

RECREATION PROGRAMS

SPRING
2022



SIGN UP NOW!

BASEBALL & SOFTBALL
Register by April 4th. Details on
page 4

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Leap into Spring with CH Rec! Sign up early to ensure your enrollment. Get your kids active and outside with softball or baseball for ages 5 through 18. Look for exciting offerings inside, including newly added adult classes.

NEXT NEWSLETTER - SUMMER is just around the corner! Registration **opens May 1** for Summer Park Programs and Theater. Early bird discount pricing available until May 22.
Glitter Bugs 4 years old & entering Kindergarten in Fall 2022
Dyno-Hites 1st - 3rd grade Fall of 2022
S.P.A.R.K.S. 4th & 5th grade Fall of 2022
T.N.T 6th - 8th grade Fall of 2022
Puppet Wagon Puppeteers, Moonshoe, Mill Street Theater

ONLINE REGISTRATION
columbiaheightsmn.recdesk.com

CITY WEBSITE
www.columbiaheightsmn.gov

LIKE US ON FACEBOOK
[Facebook.com/CHRecreation](https://www.facebook.com/CHRecreation)



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER

C.H. RECREATION DEPARTMENT

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.

RECREATION DEPARTMENT

530 Mill Street NE
John P. Murzyn Hall
763-706-3730

OFFICE HOURS

Monday-Friday, 8 am-4:30 pm

CLOSED

April 15, May 30

WEATHER HOTLINE

Call 763-706-3737 anytime for updates on cancellations.

PHOTO POLICY

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on social media, and/or Recreation publications.

REGISTRATION INFORMATION

Online: columbiaheightsmn.recdesk.com

In person / via mail: Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street NE, Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may register over the phone with a Discover, Visa, or Master Card payment by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full. **Refunds will not be given if withdrawn 1 week prior to the activity.**

Youth Scholarship: Apply at the office for assistance if unable to pay full price for an activity. The scholarship will cover a maximum discount of \$25 off of one program fee above \$35; the remaining 25 percent needs to be covered by the participant's parent or guardian. All programs with a fee less than \$35 the scholarship will not apply. Please bring a copy of your Federal income tax or school district free lunch form for verification. Only one scholarship per child per quarterly newsletter.



The **COLUMBIA HEIGHTS BOOSTERS** need your help supporting youth activities and athletics in Columbia Heights! Monthly Meetings: 3rd Wednesday of every month 7 pm at Murzyn Hall.

Bingo • Meat Raffles • Pull Tabs • FUNDRAISING OPPORTUNITIES!

CHAthleticBoosters.com • Facebook: ColumbiaHeightsBoosters

JOIN
US!

HYLANDER CENTER CLOSED until further notice due to the State of MN COVID-19 Response.

Watch for updates on the *Calendar available at www.columbiaheightsmn.gov.*

JOHN P. MURZYN HALL RENTAL INFORMATION

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups up to 375 people. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at www.columbiaheightsmn.gov.

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8 am to 4:30 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.





PARK RESERVATIONS

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. Fees including tax are due at time of reservation, 4 hour blocks of time:

Residents: \$50

Res Large Groups (100 people or more): \$125

Non-Residents: \$150

Photo: Sullivan Lake Park



NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use seasonally. It will be delivered and picked up by the Recreation Department. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs.

Reservation Fee: \$65 tax included.

Payment is required at time of reservation.

Great Columbia Heights Bake-off 2022

It's time to vote for your favorite baked creations in the Great Columbia Heights Bake-off.

Voting March 9 - 20

A photo album on our Facebook page @CHRecreation for Great Columbia Heights Bake-off 2022 will display all of the entries. Vote by "liking" the photo.

OR for a voting link, Visit:

<https://bit.ly/REChomepage>



Bienvenido INFORMACION DE LA INSCRIPCION *La inscripciones en línea al www.chreonline.org. Las inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFIA 84.287, IV B-21st Century Community Learning Centers.

8/Under Girls Beginning Softball

This entry level fast pitch softball is for girls ages 7-8. This is machine pitch league for girls with little or no knowledge of fast pitch softball. Team plays in the Northern Lights League with games on Wednesdays. Games will be played against neighboring communities such as St. Anthony, Spring Lake Park, Roseville, and maybe a few others. One or more practices per week. Practice days and times to be determined by coach. Register by March 15. Max of 13 per team.

Participant fee: \$50

8 & under

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2022. Girls will be playing in the Big West League, which is competitive and will require traveling to other communities. Participants must pre-register in their current age category by March 15. Max of 13 per team. Dates and times TBD.

Participant fee: \$60

10 & under

12 & under

14 & under

16 & under

18 & under



Mites T-Ball

Tue & Thur
June 14 - Aug 4
Fee: \$35
Choose a location:
Keyes Park
McKenna Park
Huset Park

Squirts Baseball

Mon & Wed
June 13 - Aug 3
Fee: \$35
Choose a location:
Keyes Park
McKenna Park
Huset Park

Mites T-Ball completing Kindergarten and 1st grade.

Squirts Baseball completing 2nd and 3rd grades.

Both Mites T-Ball and Squirts baseball are skill-building programs where the CH teams play against each other, rotating between fields in Heights (not traveling). The goal is to build on baseball skills and learn how the game is played. T-ball players use a Tee for hitting and Squirts coaches pitch to players. Max 12 players per team.

VOLUNTEER COACHES NEEDED! Please commit 3 weeks prior to the start date in order for this program to run. We will provide support to volunteer coaches through example lessons and a coach meeting. Coaches umpire all games.

The Rec Dept reserves the right to shift registrants if sufficient coaches are not available at a particular location.



Traveling Baseball

Boys ages 9 to 15. Age requirement is as of May 1, 2022. Boys will be playing in the North Star Baseball League which is competitive and will require traveling to other communities. Participants must pre-register in their current age category by **April 4**. Register early to ensure team placement in the league.

Fee: \$60

Practice and game times to be determined.

AGE GROUPS

- 10U - Max. age as of May 1 = 10 yrs
- 11/12U - Max. age as of May 1 = 12 yrs
- 13U - Max. age as of May 1 = 13 yrs
- 14U - Max. age as of May 1 = 14 yrs
- 15U - Max. age as of May 1 = 15 yrs



DANCE Boys and Girls. Mondays and Tuesdays in the Edgemoor Room, lower level Murzyn Hall

• **4-6 year olds**.....Mondays, Mar 28 - May 16
5 - 5:45 pm.....\$42

Have fun with rhythm, play dance games, and learn the basics of multiple styles of dance, with a focus on ballet and jazz. The last class will include a showcase of their skills.

• **7-9 year olds**.....Mondays, Mar 28 - May 16
6 - 6:45 pm.....\$42

Class time focuses on technique and skill-building of multiple genres of dance. Basics of ballet and jazz will be covered. The last class will include a showcase of their skills.

• **10-13 year olds**.....Tuesdays, Mar 29 - May 17
6:30 - 7:30 pm.....\$45

Class will focus on jazz and lyrical styles of dance. The last class will include a showcase of their skills.



Volleyball Skills

Players will establish skills in passing, serving, setting, hitting and general court movement. We will play some scrimmages against each other. Hylander Center, door #42.

3rd-6th grade boys and girls.....Hylander Center, door #42
Mondays and Wednesdays, March 28-May 4
6:15 - 7:30 pm.....\$35

Register for all programs online at columbiaheightsmn.recdesk.com

Martial Arts Little Tigers Learn basic kicks, punches and strikes through a variety of exercises and games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Min 8/Max 15. Scholarships do not apply.

Youth Ages 3 - 6 years old.....Edgemoor Rm, lower level Murzyn Hall

Martial Arts Little Tigers.....\$44

Thursdays, **Mar** 3 - 24.....5:45 - 6:15 pm

Thursdays, **Apr** 14 - May 5.....5:45 - 6:15 pm



Martial Arts Tae Kwon Do Ages 6 & up through Adults (beginner to advanced) Learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will train for belt certification testing. Participants are to purchase a uniform and pay for belt registration fee from the instructor. Min 8/Max 15. Scholarships do not apply program.

Level 1 & 2, Ages 6 years old & up.....Edgemoor Rm, lower level Murzyn Hall

Martial Arts Tae Kwon Do.....\$57

Thursdays, **Feb** 24 - Mar 31.....6:15 - 7 pm

Thursdays, **Apr** 7 - May 12.....6:15 - 7 pm

ENCORE Young Rembrandts 3rd-8th Grade

Drawing Workshop - MANDALAS *A mandala is a complex abstract design that is usually circular in form. In fact, “mandala” is a Sanskrit word that means “circle”. Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms. Join us and be inspired to draw your own mandalas!

ENCORE Drawing Workshop MANDALS Wednesdays Apr 6 - 27.....5:30 - 7:30 pm
FREE*M/M Room lower level at Murzyn Hall



Fantasy Forest *Magical, mythical, marvelous art is coming your way in this new Young Rembrandts Drawing Workshop! Join us as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls, and a forest queen. Your child's talent

will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

ENCORE Drawing Workshop FANTASY FOREST
Wednesdays, May 4 - 25.....5:30 - 7:30 pm
FREE*M/M Room lower level at Murzyn Hall



Register for all programs online at columbiaheightsmn.recdesk.com

ENCORE Rec at Home - SPRING TAKE-HOME KIT

*Get out the pre-summer jitters with an activity kit. Kits are geared towards youth with kid-friendly activities to keep busy, including at-home crafts with supplies, coloring pages, a special may activity, scavenger hunt, treats and more!

Registration required. For any age; best for Kindergarten (with assistance) - 6th grade
Pick-up kits at the Recreation Office
May 2 - May 5.....8am - 4:30 pm.....FREE*



*This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.

ENCORE Searching for Signs of Spring with Silverwood Park

*Join us for a day filled with creative art making inspired by outdoor adventures in the natural surroundings of Silverwood Park. With a naturalist, explore the trails in search of spring's arrival in the plants and animals we encounter. We will learn about the inner workings of trees as they wake up from the winter and even tap a maple tree to learn how syrup is made! With an artist, craft a nature journal to take home with your sketches and observations from the day, then try your hand at the traditional Scandinavian art of kolrosing by carving thin lines into wood and coloring them with dark powders like cinnamon or cocoa!

Bring a bag lunch. Come prepared for both indoor and outdoor activities.

Wed, Mar 23.....9:15 am - 4:15 pm drop off and pick up at Murzyn Hall
4th-8th Grade.....FREE*





Story Strolls FREE Spring Family Activity

The CH Library and Recreation Department are teaming up to bring you story strolls. Gather your family, explore city parks, and read a story together as you walk along park trails. Large story pages will be placed throughout the featured park. Happy reading!

Stories begin at 10 am and end at 4:30pm the following day.

Apr 20-21 - Huset Park West
May 18-19 - LaBelle Park

Get Dinosaur EGGED!

Recreation staff and volunteers will hide a dozen (12) eggs filled with candy and goodies in your yard! Families can decide if they would like to hide more on their own, or if 12 fits their needs. Got an empty egg carton? This is a great way to repurpose. You MUST live in Columbia Heights. The "Egging Crew" will contact you with the window of time your house will have eggs hidden, and with any other planning details.



Register by April 1, one per household
You will Get EGGED! April 14
\$5 per household for 12 eggs

ENCORE Musical Theatre

*Musical Theatre Minnesota brings in highly trained teachers to offer a musical theatre skill-building experience. Participants work towards a music-filled performance at the end of the 12 week session. Each practice includes dancing, singing, and acting with a focus on creativity and learning the basics of musical theatre. Performance June 2.

ENCORE Musical Theatre

Ages 9-14.....Edgemoor Room, lower level Murzyn Hall
Saturdays, Mar 26 - June 2.....1 - 2:30 pm.....FREE*

DIY Plant & Candle Experience with Flame & Flora

Celebrate Earth Day! We're excited to offer a DIY event where guests have the opportunity to pour a custom candle and pot and style a houseplant! Your registration includes absolutely everything needed to create two beautiful items that perfectly reflect your style. We are currently featuring our year round selection of fragrances including favorites like Cool Citrus Basil! Our houseplant selection is full to the brim with easy to care for items that come with care instructions so you leave the class setup for success. Scholarships do not apply.



DIY Plant & Candle Experience 15 years and older
Thursday, April 21.....6 - 7:30 pm.....\$50 per person
Senior Center, lower level of Murzyn Hall



Register online at columbiaheightsmn.recdesk.com

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PLANT & CANDLE EXPERIENCE

at columbia heights



Adult Programs

ADULT SLOW PITCH SOFTBALL

A non-refundable team deposit of \$250 will secure your team a place in a league. Balance must be paid by April 14. Teams will receive schedules, rules, books, tournament books, game balls, and general league information beginning April 11 at the Recreation Office.

Thursday Mens "D" Double Header

League

Cost: \$750
Start Date: April 21
Max # of Teams: 8
of Weeks: 11 + playoff

Friday Co-Ed Double Header

League

Cost: \$725
Start Date: April 22
Max # of Teams: 8
of Weeks: 11 + playoff



CH JAMBOREE TOURNAMENT MEN'S SLOW PITCH SOFTBALL

Double Elimination -
16 Teams Max

JUNE 25th - 26th

1st Place - \$300 and trophy
2nd Place - \$200

Entry Fee of \$200



Total Body Conditioning

Donna is on a slight break at the end of March and April but she will be back in May! Join us to tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, and core

strength through a variety of exercises and stretching. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a yoga mat or towel, and tennis shoes. Min 8 students.

Total Body Conditioning.....Adults, all ages & skill levels
Edgemoor Rm, lower level Murzyn Hall
Wednesdays, May 11 - June 15 (No Class May 25)
6 - 7 pm.....\$40

Krav Maga - Co-Ed self-defense classes

NEW Class
coming soon!
Check online for
future registration details,
columbiaheightsmn.recdesk.com



ADULT YOGA This class will include classic yoga postures, relaxation techniques and mediation based on the season. The Yoga + Mediation session will focus on breath, movement, and mediation.

Adult Yoga.....\$56 for all 8 classes, or \$10 per drop in class
Tuesdays, Mar 29 - May 17.....5:15 - 6:15 pm
Adults.....Edgemoor Rm, lower level Murzyn Hall

Summer Adult Yoga.....\$42 for all 6 classes, or \$10 per drop in class
Every Other Tuesday, June 14, 28, July 12, 26, Aug 9, 23.....5:15 - 6:15 pm
Adults.....Outside Murzyn Hall weather permitting or inside the Edgemoor Room



Crochet Class Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together to learn new skills.

Ages 16 & over.....Senior Center, lower level Murzyn Hall
Crochet Class.....Thursdays, 6:30 - 8 pm
Mar 3 - Apr 28.....\$10
May 15 - 19, June 2 - 30.....\$10



Adult Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Classes held at Murzyn Hall. Min 4/Max 25.

Mondays.....6 - 7 pm.....Murzyn Hall, main hall
ZUMBA March 14 - 28.....\$27, or \$10 per drop in class
ZUMBA April 4 - 25.....\$36, or \$10 per drop in class
ZUMBA May 2 - 23.....\$36, or \$10 per drop in class



Zumba Open House Feb 28, 6-7 pm: Try Zumba...for FREE! Join licensed Zumba instructor Anne Sumangil for a free class on Monday, Feb. 28 from 6-7pm at John P. Murzyn Hall. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. No registration is required. Just show up and be ready to bust a move! This class is for everybody and every body! This Zumba® class is designed to bring people together to sweat it on. For more information on our Zumba instructor Anne, check out her website at <https://annes.zumba.com>.

Spruce Up for Spring! NEW Adult Zoom Class (18+)

Valerie Cady, a professional organizer with Winnow & Spruce Organizing will share the psychological benefits of getting organized, how to overcome the organizing hurdles that stop us in our tracks, how to decide what to keep, and clever creative ways to enjoy what we love. Whether you own too many things, are surrounded by an abundance of items you've inherited from loved ones or want to downsize and are not sure where to start, you'll learn strategies for success that will take you from feeling overwhelmed to over-joyed.



Spruce Up for Spring! Adults 18+.....Wed, Mar 23.....6:30 - 7:30 pm.....\$20
 CLASS HELD ON ZOOM - you will receive a zoom link via E-mail close leading up to the date of the class

Try one or both of our exercise classes for FREE! No need to register, just show up in comfortable clothes, good aerobic shoes, and a mat for stretches. It's fun, It's good for you, and It's FREE! Come join us for a free workout and see what we do in Stompin at the Hall or Adult Aerobic Dance exercise classes. Murzyn Hall, main hall.

Stompin' At the Hall FREE Class
Thursday, March 17 9am

Stompin' At The Hall 55 years & older

Increase your energy, improve flexibility and circulation by exercising at a level that is safe for you. We start in chairs, do aerobics standing up, and end with toning and stretching on the floor. Bring a mat or blanket. Choose one or two sessions. Men & women welcome. Classes at Murzyn Hall, main hall. Social distancing encouraged. Beginners sign up and Judy will meet with you individually to show you the exercise routines so you become familiar with her class style prior to joining the rest of the group. Call to join 763-706-3730.

Exercise Stompin Mondays.....\$22
 Mar 21 - May 16, No Class Apr 25 9 - 10:05 am

Exercise Stompin Thursdays.....\$22
 Mar 24 - May 19, No Class Apr 21 9 - 10:05 am

Aerobic Dance FREE Class
Tuesday, March 15 6:30pm

Adult Aerobic Dance

Have fun and get fit!! Join us for a vigorous exercise class with Judy that will help you get and stay in shape. Class uses low impact dance steps from Latin, Country, Hip Hop and rock 'n roll. Men & women welcome. Wear comfortable clothes and aerobic shoes. Bring a mat for floor exercises. Choose one or two sessions. Classes at Murzyn Hall, main hall, socially distanced.



Exercise Aerobic Dance Tuesdays.....\$22
 Mar 22 - May 17, No Class Apr 266:30 - 7:35 pm

Exercise Aerobic Dance Thursdays.....\$22
 Mar 24 - May 19, No Class Apr 21.....6:30 - 7:35 pm

Active Agers 50+ Art Corner with Candy

Welcome to ART 2022! All levels of experience are welcomed, no previous experience is necessary. It is my hope you simply want to get out of the house and join others in a fun activity. Brushstrokes classes are watercolor painting classes. Occasionally, a specialty art activity will be added. Each project is geared for the beginner, yet interesting for the more adventurous. Costs vary and sometimes you are required to bring your own supplies, such as a scissors or notions.

Must Pre-register, Call 763-706-3730. 8-12 people max per class. Please call 24 hrs ahead if you need to cancel so we may offer your seat to someone on the waiting list. Thank you for your cooperation.

MARCH Brushstrokes: A Field of Shamrocks... March is a month full of national days to celebrate just about anything. Today we will celebrate cute critters, and paint a whimsical St Patty's work of art with watercolor paints and other mixed media. You have a choice: the morning class will feature a pudgy little pig, the afternoon class will feature an adorable panda bear. Your 8x8 finished painting will truly be one of a kind!



Sat Mar 12

10:30am - 12:30pm....Pudgy Pig.....\$4.....Senior Center, lower level Murzyn Hall
1:30 - 3:30pm.....Panda Bear.....\$4.....Senior Center, lower level Murzyn Hall



MIXED MEDIA ART: Whale Tail This day we get rippin' and diving deep. This class involves only a splatter of paint. The rest is glue, torn paper and your imagination to create your own version of a whale diving down under the sea. All supplies are provided to create this 8x10 finished project.

Sat Mar 19.....10:30am - 12:30pm.....\$6.....Senior Center, lower level Murzyn Hall

Mixed Media Art: Creating a Springtime Garland

Mixed media art is the process of using paper, glue, paints, markers, sparkle, embellishments and more to create a one-of-a-kind work of art. We will use an assortment of festive paper and a bit of magic to make a cute garland. No two garlands will be alike. If you can cut with a scissors, you can do this class. Supplies are included however, you are welcome to bring your own embellishments such as cheerful buttons, ribbon, stickers, old greeting cards and other what nots. (Using old greeting cards to make a garland is great way to remember thoughtful sentiments sent to you). Bring a sharp scissors if you have one. (March can be a snowy month. In case of a snowstorm this class will be moved to April 9).

Sat Mar 19.....1:15 - 3:45pm.....\$6.....Senior Center, lower level Murzyn Hall



APRIL - Brushstrokes: Mini Masterpiece / Van Gogh

Today we paint your own impression of Vincent Van Gogh's, Irises; one of his most celebrated works of art. We will mix mediums using watercolors and gouache paints. Never heard of gouache? Sign up for this class to learn how to pronounce gouache and why it is an added medium to this class. To get better at something you must do it over and over. You have the choice of attending either class. **April 9** we will paint this masterpiece three times on 4x5 paper. **April 23** we will make one 8x8 master piece.

Sat Apr 9.....10:30am - 1pm.....\$4.....Senior Center, lower level Murzyn Hall

Sat Apr 23.....2 - 4pm.....\$4.....Senior Center, lower level Murzyn Hall

APRIL Brushstrokes: Introduction to Watercolor

Let's paint bright and cheery rainbows! Practicing the use of watercolor paints while having fun painting repetitive shapes. We will paint the rainbows on cardstock. Everyone will receive two cards and envelopes so you may send a little cheer to someone else. Walk away with Spring in your step, a smile on your face, and rainbows in your hand. This is the perfect introduction to watercolor painting, and a relaxing escape for the more advanced. All supplies included.

Sat Apr 23.....12:30 - 1:45pm.....\$4.....Senior Center, lower level Murzyn Hall



MAY: Brushstrokes: Mish Mash Watercolor Paint Day A Mish Mash class will be offered to anyone who missed a past class or didn't finish a previous project. Random Brushstrokes kits will be available to paint for anyone interested! Sign up to pick out a random paint subject in class. If you are hoping to paint a specific picture you missed previously, I will call you a week before class to discuss options.

Sat May 7.....10:30am - 12:30pm.....\$4.....Senior Center, lower level Murzyn Hall



Brushstrokes: Market Fresh Watercolor Tulips

This is a great class to learn the wet-on-wet technique of watercolor painting. Come on in, swoosh a brush full of colorful paint onto paper, sprinkle some magic, and watch the tulips bloom. No previous experience is necessary. We will warm up our brushes painting a tulip bookmark, then paint an 8x10 bouquet of market fresh tulips.

Sat May 7.....1:30 - 3:30pm.....\$4.....Senior Center, lower level Murzyn Hall



Brushstrokes: Plein Air Painting...A Road Trip. "Plein air" is about experiencing painting in the outdoors. Today we are taking a bus trip to Fort Snelling Cemetery to paint the American Flag while honoring those who gave their lives for our freedom.

There is more! We will first stop at Ikea to have brunch and shop a bit before going to Fort Snelling. This bus trip and paint day is limited to 8 passengers only. The bus will depart 9am from the Senior Center at Murzyn Hall, and return around 3:30pm. Painting supplies are included. You are responsible for your own food and shopping costs.

Sat May 21.....9am - 4pm.....\$6.....Senior Center, lower level Murzyn Hall

Beginning Knitting Classes Come learn basic knitting techniques and how to read patterns. You will also learn the correct way to hold the needles, count stitches and pick up dropped stitches.

The first class you will need to pay the instructor an additional \$20 which will cover all of the following: book, yarn, knitting needles, yarn needle, cable needle, and small crochet hook. Please call 763-706-3730 or visit the website columbiaheightsmn.recdesk.com to sign up .

Mondays April 4 - May 9.....3:15 - 5:15 pm
Senior Center, lower level of Murzyn Hall
\$30 per person for the full six weeks and \$20 for materials paid at the first class.



CH Senior Center Lower level of Murzyn Hall, 530 Mill Street NE. We provide educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens.

Active Agers Newsletter

Monthly newsletter with programs, classes & special events. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and online www.columbiaheightsmn.gov. look at the Recreation Department; Seniors.

Annual Active Agers Subscription \$10

Subscribe to have the CH Active Agers Newsletter mailed to you, \$10 for one year. To pay and sign up please call 763-706-3730.

Safe Driver (Refresher)

We offer the 4 hour "refresher" course through the Minnesota Safety Council. You must be preregistered and prepaid two weeks prior to the course by calling 763-706-3730.

Mon. Mar. 28.....9 am-1 pm.....\$29 per person

Mon. Apr. 25.....9 am-1 pm.....\$29 per person

Mon. May 23.....9 am-1 pm.....\$29 per person

Plan Your Move Lunch & Learn

It is never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. You will hear from local REALTOR/ SRES, Renee Miller of Keller Williams Realty Elite, as she touches on understanding home values, timing your move, market statistics in the area and how realtors market your home to get top dollar. We will also go over resources and the use of our referral partners to help you downsize and declutter. To register for this program, you must call 763-706-3730.

Thur. April 21.....1pm.....FREE

Helpful Phone Numbers

ACCAP Chores & More: 763-783-4767

Happy Feet Foot Care: 763-560-5136 cost \$45

Senior Outreach Worker: 763-783-4741

Health Insurance Counseling: 1-800-333-2433



LITTLE LOANER LIBRARY We have a book, puzzle and movie loaner library in the Active Agers/Senior Center. Borrow and then bring back any of the materials. We are always looking for donations/contributions of books, puzzles and movies.

WINE AND WORDS BOOK CLUB We meet every other month on the third Friday at 3 pm. Our next book is available March 11. Book discussion is on May 20 at 3pm. To join call Delynn at 763-706-3735.

Poems in the Parks Come enjoy the trails at Huset West and some lovely, uplifting poems about spring.

Fri. May 13.....10-3 pm.....Huset West

"TASTE TEST" SOCIALS Did you used to love sampling a variety of foods from your grocery store before covid? Come join a fun group of people and sample on! Reserve your spot by calling 763-706-3730.

Wed. March 30.....1:30 pm.....\$2 per person payable day of

Wed. April 27.....1:30 pm.....\$2 per person payable day of

Gratitude for Pollinators

Come hear Mayor Amada Marquez Simula discuss the pollinator pledge with which she is involved. We will then watch a special showing of "Flight of the Butterfly" and enjoy a nice spring salad. (which bees have so generously provided for us). Preregister no later than May 11 by calling 763-706-3730.



Wed. May 18.....1:30 pm.....Free

BINGO - We offer Bingo every Monday at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

Keep Movin' - This 40 minute seated exercise class will shake off those cobwebs. You do not need to preregister - feel free to just show up. It's FREE!