

# Thompson Times

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

### Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Open 9 am-4 pm, Mon-Thur.

TPAC will be closed March 27-31.

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

## Announcements

### AARP Tax-Aide Preparation

All tax appointments have been filled.

## Special Event

### MN Mandolin Orchestra



Formed in 1991 to preserve and foster the enjoyment of mandolin music, the MN Mandolin Orchestra is a community orchestra of musicians playing mandolin, mandola, mandocello, guitar, and bass. Enjoy compositions for mandolin ensembles, transcriptions of classical music, and arrangements of popular tunes. Dessert included.

Wed, Apr 19

1-2 pm

1740-W23

1 session - \$8

## Support Drive

TPAC depends on contributions as a significant part of our operating budget. Please consider a financial gift to support programming provided for and enjoyed by all. Your donations are tax deductible. Thank you for your support. See page 12 for more information.

## Special Event

### The Dollys



The Dollys features three of Minneapolis' most sought after vocalists: Kari Shaw-Akers, Megan Shaw and Doug Otto. Harmonizing to the music of Emmylou Harris, Dolly Parton and Linda Ronstadt, these

vocalists bring their collective talents to the stage and the results are harmonies so tight you'll swear you're live at the Grand 'Ole Opry! Dessert is included.

Wed, Mar 22

1-2 pm

1739-W23

1 session - \$10

March/April 2023

# LEARNING & DISCUSSION

## Where Should I Get My Hearing Aids?



Until recently, your options for being treated for hearing loss or getting hearing aids were limited to seeing an audiologist. Today, your options are expanding, but so is confusion as online retailers, big-box stores and pharmacies make over-the-counter (OTC) hearing aids available. One option may be cheaper, but hearing is priceless. The good people of Axe Audiology / Associated Hearing Care will share their professional thoughts and leave the choice to you.

Wed, Mar 1                      10-11 am  
1760-W23                      1 session - \$3

## You Have a Story. Yes You Do!

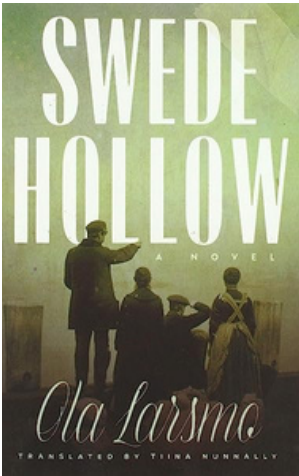
Telling stories helps us connect with one another and develop a sense of personal and communal identity. Learn how to pinpoint your own personal stories and craft them so that they are clear, concise, and compelling. Practice adapting your stories for a unique audience, such as an individual or a large group, and hone your sense of beginning, middle, and end. Leave with 1-2 polished stories, feeling confident in your ability to share them.

*Instructor: Julie Censullo, Managing Editor of KFAI's MinneCulture, Producer of Moth StorySLAM, former Producer/Production Manager for Twin Cities PBS.*

Wed, Mar 1-22                      10:30 am-12 pm  
1762-W23                      4 sessions - \$60

## Book Discussion: Swede Hollow

This historical fiction will lead us into an understanding of how immigration today mirrors that of the early immigrant settlers. Peter Rachleff, Co-Executive Director of the East Side Freedom Library and retired professor of history at Macalester College specializing in United States labor, immigration and African American history, will be our book discussion leader.



Thur, Mar 9-23                      9:30-10:30 am  
1742-W23                      4 sessions - \$5

## Help! I Need Sleep!



Snoring, obstructive sleep apnea, fatigue, headaches, weight gain - all can have their roots in the airway. Anders Olmanson, creator of the REMplenish, earned his Master of Science in the Medical Device Innovation program at the University of Minnesota. His team has correlated that oropharyngeal exercises strengthen the muscles of the mouth and throat, thus addressing the main root causes of the problem. Hear the research and see their product that could improve your sleep quality.  
*Instructor: Anders Olmanson, CEO REMastered Sleep*

Mon, Mar 6                      9:30-11 am  
1752-W23                      1 session - \$3

# LEARNING & DISCUSSION

## Nature Sense



These programs are designed for seniors to promote connections with nature. Please register one week in advance.

*Presenter: Eloise Dietz, Former Dodge Nature Center Naturalist*

### Tues, Mar 7: The Color Green

Does the color green trigger associations with shamrocks, salads, signs of spring or sustainable living practices to you? Let's explore this amazing and important color in nature, fact and lore!

1544-W23 Mar 2:15-3:30  
1 session - \$12

### Tues, Apr 4: Signs of Spring Nature Hike

Put on your boots and explore Thompson Park for evidence of spring. If you've been waiting all winter to get out, now is the time to get out there and see what's happening!

1544-W23 Apr 2:15-3:30  
1 session - \$12

## THANK YOU

WE'RE SO GRATEFUL TO HAVE YOU .

### EVENT VOLUNTEERS

CAROL BEAVES  
JAN BREMNER  
BARB ERICKSON  
EVA NOVACZYK  
JUDY O'DONNELL

### COFFEE & SUPPLY CART DONATIONS

CAROL SLATER



## Men's Topics & Toast



Come for toast and coffee on the last Monday of the month to visit, learn, and hear a brief discussion pertinent to the lives of our 55+ community. Buttered toast and toppings provided.

Mon, Mar 20, Apr 24 9-10 am  
1746-W23 2 sessions - Free

## Women Around the Globe: Ishwari Rajak

Author and activist, Ishwari Rajak discusses cultural taboos, customs and beliefs surrounding menstruation around the world, including her reflections on the situations and policies in America. Ishwari shares her personal story and the underlying issue of menstruation - untouchability. Her documentary and her newest book, *Screams of a Goddess*, will be shared alongside the work being done in her home country of Nepal.

*Instructor: Ishwari Rajak, MA Gender & Women's Studies, Graduate in Nonprofit Leadership*

Tue, Mar 21 9:30-10:30 am  
1761-W23 1 session - \$5

## CPR Refresher Class



# CPR

The class is a bystander CPR class, teaching a layperson how to do compression-only CPR, no breaths. Learn how to apply and use an AED. If you want to feel confident with the correct CPR process, please attend.  
*Instructor: South Metro Responders Unit*

Tue, Apr 4 11:30 am-12:30 pm  
1764-W23 1 session - \$3



# TPAC LEARNING & DISCUSSION

## 988/911 What's Your Emergency

No one plans for it, but at some point, you may have to access the 988 or 911 call service. Do you know what happens next, or what role you will be asked to play? Learn what goes into this type of call, including both medical and mental health calls, what it activates, and how you can do more when you're calm vs in distress. Presenters: South Metro Fire & WSP Mental Health Team

Tue, Apr 4 10-11 am  
1763-W23 1 session - \$3

## 4th Annual Days for Girls Project



Help make colorful cotton bags to hold washable feminine hygiene items for schoolgirls around the world. Days for Girls provides washable pads and health education to girls in 140 countries. Girls will no longer have to miss valuable school days during their periods when they have their own reusable kits. Sewing skills are not required to enjoy taking part in this fun assembly line. You can socialize while you cut, measure, iron, sew, or insert pull strings. Bring your granddaughter along (14+ and must register) if you'd like. A light lunch will be provided. Register by Mar 17.

*Note: Sewing & serging roles are filled. Registration is still open for general assembly.*

Sat, Apr 15 9am-3 pm  
1419-W23 1 session - Free

## 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

## 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! 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"; we encourage you to get involved in what interests YOU!

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



**2022-23 Donations as of Feb 14: \$3,218**

### Friend (\$25-49)

Debra Smith

### Benefactor (\$50-99)

Pat & Larry Gottschalk  
Arthur Thell

### Patron (\$100+)

The Frelix Family, in memory of Willow Frelix  
Carol Slater

# TPAC LEARNING & DISCUSSION

## Great Decisions Group

Great Decisions is America's largest discussion program on world affairs and remains strong after 50 years. Great Decisions continues today, with thousands of participants taking part in discussions nationwide. TPAC's own group meets monthly to read the selected topic from the Great Decisions Briefing Book, watch the corresponding video and discuss one of the most critical global issues of today.

*Facilitator: Charles Hapbach*

### March 13: China and the U.S.

For the past ten years, the United States and China have been locked in a competition for who has the greatest global influence. Taiwanese sovereignty has become even more relevant recently with Russia's invasion of Ukraine, and may prompt China to take similar action regarding Taiwan. How will the US engage a China which is increasingly seeking to expand its sphere of influence? *by David Lampton*

### April 10: Economic Warfare

Waging economic warfare consists of a variety of measures. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war? *by Jonathan Chanis*

Second Mondays  
1296-W23  
1-2:30 pm  
\$10 annually

## Mystery Book Club

Reading mysteries supports critical thinking skills and promotes problem solving independently and in groups. Join other enthusiasts to stay on task with your reading, gain new perspectives, and freely discuss the current selection hand-picked by group members. *Facilitator: Joyce Wahlquist*

**March 14:** *The Bullet That Missed* by Richard Osman

**April 11:** *A Rule Against Murder* by Louise Penny

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

## British History with Terry Kubista

Broaden your knowledge of British History in a fun, interactive and relaxed setting with a combination of oral presentations and videos. Register at least 5 days in advance. *Presenter: Terry Kubista, British Historian*

### March 14: How We Built Britain

Scottish castles and manor homes are a fascination to many of us, but how and why were they built? Were they built for beauty or defense? How about the people who lived there? What were they like?

### April 11: Mary Stewart

Mary Queen of Scots was the mother of an English king. If the English and the Scots were enemies, how then did Mary's son, a Scott, become the King of the United Kingdom?

Although Terry selects topics months in advance, Mary Queen of Scots couldn't be more relevant right now! Very recently, three amateurs decoded over 50 of Mary's lost letters, written over 450 years ago in elaborate cipher while she was imprisoned. Join us in April as history literally unfolds!



Second Tuesdays  
1116-W23 Mar  
1:30-3:30 pm  
\$8 per session



## A New Way to Donate

Now you can donate online by scanning the QR code to the left with your phone camera. If that's not your thing, no problem, donations of all kinds are accepted and we thank you.

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                                      \$10 annually

TED Talks

*(Technology, Entertainment and Design)*  
Together, we'll watch a popular pre-selected 20-minute TED TALK Video. Our facilitator will pose a few questions to get the conversation started. Enjoy the diverse and interesting topics!

**March:** What is Going Wrong with Our Fight to End Hunger? *by J. Crowe*

**April:** TBD

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

Interested in Starting a Group?



If you would like to start a group for cards, cribbage, book club or hobby, contact us at 651-403-8300 to help you get started.

TPAC Knitting Group

Bring your knitting, crocheting or other hobbies while socializing and learning from each other. This is a non-instruction peer group.  
Mondays                                      1-3 pm  
1600-W23                                      \$15 Jan-Apr

Watercolor Introduction

This is an introductory class for those who are new to watercolor painting and is a prerequisite for Watercolor I and 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. Registration closes the Friday before first class.  
*Instructor: Linda Stout*

Mon, Mar 6-20                              1-3 pm  
1491-W23 Mar                              3 sessions - \$50

Watercolor I



Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required.  
Prerequisite: Introduction to Watercolor, or instructor consent. Registration closes the Friday before first class.  
*Instructor: Linda Stout*

Tue, Mar 7-21                              1-3 pm  
1302-W23 Mar                              3 sessions - \$50

Tue, Apr 4-25                              1-3 pm  
1302-W23 Apr                              4 sessions - \$66



# CREATIVE ARTS

## Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies.  
Prerequisite: Introduction to Watercolor, or instructor consent. Registration closes the Friday before first class.  
*Instructor: Linda Stout*

Wed, Mar 1-22                      1-3 pm  
1191-W23 Mar                      4 sessions - \$66

Wed, Apr 5-26                      1-3 pm  
1191-W23 Apr                      4 sessions - \$66

## Open Watercolor

Join other artists and enjoy music and camaraderie. There is no instructor for this group, so paint what inspires you. Bring your own supplies.  
*Facilitator: Art Thell*

Tuesdays                      9:30-11:30 am  
1602-W23                      \$15 Jan-Apr

## 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.  
*Cardstock donations are welcome!*  
*Facilitator: Pat Marshall*

Second Tuesdays                      12-1 pm  
1598-F22                      Free

## Winter Wear January Collection



Thank you for your generous support!  
The Umbrella Group collected 122 pairs of socks, 60 warm hats, 32 pairs of gloves, 16 scarves, 6 pairs of mens underwear, 4 heavy winter jackets. The Friday Night Street Team was very happy to receive this winter clothing.

## Colored Pencil Bathing Group

In this technology-isolating world, you need a place to let out your inner artist by indulging the senses and connecting with others with 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*

First & Third Wednesdays                      1-3 pm  
1595-W23                      \$15 Jan-Apr

## 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.  
*Instructor: Linda Stout*



Mon, Apr 3-24                      1-3 pm  
1673-W23 Apr                      4 sessions - \$66

## CARDS & GAMES

**LIMITED SPOTS  
AVAILABLE**

### Home Before Dark Bridge

This is a group of bridge players who enjoy playing for fun, so being the best player is not the goal. The only qualification is that you have a partner. Join us if this style "suits" you! Games start at 3 pm so you can be home before dark.

Mondays, Apr 3 – Oct 30      3–5:30 pm  
**Call 651-403-8300 to register**    \$20 Apr–Oct

### Penny Bingo Group

This is a fun, easy five-card game. When your card matches the dealers, place it in the center. When your cards are gone, yell "Bingo!" Don't forget your pennies.

*Facilitator: Marion Christner*

Fourth Tuesdays      1–3 pm  
1644-F22      \$10 annually

### Hand & Foot

This game is a variation of canasta. It's played with teams of two to six players. The objective is to get rid of all the cards from your 'Hand' and then 'Foot' by melding them. If you enjoy this game or are interested in trying it, invite some friends and join us. You are welcome to learn as you go.

*Facilitator: Barbara Eschle*

Wednesdays      10 am–12 pm  
1735-W23      \$15 Jan–Apr

### Mah Jongg Group

Mah Jongg is similar to the card game Rummy, employing skill, strategy, and luck. It is played with a set of 144 tiles based on Chinese characters and symbols. Call if you want to learn to play.

*Facilitator: Carol Beaves*

Thursdays      1–3:45 pm  
1613-W23 Jan–Apr      \$15 per trimester

## FITNESS & HEALTH

### 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      9:15–10 am  
1635-W22      \$15 Jan–Apr

### Fitness & Balance for Life



This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. Fitness sessions use chairs, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred.

*Instructor: Naomi Marzinske*

Thurs, Mar 2–Apr 27      10:30–11:30 am  
1317-W23 Mar–Apr      8 sessions – \$56  
No class Mar 30

Pre-registration is required for all groups. We welcome you for a free visit if you want to check out a group!



Mindfulness & Meditation for Better Health

Join Tara Burns as she introduces you to the benefits of mindful and meditation practices to help with stress, depression, anxiety, pain, boosting emotional well-being, and finding peace in everyday life. The class will practice using mindfulness and meditation techniques to help focus the mind on a particular thought, object, activity, or the breath. Don't worry about sitting cross-legged; our practice will be utilizing a chair or walking. On nice days, the class may also take place outside. This is a beginner's class, but all levels are welcome.

Instructor: Tara Burns, MA

Tue, Apr 11-25 9-10 am  
1692-W23 Apr 3 sessions - \$25

Wednesday Walkers



"Walk, Talk & Gawk!" Exercise, socialize and visualize! Combine the fitness of walking with nature and comradery each Wednesday morning at 9 am. Meet at the TPAC building and drive to the selected walking destination - you won't be bored with the same walking route anymore!

Co-Leader wanted!

Wed, May 3-Oct 25 9 am  
1596-S23 \$15 May-Oct

Trips & Tours Information

- Arrive to check in 15 minutes before scheduled 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.
- 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.

Historic Fort Snelling & Sibley House

Minnesota's first National Historic Landmark at the confluence of the Mississippi and Minnesota rivers, Fort Snelling is a place of major social, cultural and historical significance to all people who have inhabited the region, residing on the Dakota homeland Bdote. This is a self-guided visit. Explore the new Plank Museum & Visitor Center inside a rehabilitated 1904 cavalry barracks with exhibit spaces, galleries, a one-room schoolhouse, Blacksmith Shop and more. Stroll outside on paved walking trails, enjoying river overlooks, costumed demonstrations, orated stories within the fort. Enjoy lunch at Axels River Grill. Next, tour the Sibley Historic Site, home to the oldest structures still standing in Minnesota. As the center of the fur trade and government during the tumultuous early days of statehood, hear stories of the period, first Governor Henry Sibley, and the evolution of the MN Territory. Be prepared for a considerable amount of walking on paths covered by a thin layer of gravel. Wheelchairs do not fit through some narrow doorways.

Choose your lunch selection when registering:

- 1) Steakhouse French dip sandwich & fries;
- 2) Walleye sandwich & fresh fruit; or
- 3) Wild rice soup & wedge salad

Wed, June 14  
Depart TPAC 9:45 am / Return to TPAC 3:15 pm  
\$93 - includes transportation, tour, lunch  
Register by Fri, May 12

## TRIPS & TOURS

### Northfield Historical Society Museum Tour



The Museum is home to Northfield's famous bank raid site. It appears as it did Sept. 9, 1876, when the James-Younger Gang attempted to rob it. In the Ted Scott Room, there are rotating exhibits on the history of the city, its region, and the state. A local guide will talk about the history of this village. Many of the buildings in Northfield look as they did a century ago, with windows and cornices embellished with 19th-century architectural detail. Among them, the Scriver Building is the former site of the First National Bank and The Archer House Inn. The village is charming and sophisticated, historic, and colorful, artsy and active, secluded and connected, quiet and happening. Drive through Carleton College. It was founded in 1866 and had 23 students in its first term. Today, Carleton draws approximately 2,000 students from across the country.

Continue to the campus of St. Olaf College. In 1874 it was founded to educate the Norwegian immigrants who had settled around the area. It has approximately 3,000 students and is renowned as a seat of Norwegian culture in the United States.

Lunch: Swedish Meatballs, beverage and cookie at The Ole Store Restaurant.

Bus stops at the Abdallah's Candy Store in Apple Valley on the way home.

Thur, July 13

Depart TPAC 9:15 am / Return to TPAC 4:30 pm

\$87 - includes transportation, lunch, guide

Register by Fri, June 9

## 55+ DRIVER DISCOUNT PROGRAM



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 [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com) to register.**

### 8-Hour Refresher Course

12-4 pm

2 sessions - \$28

Apr 12-13

### 4-Hour Refresher Course

12-4 pm

1 session - \$24

Mar 2, Mar 16, Apr 6 or Apr 20

## Leave a Legacy

Remember TPAC in your will to leave a lasting impact with your future gift. When you include TPAC in your estate plan, your generosity ensures quality programs well into the future. Contact Brenda at 651-403-8300.

# 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 due to transit time for mail.*

## 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).
- Foot Care: \$55, call 651-403-8300 for an appointment

## Fare for All

Affordable groceries for all. Dates are subject to change. 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

You will be notified by phone or email and given a refund if TPAC cancels a class or activity. Cancellation and refund requests must be received by our office seven days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

## 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.

## Scholarships & Fee Assistance

Call 651-403-8303 for details.

## E-News

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

## 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.

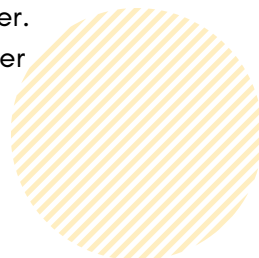
## TPAC Advisory Council Opening

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  
Jan-April / May-Aug / Sept-Dec







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

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## Address Service Requested

### TPAC Annual Support Drive

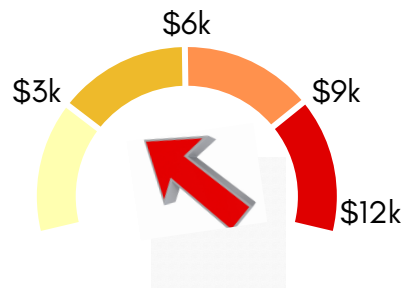
TPAC depends on contributions as a significant part of our operating budget. Please consider a tax deductible donation to support the quality and variety of programming that you expect and enjoy.



Mail or drop off your check written to "ISD 197 - TPAC", call with credit card, or donate online at: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com); key word "Donations".

Thank you for your support,  
Brenda Myran, Coordinator  
TPAC Advisory Council Members

**\$12,000 Goal by June 30, 2023**  
**Contributions Still Needed: \$8,782**



Name \_\_\_\_\_

Address \_\_\_\_\_

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

Would you like your name listed in the Thompson Times? **Yes / No** (*donations > \$25*)

**Mail to:** Thompson Park Activity Center, 1220 Stassen Lane, West St. Paul, MN 55118