

Thompson Park Activity Center (TPAC) Serving Adults 55+

Ice Cream Social & Live Music



Enjoy music, dancing and socializing with friends over a bowl of ice cream with a variety of toppings. Weather permitting: held at the north picnic shelter. Inclement weather: held in the Lodge.

Wed, July 27 1-2 pm
No registration required Donations accepted

Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

Open 9 am-4 pm, Mon-Thur

TPAC will be closed July 4-8

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

August Special Event: Rootin' for the Arts

Did you know TPAC has its own creative art community?

Share your art, view other artists' work, and partake in root beer floats, all while listening to a live band. Art sales are not allowed on site. This is purely an inspirational event to enjoy our community's creativity, get inspired, and be involved with this free, fun showcase.

Wed, Aug 24 1-3 pm
Registration required for artists only

🕒 Announcements

Thompson Times: Time to Renew!

Subscription includes six printed issues of the Thompson Times from Sept '22-Aug '23. See page 12 for information.

1142-F22 \$12 Annually

Thompson County Park Open House

Thur, July 14 4-8 pm
Thompson Park Free to attend

Save the Date! 2022 Makers Market

Sat, Sept 24 9 am-3 pm
Two Rivers High School Free to attend

📌 Artists Wanted! 📌

Showcase your talent! Bring your art matted, framed, and display-ready between 11 am-12:30 pm on Wed, Aug 24. Display space will be provided. Artists must register by Wed, Aug 17.

July - August 2022

TPAC LEARNING & DISCUSSION

Nature Sense with Eloise Dietz

Programs are designed to promote connections with nature. Register one week or more in advance. Cost is \$12 per session.

On-The-Go Wild Edibles Hike

We'll be on the lookout around Thompson Park for plants considered wild, but edible. We will harvest and maybe taste as we go.

Tues, July 12 10-11:15 am 1544-S22 July

Insects on the Fly

Butterflies, bees, ants, and dragonflies, are just a few of the many we'll capture, identify, and release. What would nature be without them?

Tues, Aug 2 10-11:15 am 1544-S22 Aug



Umbrella Projects Group

Umbrella Project volunteers make a difference through service.

If this resonates with you, please join.

Some past activities include visiting healthcare centers, assisting new Americans to learn English, helping at local food shelves, and providing services where needed throughout the community.



Second Mondays 1-2 pm
July 11 & Aug 8 Free
1599-F21

Freedom Library & Walking Tour



Freedom Library Class

Class Co-founder of St. Paul's East Side Freedom Library, Peter Rachleff, will share East Side history and prepare all for the next week's East Side walking tour.

Tues, July 12 9:30-10:30 am
1694-S22 1 session - \$5
TPAC, 1200 Stassen Lane, WSP

Register one week in advance.

From Then To Now: Immigration and the (Re)Making of St. Paul's East Side Walking Tour

This half-day event, co-organized by the U of MN Immigration Research History Center and the East Side Freedom Library, was made possible by a grant from the National Endowment for the Humanities. Meet at East Side Library.

Fri, Jul 15 9:30-11:30 am
1694-S22 Walking Tour 1 session - \$10
East Side Freedom Library, 1105 Greenbrier St, St Paul
Register one week in advance.

Don't Listen to What I Say; Listen to What I Mean

Do you ever feel like your conversations with others lack pizzazz, clarity of purpose, or that you are simply not understood? Refine your communication skills with Harvey Perle, a master storyteller and communicator. Participate in engaging exercises designed to laugh at ourselves while learning how to communicate more effectively. *Instructor: Harvey Perle*

Tues, July 26 9:30-10:30 am
1697-S22 1 session - \$5
Register one week in advance.

TPAC LEARNING & DISCUSSION

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. Additional mentors welcome!

Mondays 9 am-12 pm
Drop-ins welcome Free

Everything You Need to Know About Using Zoom

Learn how to download and install Zoom on computers, tablets, ipads or smartphones, how to create a Zoom account, how to join Zoom meetings, host a meeting and/or invite others to join.

Instructor: Ray (Ray The Computer Guy)

Session 1 focuses on general Zoom topics and joining meetings.

Session 2 focuses on hosting and managing Zoom meetings.

Wed, Aug 3 & 10 9-11 am
1697-S22 2 sessions - \$80

Register one week in advance.

Smartphone Workshop 1 & 2

These two smartphone workshops cover important technical settings management that users can benefit from to better enjoy their smartphones. Class will explore security authentication options to help protect information, data privacy, and safe web delivery, online socializing, and more.

Instructor: Ray The Computer Guy

Wed, Aug 17 & 24 9-11 am
1701-S22 2 sessions - \$80

Register one week in advance.



Do I Get a Job or Volunteer?

Looking for a job or a place to volunteer? Have a hobby that could possibly turn into a paying gig? Dakota County and the City of West St. Paul would love to share some opportunities that could keep you busy and help your community.

Instructor: Garrett Zaffke

Tues, Aug 2 10-11 am
1702-S22 1 session - \$3

Register one week in advance.



Funerals: What I Need to Know

Summit Funeral and Cremation will share their knowledge, experience, and options in helping families prepare for their own passing, or that of a loved one.

Instructor: Derek M. Glenna

Tues, Aug 16 11 am-12 pm
1698-S22 1 session - \$3

Register one week in advance.

TPAC LEARNING & DISCUSSION

Mystery Book Club

Read and discuss book selections along with other mystery book enthusiasts. Share your favorite mysteries with the group!

Facilitator: Joyce Wahlquist

Second Tuesdays 1-2 pm
1565-F21 \$10 annually



Book Titles:

- **July 12** - *The Widow* by Fiona Barton
- **Aug 9** - *The A List* by J. A. Jance

The History of Henry Sibley & Sibley Historic Site

Henry Hastings Sibley is a well-known individual in Minnesota history. He arrived in St. Peter (now Mendota Heights) and built the first stone building in the state, as he made a name for himself in the fur trade business. He went on to become Minnesota's first governor. This presentation will cover the life of Henry Sibley and how his name and the site lives on. Instructor: Dakota County Historical Society member

Thur, Aug 18 9:30-10:30 am
1699-S22 1 session - \$3

Register one week in advance.



Out & About Group

A social group for men and women who enjoy getting together for 1-2 outings per 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 costs of activities in which you participate.
- Organize an activity (we can help with ideas).
- If ride-sharing, optional cash donation to the driver for gas.

Adina Overbee, the group's Communications Coordinator will email information after you register.

1609-F21

\$10 annually



Caregiver Support Group

Caregivers come together with trained facilitators to learn about topics relevant to and affecting them. Give and get support - with others who understand. Sponsored by Darts

Second Wednesdays 1-2:30 pm
1597-F21 Free

No meeting July 6.

British History and TED Talks will resume in September.

*In the last issue, we incorrectly named a volunteer in the library photo. The person on the right was Carla Soderberg. We apologize and thank Carla for volunteering her time!

ART

Introduction to Watercolor

This class is for those who are new to watercolor painting and is a prerequisite for the Watercolor I and Watercolor II classes offered at TAPC. Explore materials and basic watercolor techniques as well as color theory and color mixing. Supplies may be purchased from the instructor for \$40.

Pre-registration required. *Instructor: Linda Stout*

Mondays, July 11-25 1-3 pm
1491-S22 July 3 sessions - \$44



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: Watercolor Intro or instructor consent. Instructor: Linda Stout*

Tuesdays, July 12-26 1-3 pm
16302-S22 July 3 sessions - \$44

Tuesdays, Aug 2-30 1-3 pm
16302-S22 Aug 5 sessions - \$73

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. Register in advance.

Prerequisite: Watercolor Intro or instructor consent. Instructor: Linda Stout

Wed, July 13-27 1-3 pm
1191-S22 July 3 sessions - \$44

Wed, Aug 3-31 1-3 pm
1191-S22 Aug 5 sessions - \$73

Knitting Group

This is a self-guided 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-S22 May-Aug \$15 May-Aug
No class July 4

Open Watercolor Painting Group

Join other artists for painting, music and comradery. There is no instructor for this group, so paint what inspires you. Bring your own supplies.

Facilitator: Art Thell

Tues, July 12-Aug 30 9:30-11:30 am
1602-S22 May-Aug \$15 May-Aug
No class July 5.

Crafting for a Cause Group

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 our neighbors to brighten their day. Supplies are provided. *Facilitator: Pat Marshall*

Second Tuesdays 12-1 pm
1598-F21 Free



Colored Pencils Bathing Group

In this technology-saturated 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 supplies provided. An activity will be provided along with soothing music and friendly, welcoming members. *Facilitator: JoAnn Ellingboe*

1st & 3rd Wednesdays 1-3 pm
1595-S22 May-Aug 8 sessions - \$15
Register in advance. No class July 6.

ART

Paint Like the Masters

In the style of Post-Impressionism, learn about Vincent Van Gogh's painting techniques while you paint a modern day landscape using acrylic paints. A supply fee of \$30 is due at class. A list of supplies to bring from home will be provided. Pre-registration required. *Instructor: Linda Stout*

Mondays, Aug 1-29 1-3 pm
1673-S22 Aug 5 sessions - \$73

TC Trumpet Ensemble Performance

An excellent performance by TCTE at Thompson Park Activity Center in May for a sold-out room.



Thank You

Event Volunteers

Carol Beaves
Barb Erickson
Eva Novaczyk
Judy O'Donnell

Coffee Cart Donations

Carol Slater

NEW

ART APPRECIATION

Appreciation Series with Alan Cook

Alan Cook has taught at the college level and created his own works of art. He is prepared to help teach others who are willing to embrace new artistic perspectives.

Perspective in Art & Design

This class explores examples from fine art and architecture that arise consciously and subconsciously that have interesting and unintended consequences.

Thur, July 14 1-2 pm
1696-S22 Personification 1 session - \$5
Register in advance.

Wire Sculpture 101

It's amazing what a thin piece of wire can become. This class calls for an appreciation of this form of artistry. Participants will try their hand at wire sculpture. Grab a needle nose pliers and join Alan Cook for two days of art appreciation. Wire will be provided.

Thur & Fri, July 21 & 22 12:30-2 pm
1696-S22 Wire Sculpture 2 sessions - \$10
Register in advance.

Space & Time as Factors in Design

This class explores points of view that can be critical in the experience of an aesthetic climax. Examples demonstrating factors of perceptual sequence, perspective distortion, stereo-optics, scale, and context (lighting and background) are presented.

Thur, July 28 1-2 pm
1696-S22 Space & Time 1 session - \$5
Register in advance.

FITNESS & HEALTH

Summer Stroll

Summer stroll participants may choose to stay on the pavement and stroll around the pond, or try the dirt and asphalt trails through the woods. At the end of each stroll, participants are welcome to hydrate and hang out around the picnic tables. Arrive by 9 am at the back patio area of TPAC.

Mondays, through Aug 29 9-9:45 am
1572-S22 Free

Register in advance.

TPAC is closed July 4, but the park is open.

Bocce Ball

Playing bocce ball is a fun, friendly, competitive game of skill, and comes with its own set of health benefits. The rules are simple. Games are self-directed following an initial introduction by TPAC staff.

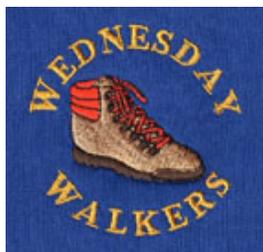


Meet in the back yard of TPAC, near the patio.

Mondays through Aug 29 9:30-10:30 am
1596-S22 May-Aug \$15 May-Aug

Register in advance. No games July 4.

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.

Wednesdays through Oct 26 9-11 am
1610-S22 \$15 May-Oct

Although TPAC is closed, this group will walk July 6.



Bean Bag Toss

Bean Bag Toss or Corn Hole as it's called in different parts of the country, is a fun game that can be set up just about anywhere with anyone. Try to toss a bean bag into a hole in a wooden board. It's not as easy as it sounds. We supply the boards and bags. You supply the fun and competitive spirit of the game.

Instructor: TPAC Staff

Wed, July 13-Aug 31 10-11 am
1643-S22 8 sessions - \$8

Register in advance.

Fitness & Balance for Life

Fitness & Balance for Life uses chairs, exercise bands, light hand weights, and small exercise balls for low-impact exercises focused on range of motion, strength, balance, and coordination. Equipment is provided, or you may bring your if preferred.

Instructor: Naomi Marzinske

Thursdays, July 14-Aug 25 10:15-11:15 am
1317-S22 July/Aug 7 sessions - \$49

Register in advance

FITNESS AND HEALTH



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, or activity. On nice days, the class may also take place outside. This is a beginner's class, but all skill levels are welcome.

Facilitator: Tara Burns

Tues, Sept 6-Oct 11 9-10 am
1610-F22 5 sessions - \$20
Register in advance.

Adult Lap Swim

The new School District 197 Aquatic Center is now hosting adult lap swim. Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. All are welcome, but registration is required and space is limited. For information, call 651-403-8520.

Wed, June 15-Aug 24 7-8:15 am
7197-Su22 10 sessions - \$70
No class July 6

CARDS & GAMES

Penny Bingo

In this game, everyone starts with five cards. When you have a card that matches what the dealer has laid, that card goes to the center. When your five cards are gone, yell "Bingo!" This is a fun and easy game for anyone to play. Don't forget your pennies.
Facilitator: Marion Christner

Fourth Tuesdays
July 26, Aug 23 1-3 pm
1597-F21 \$10 annually

Mah Jongg

Mah Jongg is a game of skill, strategy, and luck - played with a set of 144 tiles based on Chinese characters and symbols. We play through the National Mah Jongg League. You'll need a NMJL card, which you can get at www.nationalmahjonggleague.org. Call TPAC if you are interested in learning how to play.

Thursdays 1-3:45 pm
1613-S22 May-Aug \$15 May-Aug
No class July 7.

Line Dancing and 3x3 Exercise will resume in September.



TRIPS

Taylor's Falls Boat Tour

Since 1906, thousands of tourists have enjoyed the scenic beauty of the world famous Dalles (Dells) of the St. Croix River by authentic paddlewheel boat. The unique rock formations and views inspire awe, not just for its beauty, but also for the provision of this river that sculpted through ancient volcanic rock. Enjoy a sack lunch, using local ingredients to craft a seasonal menu. Enroute home, stop at Sprouting Out and shop for award-winning cheese, bison meat products, and specialty gifts.

Wed, Aug 10 Depart TPAC 9 am
1704-WSP-S22 Return to TPAC 2:45 pm
Register by Fri, July 8

\$77 includes transportation, tour, and lunch



Osceola Train Ride



Board the restored historical train at the Osceola & St. Croix Valley Railway. Enjoy a colorful trip back in time as you return to 1948, riding on a vintage train from Osceola to Marine on St. Croix. Travel high on the bluffs above the St. Croix River with scenic views of woodlands and wildlife and cross the river on a swing bridge once opened to let the steamboats pass through. On the way home, stop at Pine Tree Apple Orchard to complete a perfect fall excursion. Enjoy an onboard box lunch of a turkey/tomato/lettuce sandwich with chips, cookie and beverage.

Thurs, Oct 13 Depart TPAC 9:45 am
1703-WSP-F22 Return 2:45 pm
Register by Fri, Sept 9

\$92 includes transportation, train ride, and lunch

Footloose at the Chanhassen Dinner Theatre

When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher, who is determined to exert control over the town's youth. Celebrates the wisdom of listening to young people, while guiding them with a warm heart and open mind.

Footloose

Wed, Sept 14 Depart TPAC 10 am
1620-WSP-S22 Return to TPAC 5:15 pm
Register by Fri, Aug 12

\$105 includes transportation, tour, and lunch

GENERAL INFORMATION

Registration

Registration required for most classes and groups unless otherwise noted. **Register one week in advance** unless otherwise noted.

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.

eNews

Sign up for TPAC email updates at tridistrictce.org or call 651-403-8300 for assistance.

Scholarships & Fee Assistance

Call 651-403-8303 for details.

Fare for All

Affordable groceries for all. Dates are subject to change last-minute. Please confirm dates and details at www.fareforall.thefoodgroupmn.org or call 763-450-3880. Credit cards preferred. No checks.

Refunds

Requests for cancellations/refunds must be received by our office 7 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.

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 per member

May-Aug / Sept-Dec / Jan-April

Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity.

DRIVER'S SAFETY

Our 55+ Driver Discount Program courses are approved by the MN Department of Public Safety. 55+ Driver Discount Program MN Statute requires the completion of an 8-hour initial course. To maintain your discount, a 4-hour refresher course needs to be completed every three years. Upon completion, submit your certificate to your insurance company.



To register for Driver's Safety, call 1-888-234-1294 or visit www.driverdiscountprogram.com

Initial 8-Hour Course at TPAC

Wed/Thur, Aug 24 & 25 12-4 pm
2 sessions - \$28

4-Hour Fresher Course at TPAC

Thur, July 21 12-4 pm
Thur, Aug 4 1 session - \$24
Thur, Aug 18

Thank You to All of
Our Supporters



Total Donations as of June 15: \$9,993

We count on your support to offer many different classes and activities. Your donations are tax deductible. Please ask for a receipt when donating.

Our Donors

Friend (\$25-49)

Patron (\$100+)

Benefactor (\$50-99)

Benefactor, Past Board Member
Mary Martin, in Memory
of Bill Martin

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REGISTRATION INFORMATION (MAKE CHECKS PAYABLE TO ISD 197 TPAC)

Name (Print) _____ DOB / / Gender: M F

Address _____ Apt # _____

City _____ State _____ Zip _____ Phone _____

Email (for sending registration confirmations) _____ I want to receive TPAC updates: Y N

Course Name & Number _____ Date(s) _____ Fee _____

Course Name & Number _____ Date(s) _____ Fee _____

For Trips: Seated with: _____ Meal Choice (If applicable) _____

2nd Person (Name & Phone Number) _____

Visa/MasterCard/Discover/AmEx _____ Exp Date: _____ Sec Code: _____

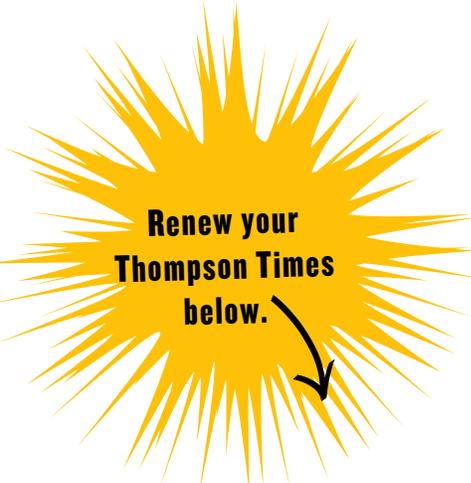
Signature _____

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



Renew your
Thompson Times
below.

2022-'23 THOMPSON TIMES SUBSCRIPTION RENEWAL

The Thompson Times subscription year runs from Sept 2022 - Aug 2023 and includes 6 issues.
Call 651-403-8300 to renew, go online at tridistrict.ce.eleyo.com (Course 1142-F22), or mail form below.

Renew by August 10 to receive the first issue.

Missed the deadline? The price will be pro-rated as year progresses.

Name (Print) _____

Mailing Address _____

City / State / Zip _____

Payment: Make Checks Payable to ISD 197 TPAC or provide credit card information below.

Visa/MasterCard/Discover/AmEx: _____

Exp Date: _____

Sec Code: _____

Signature _____

Office Use Only: Date Received: _____

Check# _____

Amount \$ _____

By _____