow; How forgiveness can create a more just legal system

**Dec:** Stephen Tonti; ADHD as a difference in cognition, not a disorder

Third Tuesdays                    1-2:30 pm  
1607-F22                              \$10 annually

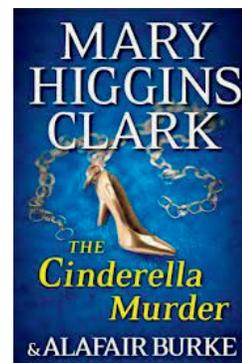
## Mystery Book Club

Solve a mystery every month! Read and discuss book selections along with other mystery book enthusiasts, and share your favorite mysteries with the group!

**Nov:** *The Cinderella Murder*  
by Mary Higgins Clark

**Dec:** Social gathering (no book discussion)

Second Tuesdays                    10:30-11:30 am  
1565-F22                              \$10 annually



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## 55+ Driver Discount Program: Refresher Course

The Driver Discount Program is a state approved accident prevention/insurance discount course that is open to the public. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone! Persons aged 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training, and the four hour refresher class every three years to maintain the 10% discount.

**Pre-registration is required: Call toll free 1-(888)-234-1294 or visit [driverdiscountprogram.com](http://driverdiscountprogram.com) to register.**

**Four Hour Refresher Course**            12-4 pm  
Nov 3, Nov 17, Dec 1 or Dec 15            1 session - \$24

# ART

## Watercolor Introduction

This introductory class is for those who are new to watercolor painting and is a prerequisite for *Watercolor I* and *Watercolor II*. Explore materials and basic watercolor techniques, as well as color theory and color mixing. Supplies may be purchased from the instructor at class for \$40. Register by Nov 3.

*Instructor: Linda Stout*

Mon, Nov 7-28                      1-3 pm  
1491-F22 Nov                      4 sessions - \$66

## Watercolor I



*Prerequisite: Introduction to Watercolor Painting, or previous consent of instructor.* Continue learning and improving your watercolor skills by creating beautiful paintings. Learn new skills, experiment with different styles of painting, and have fun being creative! Bring your own supplies. Pre-registration required.

*Instructor: Linda Stout*

Tues, Nov 1-29                      1-3 pm  
1302-F22 Nov                      5 sessions - \$83  
Tues, Dec 6-20                      1-3 pm  
1302-F22 Dec                      3 sessions - \$50

## Watercolor II

*Prerequisite: Introduction to Watercolor Painting, or previous consent of instructor.* Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on *The Elements and Principles of Art and Design*. Bring your own supplies. Pre-registration required. *Instructor: Linda Stout*

Wed, Nov 2-30                      1-3 pm  
1191-F22 Nov                      5 sessions - \$83  
Wed, Dec 7-21                      1-3 pm  
1191-F22 Dec                      3 sessions - \$50

## No Sew Gnomes

Join us for a class where you will make two adorable gnomes. All supplies will be provided for making cute no-sew gnomes (approximately 12 inches tall). Make both gnomes for yourself or keep one and give the other away as a gift. We are using hot glue guns, so a comfort level with that tool is needed. Register by Nov 28.

*Presented by Minnesota Makers*

Thur, Dec 1                              12:30-3 pm  
1730-F22                              1 session - \$40  
Register by Nov 21

## TPAC Knitting Group



Bring your knitting, crocheting, or other hobbies to do while socializing and learning from each other.

*Facilitator: Sue Doffing*

Mondays                              1-3 pm  
1600-F22 Sept-Dec                      \$15 per trimester

## Paint Like the Masters



Using acrylic paint in the style of one of the masters, create your own version of a landscape, still life, floral, portrait, etc. Subjects and artists are to be determined.

A list of supplies to bring from home will be provided. And additional supply fee of \$30 is due at class.

Register by Dec 1. *Instructor: Linda Stout*

Mon, Dec 5-19                      1-3 pm  
1673-F22 Dec                      3 sessions - \$50

# ART

## Colored Pencils Bathing Group

In this technology-isolating world, we need a place to let out our inner artist by indulging our senses and connecting with others who have common interests. Bring your favorite pencils, art supplies, and projects to work on; or use the supplies provided. An activity, from a line drawing for painting to trying other mediums such as painting with acrylics, will be provided along with soothing music and friendly welcoming members.

*Facilitator: JoAnn Ellingboe*

1st & 3rd Wednesdays 1-3 pm  
1595-F22 \$15 per trimester, Sept-Dec

## Open Watercolor



Enjoy painting with others who share your love of this art, while listening to classical music and conversing with one another. Bring your own supplies. There is no instructor for this group, so paint whatever inspires you!

Tuesdays 9:30-11:30 am  
1602-F22 Sept-Dec \$15 per trimester  
Ends Dec 20

## Crafting for a Cause



Create simple notes of cheer and kindness in a social setting with other volunteers. These notes will be included within Meals on Wheels™ bags delivered to neighbors to brighten their day. Supplies are provided. *Facilitator: Pat Marshall*

Second Tuesdays 12-1 pm  
11598-F22 Free

# FITNESS & HEALTH

## Fall Prevention Tips

Preventing falls and building core strength is essential as we age. Our presenter will go through some strategies and exercises you can use to help ward off a serious fall. *Instructors: Chiropractic Staff*

Wed, Nov 2 9:30-11 am  
1733-F22 1 session - \$3

## 3x3 Fitness Group

These exercises are chair-based and low-impact. Modifications are available if you want more intensity. Follow along with the 3x3 workout DVD, using resistance bands or rings. If you love it, you may decide to purchase your own set of rings. *Facilitator: Barb Erickson*

Tues & Thurs, thru Dec 20 9:15-10 am  
1635-F22 Sept-Dec \$15 per trimester  
No class Nov 24

## Line Dancing Group

**CLASS FULL**

Thurs, thru Dec 15 9-10 am  
No class Nov 24

## Fitness & Balance for Life

This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. The following equipment that will be used: a chair, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred. *Instructor: Naomi Marzinske*

Thurs, Nov 3-Dec 15 **Time change!**  
1317-F22 Nov/Dec 10:30-11:30 am  
No class Nov 24 6 sessions - \$42

## Caregiver Support Group

Join us for an information session and discussion. Caregivers come together with trained facilitators to learn about topics relevant to and affecting caregivers. Advance registration is helpful, but drop-ins are welcome. *Sponsored by DARTS.*

Second Wednesdays 1-2:30 pm  
1597-F22 Free

# TRIPS & TOURS

## Trips & Tours Information

- Arrive and check in 15 minutes before the scheduled trip departure.
- A \$10 service fee will be charged for cancellations.
- No refunds are issued after trip registration deadlines.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots will not be held without payment.
- Mailed registrations may not be guaranteed. Please call to check availability before mailing in your registration.

## Octagon Victorian Christmas



Start the morning out riding in the comfort of a coach bus to Lake Elmo Inn for lunch. Offering a tradition of elegance for three decades, your lunch will include a chicken entree, salad, bread, vegetable, beverage, and mini dessert. We'll continue on to our destination of the Octagon House, shining with traditional Victorian Christmas decorations. The house was built for Judge John Shaw Moffat and his wife and is a fine example of the novel 8-sided dwelling popular in America in the mid-1800s. Enjoy a guided tour of the Victorian-era Octagon House Museum complex, including the graciously restored house with Victorian era furnishings and the carriage house. *Note: The tour includes the second floor. There is no elevator. Guests who cannot climb the flight of stairs may remain on the first floor.*

Tues, Dec 6  
1705-WSP-F22  
Register by Fri, Nov 4  
\$95 includes transportation/tour/lunch

Depart TPAC 10:30 am  
Return to TPAC 3 pm

**SOLD OUT**

## Church Basement Ladies

Tues, Nov 15

10:30 am-4 pm

## Around Town Sightseeing Tour



View Minneapolis and St. Paul through a new lens on a narrated bus tour led by a professional guide. Highlights may include the following: the birthplace of Minneapolis at St. Anthony Falls and the historic riverfront area, the milling industry and the "Mississippi Mile", the downtown Minneapolis ever-changing skyline including Target Center, Target Field, The Vikings Stadium or the Sculpture Gardens and Walker Art Center. The tour may include: driving through the U of M Campus and Lowertown to hear about the history of the city's beginnings, the St. Paul Saints Stadium, the magnificent St. Paul Cathedral and State Capitol, or view the Victorian Mansions along Summit Avenue, where the Governor's Mansion and James J. Hill House are located. At 1:00, lunch will be at Tavern on Grand. Following lunch, walk to one of your favorites on Grand if you'd like - Grand Ole Creamery or Bread & Chocolate Bakery. Luncheon choice:

1. Walleye Basket: walleye fillet, battered and deep-fried, seasoned tavern fries, cole slaw, beverage.
2. Chicken Basket: tender white meat, hand dipped in homemade batter, seasoned tavern fries, cole slaw, bev.

Thur, Jan 26  
1630-WSP-W23  
Register by Fri, Jan 6

Depart TPAC 9:45 am  
Return to TPAC 3:15 pm

\$87 includes transportation/tour/lunch



# GENERAL INFORMATION

## Registration

By phone: 651-403-8300

Online: <https://tridistrict.ce.eleyo.com>

By mail or in-person:

1200 Stassen Lane | West St. Paul, MN, 55118

*Registrations are taken on a first-come, first-served basis. Mail registrations will not be guaranteed.*

## Opportunities to Volunteer

- Technology Mentors
- Umbrella Projects
- Advisory Council
- Events Committee
- Office

## Services

- Free Memory Screening provided by DARTS:  
Call 651-403-8300 for an appointment
- Free Legal Services: Call 651-222-4731
- Free Health Insurance Counseling:  
Call 1-800-333-2433 for an appointment or  
[www.trellisconnects.org](http://www.trellisconnects.org).

## eNews

Sign up for TPAC email updates at [tridistrictce.org](http://tridistrictce.org) or call 651-403-8300 for assistance.

## Scholarships & Fee Assistance

Call 651-403-8302 for details.

## Fare for All

Affordable groceries for all. Dates are subject to change last-minute. Face masks may be required.

Please confirm dates and details at

[www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org) or call 763-450-3880. Credit Cards preferred. No checks.

## Cancellations/Refunds

Requests to cancel registrations and receive a refund must be received seven days prior to the first class session; or before the trip registration deadline. A \$10 service charge will be applied to all cancellation requests. No refunds are issued after the first session or trip registration deadline. You will be notified by phone or email and given a full refund if TPAC cancels a class or activity.

## Inclement Weather & Closures

If District 197 is closed due to inclement weather or cold temperatures, TPAC will also be closed. TPAC's voicemail will be updated by 7 am. Call 651-403-8300.

## Keeping in Touch

If you are wondering how a missing friend from TPAC is doing or know someone who would appreciate hearing from us, please contact the front desk at TPAC and complete a request to have a card sent to them. Keeping in Touch is sponsored by the Umbrella Projects.

## Difficulty Hearing

If you have difficulty hearing during a presentation or class at TPAC, please see the front desk immediately so we can rearrange seating or have the presenter use a microphone.

## Suggestion Box

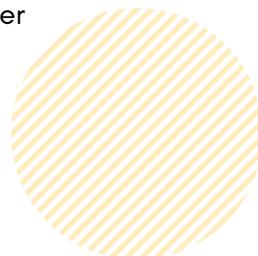
The TPAC Advisory Council welcomes your feedback about programming, policies, our services, operations, or the facility. A suggestion box is in the hall near the bulletin boards. If you include your contact information (optional), we can follow up with you.

## TPAC Advisory Council Opening

TPAC is looking for an Advisory Council Member to serve on our council that meets six times a year on Thursday mornings from 10-11:30 am. Our focus is to provide feedback on programming and leadership for the center. If you are interested, stop by the office to pick up an application.

## Changes for Groups & Clubs

All monthly and weekly groups, clubs, and activities require pre-registration and payment.  
Monthly groups \$10 annually per member.  
Weekly groups \$15 per trimester/member  
May-Aug / Sept-Dec / Jan-April



# TAX PREPARATION

## Tax Appointments

Planning is underway for the next tax season beginning February 2023. Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to prepare uncomplicated tax returns. Tax assistance will be provided to taxpayers with a special emphasis on taxpayers 55 years and older. You must bring the following items to your appointment:

- Your 2021 tax return
- Social Security card for yourself, your spouse and all dependents listed on the return
- Copies of your 2022 W-2's, 1099 forms, and proof of other income received by you/your spouse
- RENTERS: bring your 2022 Certificate of Rent Paid (CRP) prepared and signed by your landlord
- HOMEOWNERS: bring a copy of your 2023 Property Tax Statement (mailed to you in March)

Appointments are for income tax returns. If you would also like your property tax returns/rent credit processed, schedule your tax appointment at a time when you will have the needed documents. TPAC will **not** be hosting an open day specific to property tax returns/rent credit in April, 2023, as we have in the past.

**Appointment registration opens Jan 10. Space is limited. Call 651-403-8300 to schedule an appointment. Please do not leave multiple messages. Repeated phone calls slow down the appointment process.**

TPAC: 1200 Stassen Lane, WSP

Tues/Thur, 9:30 am-1:30 pm

## AARP Tax-Aide Volunteers Needed

With the help of people like you, AARP Foundation Tax-Aide offers free tax assistance to those who need it most. We filed over 800,000 federal returns securing \$1 billion in refunds for 1 million people last year through the help of 25,000 volunteers. AARP is looking for friendly individuals to join us for the upcoming tax season. Experience with accounting or tax preparation is not necessary. You'll receive training and support, learn new skills and feel great while helping others. For information, call Jim Mosner at 612-812-0831 or email: [taxaidejim@gmail.com](mailto:taxaidejim@gmail.com)



### REGISTRATION INFORMATION (MAKE CHECKS PAYABLE TO ISD 197 TPAC)

Name (Print) \_\_\_\_\_ DOB    /    /                      Gender: M    F

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

I want to receive TPAC updates: Y    N                      Email: \_\_\_\_\_

| Course Name | Course# | Dates | Fee |
|-------------|---------|-------|-----|
|-------------|---------|-------|-----|

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

Sit with (for trips): \_\_\_\_\_ Meal Choice (If applicable) \_\_\_\_\_

2nd Person (Name & Phone Number) \_\_\_\_\_

Visa/MasterCard/Discover/AmEx \_\_\_\_\_ Exp Date:    /    /

Signature \_\_\_\_\_

**Office Use Only:** Date Received: \_\_\_\_\_ Check# \_\_\_\_\_ Amount \$ \_\_\_\_\_ By \_\_\_\_\_



District 197 Community Education  
Thompson Park Activity Center  
1220 Stassen Lane  
West St. Paul, MN 55118

## Address Service Requested

*Donor Support*

**2022-23 Donations as of Oct 11: \$2,189**  
**2022-23 Goal by June 30, 2023: \$12,000**



### Leave a Legacy

If the programs of TPAC are important to you, a simple but profound way to express your appreciation is to make a planned gift. Bequests through a will or other planned giving options provide much-needed funding for TPAC programs.

*Thank you!*

### Friend (\$25-49)

Patricia Anderson  
Jeanne Janisch  
Debra Smith

### Benefactor (\$50-99)

Colleen Kaiser

### Patron (\$100+)

Anonymous  
Thomas Dosch  
JoAnne Ellinboe  
Kathy Haak

We count on your support to offer many different classes and activities.

Your donations are tax deductible.  
Please ask for a receipt when donating.