



Mission: Community inclusion is the heart of our mission. It assures that all adults have the same opportunities to participate and benefit from Community Education.

Consortium Members

North St. Paul-Maplewood-Oakdale Schools*

2520 East 12th Avenue

North St. Paul, MN 55109

*Cheryl Gysbers, Coordinator**

651-748-7252

*Mary Kay Olson Registration Clerk**

651-748-7232

www.isd622.org/communitybridge

Roseville Area Schools

1910 West County Road B

Roseville, MN 55113

Kris Rossow, Coordinator

www.isd623.org/communityed

White Bear Lake Area Schools

4855 Bloom Avenue

White Bear Lake, MN 55110

Tara Jebens-Singh, Coordinator

www.whitebearcommunityservices.org

Mahtomedi Schools

1520 Mahtomedi Avenue

Mahtomedi, MN 55115

www.mahtomedi.k12.mn.us

South Washington County Schools

8400 East Point Douglas Road S

Cottage Grove, MN 55016

Gretchen Carlson, Coordinator

www.cecool.com

** Consortium Office*

Community Education Programs for Adults With Cognitive Disabilities

April – June 2016

Think Spring



Important Online Registration Information

Online registration for Community Bridge activities has increased since it began in July, and this is a good thing. However, it has not been without some glitches!

Multiple Accounts for the Same person

If the person or group home you are registering has attended Community Bridge classes in the past, they already have an account. The only time you should set up a new account is when this will be the first experience with Community Bridge. If you don't remember the password used in the past, click "sign in" and then click "forgot password". A link will be sent by email so you can change your password.

Staff Registering the Group Home but using their own private email and phone number as contact information for the participants.

This becomes a particular problem when the staff leave employment with the group home. When this occurs, we have no contact information for the participants, especially if the former staff doesn't answer the phone or check email timely. Is it possible that a house email or company email could be established for registration purposes (ex: staff @ XYZ company.com)? Then all staff in charge of registering could have access to this email - something to consider. Staff private email may also be the reason for so many duplicate accounts. When registering, always include a group home phone number or some alternate number that we can contact in case of an emergency or cancellation of an activity.

How to Register Staff

In our registration system, staff are always registered as staff and not individual names. The first name is "Staff" and the last Name is the group home address (Staff 1111 ABC Ave N). Again there will already be a staff account set up if a staff has attended a community Bridge event requiring a staff fee in the past.

Setting up a relationship for the Group home so the same email can be entered for all

The registration system allows for an email to be used only once. In order to register everyone using the same email for receipts, confirmations, etc. you need to establish a "relationship" for each person. Again this has already been done for the accounts we established when online registration began. If new residents have moved into your group home or if this is the first time you are registering a group for Community Bridge activities, you will want to set up a "relationship".

Sign into your account or create a new account if you are new to Community Bridge. Click the "Family" tab. Click the blue "Add a Relationship" button. From the drop-down choose "Friend" and then click continue. Then fill in the contact information for the new person. Click yes that they live with you, (even if adding staff). Click the blue "Add Friend" button. Now this new person is associated with the contact information of the others in the group home.

Setting up a New Account

Click Create an Account. If you are setting up a Family/Group Home account for the first time, enter first name as Staff, and last name as your home's Street Address. Fill in all remaining required fields including an Email Address for your Family/Group Home. This is the email that will be used to access the registration system and for communications regarding class confirmations, cancellations and receipts.

Now you can add residents/family members by clicking by setting up a relationship - see paragraph above.

Participants requiring a Wheel Chair

Because wheel chair spots in activities are limited by the capacity of the bus or the venue, it is important that participants who require a wheel chair are identified at the time of registering. Please type "W/C next to the last name when setting up a new participant. also enter this information and any other health concerns that would affect participation in an event or class, in the health concerns field.

Directions for using the online registration system can be found on the Community Bridge website:

www.isd622.org/communitybridge

Sunday Classes

Community Bridge Choir

The Community Bridge Choir is always looking for new members – the more the merrier, the better the music! Director Karen Hillmann is a phenomenal musician with years of experience directing choirs and performing with her band Cord Authority. Karen directs - Renee Turner designs the props - All you do is sing! *Karen Hillmann with Renee Turner*

CBNM1 April 3, 17 May 1, 15
\$28 Concert May 22
4 rehearsals + 1 concert 6:30 – 8:00 PM

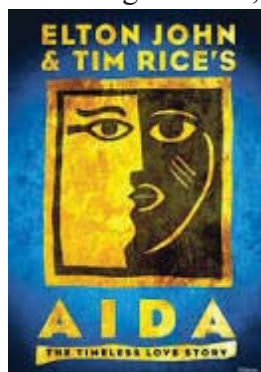
April 3 - Gracewood of Hugo
5607 150th St N, Hugo 55038

Rest of the dates and the concert
Lakeview Lutheran Church
1194 E Co Rd C, Maplewood 55109

NEW - AIDA - The Musical

NO ONLINE REGISTRATION FOR THIS EVENT
Aida is a musical with music by Elton John, and lyrics by Tim Rice. It is a timeless love story that features an enslaved Nubian princess, Aida, who finds her heart entangled with Radames, an Egyptian soldier who is betrothed to the Pharaoh's daughter, Amneris. As their forbidden love blossoms, Aida is forced to weigh her heart against the responsibility she faces as leader of her people. Aida and Radames's love for one another becomes a shining example of true devotion that ultimately transcends the vast cultural differences between their warring nations, heralding a time of unprecedented peace and prosperity. Meet Kathy Ader in the Tartan High School Atrium between 1:30 – 1:45 PM to get your tickets. Musical starts promptly at 2 PM.

CBNSE1 May 1
\$15 (Staff \$10) 1 session 1:30 – 4 PM
Tartan High School, Auditorium



Monday Classes

Guys and Girls Night Out

Games galore: Bingo, card or board games. An evening of fun and hanging out with friends.

Renee Turner

CBRR3A Apr 25
\$9 1 Session 6:00 – 8:00 PM
Fairview Community Center, 112

CBRR3B May 16
\$9 1 Session 6:00 – 8:00 PM
Fairview Community Center, 112

VFW Flyers

Arts, crafts, games and much more.

Most Monday Evenings
(non-VFW Flyers nights are announced on-site)

6:15 - 8:15 pm, \$1.50 per night

Drop-in: No pre-registration necessary
White Bear Lake Area Central Middle School
4857 Bloom Ave, White Bear Lake

*Program questions to: Mary Beth Magnuson at
651-487-7966*

**Call 651-748-7252 for class
availability or program information.**

**Participants must pre-register for all
classes and activities unless drop-in or
walk-in is indicated in description. Register
using form on page 11.**



Register early so your class doesn't cancel.

Monday Evening Cooking With Alice Cox

All of Alice's classes meet at
PAI - Phoenix Alternatives

NEW - Spectacular Spinach

Leave all your misconceptions about this powerhouse of a vegetable behind. After trying out these great recipes you will join Popeye in singing "I'm strong to the fin-ich, Cause I eats me spin-ach, I'm Popeye the sailor man."

CBNF1 Apr 11
\$10 1 session 6:30 – 8:00 PM

NEW - Cupcakes

More than just frosting and sprinkles. Take your cupcake decorating talents to new heights.

CBNF2 Apr 25
\$10 1 session 6:30 – 8:00 PM

NEW -Peanuts

Peanuts are not just for snacking anymore. Peanuts are part of these scrumptious desserts and entrees.

CBNF3 May 9
\$10 1 session 6:30 – 8:00 PM

NEW - "M" is for Mystery

The only clue you get is that the name of each of the recipes you will make tonight begins with the letter "M".

CBNF4 May 23
\$10 1 session 6:30 – 8:00 PM

NEW - Father's Day Feast

Change up the typical Father's Day BBQ by adding some of these great celebration dishes.

CBNF5 Jun 13
\$10 1 session 6:30 – 8:00 PM

NEW -Amazing Avocado

Avocado is not just for guacamole anymore! Come discover this amazing fruit that is taking the cooking scene by storm.

CBNF6 June 20
\$10 1 session 6:30 – 8:00 PM

Tuesday Classes

Swimming

Swimming is water exercise, lap swimming, group games including water polo, learning swim skills, or just splashing around to release stress - that's swimming.

Volunteers are available but anyone requiring one-to-one supervision must provide a personal assistant in the locker room and in the pool. The pool is accessible by a corner stairway. *Lynn Snyder*

CBNSW1 April 5 – May 17 (none Apr 19)
\$40 6 sessions 7:00 – 7:45 PM
John Glenn, pool

Goin' Fishin'

Fishing is a great spring and summer pastime so bait your hook, cast your line, and wait for the fish to bite. *Participants need a fishing license to participate in this class. Call the Minnesota DNR at 651-296-6157 to learn how to receive a lifetime Minnesota Fishing License if you do not already have one. Kathy Ader*

Please register for only 1 fishing session

CBNR1A June 14
\$8 1 session 6:30 – 8:30 PM
Silver Lake Fishing Pier, North St. Paul

CBNR1B June 21
\$8 1 session 6:30 – 8:30 PM
Silver Lake Fishing Pier, North St. Paul

NEW - Coloring Fun for Everyone

First color with water! Yes, water! Then discover what "adult coloring" is all about! Leave with several beautiful water coloring sheets, knowledge of the benefits of coloring, colored pencils and many coloring sheets. Come join this fun, relaxing class!

Charissa Bates

CBSA2 Apr 26
\$15 1 Session 6:45 – 8:15 PM
East Ridge High School, 1040 Art



Wednesday Classes

Bingo at Fairview

Have lots of laughs and fun as you win prizes playing bingo with your friends. *Renee Turner*

CBRR2 Apr 13
\$9 1 Session 6:00 – 8:00 PM
Fairview Community Center, Great Room

Let's Go Bowling - Pizza Included

Join us for a memorable evening of bowling and pizza. Plan to bowl for two hours (2 - 3 games depending on time) and end by 8:00 p.m. Four people will be assigned per lane. One pitcher of soda and one pizza provided per lane. Start dreaming of those spares and strikes! **Gluten free pizza is NOT available at this location.** *Judy Ptacek*

CBSR1A Apr 20
\$16 (Staff \$3) 1 session 6:00 – 8:00 PM
Park Grove Bowl

CBSR1B May 25
\$16 (Staff \$3) 1 session 6:00 – 8:00 PM
Park Grove Bowl

Brush-Up on the Basics

Reading, Writing and Math Skills

Improving your reading and math skills can increase independence and job opportunities. Critical thinking, problem solving and decision making skills are also incorporated into class activities. Don't get left behind! Brush-up on all of these skills which are needed for everyday living. Class structure includes individual and small group instruction. Staff are encouraged to stay and assist as needed.

CBNS2 Apr 20, 27, May 4, 11, 18
\$35 5 sessions 6:30 – 8 pm
Gladstone, 109

Bingo and Pizza at Fairview

B-I-N-G-O! Horizontal, vertical, diagonal, coverall, so many chances to win. Plus pizza, veggies and a beverage. Gluten free pizza available - indicate when registering if you need this. *Renee Turner*

CBRR1 May 4
\$12 (Staff \$3) 1 Session 6:00 – 8:00 PM
Fairview Community Center, Great Room

NEW - Learn to Draw Animals

Learn to draw animals. This fun class will teach you how to draw cats, monkeys, lions, horses and more. The easy step-by-step process is perfect for beginners.

Charissa Bates

CBSA1 May 11
\$13 1 Session 6:45 – 8:15 PM
Cottage Grove Middle School, A-105

NEW - Clay Lace Plate

Looking for that perfect Mother's Day or birthday gift? Or perhaps you need something to decorate your dresser top? How about a lace plate that you create using polymer clay and decorative lace.

CBNC1 Apr 27
\$10 1 session 6:30 – 8 PM
Gladstone, 107

NEW - Paracord Key Chain

The perfect Father's day gift, birthday gift or keep it for yourself. *Cheryl Gysbers*

CBNC2 June 1
\$10 1 session 6:30 – 8 PM
Gladstone 107

Thursday Classes

NEW - Spring Musical - Oklahoma!

NO ONLINE REGISTRATION FOR THIS EVENT

A spirited love story set in the turn of the century western plains. *Judy Ptacek* will have your ticket ready at a table just inside the main entrance of Park High School. Please arrive no later than 6:45 p.m. to get your ticket and find your reserved seat. Show begins promptly at 7:00 p.m. and will run for approximately 2 hours. After the show, stay for a meet and greet with the cast and director! Plan to finish up about 9:30 p.m. NOTE: A limited number of wheelchair spaces are available. If you use a wheelchair, please indicate when registering.

CBSSE1 May 5
\$10 (Staff \$10) 1 Session 6:45 – 9:30 PM
Park High School, Auditorium

Thursday Classes Continued

NEW - Bunny in a Pot

Using planting pots, pom poms, felt, scissors, and hot glue to create a sweet bunny bottomed flower pot.

Real or faux flowers can be “planted” inside later for an added touch. *Amy Austin*

CBSA3 May 19
\$12 1 Session 6:30 – 7:30 PM
East Ridge High School, 1040 Art

NEW - “Shake it Off” Line Dance

Join in the excitement with a line dance to Taylor Swift’s toe-tapping, body shakin’ song! You won’t be able to “shake off” all the fun you will have! *Monica Mohn*

CBSR2 Apr 14
\$10 1 Session 6:30 – 7:30 PM
Woodbury Elementary, Gym 1

NEW - Zumba for Beginners

Zumba fuses exotic rhythms and energizing dance moves to provide a workout like no other! It’s fun, effective, and no ordinary exercise class. Enjoy a great workout dancing to Latin rhythms. *Nicole Meyer*

CBSE1 Apr 21 – May 26
\$18 6 Sessions 7:00 – 7:30 PM
Bailey Elementary, A120 Multipurpose



Thursday T-Ball/Softball

T-Ball/Beginning Softball

Softball is the name of game no matter how one hits the ball! Join one of the three Community Bridge Consortium very basic softball/t-ball teams. Develop team spirit, learn the game, improve skills and engage in a bit of competition. Batters can hit from a batting ‘T’ or a coach-pitched ball. The season includes practices, scrimmages and concludes with a Saturday tournament, June 25. Three teams to choose from:

CBNTS1 North St. Paul-Maplewood-Oakdale Team, Coach Ron Sushak
Robinhood Park (2039 Manton Street), Maplewood \$55

CBWTS1 White Bear Lake Area Team,
Sunrise Fields, White Bear Lake \$55

CBSTS1 South Washington County Team, Coaches Judy Ptacek and Jeff Figlmiller
Hemingway Field #41, Cottage Grove \$55
Directions will be sent upon registration.



All Teams will meet for 6 sessions, from 6:30 – 8:00 PM, Thursdays, May 19 – June 23
Tournament Saturday, June 25, 9:30 AM – 2:00 PM, Lakewood Hills Park in White Bear Lake

Scrimmage schedule and directions to the scrimmage locations will be handed out at the first practice.

Note: In case of poor weather or bad field conditions, the tournament will be held at North High School, 2416 E 11th Ave., North St. Paul 55109. You will be Notified if the tournament is moved to this location.

Friday Classes

Friday Night Pizza Party in Woodbury

Join your friends for a fun night out! We'll provide pizza, music, games to play and a craft to make. If you have a favorite game or music CD you'd like to share, bring it along! **Gluten free option is available, though if you want this option you must register before April 8 for the first session and May 13 for the second session.**

Judy Ptacek

CBSR4A Apr 15
\$9 (staff \$3) 1 session 6:30 – 8:30 PM
Middleton Elementary, Cafeteria

CBSR4B May 20
\$9 (staff \$3) 1 session 6:30 – 8:30 PM
Middleton Elementary, Cafeteria

Friday Night Dance

A fun evening of dancing with your friends. *DJ Tricia Wood* will play a variety of songs from all eras. Requests welcome! Dance includes a freshly made Cherry Italian Iced Soda and a snack.

CBSSE2A Apr 22
\$12 1 Session 6:30 – 8:30 PM
Lake Middle School, Cafetorium

CBSSE2B May 27
\$12 1 Session 6:30 – 8:30 PM
District 833 Program Center, Senior Center

Bingo and Pizza Party in Cottage Grove

Join your friends and have fun playing B-I-N-G-O. We'll give away cool prizes and treat you to a delicious pizza dinner. **Gluten free option is available, though if you want this option you must register before April 22.** *Mary Bouska*

CBSR3 Apr 29
\$14 (\$3 staff) 1 session 6:30 – 8:30 PM
District 833 Program Center, Senior Center

Beach Party Dance

Kick up some sand as you dance to the music of the Beach Boys, the Hawaii Five-O theme song and other beach party classics. The beach balls are inflated and the limbo sticks are ready - it's a beach party!

Tricia Wood

CBNSE4 June 3
\$10 1 session 6:30 – 8:30 PM
Gladstone, Gym



Saturday Classes

NEW - Spring Jewelry

Create a colorful necklace and matching bracelet using silver and heart shaped beads. *Mary Bouska*

CBRC1 Apr 23
\$15 1 Session 9:00 – 10:00 AM
Fairview Community Center, 105

NEW - Bungee Cord Jewelry

Create a charm bracelet using embroidery floss and bungee cording. Once you have finished your bracelet you will decorate a coordinating jewelry box. *Mary Bouska*

CBRC2 Apr 23
\$15 1 Session 10:15 – 11:15 AM
Fairview Community Center, 105

Let's Go Twin Cities Trips and Tours

Explore exciting places and attend events in the Twin Cities!

Transportation is provided; however, *let us know prior to the trip if there are any special accommodations (such as wheelchairs) required so we may make your trip as accessible and enjoyable as possible.*

The pickup site for all LGTC trips will be at:

White Bear Lake Area High School
South Campus (south parking lot)
3551 McKnight Road
White Bear Lake, MN 55110

All participants **MUST** ride the bus to and from events.



- Staff or family attending **MUST** register as well.
- A care provider must attend if medication needs to be administered during any event or if a participant requires personal assistance.
- Events have limited space - register early.
- If wheel chair accommodations are required, **please arrive early** for loading.
- Participants **MUST** ride the bus to and from events - no pre-event ticket pick up available.

NO ONLINE REGISTRATION FOR THE LET'S GO TWIN CITIES TRIPS AND TOURS

Minnesota Twins Vs. Toronto Blue Jays

Come enjoy the game of summer, BASEBALL!! Watch the Minnesota Twins battle the Toronto Blue Jays!

CBWT1

Saturday, May 21 - Register by April 27 - No refunds after this date

Cost \$35 (\$35 staff)

Departs: 11:30 AM

Returns 5:00 PM (bus departs by 4:30 PM regardless of the status of the game.)

Valleyfair

Join us for this annual favorite! Flip upside down to the max on Chaos; enjoy the scenery from a chugging steam-powered train; catch the view from the Ferris Wheel; zoom around and around on the Flying Trapeze; or even go wild at 74 M.P.H. on the Wild Thing. Whatever speed you like your fun, Valleyfair has a ride for you. Admission also includes all of the spectacular entertainment throughout the grounds. Our group will not be taking part in the water or challenge park. **Participants and staff should bring sunscreen as well as a cooler with a bag lunch and beverage (lunches/beverage will be left on the bus until it's time to eat).**

CBWT2

Saturday, June 11 - Register by May 27th - No refunds after this date

Cost: \$45 (\$45 staff)

Departs 9:00 AM

Returns 5:15 PM (bus departs from Valleyfair at 4:00 PM)

• • • • •
• **VOLUNTEERS** are the *Community Bridge's* greatest resource. A class assistant's extra
• hands/heart can better individualize the experience for the participant. The classes and activities listed in
• this brochure would be greatly enhanced by the hands and hearts of volunteers. Call 651-748-7436 if you
• know of someone who is looking for an opportunity to help in the community. Let them know about the
• **Community Bridge**. The reward is **GREAT!**
• • • • •

Guidelines for Participation

The Community Bridge promotes inclusion of adults with disabilities in a variety of Community Education programs and makes reasonable accommodations to provide an enriching experience for all participants. Your cooperation in following the guidelines listed below helps to make the classes and trips run smoothly and safely.

1. Pre-registration is **required** for all classes, activities, and trips. **No walk-ins will be accepted** except for VFW Flyers.
2. You will be notified if classes, trips, or activities are canceled. Plan to attend unless you are notified.
3. Participants must be accompanied to the classroom. The instructor/ facilitator is in the classroom no earlier than 15 minutes before class starts. Be prompt in picking up participants following a class or trip.
4. A care provider **must** attend if medication needs to be administered during any event.
5. Participants who require one-to-one personal attention for physical and/or behavioral issues must be accompanied and supervised in classes and on trips by a primary care giver.
6. If more than 3 people are registering from the same address, a care provider should attend the class or trip and supervise the participants.
7. If a behavioral incident occurs, a primary caregiver may be required to accompany the participant to all future classes and trips.
8. Refunds will be given for cancellations received two days **before** a scheduled class (except *Trips/ Tours*).
9. All Community Bridge activities are school sponsored, so there is no smoking or alcohol on premises.
10. Transportation to and from the class/activity is the responsibility of the participant or care provider.
11. All Let's Go Twin cities participants **MUST** ride the bus to and from the events. The bus leaves from and returns to White Bear Lake Area High School South Campus as listed on page 8.

Your Donations are Needed and Appreciated

Consider making a **tax deductible** donation to the Community Bridge Consortium to help support the costs associated with running the Community Bridge with brochure printing, postage, reduced fees, special events, and transportation. **We can also use white elephant items for activity prizes.**

Please make checks payable to *Community Bridge* and write *Donation* in the memo line and then send to:

District 622 - Community Bridge
1945 Manton St.
Maplewood, MN 55109



Learning for All

Adults with disabilities are encouraged to participate in general classes and activities listed in consortium members' Community Education catalogs.

The sponsoring district will make every effort to provide reasonable accommodations to make your experience successful.

Direction Information

Bailey Elementary School

4125 Woodlane Drive, Woodbury MN 55129

From Hwy 694/494 south exit on Baily Rd, Left on Bailey road, Right on Military Road, left onto Woodlane Dr, school will be on the right.

Cottage Grove Middle School

9775 Indian Blvd. S., Cottage Grove 55016

From I-94: South on County Rd. 19 (Woodbury Dr./ Keats) to Indian Blvd. School is on the corner of County Rd. 19 and Indian Blvd.

District 833 Program Center and Senior Center

8400 East Point Douglas Rd. S., Cottage Grove 55016

Hwy 61 south to Jamaica. Left on Jamaica, left on E. Point Douglas Rd., two blocks down on the right - just before Applebee's. The Senior Center is in the Program Center.

East Ridge High School

4200 Pioneer Drive, Woodbury 55125

From I-494: Lake Rd. east to Pioneer Dr. Turn right (south) on Pioneer Dr.

Fairview Community Center

1910 W. County Road B, Roseville 55113

From Hwy 36 in Roseville, south on Fairview, right on Co. Rd. B.

Gladstone

1945 Manton St, Maplewood 55109

From Hwy 36: South on White Bear Avenue. Right on Frost Ave. Turn right on Manton Street. Park behind building.

Gracewood of Hugo

5607 150th St N, Hugo 55038

Highway 61 north, Turn Left onto Flay Ave N, Destination will be on the left.

Hause Park, North St Paul, 55109

From Hwy 36: south on Century/120. Right on 4th Ave. East. Go about 2 blocks, the park is on the left.

Hemingway Field, Cottage Grove

From Hwy 61 in Cottage Grove, take 80th Steet exit and go east to E. Point Douglas Road S. and go south to Hillside Trail S. Go east 3 blocks to the fields.

John Glenn Middle School

1560 E County Rd. B, Maplewood 55109

From Hwy 36: South on White Bear Ave.; Right on County Road B. John Glenn is approximately ¾ mile, on the left.

Lake Middle School

3133 Pioneer Drive, Woodbury 55125

From I-494: Lake Road East to Pioneer Drive. Turn right on Pioneer Drive.

Lakeview Lutheran Church

1194 E. County Rd. C, Maplewood 55109

From Hwy 36: North on Hwy 61, right on County Rd. C and right into parking lot.

Middleton Elementary

9105 Lake Road, Woodbury, 55125

From I-494, in the Woodbury area, take Lake Road east past Pioneer Drive. Middleton is the second school on the right (next to Lake Junior High)

PAI - Phoenix Alternatives, Inc.

3595 Linden Ave., WBL 55110

Hwy 694 North to Hwy 61 North; east (right) on County Road E to Linden Avenue. Enter by middle doors.

Park Grove Bowl

1020 Hastings Ave, St. Paul Park, 55071

South on Highway 61 to Cottage Grove. Right at the 80th/Grange Exit, turn right on Hadley Ave. Proceed about one mile to Park Grove Bowl (Hadley Ave. becomes Hastings).

Park High School

8040 80th Street S, Cottage Grove 55016

Take Hwy 61 south to 80th St/Grange Blvd exit. in Cottage Grove. Turn left on 80th Street S.

Robinhood Park

Manton St. and Skillman, Maplewood 55109

From Hwy 36: South on White Bear Avenue. Right on Frost Ave.; right on Manton St. Robinhood Park is one block north of Gladstone.

Silver Lake Park and Fishing Pier

Margaret St. and 19th Ave. E., North St. Paul 55109

From Hwy 36: North on Century/120; left on 19th Ave. E. Park along the beach area or on Charles.

Sunrise Fields

2399 Cedar Avenue, White Bear Lake 55110

From I-694: North on White Bear Ave.; right on Cedar Ave.; go past McKnight Road; fields are on the left behind the school.

Tartan High School

828 Greenway Ave, Oakdale, 55128

From I-694: Take 10th St exit, west on 10th St, left on Greenway and right into the parking lot.

White Bear Lake Area High School South Campus

3551 McKnight Road, White Bear Lake, 5511,

School is south of County Rd. E, on McKnight Rd. *Let's Go Twin Cities* trips leave from southwest parking lot.

Woodbury Elementary School

1251 School Drive, Woodbury MN 55125

From Hwy 694/494 south exit on Tamarack Rd. Right on Tamarack Rd, left onto Weir Dr, right onto Upper Afton Road, left onto School Drive. the school will be on the left. Note there are two schools on this street, make sure you are at the correct school.

COMMUNITY BRIDGE REGISTRATION - PARTICIPANT FORM

Name _____ Day Phone _____ Evening Phone _____

Address _____ City _____ Zip _____

Group Home Name _____ Contact Person _____ Phone _____

Group Home E-Mail _____

Class #	Class Name	Location	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Will you be needing gluten free pizza for: Friday Night Pizza Party, Bingo and Pizza Party or Pizza Party at

Fairview? Yes _____ No _____

Wheelchair/Mobility Access _____ Requires one-to-one assistance? _____

List any medical, seizure, behavioral, diet or other condition the instructor needs to be aware of: _____

Checks payable to Community Bridge. Mail: Community Bridge 1945 Manton St. Maplewood MN 55109

or charge Visa / MasterCard _____ Exp _____ Total Charge \$ _____

Signature _____ Name on Card _____

For questions or to register by phone call the Community Bridge office at 651-748-7232

STAFF REGISTRATION FORM - *When staff fee is required.*

This portion of the registration form must be completed **when there is a fee charged for staff to attend an activity** with the participant(s). The staff is part of the total count in such activities.

Number	Activity	Staff Fee	# of Staff Attending	Staff Fee(s) per Activity
CBNSE1	AIDA - The Musical	\$10	_____	\$ _____
CBSR1A	Let's Go Bowling - Pizza included	\$3	_____	\$ _____
CBSR1B	Let's Go Bowling - Pizza included	\$3	_____	\$ _____
CBRR1	Bingo and Pizza at Fairview	\$3	_____	\$ _____
CBSSE1	Spring Musical Oklahoma	\$10	_____	\$ _____
CBSR4A	Friday Night Pizza Party - Woodbury	\$3	_____	\$ _____
CBSR4B	Friday Night Pizza Party - Woodbury	\$3	_____	\$ _____
CBSR3	Bingo and Pizza Party	\$3	_____	\$ _____
CBWT1	MN Twins Vs. Toronto Blue Jays	\$35	_____	\$ _____
CBWT2	Valley fair	\$45	_____	\$ _____
Total Staff Fee:				\$ _____

Group Home Name and Address _____



Independent School District 622
Gladstone Community Education Center
1945 Manton St
Maplewood, MN 55109
651-748-7252

NON-PROFIT ORG
U.S. POSTAGE
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TWIN CITIES MN
PERMIT NO. 4263

“Move” into Wellness

Just Do it! – Move Your Body! – 10,000 Steps a Day – Take the Stairs Instead of the Elevator – Park Farther Away From the Door.

It turns out that these popular taglines and wellness tips are even more important than previously thought. In fact a new study* found that every hour of sedentary behavior (watching TV, playing video games, and sitting at your desk or work station for long periods) increases your chances of having difficulty doing daily activities and developing chronic illnesses such as diabetes and heart disease as you age. That means just getting around your house /work will be more difficult due to arthritis and who wants to develop diabetes or heart disease?

The researchers are recommending everyone add some physical activity during your sedentary times: stand-up bingo, walk on a treadmill or ride a stationary bike while reading or watching TV, getting off the couch and walking around the house during every commercial. And of course, take the stairs and park farther away from the door.

Community Bridge can help you move more: Swimming on Tuesday evenings, Zumba on Thursdays two opportunities for bowling, several dances and of course the t-ball/softball games and practices. Then whenever you are at home, just remember to move!

*Study published in the journal of Physical Activity and Health. Researchers were from Northwestern’s Feinberg Medical School, Rush University Medical Center, Harvard School of Public Health and the Centers for Disease Control and Prevention.

