

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 Mar 25-29

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

Ragamala Indian Dance

Celebrating its 30th season, Ragamala Dance Company blends the ancestral wisdom of Bharatanatyam with contemporary creativity. Explore technique, evolution, and modern interpretations of this South Indian dance. Expect dance performances and interactive involvement in this lecture-demonstration. Dessert included. Register by Wed, Mar 6.

Wed, Mar 13

1819-W24

1-2 pm

1 session - \$10



Support Drive

Help Us
Meet Our
Goal of
\$12,000!

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 10 for more information.](#)

Russell Schmidt: A Musical Journey Through the Decades!

St. Paul's own Russell Schmidt, a master of lite/soft rock, Americana, and Folk Rock, brings the groove of the 60s, 70s, and 80s to life. With his infectious energy, he lights up the stage, making every performance an unforgettable sing-along experience! Dessert included. Register by Wed, Apr 10.



Wed, Apr 17

1820-W24

1-2 pm

1 session - \$10

Mar/Apr 2024

LEARNING & DISCUSSION



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

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

Senior Tour of Homes

Embark on an engaging adventure with the Senior Tour of Homes in Northern Dakota County! Explore various senior living options, including independent and assisted living, residential homes, and memory care. Enjoy snacks, a delicious lunch, and comfortable bus transportation. Limited seats available, so secure your spot for a day of fun, valuable insights, and post-tour follow-up. Get the information you need in your quest for ideal senior living.

Tour Guide: Eunice Neubauer, Choice Connections

Thu, May 2 9:30 am-2:45 pm
1826-W24 1 Session - \$25

Your Vote Counts: League of Women Voters in Saint Paul

We'll cover a brief history of the League, how to become civically engaged, key voting deadlines, how ranked-choice voting works and answer any questions you might have. If you've recently moved, voter registration forms will be on hand - or we will help you register online. Get out to prepare to vote!

Presenters: Cheryl Bailey and Amy Perna, Co-Presidents, League of Women Voters, St Paul

Thu, Mar 7 10-11 am
1788-W24 1 Session - \$3



Nature Sense with Eloise Dietz

March: Discover the magic of maple trees and their sweet treasures in early spring. Learn about their history, identifying them, and savoring the delicious rewards of tapping efforts. It's a sweet, tree-thankin' time!

Tue, Mar 12 *Maple Tree Celebration* 1:30-2:45 pm
1783-W24 Mar 1 Session - \$13

April: We'll hike and find the first nature sightings that make Spring, spring for you! Let's talk about seasonal sightings (phenology) and head out on a leisurely spring walk. Bring binoculars and field guides if you choose.

Tue, Apr 16 *Spring Showers Spring Hike* 1:30-2:45 pm
1783-W24 Apr 1 Session - \$10

LEARNING & DISCUSSION

Spring Cleaning & Simplifying

This hour with Zestful Designs is filled with expert tips on decluttering and downsizing. Discover strategies to assess your belongings, organize your home, and simplify your life. Discover local resources and eco-friendly practices for recycling/repurposing items you no longer need. Make your spring cleaning transformative! *Presenters: Courtney Selstad & Kira Vanderlan, Zestful Designs*

Wed, Mar 13 10:30-11:30 am
1825-W24 1 Session - \$5

Gender and Sexuality 101

Learn more about gender identity, pronoun use, gender expression and sexual orientation. Understand how to differentiate among these concepts and stereotypes. People of all levels of interest/understanding are welcome. Registration is appreciated.
Presented by DARTS

Thur, Mar 14 1-2 pm
1869-W24 No fee

Breaking the Political Divide

Join us for an enlightening session! Experience a red/blue workshop in action through a video and engage in interactive activities. Learn valuable skills to foster civil discourse and bridge the gap in conversations with friends, family, and neighbors.
Instructors: Braver Angel staff



Tue, Mar 19 10:00-11:30 am
1832-W24 1 Session - \$3

Rev Up for EVs Class

Discover the future of transportation with an informative event featuring EV insights and vehicle displays. Get your burning questions answered at this electrifying experience! EV owners are invited to display your vehicle and be available for Q&A, 10:30-11, TPAC parking lot. Call 651-403-8300 to register your vehicle to reserve a parking space.
Instructor: Metro CERT

Thu, Apr 11 9:30-11 am
1837-W24 1 Session - \$5



Bell Museum Tour

Discover the Bell Museum, a Minnesota treasure since 1872, where science, art, and the environment converge. Departing from TPAC, our bus journey ensures you reach the museum with ample time to enjoy a planetarium program, high-tech exhibits, renowned wildlife dioramas and outdoor learning. Experience the rich tapestry of Minnesota's natural wonders. Limited to 9 participants for this excursion. Pack and bring your own lunch. Fee includes transportation, planetarium and museum.

Wed, Apr 10 10-3 pm
1840-W24 1 Session - \$35

5th Annual Days for Girls Project



Join us for a rewarding day with Days for Girls. We're making colorful drawstring bags to hold reusable menstrual hygiene products for girls in developing countries, ensuring they don't miss school during their periods. No sewing skills needed! Socialize while cutting, measuring, ironing, sewing, or inserting pull-strings. Bring your granddaughter (age 14+; must register). Sign up as a sewer, serger, or for general jobs. Please donate fabric (half-yard or larger, cotton/cotton-poly) before March 14th. A light lunch will be provided. Registration required.

Sat, Apr 13 9 am-2 pm
1419-W24 Free

LEARNING & DISCUSSION

How to Save Money and Still Get Good Care

Gain insights on navigating long-term care challenges, protecting assets, and ensuring quality care while following complex Medicaid rules, including the 5-year lookback. We will guide you through the complexities, answer your questions, and outline next steps to help you and your loved ones gain peace of mind!

Instructor: Safe Harbor Estate Law

Tue, Apr 23
1842-W24

10 am-12 pm
1 Session - \$5

Are You A Storyteller?

Enhance your storytelling prowess in a two-day interactive workshop! Refine your skills in a dynamic, enjoyable experience with fellow participants. Improve strategies to elevate your speaking skills: distinguish between reading and storytelling, group practice with timing and presentation, and perfect gestures, movement, and vocal delivery. Don't miss this opportunity to become a captivating storyteller.

Instructor: Susan Cook

Wed, Apr 24 & Thu, Apr 25
1829-W24

10:30 am-12 pm
2 Sessions - \$10

It's Fun to Volunteer in Dakota County

Find out about amazing opportunities located in Dakota County. From part-time employment to volunteer opportunities, there is something available for everyone. We make it flexible and fun to get out and get busy.

Presenter: Garrett Zaffke, Dakota Co Volunteer Coordinator

Tue, Apr 30
1787-W24

10-11am
Free



GROUPS

Umbrella Projects 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, Mar 11, Apr 8
1599-F23

10-11:30 am
Free



Great Decisions Group

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 available at www.fpa.org.

Facilitator: Charles Happach

2nd Mon, Mar 11, Apr 8
1296-W24

1-3 pm
\$10 annually



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.

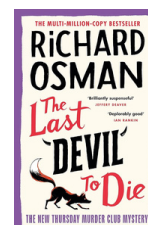
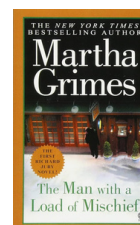
Facilitator: Joyce Wahlquist

Mar 12: *The Man with a Load of Mischief* by Martha Grimes

Apr 9: *The Last Devil To Die* by Richard Osman

2nd Tue
1565-F23

10:30 am-12 pm
\$10 annually



GROUPS

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

Mar 12: Celtic Heritage

Apr 9: Walking History

2nd Tue
1116-W24
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. Advance registration is appreciated.

Sponsored by DARTS

2nd Wed, Mar 13, Apr 10
1597-F23
1-2:30 pm
Free

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!

Mar Topic: *The Counterintuitive Psychology of Insurance*

3rd Tue, Mar 19, Apr 16
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, Apr 29
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.

Communications Coordinators:
athy Hansen and Dorothy Lea

Dates vary
1609-F23
\$10 annually



CREATIVE ARTS



Paint Like the Masters

Unlock your inner artist by employing acrylic paint in the evocative style of a master. Paint your personal rendition of Vincent Van Gogh's *Chateau at Auvers*. 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	1491-W24	1-3 pm
Mar 4-18		3 sessions - \$50

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

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

Tuesdays	1302-W24	1-3 pm
Mar 5-19		3 sessions - \$50
Apr 2-30		5 sessions - \$83

Knitting Group

Come together for fun and heartfelt moments of connection and creativity. Share your knitting or other hobbies in this warm, non-instruction peer group. Learn from one another while forming lasting bonds.

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

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

Wednesdays	1191-W24	1-3 pm
Mar 6-20		3 sessions - \$50
Apr 3-24		4 sessions - \$66

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	1602-W24 Jan-Apr	9:30-11:30 am
		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, Mar 12, Apr 9	12-1 pm
1598-W24	Free

Colored Pencils

Enjoy penciling with other artists! All levels welcome, from novice to skilled. Laughter and fun is mandatory in this creative process. There is no instructor, so sharing your techniques is welcome! Bring your own supplies.

1st & 3rd Wed, Mar 6, 20, Apr 3, 17	1-3 pm
1595-W24 Jan-Apr	8 sessions - \$15

GAMES

Home Before Dark

These bridge players 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.

Call 651-403-8300 to register.

Mondays Apr 1-Oct 28
3-5:30 pm
\$20 annually

Hand & Foot

Hand and Foot 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. *Facilitator: Laura Palodichuk*

Wed, Jan-Apr
1735-W24
10 am-12:30 pm
16 Sessions – \$15



Cribbage

With relatively few rules yet many subtleties, this game’s ongoing appeal and popularity is clear. Whether you’re a seasoned player or a complete beginner, come together for the joy of pegging your way to victory! Make new friends and enjoy a dash of friendly competition.

Drop in & join us. Free March 13 thru April 24.
TPAC is closed Mar 27.

Starting in May: 8 sessions for \$8:
Wed, May 1-June 26
1613-W24
1-3 pm
8 Sessions – \$8

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

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.

4-Hour Refresher Course

12-4 pm
1 session – \$24
Mar 7 Apr 4 Apr 18 May 2

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

FITNESS & HEALTH

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. Waling season ends Oct 25.
Facilitator: JoAnn Ellingboe

Wed, May 1-Oct 23 9-10 am
1610-S24 \$15 annually



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, Mar 7-Apr 25 10:30-11:30 am
1317-W24 Mar-Apr 7 sessions - \$49

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 1-4 pm
1835-W24 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 9:15-10:00 am
1635-W24 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 9-10 am
6197-W24 Jan-Apr 14 sessions - \$15
No class Mar 18



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 by appointment
Call 651-829-3944 to schedule \$55

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



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



National Eagle Center in Wabasha

Begin with an early lunch at the quaint Chickadee Cottage Cafe in Lake City before the journey to the National Eagle Center in Wabasha for a captivating wildlife experience. Lunch includes old-fashioned chicken pasta salad with grapes, almonds, and ring pasta in a delectable creamy dressing. Accompanied by colorful fresh fruit and homemade nut bread, beverage and a dessert.

Reopened after a multi-million dollar expansion and nestled along the Mississippi River, the National Eagle Center offers a unique opportunity to observe majestic bald eagles. You'll have time to explore exhibits and the viewing platform before our private in-house presentation with knowledgeable staff, learning about rehabilitated eagles that are used for educational programs. There is a platform for viewing interesting wildlife including bald eagles. Visit the gift shop and enjoy the new spaces.

Thu, Jun 13
\$98 per person
1845-WSP-S24

Depart TPAC 8:30 am/Return 5:30 pm
Register by Fri, May 10

Coming Soon...

July: Carlos Creek Winery
August: LaCrosse River Cruise

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; key word "Donations".

We genuinely Thank You for your support,
Brenda Myran, Coordinator
TPAC Advisory Council Members



Help Us
Meet Our
Goal of
\$12,000!

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Would you like your name listed in the Thompson Times? **Yes / No** *(Please circle for donations greater than \$25)*

Mail to: Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul, MN 55118



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.

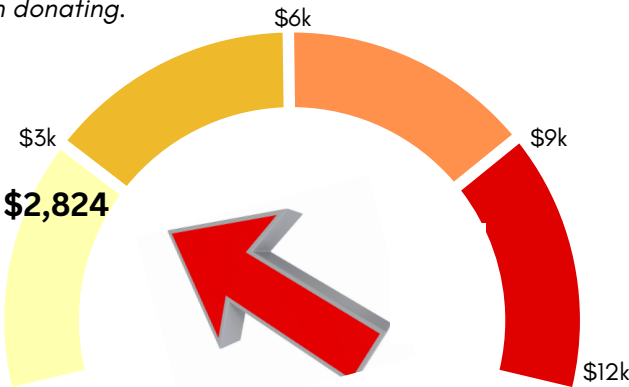
Friend (\$25-49)

Anonymous
Art Thell

Benefactor (\$50-99)

Patron (\$100+)

Anonymous



Contributions as of Feb 16: \$2,824

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

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, trip registration deadline, or meal 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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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.

**TPAC
Annual
Donation
Drive on
Page 10**