

Thompson Times

Voted Best of St. Paul Three Years in a Row

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 May 29, July 3-7

For information or registration call 651-403-8300,

or find us online: <https://tridistrict.ce.eleyo.com>

Web page: www.tridistrictce.org/west-st-paul-3

Special Event

Crooner Tim Patrick



Tim Patrick is a dynamic Sinatra-style singer who performs regularly in the Twin Cities. Along with popular music from many different eras, expect to hear the songs of Frank Sinatra, Dean Martin, Tony Bennett and all the greats. Tim won the Gigmasters Rising Star Award in 2008 for Best Jazz Singer in North America, beating out over 5,500 other singers. This show is a winner! Cost includes dessert.

Wed, May 17

1765-W23

1-2 pm

1 session - \$8

Special Event

Community Flea Market & Food Trucks

Join us at this annual flea market on the beautiful grounds of Thompson Park. Food trucks will be on-site selling concessions. This is a free event to attend for all ages. Registration is not required. *Note the date change, which is new since the TriDistrict catalog was printed!*

Interested vendors, please call 651-403-8300 for details. Space is limited and a reservation is required.

Wed, June 28 *New Date!* Flea Market: 10-2 pm
Food Trucks: 10:30 am-1 pm

A New Way to Donate

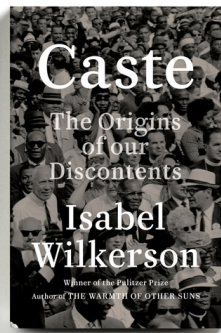
We count on your support to offer many different classes and activities. Now you can donate online by scanning the QR code with your phone camera. And, as always, donations in any form are gratefully accepted. Your donations are tax deductible.



May/June 2023

LEARNING & DISCUSSION

Book Discussion: Caste The Origins of Our Discontents



Beyond race or class, there is a powerful caste system that influences peoples' lives, behavior, and the nation's fate. Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores eight pillars underlying caste systems across civilizations, including divine will, bloodlines and stigma. Using riveting stories about people, she shows how the insidious undertow of caste is experienced every day and points toward ways America can move beyond, toward hope in our common humanity. Books are not provided. Please supply your own.
Instructor: Mary Ann Novotny

Thur, Apr 27-May 18 9:30-10:30 am
1741-W23 4 sessions - \$5

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*

1544-S23 10-11:15 am
Each session - \$12

Tue, May 2: Spring Birding Hike

Following a short introduction, head out to the pond, forest, and prairie to identify birds by sound, shape, behavior, size, and habitat. Bring binoculars and a favorite field guide if you have them and be ready to walk.

Tue, June 6: Aquatic Life in Thompson Lake

With a bucket and collection jars, you'll feel like a kid again as you look up, in, and around Thompson Lake to identify the critters that spend time in this water habitat.

Aging with Gusto is Back!



Research shows people with more positive views live an average of 7.5 years longer than those with less positive views. Aging with Gusto is a three-part, highly interactive series striving to encourage a more positive view of aging and increase awareness of ageism and its impact. Come explore how to maintain well-being and manage challenges of aging, and develop ideas for how to age with gusto. *Presented in partnership with Sholom*

Tues, May 9-23 9:30-11 am
1751-S23 3 sessions - \$24

British History with Terry Kubista

Tue, May 9: James I

His efforts to unify two warring countries with ancient grudges and two warring religions would either make him famous, or make him out to be a complete failure.

Tue, June 13: Crusades

Were the Crusades what they were purported to be? Let's separate the legendary myths from facts. What was their lasting effect on the area of the world that the crusaders set out to "free"?

1116-S23 May 1:30-3:30 pm
1116-S23 June Each session - \$8

LEARNING & DISCUSSION

Dakota County 101

Whether you've lived in Dakota County five days or 50 years, you are invited to attend this informational presentation. Content includes the top 10 historical hings residents (new and old) should know about Dakota County.

Presenter: Matthew Carter, Executive Director, Dakota Cty Historical Society

Thur, May 11 11 am-12:30 pm
1771-S23 1 session - \$3

Dakota County History Tour



Matt Carter, Executive Director of the Dakota County Historical Society (DCHS), will lead a tour showing off the newly remodeled additions and amenities to this historic building.

Mon, May 15 11 am-12:30 pm
1772-S23 1 session - \$3
DCHS, 130 3rd Ave. N, SSP

TPAC's Little Free Library

We hope you are enjoying the nice selection of books at our library. Please let us know if you have suggestions for making our "little free library" better. As we are part of the school district, there are some guide- lines to follow. Please do not bring religious materials such as bibles or texts of a specific religious doctrine.

Travel with Landmark Tours

Join Landmark Tours, a local, family-owned tour operator to hear more about the exciting world of escorted travel. Landmark Tours can take the stress out of travel by handling airfare, accommodations, guides, transportation, attractions and meals.

Wed, May 24 1-2 pm
1592-S23 1 session - Free

MN Federal Reserve Tour

This is a follow-up to the Federal Reserve presentation held at TPAC last December, but all are welcome to register and join this walking tour.



Arrive 10 minutes

prior to the tour, as tours start on time. Late arrivals will not be admitted. Valid photo ID required. Personal items will be subject to x-ray screening and visitors will pass through a metal detector. Weapons are not permitted. Plan to stand throughout the 75 minute tour. Guides are fully vaccinated and up to date. If you would like to carpool, meet at TPAC at 8:55 am.

Thur, June 1 9:45-11:30 am
1780-S23 1 session - \$3
MN Federal Reserve, 90 Hennepin Ave., Mpls

Other materials which we are not able to use at this time are CDs, magazines, and reference and game books. We appreciate your understanding. Thank you to everyone who has given us books to share. We like getting new books to keep our selection current and interesting. Just place your book donations in the bin provided under the shelves. Happy Reading!



What is Fascism?

Historians, political scientists, politicians, journalists, activists and the general public have long struggled with this question with few broadly-accepted definitions. This academic course focuses on historical fascist movements and governments in Italy, Germany, Spain and Japan from World War I through World War II. Videos, music, photographs, and written materials will be shared in an attempt to answer this question. No expertise is required; only an eagerness to read and discuss.

Presenter: Matthew Wright

Mon/Tue June 5, 6, 12, 13 9:30-10:45 am
1773-S23 4 sessions - \$25

Muffins with the Mayor

Join West St. Paul Mayor, David Napier for open ended conversation; listening and sharing with residents on how to be the change that matters in West St. Paul. Muffins and hot coffee will be served.

Presenter: Mayor David Napier



Thu, June 8 9:30-10:30 am
1583-S23 1 session - \$3

Incontinence

Is urinary leakage keeping you from enjoying social outings, exercise or everyday activities? Instead of urinary incontinence taking control of your life, control it. Discuss common poor postural and breathing habits which may contribute to incontinence, as well as practice simple pelvic and core stability and strengthening exercises to help combat leakage.

Instructor: Dr. Nair, Herself Health

Tue, June 20 10-11 am
1778-S23 1 session - \$5

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! No meeting in June.

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



TPAC LEARNING & DISCUSSION

Great Decisions Group



Great Decisions is America's largest discussion program on world affairs. Going strong for over 50 years nation-wide, Great Decisions continues today, with thousands of participants taking part in discussions nationwide annually. TPAC's own group meets once a month to read the selected topic from the *Great Decisions Briefing* book, watch the corresponding video and discuss one of the most critical global issues facing America today.

Facilitator: Charles Happach

May 8: Politics in Latin America

Electoral results in Latin America over the past four years have led many observers to discern a left-wing surge in the hemisphere, reminiscent of the so-called "Pink Tide" that swept the area some 20 years ago. But how much do these politicians actually have in common?

By Jorge Castañeda

June 12: Global Famine

Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before? How is famine defined, and how is it different from simple food shortages?

By Daniel Maxwell

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

Mystery Book Club

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

May 9: *From the Grave* by David Housewright

June 13: *Run, Rose, Run* by James Patterson & Dolly Parton

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

TED Talks

Join us for the next TED discussion.

May 16: "Stoicism as a Philosophy for any Ordinary Life."

Massimo Pigliucci

June: no meeting

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

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
1597-F22
1-2:30 pm
\$10 annually

CREATIVE ARTS

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-S23 \$15 May-Aug

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 Thursday before first class. *Instructor: Linda Stout*

Mon, May 1-22 1-3 pm
1491-S23 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-S23 \$15 May-Aug

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, May 2-30 1-3 pm
1302-S23 May 5 sessions - \$83
Tue, June 6-27 1-3 pm
1302-S23 June 4 sessions - \$66



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, May 3-31 1-3 pm
1191-S23 May 5 sessions - \$83
Wed, June 7-28 1-3 pm
1191-S23 June 5 sessions - \$83

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.

CREATIVE ARTS

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-S22 Free

Colored Pencil Bathing Group

Returning September 2023

Greeting Card Making



Are you new to paper crafting or want to gain some experience? Create and assemble three homemade greeting cards, then add your own personal touches. Space is limited in each class, Materials are provided. You may attend both dates, but a paid registration is required for each session.
Instructor: Stacey Pangborn

Thur, May 11, June 8 12:30-2:30 pm
1777-S23 Each session - \$20



THANK YOU
COFFEE & SUPPLY CART
DONOR
Carol Slater



Paint Like Bob Ross

Have you ever wanted to paint like Bob Ross? Now you can. Enjoy a fun and relaxing day of painting. Over the four hour course, you will learn the simple wet on wet techniques needed to create your own masterpiece. No painting experience needed; class will go step by step together! All materials provided.
Instructor: Valarie Namen

Mountain Lake: Mon, May 22 9 am-1 pm
1783-S23 May 1 session - \$50

Northern Lights: Mon, June 26 10:30 am-2:30 pm
1783-S23 June 1 session - \$50

Rock Treasures



Take a diamond in the rough rock and turn it into a magical treasure. Rock painting has taken off due to its meditative nature. It's soothing, expresses creativity and provides a sense of calmness. Even if you have painted rocks before, you are in for an enjoyable afternoon. *Facilitators: Johanna Nelson and JoAnn Ellingboe*

Tue, May 30 1-3 pm
1779-S23 1 session - \$5

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, June 6-26 1-3 pm
1673-S23 June 4 sessions - \$66

CARDS & GAMES

FITNESS & HEALTH

Bocce Ball

Playing bocce ball is a fun, friendly, competitive game of skill that improves flexibility, balance, and cardio. Games are safe, conversational, and self-directed following an initial introduction by TPAC staff. Assemble in the back of TPAC around the patio.

Mon, May 1-Aug 28 9:45-10:45 am
1596-S23 16 sessions - \$15
No class May 29

Home Before Dark Bridge **LIMITED SPOTS AVAILABLE**

This group of bridge players enjoy playing for fun. Being the best player is not the goal. Join us if this style "suits" you. Games start at 3 pm so you can be home before dark. Partners are required. Call to verify space and register your pair.

Facilitators: Bob & Loretta Walker
Mondays 3-5:30 pm
1612-S23 \$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 is a variation of canasta and played with teams of two to six players. If you enjoy this game or want to in learning, please join us. Facilitator: Barbara Eschle

Wednesdays 10 am-12 pm
1735-W23 \$15 May-Aug

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. Call if you want to learn to play. Facilitator: Carol Beaves

Thursdays 1-3:45 pm
1613-S23 May-Aug \$15 May-Aug

Walk with Friends



Looking for someone to walk with you? At Thompson Park, there are a variety of trails. Some will walk slowly and others will walk with vigor. Gather around the back picnic tables, find your walking pace group, and make new friends. Join any time throughout the summer when it fits your schedule. This is a free group, but please register. TPAC is closed May 29, but the trails remain open for walking.

Mon, May 1-Aug 28 9:15-10 am
1572-S23 16 sessions - Free

3x3 Fitness Group

These exercises are chair-based and low-impact. You may modify for more intensity. Follow along with the 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 \$8 May-June

Wednesday Walkers

Walk, talk, & gawk! Combine the fitness of walking with nature and comradery. Meet at the TPAC building and drive to the selected walking destination. You won't be bored with the same walking route anymore. Facilitator: JoAnn Ellingboe

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

• TPAC will be closed May 29 and July 3-7, so no groups or classes will be held in the building.

FITNESS & HEALTH

Line Dancing



Line dancing is a fun way to exercise, and can be as gentle or as energetic as you want. Line dancing increases muscle tone and coordination, and keeps you mentally fit. If you don't like the gym, join us on the floor to get moving. No partner is needed! *No class May 29.*

Instructor: Margaret Christians

Thu, May 4-June 29 9-10 am
1615-S23 9 sessions - \$8

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. *No class May 29. Instructor: Naomi Marzinske*

Thurs, May 4-June 29 10:30-11:30 am
1317-S23 9 sessions - \$63

TRIPS & TOURS

Trips & Tours Information

- Where you register is where you get on the bus.
- Arrive 15 minutes before scheduled departure.
- Check-in inside the building. We will load the bus together after checking everyone in.
- A \$10 service fee will be charged for cancellations.
- No refunds are issued after trip registration deadlines.
- Trips will fill when the maximum is 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.
- You are responsible for your own mobility needs

Historic Fort Snelling & Sibley House



Visit Fort Snelling where the Mississippi and Minnesota Rivers converge. Explore this site of social, cultural, and historical significance to all people who have inhabited the region on this self-guided walking visit. See the new Plank Museum, inside a 1904 cavalry barracks with a one-room schoolhouse, blacksmith shop and more. Stroll trails enjoying river overlooks, costumed demonstrations, and orated stories. Lunch will be at Axels. Next, tour the Sibley Historic Site, home to the oldest structures in Minnesota and center of the fur trade and government during the early days of statehood. Choose when registering:
1) Steakhouse French dip sandwich/fries; 2) Walleye sandwich/fresh fruit; or 3) Wild rice soup/wedge salad

Wed, June 14 Departs TPAC 9:45 am
1767-WSP-S23 Return to TPAC 3:15 pm
\$93 - includes transportation/tours/lunch
Register by Fri, May 12

TRIPS & TOURS

Northfield Historical Society Museum Tour

The Museum is home to Northfield's famous bank raid site, appearing as it did Sept. 9, 1876, when the James-Younger Gang attempted to rob it. A local guide will share 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. The village is charming and sophisticated, historic, and colorful, artsy and active, secluded and connected, quiet and happening. Drive through the campuses of Carleton College and St. Olaf College. St. Olaf is renowned as a seat of Norwegian culture in the United States. Bus stops at Abdallah's Candy Store in Apple Valley on the way home. Lunch: Swedish Meatballs, beverage and cookie at The Ole Store Restaurant.

Thur, July 13

1677-WSP-S23

Register by Fri, June 9

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

\$87 - includes transportation, lunch, guide

Duluth Vista Fleet Cruise

Take a harbor cruise aboard the Vista Star and experience the wonders of Lake Superior. See a variety of ships in the beautiful waters of the Twin Ports Harbor. Head to Black Woods for lunch, a locally owned and family-operated restaurant since the early 1990's where every slow-cooked classic is fresh and made from scratch. We'll stop at Tobies Restaurant in Hinckley on our way to Duluth. Arrive in Duluth via the Skyline Drive overlooking the Twin Ports of Superior and Duluth. Nestled on the rocky hillside, the city overlooks Lake Superior, the largest freshwater lake in the world. At the waterfront we will board the Vista Star for a 60-minute narrated, sightseeing cruise. A late lunch will be provided when we return to the dock. Choose lunch at registration: 1) Chicken pot pie, cranberry chutney, cornbread, butter, dessert, beverage. 2) Meatloaf, covered in rich gravy, served with mashed potatoes, beverage.

Wed, Aug 9

1682-WSP-S23

Register by Fri, July 7

Depart TPAC 8 am / Return to TPAC 5:15 pm

\$99 includes transportation, lunch, guide (Tobies or snacks not included)

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. 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.

8-Hour Initial Course

12-4 pm 2 sessions - \$28

June 28 & 29

4-Hour Refresher Course

12-4 pm 1 session - \$24

May 18, June 1, 5

Pre-registration is required.

Call toll free 1-(888)-234-1294 or

visit www.driverdiscountprogram.com to register.

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.
- 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 or call 763-450-3880. Credit Cards preferred. No checks.

Cancellations/Refunds

If TPAC cancels a class or activity, you will be notified by phone or email and given a refund.

Your 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 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.

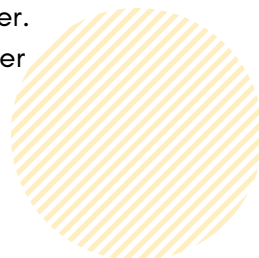
Fees for Groups & Clubs

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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Friend (\$25-49)

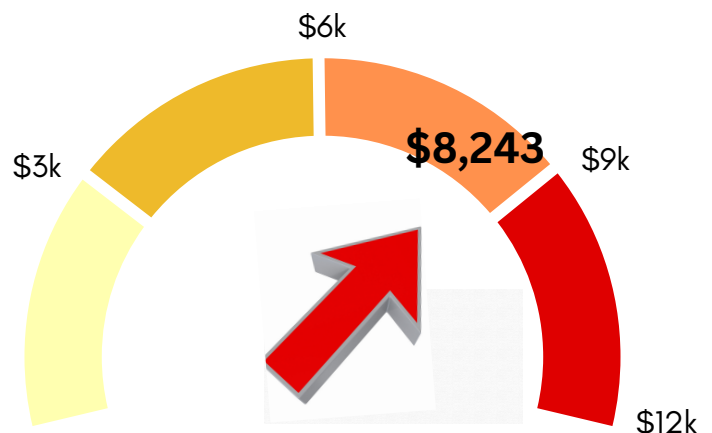
| | |
|-------------|-------------|
| Anonymous | Marlys Rose |
| Debra Smith | |

Benefactor (\$50-99)

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|-------------------------|------------------|
| Anonymous | Marion Christner |
| Bill & Evaughn Anderson | Sue Doffing |
| Lorri Evans | Carol Slater |

Patron (\$100+)

| | |
|-------------------|---------------------------------|
| Alice Baier | |
| Barb Erickson | Barbara Eschle, in appreciation |
| Donna Nelson | of Tom Weisbecker and the |
| Janice P. Sheldon | AARP Tax Preparer Volunteers |



\$12,000 Goal by June 30, 2023
Contributions Still Needed: \$3,757