

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 Jan 1, 15, & Feb 19

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 Events

Gary LaRue: Rat Pack Favorites

Gary LaRue, Rat Pack music performer, is back with his velvety voice and charismatic stage presence. Be transported back to the golden era of swing and jazz with the timeless classics of Frank, Dean and Sammy. Dessert included. Register by Wed, Jan 17.

Wed, Jan 24

1706-W24

1-2 pm

1 session - \$8

October Food Drive



Thank you for helping the Umbrella Group collect baking ingredients and other food totaling **448 lbs**, all donated to Neighbors Inc! Shown above: Members of the Umbrella group toured Neighbors, learning about their history and outstanding services in our community.



"Feel the Love" Valentine Concert with the Boom Island String Quartet!

Join us for an engaging musical journey with this versatile ensemble with audience participation, heartwarming melodies, and traditional classics. Plus, enjoy a delectable catered lunch from 12-12:45 pm. It's a Valentine's celebration like no other! Register by Wed, Feb 7.

Wed, Feb 14

1818-W24

12-2 pm

1 session - \$20

Tax Information

Trained volunteer income tax preparers will be doing tax returns free of charge for uncomplicated tax returns.

Assistance will be provided to taxpayers with a special emphasis on taxpayers 55 and older.

For more information, see page 4.

Jan/Feb 2024

LEARNING & DISCUSSION

Explore Conversational Spanish for Absolute Beginners - Level 1 & 1+

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers, running in 7-week cycles from Jan-April. No prior Spanish experience required. Learn in a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey!
Instructor: Dick Milles, Spanish Teacher, Metropolitan State University

Wednesdays	9:30-10:30 am
Jan 3-Feb 14	1841-W24 Jan-Feb
Feb 28-Apr 17	1841-W24 Mar-Apr
No class Mar 27	7 Sessions - \$40



Discussion with MDA Commissioner Thom Peterson

125 Years of Service: Join the Minnesota Department of Agriculture (MDA) in a vital discussion! Explore our mission to safeguard food integrity, environmental health, and agricultural prosperity for all Minnesotans. The commissioner shares insights on protecting our food supply, preserving natural resources, and nurturing our agricultural economy. Be part of the conversation for a better Minnesota.
Presenter: Thom Petersen, MDA Commissioner

Tue, Jan 9	10:30-11:30 am
1830-W24	1 Session - \$3

Prohibition: An Epic Misstep in American History

The 1920s ushered in an era of intoxicating tales, as the U.S. attempted to banish alcohol. What ensued was unprecedented lawlessness and corruption, contrary to its intentions. Delve into the unintended consequences that made Prohibition a captivating historic misadventure.
Presenter: David Jones



Tue, Jan 16	11 am-12 pm
1823-W24	1 Session - \$9

The Supreme Court

Don't miss this insightful session on "The Supreme Court: Past, Present, and Future." Drawing from his extensive experience, including serving as President Bush's Ethics Lawyer, Richard Painter will offer a unique perspective on the Court's operations, the importance of ethics, and the demands for reform. Join us for this enlightening class.
Instructor: Richard Painter

Thu, Jan 11	10-11 am
1828-W24	1 Session - \$5

Fighting Food Insecurity in Dakota County: The Open Door Food Pantry



Many of our neighbors struggle to make ends meet. Over 31,000 people in Dakota County face food insecurity, which impacts health, and adds emotional, relational, and professional stress. Learn more about the challenges and how The Open Door alleviates hunger for thousands of residents each month, and ways you can volunteer or donate. Be empowered with the knowledge and inspiration needed to be part of the solution in your community. Please bring a food item to donate.

Thu, Jan 11	2-3pm
1843-W24	Free

LEARNING & DISCUSSION



Nature Sense with Eloise Dietz

January: Join us for a nature chat and explore TPAC's trails, tracking animals in the snow. After hitting the chilly trails, cozy up indoors with hot chocolate and share your observations. Bundle up for this invigorating winter wonderland!

Tue, Jan 16 *Embrace the Cold* 1:30-2:45 pm
1783-W24 Jan 1 Session - \$10

February: Let's talk hearts in nature and create a natural Valentine. Nature items, artsy and recycled craft materials will be provided. Feel free to bring your own nature craft materials.

Tue, Feb 6 *I Love Nature* 1:30-2:45 pm
1783-W24 Feb 1 Session - \$13

Wish of A Lifetime



Be the catalyst for dreams. Join us to learn how you can make someone's lifelong wish come true with Wish of a Lifetime from AARP. Discover the transformative power at your fingertips to reconnect people with their passions, communities, and loved ones. You can submit wishes and get involved in this inspiring organization. It's time to change lives and energize others to live their best life!

Presenter: Cheryl Peterson, Field Manager Wish of a Lifetime

Tue, Jan 23 10-11 am
1833-W24 Free

Antisemitism

Unearth the deep-seated roots of antisemitism in this enlightening course. Explore its evolution from ancient to modern times, looking at connections to colonialism, imperialism, and racism. Contemplate the complex interplay between history, culture, and the rise of hate ideologies. We'll unravel the past and face the present.

Instructor: Brandon Schorsch

Mon, Jan 29-Wed, Jan 31 10-11 am
1831-W24 \$3 Sessions - \$12

Be a Lifesaver

Join our CPR for Bystanders class! Learn hands-only CPR compressions with tips and adaptations. No need for breathing, just compressions. Discover how to use an AED, locate them at TPAC, and gain valuable insights for emergency situations. Be prepared to make a difference!

Instructor: South Metro Fire Dept First Responders

Tue, Jan 30 1-2:30 pm
1821-W24 \$1 Sessions - \$5

Protesting

Discover the untold story of labor protest in the U.S. as we navigate through the complex pages of American history. This journey will shed light on this subject as we delve into Jeremy Brecher's book *STRIKE!* - a meticulously researched account of events marginalized in mainstream narratives. To prepare for our discussions, please read the Forward, Introduction, and Ch 1-3.

Instructor: Peter Rachleff, co-founder East Side Freedom Library; Professor Emeritus, History, Macalester College

Thursdays, Feb 1-22 10-11 am
1834-W24 4 Sessions - \$10

VOLUNTEER

AT TPAC

DO YOU HAVE SKILLS TO SHARE?
FACILITATE A SCIENCE, CHESS, OR CRIBBAGE
GROUP. TEACH AN ART CLASS.
CONTACT US. 651-403-8300

LEARNING & DISCUSSION

Echo in the Distance with Author Shayla Reaves



Join WCCO morning reporter and noon anchor Shayla Reaves for a conversation about her children's book *Echo In the Distance*. Through vivid storytelling, the book connects allgenerations to Dr. Martin Luther King Jr.'s dream inspiring them to pursue their own dreams too! This book has taken Shayla to new places; classrooms, Twin Cities communities and even New York City!

Wed, Feb 7 1-2:30pm
1822-W24 1 Session - \$6

Landmark Tours: See The World

Prepare to embark on a journey of discovery! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company for your travel aspirations. Glimpse upcoming trips and the ease of escorted travel.
Presenter: John Lyons

Wed, Feb 7 11 am-12 pm
1592 Free

Tax Information

Appointment are for income tax returns. Appointment registration opens Jan 8. Space is limited. Call 651-403-8300 to schedule, but please do not leave multiple messages. Repeated messages slow down the process. Your call will be returned in the order recieved.

Tue/Thur, Feb 6 – Apr 16, 2024 9:30 am – 1:30 pm
1200 Stassen Lane, West St. Paul

Roots, Shoots & Leaves

Join Roots, Shoots & Leaves for a hands-on pot-your-own succulent/cactus bar event. Discover popular indoor succulents and cacti and how to care for them. Choose one to transplant into a 4" pot and personalize your own green companion to cherish.
Instructor: Marc J. Eaton, www.rsleaves.com

Mon, Feb 12 10 am-12 pm
1827-W24 1 Session - \$25

Hearing Care Evolved

Say goodbye to limited options for hearing health! Choose from the expanding landscape: from traditional audiologists to online retailers and OTC hearing aids. Affordability matters, but remember, your hearing is invaluable. Let's navigate this new era of hearing care.
Presenter: Axe Audiology/Associated

Wed, Feb 21 1-2 pm
1824-W24 1 Session - \$3

Twin Cities Frugal Mom Shopping Tips

Meet Lisa Baker, dedicated mom-of-two, your trusted source for smart shopping and frugal living. Anticipate money-saving tips on groceries, household, tech, travel, and safeguarding against scams. Discover affordability!
Presenter: Lisa Baker, twincitiesfrugalmom.com

Mon, Mar 4 10-11:30 am
1826-W24 1 Session - \$8

Computer Center

Get help with your technology questions every Monday morning. Come with your device and receive patient assistance. No appointment or registration needed.
Mondays 9 am-noon
Closed Jan 1 & 15, Feb 19

- You must bring the following to your appointment:
- Your 2022 tax return
 - Social Security card for self, spouse, dependents
 - Copies of 2023 W-2s, 1099s, and proof of income received by you/spouse
 - Renters: 2023 Certificate of Rent paid prepared and signed by your landlord
 - Homeowners: 2024 Property Tax Statement (mailed to you in March)

GROUPS

Umbrella Project Group

Umbrella project volunteers make a difference through service. Activities include our annual food drive, new projects with AARP Wish of a Lifetime, several local programs, as well as Days for Girls, a global organization. Join us anytime during the year.

Facilitator: Julie Weisbecker

2nd Mon, Jan 8, Feb 12

1599-F23



10-11:30 am

Free

Mystery Book Club

Reading mysteries supports critical thinking skills and promotes problem solving independently and in groups. Join other mystery book enthusiasts to stay on task with your reading, gain new perspectives, and freely discuss the monthly selection hand picked by group members.

Facilitator: Joyce Wahlquist

Jan 9: *The Twist of a Knife* by Anthony Horowitz

Feb 13: *The Maid* by Nita Prose

2nd Tue

1565-F23

10:30 am-12 pm

\$10 annually

British History

Wales, Northern Ireland, Scotland, and England formed the United Kingdom almost 500 years ago. Since that time, there have been many famous and infamous people, pivotal events, and cultural shifts. Some of these affect our lives even today. Uncover their origin and impact, for both good and bad, in your life today. Register in advance.

Presenter: Terry Kubista, British historian and educator

Jan 9: *Viking Britain*

Feb 13: *Wales*

2nd Tue

1116-F23

1:30-3:30 pm

Each Session - \$8

Caregiver Support Group

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. Gather with trained facilitators to learn about topics relevant to this role. Please register in advance.

Sponsored by DARTS

2nd Wed, Jan 10, Feb 14

1597-F23

1-2:30 pm

Free

Great Decisions Group

As we kick off the 2024 new year, our Great Decisions Group offers you a unique opportunity to dive deep into the world of geopolitics, challenge your perspectives and broaden your horizons. Engage in thought-provoking conversations and unravel the intricacies of US foreign policy and the ever-evolving global landscape.

Books may be purchased on your own at www.fpa.org.

Facilitator: Charles Hapbach

2nd Mon, Jan 8, Feb 12

1296-W24

1-3 pm

\$10 annually



TED Talks Discussion Group

TED Talks: short, influential presentations on a wide range of topics. Experts and speakers share their insights and ideas in 18 minutes or less. These talks aim to inform, inspire, and spark meaningful conversations on topics ranging from science and technology to personal development and social issues. Join us!

Jan Topic: *What Really Matters at the End of Life*

Feb Topic: *Are We in Control of Our Own Decisions?*

3rd Tue, Jan 16, Feb 20

1607-F23

1-2:30 pm

\$10 annually

Men's Topics & Toast

Come for toast and coffee the last Monday of the month to visit, learn, and discuss topics pertinent to the lives of our 55+ community. Buttered toast and toppings provided.

Facilitator: Rob Meyer

Last Mon, Jan 29, Feb 26

1746-F23

9-10 am

\$10 annually

Out & About Group

Join this social group for people who enjoy getting together for 1-2 outings per month. Lunch is usually a part of these activities. After registering, information will be emailed to you by the group's Communications Coordinator.

Communications Coordinator: Linda Johnson

Dates vary

1609-F23

\$10 annually

CREATIVE ARTS

Knitting Group

Come together for fun and heartfelt moments of connection and creativity. Share your knitting, crocheting, and other hobbies in this warm, non-instruction peer group. It's a space to learn from one another while forming lasting bonds.

Mondays 1-3 pm
1600-W24 Jan-Apr 14 sessions - \$15



Paint Like the Masters

Unlock your inner artist by employing acrylic paint in the evocative style of a master, painting your personal rendition. In this session, we'll be taking our inspiration from Vincent Van Gogh's *Willows at Sunset*. A list of supplies to bring from home will be provided. An additional supply fee of \$30 is due at class.
Instructor: Linda Stout

Mondays 1-3pm
1491-W24 Jan-Feb 6 sessions - \$99
No class Jan 15, Feb 19

Watercolor Painting Introduction

Dive into the vibrant world of watercolors in our beginner's class! Discover the magic of materials and fundamental techniques, while learning about color theory and the art of mixing pigments. This class is a prerequisite for Watercolor I and II. Supplies may be purchased from the instructor at class for \$40.
Instructor: Linda Stout

Mondays 1-3 pm
1491-W24 5 sessions - \$83
Apr 1-29

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: Intro to Watercolor, or instructor consent.
Instructor: Linda Stout



Tuesdays 1-3 pm
1302-W24 5 sessions - \$83
Jan 2-30 4 sessions - \$66
Feb 6-27

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.
Instructor: Linda Stout

Wednesdays 1-3 pm
1191-W24 5 sessions - \$83
Jan 3-31 4 sessions - \$66
Feb 7-28

Open Watercolor Painting

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

Tuesdays 9:30-11 am
1602-W24 Jan-Apr 17 sessions - \$15

Crafting for a Cause

Spread joy by crafting heartfelt notes with fellow volunteers. These messages of kindness will be included in locally delivered meals and brighten someone's day. Materials provided. Cardstock donations appreciated.
Facilitator: Pat Marshall

2nd Tue, Jan 9, Feb 13 12-1 pm
1598-W24 Free

CREATIVE ARTS

Colored Pencil Bathing

Come mingle with this merry band of pencil-wielding artists! All levels welcome, from novice to skilled. Staying inside the lines is your decision, but laughter and camaraderie is mandatory in this creative process. There is no instructor, but sharing your techniques is welcome! Bring your own pencils and art equipment.

1st & 3rd Wed, Jan 3, 17, Feb 7, 21
1595-W24 Jan-Apr 1-3 pm
8 sessions - \$15



Hand Sewn Craft

Indulge your creative side with a delightful DIY project: crafting a charming hand-sewn heart ornament! With a bit of felt and some colorful embroidery thread, you can fashion a lovely keepsake. Perfect for beginners, you can master a handful of simple, yet elegant hand stitches. So, why not gather some friends for a cozy tea or coffee, and let the crafting and camaraderie begin?
Instructor: Eileen Gaede

Thu, Feb 1
1839-W24 1-3 pm
1 sessions - \$5



GAMES



Trivia Wednesdays

We know about physical exercise, but what about our brains? They need exercise too. Our brains are chock-full of trivia just waiting to be released! If you remember your kindergarten teacher, but not what you ate for breakfast, give your brain a good "workout". Team up with other trivia aficionados for three rounds: animals, movies/tv and history.
Instructor: Barbara Eschle

Wed, Jan 10, 17, 31
1836-W24 1-2:30pm
3 Sessions - \$6

Hand & Foot

Hand and Foot is a fun and compelling card game that combines elements of canasta. Players work in teams of two to six to build melds of cards, aiming to score points by forming sets and runs while strategizing to outmaneuver their opponents. If you like this game or are interested in learning, join us.

Wed, Jan-Apr
1735-W24 10 am-12 pm
16 Sessions - \$15

Mah Jongg

Join our Mah Jongg adventure and discover the thrill of strategy, matching tiles, and and a little bit of luck. This ancient Chinese game with a modern twist will have you stacking tiles and having a blast in no time!
Facilitator: Carol Beaves

Thu, Jan-Apr
1613-W24 1-3:45 pm
16 Sessions - \$15

Penny Bingo

In this quick and enjoyable five-card game, match your cards with the dealer's, place them in the center, and when your cards run out, shout "Bingo!" Keep those pennies ready!

4th Tue, Jan 23, Feb 27
1644-F23 1-3 pm
\$10 annually

FITNESS & HEALTH

Fitness and Balance for Life

Elevate your fitness journey with Naomi! Embrace low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear. Your path to better health awaits.

Instructor: Naomi Marzinske

Thu, Jan 1-Feb 29
1317-W24 Jan-Feb
10:30-11:30 am
9 sessions - \$63



Dive into Pickleball 101

Discover the rules, strategies, and scoring, plus get some hands-on action with instructor Chris Anderson. Whether you're a newbie or just curious about the craze, come experience why Pickleball is sweeping the nation. Class at Legacy Pickleball Club.

Instructor: Chris Anderson

Fri, Mar 8
1835-W24
1-4 pm
1 session - \$20

3x3 Fitness

These exercises are chair-based and low-impact. Improve muscle tone as you follow along with the 3x3 workout DVD, using resistance bands or rings.

Facilitator: Barb Erickson

Tue/Thu Jan-Apr
1635-W24
9:15-10:00 am
33 sessions - \$15



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, strengthens bones, and keeps you mentally fit. If you don't like the gym, join us on the floor to get moving. No partner is needed!

Instructor: Margaret Christians

Thu, Jan 18-Apr 25
6197-W24 Jan-Apr
9-10 am
14 sessions - \$15
No class Mar 18

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. Neighbors, friends and co-workers are all welcome, but registration is required and space is limited. At District 197 Aquatic Center.

Wednesdays, begins Jan 10
6197-W24 Jan-May
6:30-8:30 pm
per session - \$7

Foot Care

Do you have difficulty caring for your feet? Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care of fungal toenails. Foot care is important to your overall health. The Foot Nurse would like to help you maintain healthy feet.

Registered Nurse: Katie Sikel, RN, CFCS

2nd/3rd Thu
Call 651-829-3944 to schedule
by appointment
\$55

TPAC's Little Free Library

A big thank you to all who have and continue to bring books to our TPAC Little Free Library. In January, a small group from the Umbrella Projects will sort and organize books, and donate some books to either Savers or Goodwill.

A reminder that some books which would have a smaller audience or deal with a specific subject (medicine, sewing, health, or religious theme) may be donated. Primarily because our space is "little", and to keep the focus on fiction and biographies, we encourage you to drop off other genres at a local non-profit or a donation site of your choice.

We've received great feedback about this library project and appreciate all who bring, take, and read books from TPAC's library.

55+ DRIVER'S DISCOUNT 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. 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				2 sessions - \$28	
Feb 28-29					
4-Hour Refresher Course				1 session - \$24	
12-4 pm					
Jan 4	Jan 18	Feb 1	Feb 8		

Pre-registration is required. To register, call toll free 1-(888)-234-1294 or visit www.driverdiscountprogram.com



REGISTRATION INFORMATION - CHECKS PAYABLE TO ISD 197 TPAC

Name (Print) DOB / /

Address Apt #

City State Zip Phone

I want to receive TPAC updates: Y N Email:

2nd Person (Name & Phone):

Course Name:	Course#	Dates	Fee \$
Course Name:	Course#	Dates	Fee \$
Course Name:	Course#	Dates	Fee \$

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

Please mail check only. Do not mail cash. We do not recommend mailing your CC info.
Please call 651-403-8300 register with a credit card.

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



BEAUTIFUL: The Carole King Musical @ Chanhassen Dinner Theatre

Sensational! Trace Carole King's remarkable rise from humble beginnings to a music industry legend. This performance showcases her musical collaborations with Gerry Coffin, Cynthia Weil and Barry Mann that resulted in powerful songs like "It's Too Late" & "A Natural Woman" on her groundbreaking album Tapestry. This inspiring journey, highlights Carole's passion, resilience, and musical genius through the infectious energy of songs like "The Loco-Motion" and the emotional depth of ballads like "Will You Love Me Tomorrow" and "You've Got a Friend". This essence of Carole King's artistry and leaves a lasting impact.

Wed, Mar 13
\$108 per person
1813-WSP-W24

Depart TPAC 10 am/Return 5:15 pm
Register by Fri, Feb 9

Branson Tour and So Much More

Don't miss out on this five-day, overnight trip to Branson, MO!

Day 1 – Travel to Independence, MO (lunch included) in Des Moines, IA

Day 2 – Travel to Branson in time for lunch (included). Attend afternoon and evening shows in Branson

Day 3 – More shows and shopping, including dinner at Dolly Parton's Stampede Dinner attraction

Day 4 – Morning show, then lunch and travel to Independence, MO for lodging

Day 5 – Return to the Twin Cities by early evening.

Mon, Apr 22–Fri, Apr 26
Depart TPAC 7:15 am/Return 7:30 pm

\$1,185 per person/2 person room	Register by Mon, Feb 19
\$1,535 per person/1 person room	1680-WSP-W24

To request an in-depth trip itinerary with more details, please call 651-403-8300.



MJ The Musical @ The Orpheum

The music. The moves. The icon. Now, the unparalleled artistry of the greatest entertainer of all time, centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status.

Wed, May 22
\$158 per person
1844-WSP-W24

Depart TPAC 6:30 pm/Return 10:45 pm
Register by Fri, Mar 8

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.
- Free Falls Screening provided by DARTS:
Call 651-403-8300 for an appointment.
- Foot Care: \$55, call 651-829-3944 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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Address Service Requested

Thank You Donors

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

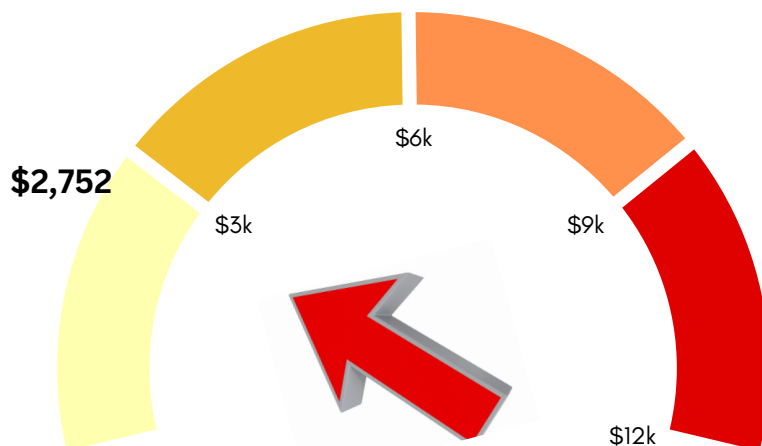
Friend (\$25-49)

Anonymous
St. Anne's Episcopal Church
TPAC Mah Jongg Group

Benefactor (\$50-99)

Patron (\$100+)

Joan Miller



Contributions as of Dec 12: \$2,752

\$12,000 Goal July 1, '23 - June 30, '24