



2019 Winter/Spring ADULT & SENIOR PROGRAMS

AT NORTH DALE, NWCOMO, LANGFORD PARK RECREATION CENTERS

To REGISTER: Online at www.stpaul.gov/parks or call the Center

LANGFORD PARK: 30 Langford Park, 55108 651-298-5765

www.stpaul.gov/langfordrec

Canvas Painting at Urban Growler (2325 Endicott St, Saint Paul, MN 55114)

Tuesdays / 6:30-8pm / \$35 / Instructor: Wanderlust Studio

Participants will use basic techniques with acrylic paint to create a masterpiece on a 16x20 gallery wrapped canvas. Class held at The Urban Growler (2325 Endicott St, Saint Paul, MN 55114). No Food & Beverages provided for this class but available for purchase from Urban Growler.

January 29 #25310

March 26 #25311

May 28 #25312

Intermediate Pilates Instructor: Fran Oullette

Thursdays / 11am-12pm / \$73 (\$71 for Ages 55+)

Pilates is a progressive series of controlled exercise that creates strength and stability.

Winter: January 3 – March 7 #24455

Spring: March 15 – May 15 #24456

Zumba Instructor: Bebe Keith

Mondays / 7:45-8:45p / \$60 for 8 classes

"Zumba is a Latin and international dance-inspired cardiovascular workout that feels like a party!" Wear tennis shoes and bring a water bottle and small towel if you choose.

Winter: January 7 - March 4 #24453

Spring: March 11 – May 6 #24454

Pints and Pages #25326 at Urban Growler (2325 Endicott St, Saint Paul, MN 55114)

Wednesdays / February 6 – 27 / 6:30-7:30pm / \$40 / Instructor: Samantha Bohrman

Liquor and writing have always gone hand in hand, which makes Urban Growler the perfect setting for a creative writing class. Have a beer and start a novel. What else have you got going on Wednesdays in February anyway? In this class, the instructor will help you brain storm a story or novel idea (it'll be fun!) and walk you through the first few chapters or pages. She'll help you with any genre: lit fic, romance, horror--all are welcome. No experience necessary. No Food & Beverages provided for this class but available for purchase from Urban Growler. Bring your own laptop or notebook.

Flowers for Pollinators #25305 Instructor: Ramsey County Master Gardener

Monday / May 13 / 6:30-7:30pm / Free

This presentation shares the latest research in the health of Minnesota pollinators and gives suggestions about what you can do at home to help them thrive.

Wood Sign Decor at Urban Growler (2325 Endicott St, Saint Paul, MN 55114)

Tuesdays / 6:30-8pm / \$40 / Instructor: Wanderlust Studio

Participants will stain, sand and stencil their own custom rustic wood sign using sandpaper, paint, stain and vinyl stencils on pine board. Class held at The Urban Growler (2325 Endicott St, Saint Paul, MN 55114). No Food & Beverages provided for this class but available for purchase from Urban Growler.

February 26 #25313

April 30 #25314

Self-defense & Crisis Management for Women - #25148 at Urban Growler (2325 Endicott St, Saint Paul, MN 55114)

Thursday March 7 – May 2 / 6-7:30p / \$85 / Instructor: Chachoi Lang

This class is for women to learn reality-based training in life-saving skills to defend themselves without knowing how to fight or causing harm to others. Forearm pad are encouraged for the class but not mandatory. They are used to protect your arms from bruises. You can purchase your own or from the instructor. Class held at Urban Growler (2325 Endicott St., St. Paul, MN 55114) No class April 25

Essential Oils Instructor: Sarah Alvarado

Puppy Paws #25169

Wednesday / January 16 / 6-8pm / \$5

Come and learn about Essential Oils and care for your pet during these cold winter months. Make a salve to help their paws stay protected while out in the snow. (Supply cost of \$10 per item made, paid to instructor)

Essential Oils as Perfume #25170

Wednesday / February 13 / 6-8pm / \$5

Have you ever wanted to make your own perfume? Are you aggravated by synthetic smells, but love to have a scent to wear? This is your chance to play and create and have something that is natural and safe for your body. Come and make a perfume with Sarah. (Supply cost of \$25 per item made, paid to the instructor)

Let's Make Soap! #25171

Wednesday / March 13 / 6-8pm / \$5

Essential Oils are the best addition to use to spruce up your own homemade soap. Come create with Sarah while you explore the many choices and natural plant oils to create a lovely gift, or a beautiful addition to any bathroom. (Supply cost of \$10 per item made, paid to instructor)

Let's Soak and Scrub This Winter Away #25172

Tuesday / April 16 / 6-8pm / \$5

Come and make bath salts and sugar scrubs with essential oils. We will revitalize our skin and prepare it for the sun that is coming our way soon. (Supply cost of \$10 per item made, paid to instructor)

Spring Time & Babies #25173

Wednesday / May 15 / 6-8pm / \$5

Come and learn about babies and essential oil usage. Sleepless nights? Teething? Sarah has you covered. (Supply cost of \$10 per item made, paid to instructor)

Introductory Vegetable Gardening #25306 Instructor: Ramsey County Master Gardener

Tuesday, April 23 – May 7 / 6:30-8pm / Free

This is 3-session class covers the basics of growing your first vegetable garden. Taught by Ramsey County Master Gardeners, you'll learn what you need to know about where to plant your vegetables, choose plants, and care for your garden all season long.

Advanced Vegetable Gardening # 25307 Instructor: Ramsey County Master Gardener

Tuesday, May 1 / 6:30-7:30pm / Free

This class is designed for residents who have previous experience growing vegetables. Presented by Ramsey County Master Gardeners, this class will give insight into more advanced gardening topics like extending the growing season, starting plants indoors and saving seeds.

Drop – In Programs – No Registration required!

Senior Gym Bowling: Fridays (ongoing) 9:30-11:00am FREE

Yoga For All (Adults): Fridays, January 4-March 29, 5-5:45pm FREE

Gym Walking for Adults: Fridays, January 4-March 29, 2:30-3:30pm FREE

Adult Pickle Ball: Saturday, January 5-February 9 (no pickle ball Jan 26) \$2 per session

NORTHWEST COMO: 1550 N. Hamline Ave, 55108 651-298-5813

www.stpaul.gov/nwcomorec

Adult Indoor Soccer #25210

Sundays / January 6 – March 31 / 5-6:30pm / \$5/weekly

Weekly pick-up games of Soccer ages 18 and older for men and women in the gym \$5/each week. No Pre-registration required.

Women's 35+ Basketball #23850

Sundays / January 6 – March 31 / 6:30-7:30pm / Fee: \$4/Weekly

No pre-registration needed. \$4/each week. Low intensity, friendly, laid-back and non-competitive pickup games for individual women ages 35 and older.

Art/Wine/Pizza Feb At Delicata Restaurant on 1341 Pascal St, Saint Paul, 55108 #25238

Monday / February 4 / 6:45-9pm / \$50 / Instructor: Barb McIntosh

We will explore the medium, oil pastels. You will create an oil painting of a hummingbird, using black paper and oil pastels. This class is for adults with a strong interest in art, but skill not required. You will be taught everything you will need to know to create a beautiful piece of art. "Class price includes a glass of wine or beverage of your choice as well as samples of Delicata's signature pizzas. Please inform us of any dietary restrictions. Additional beverages and food available for purchase." Please come at 6:45pm to allow time to order your beverage before class begins at 7pm. Class held at Delicata Restaurant on 1341 Pascal St, Saint Paul, 55108

Circuit Fitness Training At Como Park Apartments, 1385 W. Jessamine Ave., St. Paul, MN 55108 #25229

Tuesdays / February 5 – March 26 / 6:30-7:30pm / \$45 / Instructor: Mia Wanna

Circuit fitness training will be a combination of resistance training, bodyweight training, and cardio exercises. Interval training will be used, either a high intensity or low intensity set of intervals is inclusive to every fitness level. Mia offers modifications as well as a more explosive and dynamic version of the exercise. Some equipment is used, however maneuvering bodyweight exercises is much more beneficial and more helpful in building cardiovascular and muscular strength. Class size is limited. Instructor Mia Wanna. Class meets at: Como Park Apartments, 1385 W. Jessamine Ave., St. Paul, MN 55108

My Plate for My Family #25163 #25163 Instructor: University of Minnesota Extension Services

Tuesday / February 5 – 26 / 6:30-8pm / Free

MyPlate for My Family: Makes it easier to learn more about healthy food and physical activity choices. Making healthy choices for your family is one way to show how much you care. Attend fun, interactive classes where you can meet other parents who are making healthy changes in their lives. Find new ways to save money and time when buying food and making meals. Be inspired as

you learn ways to be more active. During the classes, you can learn tips to: fix MyPlate family meals to stretch your food dollar, get the right amount of food and physical activity, serve fruits and vegetables that kids will enjoy, make family time active and fun.

Art/Wine/Pizza April At Delicata Restaurant on 1341 Pascal St, Saint Paul, 55108 #25239

Monday / April 8 / 6:45-9pm / \$50 / Instructor: Barb McIntosh

We will explore the art of Laurel Burch. You will learn to draw one of Laurel Birch's iconic designs in permanent marker and then paint with liquid water colors. This class is for adults with a strong interest in art, but skill not required. You will be taught everything you will need to know to create a beautiful piece of art. Class held at Delicata Restaurant on 1341 Pascal St, Saint Paul, 55108 "Class price includes a glass of wine or beverage of your choice as well as samples of Delicata's signature pizzas. Please inform us of any dietary restrictions. Additional beverages and food available for purchase." Please come at 6:45pm to allow time to order your beverage before class begins at 7pm.

Senior Gamers

Tuesdays / January 8 – May 28 / 1-3pm / Free

This group meets on Tuesdays; 1-3 p.m. at Northwest Como Recreation Center, 1550 N. Hamline Ave. Enjoy your favorite table games such as Sequence, Phase 10 and Mexican Train.

Men's 35+ Ice & Advil Basketball #25179

Sundays / February 10 – March 31 / 3:30-5pm / \$30

It's time to get a little exercise. The Ice & Advil non-competitive activity is for men ages 35 and older to play basketball. We will do an 8-week format. Teams will be formed at Northwest Como and North Dale Recreation Centers. Players will officiate themselves, a schedule will be made, and play will be 5 on 5, 2 halves of 20 minutes running time with 5 minutes half time.

NORTH DALE: 1414 N. Saint Albans Street, 55117 651-558-2329

www.stpaul.gov/northdalerec

Adult Pickle Ball #25207

Fee: \$2.00 weekly / Fridays, February 1 – May 31 / 12-2pm / Type: Drop-In

Pickle Ball is a paddle sport which uses the elements of tennis, badminton and ping pong. At North Dale we currently play on courts set up in our gym. The sport is played on a badminton size court with a modified tennis net. The game is played with a paddle and plastic balls.

Senior Day

FREE / Thursday Ongoing/ 10:00am – 3:00pm/No Registration / Ages: 50 and up

Get out and socialize while playing 500 & Greedy.

Challenge Square Dance #25132

Instructor: Dan Sahlstrom

Fee: \$7.00 weekly / Mondays Ongoing / Drop-In-No Registration / Ages: 18+

A partner is not required to register but coming with a partner is encouraged. Dance to a variety of music while learning patterned steps in a square with 7 other people. Wear comfortable shoes and clothing. **Children under 16 are \$3.00 per session and must be accompanied by an adult.** Must have completed Mainstream & Plus level classes to attend.

Line Dancing #25098

Instructor: Lettie McCoy

Fee: \$5.00 weekly / Wednesdays, May 8 – June 26 / Drop-In-No Registration

No pre-registration necessary, pay \$5/weekly fee at the desk when you come in.

Earth Moon Yoga #25138

Instructor: Teresa Davenport

Fee: \$5.00 daily drop in or fitness card, \$54 for 12 sessions or \$80 for 20 sessions

Saturdays Ongoing from 11am-Noon Tuesdays Ongoing from 7:45-8:45pm

Come wake up that mind and body...Expand, Explore, Energize, and Ground. This class begins with gentle yoga poses designed to open the body and release tension. Moving into postures: Seated, Standing, Balance and Lying down to deepen the experience.

Ending with deep relaxation and meditation. Props and mats provided.

Pilates #25227**Instructor: Cliff Swynigan**

Fee: \$5.00 daily drop-in, \$54 for 12 sessions or \$80 for 20 sessions / Monday Ongoing / 7:15 – 8:15pm

Every class will include gentle stretches for tight back muscles. Use your body weight and gravity to perform exercises. (Hands, Weights, Kettlebells, exercise tubes and hand gliders optional) We will intensify core support for the back. Improve overall core strength, flexibility and posture awareness. During cooling we encourage positioning of different musculoskeletal components with respect to each other or for good alignment. Welcome limited abilities, occupational and ex-athletes as well.

Senior Fitness #25209**Instructor: Jody Kipples**

Fee: Free / Tuesday & Thursday Ongoing / 9:30 – 10:30am / Drop-In

Senior fitness is low impact exercise for people ages 50+. It helps with balance; you can work with weights, do aerobics and stretching. Everyone works at their own pace and ability.

Women's Self Help Book Club #25135**Club Leader: Ruby Rivera**Fee: Free/3rd Thursday of the Month (ongoing)/6:30-8pm/Register online or in person

This is a non-fiction book club. Topics include personal growth, mind-body-soul, relationships, self-esteem, inspirational, mindfulness, self-help, spirituality, etc. Some Authors include the following: Iyanla Vanzant, Deepak Chopra, Eckhart Tolle, Louise L. Hay, Brené Brown, Thich Nhat Hanh, Don Miguel Ruiz, Dalai Lama, Marianne Williamson, Clarissa Pinkola Estés, and many more. We will be meeting on the 3rd Thursday of every month from 6:30-8:00pm. Books will be purchases by participant.

Men's 35+ Ice & Advil Basketball #25180

Sundays / February 10 – March 31 / 3:30-5pm / \$30

It's time to get a little exercise. The Ice & Advil non-competitive activity is for men ages 35 and older to play basketball. We will do an 8-week format. Teams will be formed at Northwest Como and North Dale Recreation Centers. Players will officiate themselves, a schedule will be made, and play will be 5 on 5, 2 halves of 20 minutes running time with 5 minutes half time.

Healthy Life, Healthy You Boot Camp #25161**Instructor: University of Minnesota Extension Services**

Saturday / March 16 / 10am – Noon / Free

Healthy Life, Healthy You Boot Camp is a nutrition education workshop for adults that emphasizes planning and preparing healthy meals on a budget. In this boot camp, you'll learn basic food safety skills, techniques for saving money on groceries, five basic food groups outlined in My plate, safe use of knives when cooking and basic cooking techniques by making a recipe. This program consists of one 2-hour workshop held in the kitchen. The session can be adapted to meet the learning needs of participants, and within reasons to fit the space and time needs.

Eating Smart. Being Active #25162**Instructor: University of Minnesota Extension Services**

Monday / April 8 – 29 / 6-7:30pm / Free

Eating Smart-Being Active, Contains 4 lessons, 90 minutes in length. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resource management.

Flowers For Pollinators #25303**Instructor: Ramsey County Master Gardener**

Thursday / April 25 / 6:30-7:30pm / Free

This presentation shares the latest research in the health of Minnesota pollinators and gives suggestions about what you can do at home to help them thrive.



Introductory Vegetable Gardening #25302 Instructor: Ramsey County Master Gardener

Monday, April 8 - 29 / 6-7:30pm / Free

This is 3-session class covers the basics of growing your first vegetable garden. Taught by Ramsey County Master Gardeners, you'll learn what you need to know about where to plant your vegetables, choose plants, and care for your garden all season long.

Advanced Vegetable Gardening # 25304 Instructor: Ramsey County Master Gardener

Saturday, March 30 / 10-11am / Free

This class is designed for residents who have previous experience growing vegetables. Presented by Ramsey County Master Gardeners, this class will give insight into more advanced gardening topics like extending the growing season, starting plants indoors and saving seeds.

Essential Oils Classes Instructor: Sarah Alvarado

Essential Oils Puppy Paws #25164

Saturday / January 5 / 10am-12pm / \$5

Come and learn about Essential Oils and care for your pet during these cold winter months. Make a salve to help their paws stay protected while out in the snow. (Supply cost of \$10 per item made, paid to instructor)

Essential Oils as Perfume #25165

Saturday / February 2 / 10am-12pm / \$5

Have you ever wanted to make your own perfume? Are you aggravated by synthetic smells, but love to have a scent to wear? This is your chance to play and create and have something that is natural and safe for your body. Come and make a perfume with Sarah. (Supply cost of \$25 per item made, paid to the instructor)

Let's Make Soap! #25171

Saturday / March 2 / 10am-12pm / \$5

Essential Oils are the best addition to use to spruce up your own homemade soap. Come create with Sarah while you explore the many choices and natural plant oils to create a lovely gift, or a beautiful addition to any bathroom. (Supply cost of \$10 per item made, paid to instructor)

Let's Soak and Scrub This Winter Away #25167

Saturday / April 6 / 10am-12pm / \$5

Come and make bath salts and sugar scrubs with essential oils. We will revitalize our skin and prepare it for the sun that is coming our way soon. (Supply cost of \$10 per item made, paid to instructor)

Spring Time & Babies #25168

Saturday / May 4 / 10am-12pm / \$5

Come and learn about babies and essential oil usage. Sleepless nights? Teething? Sarah has you covered. (Supply cost of \$10 per item made, paid to instructor)



SPECIAL EVENTS

Girls Hockey Saint Paul Winter Classic **Location: North Dale**
Saturday, January 12 Time: 10am-5pm Free All Ages
Support Girls High School Hockey in Minnesota by coming and cheering on the ladies while enjoying the concessions. No pre-registration required just come and cheer. Sponsored by Friends of Como Athletics. Games played on North Dale's refrigerated rink.

10am: Mankato East VS Minneapolis 12pm: Moorhead VS Northern Lakes
2pm: Northfield VS Mahtomedi 4pm: Mankato West VS Sibley

(Concessions for purchase)



Family Skating Party & Bonfire **Location: Northwest Como**
Thursday, January 24 Time: 6:30-8:30pm Fee: Free All Ages
Bring your own skates to enjoy the ice rink. We will have snow shoes and cross-country skis for people to use. Warm up around the bonfire while sipping your hot chocolate and munching on popcorn. No pre-registration required.

Breakfast With The Bunny **Location: North Dale** **Activity #24972**
Saturday, April 13 Time: 10-11:30am Fee: \$2/person or \$5/family All Ages
Enjoy a pancake breakfast, bunny will be here for pictures, games & crafts, and pick an egg out of our big egg basket. \$2 per person or \$5 for families of three or more. To register as a family, please call or visit the rec center. Children 10 & under must be accompanied by an adult. Volunteers are needed. Call North Dale to register as a volunteer 651-558-2329. Co-sponsored with the North Dale Booster Club.



Helicopter Egg Drop **Location: Langford Park**
Saturday, April 13 Time: 1-2pm Fee: Free All Ages

Come and see a REAL helicopter drop eggs onto Langford Park! Children will be limited to 5 eggs each, while supplies last.

