

Thompson Times

Serving West St. Paul, Mendota Heights, Lilydale & Eagan area

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-Thu.

TPAC will be closed Sept 2, Oct 17-18

For Information or Registration:

Call: 651-403-8300

Online: www.isd197.org/community/adults-55

Special Events



Mississippi Hot Club

With a name inspired by the Mississippi River flowing through their hometown of Minneapolis, this quartet's passion is gypsy jazz, a genre rooted in Django Reinhardt's Parisian era. Staying true to the 30-50's era, the band features lively improvisation with solo guitar, violin, upright bass, and la pompe rhythm guitar. Their album, "Swing Cities", celebrates the global swing dance scene and its vibrant traditions! Dessert included. Register by Sept 18.

Wed, Sept 25
1851-F24

1-2 pm
1 session - \$10



Inver Hills Community Band

Join us for an unforgettable performance by the highly acclaimed Inver Hills Community Band, a 40-piece ensemble that has delighted audiences for 25 years. Their dynamic program features Broadway hits, Big Band Swing, movie and TV tunes, marches, and patriotic favorites. With the addition of a talented vocalist, their concert promises an entertaining and captivating experience. Don't miss this opportunity to enjoy an afternoon of spectacular music that will leave you humming along. Dessert included. Register by Oct 16.

Wed, Oct 23
1878-F24

1-2 pm
1 session - \$10

Sept/Oct 2024

LEARNING & DISCUSSION

Explore Conversational Spanish for Absolute Beginners - Level 1

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers; no prior Spanish experience required. Our instructor ensures a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey. Register 5 days in advance.

Instructor: Dick Milles, Metropolitan State University

Wednesdays 9:30-10:30 am
Sept 4-Oct 16 1841-F24 S/O
Oct 30-Dec 18 1841-F24 N/D
7 Sessions each - \$40

Explore Conversational Spanish - Level 2

NEW!

This dynamic course delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended. Join this enriching language journey!

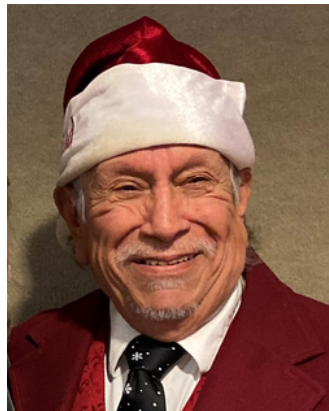
Instructor: Dick Milles, Metropolitan State University

Wed, Sept 4-Dec 18 10:45-11:45 am
1903-F24 14 Sessions - \$80

Thank You Lupe!

You may know Lupe Herrera as our friend and custodian at TPAC and we will miss him in retirement! Lupe has had many roles and contributions here - volunteer tax preparer, tech advisor, instrumental in setting up our computer lab and Monday morning Technology Help service, and a member of our Advisory Council. His work is impeccable and when I say he can fix anything, I mean anything!

Most of all, we already miss seeing his smiling face every day. Thank You for your years of service, Lupe!



Lupe - always winner of the "most festive" at our annual staff Holiday party!

Learn About the Issues in Haiti

Explore the critical challenges facing Haiti and understand the impactful work of Haiti Outreach. For 27 years, this Outreach has been committed to providing clean water to over 500 communities, benefiting 265,000 people daily. Despite these successes, Haiti continues to struggle with poverty, poor medical care, and high unemployment. Discover plans to address these issues and contribute to Haiti's development. Register by Aug 30.

Presenter: Ceallaigh Smart, Executive Director of Haiti Outreach

Thu, Sept 5 10-11 am
1882-F24 1 Session - \$5

Richard Painter: Democracy

Join us for a captivating class with Richard Painter as he delves into the current state of our democracy just months before the 2024 presidential election. Gain unique insights and perspectives from an expert deeply engaged in the political landscape. Don't miss this timely and thought-provoking discussion! Register by Sept 6.

Tue, Sept 10 10-11:30 am
1883-F24 1 Session - \$5

Preparing for Medicare

If you're considering signing up for Medicare in the next 3-6 months, come to learn Medicare basics, the ABCs, healthcare and prescription plans, and factors to consider. Perfect for those turning 65 or transitioning from company health insurance. Learn about enrollment timelines and making informed decisions. Register in advance.

Presenters: Sheri Salloway Yarosh and Harvey Perle, licensed agents

Wed, Sept 11 11 am - 12 pm
1885-F24 1 Session - \$3

LEARNING & DISCUSSION

Understanding Gender & Sexuality Today

We'll cover basic concepts such as gender identity, pronoun use, gender expression, & sexual orientation. People of all levels of interest/understanding are welcome.

Presenter: Justin Sabia-Tanis, PhD.Min (he/him/his)

Tue, Sept 17
1907-F24
11 am - 12:30 pm
1 Session - \$3



Explore Mdewakanton: Dwellers of the Spirit Lake at Hočokata Ŧi!

This exhibit in Prior Lake offers a fun and enriching cultural experience. Our one-hour tour will be guided by professional interpreters, as you deepen your understanding of Mdewakanton Dakota history and culture. This is a TPAC van trip. Meet at TPAC. Register by Sept 13.

Thu, Sept 19
1895-F24
9 am - 2 pm
1 Session - \$24

Kaposia Park in South St. Paul: Walk & Talk

Walk & Talk at Kaposia Park in South St. Paul! Explore the historic village of Kaposia and the fascinating remnants of a unique railroad/road bridge. Discover the rich historical connections between Mendota and South Saint Paul. A perfect outing for history enthusiasts and nature lovers alike. Meet at TPAC. Register by Sept 18.

Guide: Rick Magee, Historic Site Educator

Mon, Sept 23
1887-F24
1-2:30 pm
1 Session - \$3

Write Your Own Healthcare Directive

Health Care Directives, or "living wills", are critically important documents. They afford you the option to appoint your designated advocate, if you would become unable to do so for yourself. They also allow you to state your preferences in healthcare. You can leave this class with Health Care Directives in place. Register in advance.

Instructor: Andrew M. Lehner, Attorney

Tue, Sept 24
1625-F24
10-11:15 am
1 Session - \$3

Landmark Tours: See The World

Travel with Landmark Tours, a locally-owned, family-operated tour company rooted in the community, to fulfill your travel dreams. Preview upcoming trips and learn about the ease and excitement of escorted travel. Catalogs available at TPAC. Registration preferred.

Presenter: John Lyons

Tue, Sept 24
1592-F24
1:30-3 pm
1 Session - Free

Downsizing with Ali

Join us for Lunch & Learn featuring Ali Lilja, Joe Schwartzbauer and Sharon Kadet. With decades of experience helping folks move in the Twin Cities, they'll share effective strategies for decluttering and organizing. Enjoy lunch (included) and gain valuable insights. Space is limited, so reserve your spot today. Register by Sept 20.

Thu, Sept 26
1884-F24
12-2 pm
1 Session - \$5

THANK YOU EVENT VOLUNTEERS

SUE DOFFING JOAN MILLER
ADINA OVERBEE EVA NOVAKZYK
ELLEN SMITH

LEARNING & DISCUSSION

Nature Sense with Eloise Dietz

Sept: Subtle Changes

Is it too early for the color change of plants or survival behaviors of animals? Hmm... let's take an exploratory hike on TPAC trails and see who and what is going on, on a mid-Sept day!

Tue, Sept 17 9:30-11:30 am
1783-F24 Sept 1 Session - \$10

Oct: Marvelous Mushrooms.

Begin class with an awe-inspiring PowerPoint on the diverse fungi in nature, then forage and identify Autumn fungi around Thompson Park. Return to taste safely-prepared, delicious mushrooms that can enhance any meal, from hamburgers to pizza.

Tue, Oct 15 10-11:15 am
1783-F24 Oct 1 Session - \$15

Creating your Retirement Income Blueprint

Explore how retirement income influences your Social Security, Medicare premiums, and taxes in this comprehensive workshop. Dive into critical topics and the impacts on your cash flow; and steps you can take to minimize its effect. You will receive a detailed workbook/blueprint for crafting retirement income, offering timely strategies to maximize income sources. Designed for retirees (or near retirement) to make the most of your hard-earned money. Register in advance.

Presenter: Terrie Amundson, CFP®

Mon, Sept 30 10-11 am
1908-F24 1 Session - \$3



Eat, Save Money, Enjoy!

Call 651-403-8300 in inquire when
the cards have arrived.

Sports Writer: Jerry Zgoda

Go inside the locker room with Jerry Zgoda, who published his first newspaper in crayon at age 6. He covered the Timberwolves, Twins, Vikings, Wild, Gophers athletics, and the long-gone North Stars. He did not get rich, but he did witness the greatness of Michael Jordan, Tiger Woods and Wayne Gretzky from arm's length. His soccer coach told him "experiences are riches too". Register by Sept 25.



Mon, Sept 30 1:30-2:30 pm
1894-F24 1 Session - \$5

Bear Aware with the Traveling Naturalist

Discover the majestic world of bears using clues from berries, small rodents and fish. These super-sized, furry animals are our guardians of forests, mountains, and rivers. Respected in native cultures, bears often instill fear in humans, as they are misunderstood. Learn why we all need bears to share our planet, unveiling the Spirit Bear as a symbol of successful collaboration in protecting one of the rarest bears on Earth.

Presenter: Melanie Shipman, Lifelong Naturalist

Tue, Oct 1 10-11 am
1850-F24 1 Session - \$8

Minnesota's Unique Political History

Between 1916 and 1944, many MN farmers and workers joined together to create a unique political movement which they called "farmer-laborism." Join Peter Rachleff for an investigation into this rich, complex, and lately forgotten chapter in our state's history. Explore the roles played by immigrants, labor organizers, suffragettes, and others as this movement impacted state politics and gained national attention. Register by Sept 27.

Presenter: Peter Rachleff, Macalester College History Professor Emeritus

Thu, Oct 3, 10, 24, 31 1-2 pm
1901-F24 4 Sessions - \$12

LEARNING & DISCUSSION

Depolarizing Within Workshop: Braver Angels

Much of our political division stems not from healthy disagreement over policies, but from dismissive comments we make about people with whom we disagree. This workshop is designed to help us identify how we stereotype others; and change how we view and talk about our fellow Americans. We are encouraged to constructively intervene when our conversations veer into contempt for people who hold opposing political views. Minimum of 20 people. Register by Oct 3.

Mon, Oct 7 9:30 am-12:30 pm
1889-F24 1 Session - \$3



2nd Annual Costume RunWay Show

Join your neighbors, who today may be runway models, as Twin Cities Costume puts us in a Halloween mood. New and vintage costumes will be introduced and the history shared by TC Costume's own emcee, Jim Berg. His knowledge and love of costumes and magic are sure to bring a smile or scare to your face. When registering, indicate your willingness to be a costume model! (No experience required.) Register by Oct 4.

Presenter: Jim Berg, Twin Cities Magic & Costume

Thu, Oct 10 10-11 am
1784-F24 1 Session - \$5

Donation Total for July Food Drive

Fifty seven pounds of needed food was delivered to Neighbors Inc in South St. Paul.

Thank you for your donations!

Recycling: Believe it & Do It

Recycling Exists! Some would have you believe that recycling doesn't work, but Courtney is here to share the good news about local recycling in Minnesota. Review recycling basics and learn how the system functions, what happens to recycled materials, and why MN is a great place for giving our materials new life. Leave with a renewed love of recycling. Register by Oct 16.

Presenter: Courtney Selstad, City of West St. Paul Recycling Coordinator

Mon, Oct 21 10-11 am
1902-F24 1 Session - \$3

What is New for Medicare in 2025?

Learn about significant Medicare cost changes, program updates, and new options for the upcoming year. If you're curious about better plans, concerned about high prescription costs, or have had significant health or lifestyle changes, this seminar is for you. No sales involved—just bring your questions! Register in advance.

Presenters: Shery Salloway Yarosh and Harvey Perle, licensed agents

Tue, Oct 22 10-11 am
1886-F24 1 Session - \$3

Dough Gold: Premium Cookie Dough

Small businesses help build communities. Dough Gold is a premium, small-batch, BIPOC, woman-owned manufacturer based in Eagan. With delicious cookie dough from simple ingredients and no preservatives, this family is dedicated to bringing you the best available. Discover the journey, values, and commitment to quality that sets Dough Gold apart. Samples will be served. Register by Oct 25.

Presenters: Haroldly and Roy Smith

Thu, Oct 31 10-11 am
1891-F24 1 Session - \$3

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
Back to EVERY Monday morning starting Sept 9th!

FITNESS & HEALTH

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. If you love it, you may decide to purchase your own set of rings.

Facilitator: Barb Erickson

Tue/Thu Sept 9-Dec 19
1635-F24 9:15-10 am
30 Sessions - \$15



Tai Chi Chih For Health

NEW!

Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated to improve balance, sleep, vitality, immune function, and weight management. Reduce stress, pain, inflammation, and normalize blood sugar and blood pressure levels. Register 5 days in advance.

Instructor: Theresa May, nationally accredited instructor, teaching since 2001

Wed, Sept 4-Oct 30
1909-F24 9:15-10 am
9 Sessions - \$49

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, Sept 5-Oct 31
1317-F24 10:30-11:30 am
8 Sessions - \$56

Wednesday Walkers

"Walk, talk, and gawk." This fun fusion of healthy exercise, nature and camaraderie will keep you motivated while you enjoy the sights at a new location each week. Meet at the TPAC building and drive to the selected destination. You won't be bored with the same old path anymore.

Facilitator: JoAnn Ellingboe

Wed, Sept 4-Oct 23
1610-F24 9-10 am
Season - \$15

Line Dancing

Line dancing is a fun way to exercise and can be as gentle or as energetic as you want. Increase your muscle tone and coordination, strengthen bones, and stay 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, Sept 19 - Dec 19
1615-F24 9-10 am
12 Sessions - \$15
No class Oct 17, Nov 28

Foot Care

Do you have difficulty caring for your feet? Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file calluses, and care of fungal nails. Foot care is important to your overall health. Appointments required.

Provided by: Katie Sikel, RN, CFCS

2nd & 3rd Thu \$55
Call 651-829-3944 for an appointment.

Adult Lap Swim

If you haven't dipped your toes in the new District 197 Aquatic Center, fall is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim. Adult lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity. Registration is required.

Wed, TBD 6:30-8:30 pm
7197-F24 1 Session - \$7

CREATIVE ARTS

TPAC 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. Learn from one another while forming lasting bonds.

Mondays 1-3 pm
1600-F24 15 Sessions - \$15

Eileen's Cozy Felt Crafts and Tea Workshops

NEW!

Experience the joy of crafting in our welcoming 4-session Felt Craft Class! Each session features a unique felt ornament kit: Fall craft in Sept, Halloween craft in Oct, and so on. Enjoy tea, cookies, and guidance in a friendly atmosphere. Perfect for all skill levels. All materials provided. Embrace the happiness of crafting—because "Tea Time is Me Time."

Instructor: Eileen Gaede

1st Tue, Sept-Dec 1-3 pm
1904-F24 4 Sessions - \$32

Greeting Card Making Class

NEW!

Whether you're new to paper crafting or looking to enhance your skills, you will create three beautiful greeting cards with your own personal touches. Materials provided. You'll enjoy a cozy, hands-on experience and craft something special.

Instructor: Stacey Pangborn

Thu, Oct 3 10:30-11:30 am
Mon, Nov 25 10:30-11:30 am
1777-F24 1 Session - \$24

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! Join us to create a ripple of happiness. All materials are supplied.

Facilitator: Pat Marshall

2nd Tue 12-1 pm
1598-F24 Free

Colored Pencil Group

Enjoy penciling with other artists! All levels of skill welcome. Bring your sense of humor and smile! There is no instructor, so sharing your techniques is welcome. Bring your own supplies.

1st & 3rd Wed 1-3 pm
1595-F24 8 Sessions - \$15

Watercolor Painting Introduction: Part I and II

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 is a 2-part introductory series. Part I is a prerequisite for Part 2. These introductory classes are for those who are new to watercolor painting and are a prerequisite for Watercolor I and Watercolor II. Supplies may be purchased from the instructor at class for \$40.

Instructor: Linda Stout

Mon, Oct 7, 21, 28 1-3 pm
Mon, Nov 4, 18, 25 1-3 pm
1491-F24 3 Sessions each month - \$54

Watercolor I

Learn and improve your skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Introduction to Watercolor, or instructor consent.

Instructor: Linda Stout

Tuesdays 1302-F24 1-3 pm
Sept 3-24 4 sessions - \$72
Oct 1-29 5 sessions - \$90

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 1191-F24 1-3 pm
Sept 4-25 4 sessions - \$72
Oct 2-30 5 sessions - \$90

Open Watercolor

Apply Join other artist and enjoy music and conversation. There is not instructor for this group, so paint what inspires you and share ideas. Bring your own supplies.

Instructor: Art Thell

Tuesdays 9:30-11:30 am
1602-S24 Sept-Dec 16 Sessions - \$15

GROUPS

Umbrella Projects Group



If socializing with a purpose is on your bucket list, the Umbrella Project is for you! Our mission is to make a difference through service. We meet 1x/mo to share the status of current volunteer projects and discuss new opportunities. Choose to help with what interests you or just come and listen. Each month we invite (but don't require) members to bring an item for donation and have an optional activity to do. Ways that we have worked together to serve our community include: upkeep of the TPAC lending library, bringing joy to seniors through AARP's Wish of a Lifetime and Cupid Project, creating cheerful notes included in Meals on Wheels, organizing Days for Girls event, conducting local food drives, winter clothes drives and your ideas! **Join our Kick-off Meeting Sept 9th** with exhibits and tasty treats!

2nd Mon 10-11:30 am
1599-F24 Free

Men's Topics & Toast

Connect and contribute - come and be part of our community.

Facilitator: Rob Meyer

Mondays 9-10 am
1746-F24 Annually - \$10

Great Decisions Group 2025

Dive deep into the world of geopolitics, challenge your perspectives and broaden your horizons. Engage in conversations around US foreign policy and the ever-evolving global landscape. (Order your 2025 book for \$32 through TPAC by Oct 31, or on your own at fpa.org.)

Mondays 1-2:30 pm
1296-F24 Annually - \$10

Mystery Book Club

Unravel a new mystery each month with this inquisitive group!

Sept Book: *The Word is Murder* by Anthony Horowitz

Oct Book: *The Life We Bury* by Allen Eskens

Facilitator: Joyce Wahlquist

2nd Tue 10:30 am-12 pm
1565-F24 Annually - \$10

British History

Wales, Northern Ireland, Scotland and England formed the UK almost 500 years ago. Since that time, there have been many famous and infamous people, pivotal events and cultural shifts. Uncover their origins and impact on your life today.

Presenter: Terry Kubista, British historian and educator

2nd Tue 1:30-3:30 pm
1116-F24 Each Session - \$8

TED Talks Discussion Group

Help choose and discuss a new and interesting TED video each month.

3rd Tue 1-2:30 pm
1607-F24 Annually - \$10

Caregiver Support Group

Come together with trained facilitators to learn about topics relevant to caregiving.

Sponsored by DARTS

Wednesdays 1-2:30 pm
1597-F24 Free

TPAC Out & About Group

Get together for 1-2 outings per month with this group!

Call 651-403-8300 for more information.

Days & Times Vary
1609-F24 Annually - \$10

GAMES

Bocce Ball

Mondays 9:45-10:45 am
1596-F24 Sept 9-Oct 8 Sessions - \$8

Bean Bag Toss

Wednesdays 10-11:30 am
1643-F24 Sept 4-Oct 30 9 Sessions - \$8

Hand and Foot

Wednesdays 10-12:30 am
1735-F24 Sept-Dec 15 Sessions - \$15

Cribbage & Scrabble **NEW!**

Wednesdays 1-3 pm
1856-F24 Sept-Dec 15 Sessions - \$15

Mah Jongg

Thursdays 1-3:45 pm
1613-F24 Sept-Dec 14 Sessions - \$15



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



A Swedish Christmas

Our first Scandinavian stop will be Ingebretsen's Scandinavian Gifts & Foods. Browse the beautiful craftsmanship of imports from Scandinavia and shop for traditional and authentic gifts, clothing and Nordic foods.

Next, stop at the American Swedish Institute and spend time in the Bokhandel gift shop housing crystal, glass, jewelry, books and kitchenware. Your traditional Swedish smorgasbord buffet lunch in a European atmosphere will include swedish meatballs, mashed potatoes, lingonberries, beet salad & more. After lunch, take a guided tour of the 1908 Turnblad Mansion decorated for the holidays. This exquisite 33-room mansion includes detailed wood carving, sculpted ceilings and handcrafted Swedish tile stoves. Along the way, you'll learn about the Turnblad family and the experience of Swedish and other immigrants to Minnesota.

Thu, Nov 14 Depart TPAC 9:15 am/Return 2:30 pm
\$98 per person Register by Fri, Oct 11
1875-WSP-F24



Christmas in Duluth

The first of our three Duluth stops will be a 1:30 pm lunch at the locally-owned Black Woods Grill.

After your delicious meal, we'll continue on to the famous Glensheen Mansion on the shore of Lake Superior, where the smaller rooms of the estate are decorated for the holiday season. The tour of this beautiful estate will allow you to view the family living and workspaces showcasing original interiors in styles ranging from renaissance revival to arts & crafts, and includes the basement, first floor and second floor. (An elevator is not available.)

Arrive at Bayfront Festival park around 5 pm for the grand and festive Bentleyville Tour of Lights. Local volunteers work for weeks to put the magic in this 20-acre luminary legend. Walk through the remarkable outdoor display of millions of lights, Christmas trees and music. Find a warm spot in the indoor gift shop or huddle near one of the 15 fire pits. Enjoy complimentary hot cocoa, coffee, popcorn, cookies and marshmallows for roasting throughout! Donations accepted. Now that your Christmas in Duluth is complete, board the bus around 6:15 for the trip home. Brief comfort stops both ways in Hinckley.

Wed, Dec 4 Depart TPAC 10:45 am/Return 9:30 pm
\$110 per person Register by Fri, Nov 1
1870-WSP-F24

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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Contributions as of Aug 8th: \$1,673

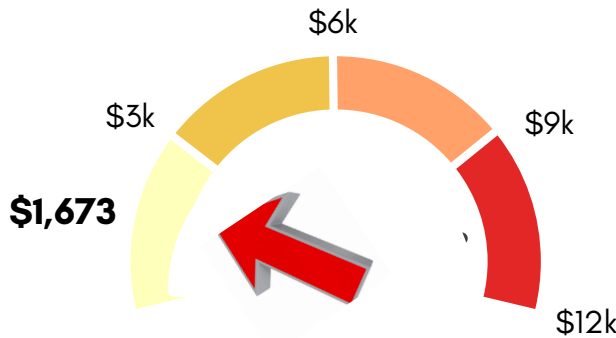
\$12,000 Goal July 1, '24 - June 30, '25

Friend (\$25-49)

Anonymous
Bill & Evaughn Anderson

Benefactor (\$50-99)

Anonymous
Tom & Lorri Evans
Patricia Grantier
Janice P. Sheldon
Helen Wagner
Robert & Loretta Walker,
in Memory of James Reed



Patron (\$100+)

Anonymous
Roger & Dorothy Anderson
Thomas & Hannah Dzik
Linda Johnson
Barbara & Rick Kraft
Joe & Judy Murray
Carol Slater
Linda Stout

Thank You for Your Support in 2023-2024

Once again, your generous support for the past year exceeded TPAC's target of \$12,000. Your donations provided \$12,646 toward valuable programs that promote physical, emotional, mental and social well-being. *Thank you!*