

# Community Education Programs for Adults with Developmental Disabilities

February - March 2012



## Consortium Members

### North St. Paul-Maplewood-Oakdale Schools

2520 East 12th Avenue

North St. Paul, MN 55109

*Patricia Svendsen, Coordinator*

651-748-7436

*Cheryl Gysbers, Facilitator*

651-748-7437 (Consortium Office)

*Dawn Wheeler, Registration Clerk*

651-748-7434

[www.isd622.org/communitybridge](http://www.isd622.org/communitybridge)

### Roseville Area Schools

1910 West County Road B

Roseville, MN 55113

*Cyndi Arneson, Coordinator*

[www.isd623org/communityed](http://www.isd623org/communityed)

### White Bear Lake Area Schools

4855 Bloom Avenue

White Bear Lake, MN 55110

*Andrea Wildman Hilal, Coordinator*

[www.whitebearcommunityservices.org](http://www.whitebearcommunityservices.org)

### Mahtomedi Schools

1520 Mahtomedi Avenue

Mahtomedi, MN 55115

[www.mahtomedi.k12.mn.us](http://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](http://www.cecool.com)



"I want to come back again, man. That was fun!" exclaimed Susan Stelten as we gathered for a few minutes after the big event at Feed My Starving Children in Eagan on Nov. 7th. I was there to work alongside our Community Bridge participants who had volunteered their evening to help the world's poorest children in desperate need of food. Hunger pangs are so bad in areas like Haiti and pockets of Africa that children are known to suck on rocks, eat garbage, and make "mud pies" to attempt to curb their hunger.

As volunteers, our group packed shipments of "MannaPacks" containing rice, soy, dried veggies and a vitamin and mineral flavoring. This highly nutritious food mixture is literally saving lives. In Kenya, where people had experienced a 5 year drought, those who received shipments of MannaPacks described it this way, "It was gratifying to see despair turned to hope with the delivery of a 5 month supply of food. They are surviving on Feed My Starving Children's food and God's grace."

Our Community Bridge participants can be proud of the work they did to help save the most vulnerable children in the world. Because of their efforts, along with the other volunteers during their shift, they packed 2,196 rice packets or 13,176 meals! It would be enough to feed 37 children with a hot meal for an entire year. When I asked participant Jack Prescott what he thought, he smiled warmly and said, "I would love to do it again."

Way to go!

*Gretchen Carlson, Coordinator*  
*South Washington County Schools*



## Daily Opportunities

### Indoor Walking

There is plenty of winter weather left so if you haven't already registered to walk indoors and forget the worries of cold weather, ice, and snow, here is another opportunity. Walk the hallways of Skyview or John Glenn most Monday – Thursday evenings and Saturday mornings. A walking pass and a list of the days the buildings are closed will be sent upon registration.

**Mondays – Thursdays** 6:30 – 8:30 pm  
**Saturdays** 9 – 11 am  
**#CBNE1 January - April 2012 \$15**

## Volunteer Opportunity

### Arc Value Village Sort-a-Thon

Arc Value Village is counting on fifteen Community Bridge volunteers to help unpack, sort and get donations ready for the sales' floor at their St. Paul store. Here's your chance to not only provide valuable service to an organization that supports programs for people with disabilities, but also get behind the scenes of a thrift shop. Wear tennis shoes and dress comfortably – a sweat shirt and jeans or casual pants. Community Bridge staff will meet you at the front door of the store. After a brief orientation, the unpacking and sorting will begin. Please be on time – 6:30 PM! [If you have some donations for Arc, you are welcome to bring them along.]

*This is a two-evening volunteer event.*

**Community Bridge Staff** Free (staff Free)  
**CBNSE6 Feb 29, Mar 7** 6:30 – 8 pm  
**ARC Value Village**  
**1650 White Bear Ave**  
**St Paul 55106**



## 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 Hillman 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 Hillman with Renee Turner** \$40  
**CBNM4 Jan 29, Feb 12, 26, Mar 11, 25**  
**Lakeview Lutheran Church** 6:30 – 8 pm

### Snowshoeing

Take to the trails at Oakdale Nature Preserve for an afternoon of exploring on snowshoes. No experience necessary, If you can walk, you can snowshoe. Dress for the weather including winter boots as you will be out on snow covered trails or breaking your own trails if you are feeling adventuresome.

**Kerri Kolstad of Wahoo! Adventures** \$10  
**CBNR3 Feb 26** 1 – 2:30 pm  
**Oakdale Nature Preserve, Discovery Center**

## Monday Classes

### Brownies

Chocolate, blonde, cream cheese, with/without nuts with /without swirls, flavored, frosted, etc. etc. etc. Brownie choices are endless. Spend the evening making and tasting some new brownie recipes.

**Alice Cox** \$9  
**CBNF8 Jan 30** 6:30 - 8 pm  
**Phoenix Alternatives**

### Bingo

I - 12; G - 9; B - 4; and don't forget to cover the FREE spot! Join in an evening of bingo and laughter. See old friends and have a chance to make new ones. **Bring a treat/snack to use as a prize.** Everyone leaves a winner!

**Pat Boon & Melanie Groth** \$15  
**#CBRR2 Jan 30, Feb 6, Mar 5**  
**Fairview Community Center, 102** 7 – 8 pm

### Wrap It Up

Tortillas are not just for tacos anymore! Make and taste these new sweet and savory menu items using flour tortillas.

**Alice Cox** \$9  
**CBNF9** **Feb 13** 6:30 – 8 pm  
**Phoenix Alternatives**

### Open Gym

Enjoy an evening of exercise, physical games, friends and fun! We will supply the equipment. There will be different activities each night. Bring a water bottle and wear casual clothes, including tennis shoes. This is not an event to miss!

**Pat Boon & Melanie Groth** \$19  
**CBRR3** **Feb 13, 27, Mar 19, Apr 2** 7 – 8 pm  
**Brimhall Elementary School, Multi-purpose room**

### Line Dances and Party Dances

Learn the group dances and line dances that are so popular! The Hokey Pokey, YMCA, Chicken Dance, Macarena, and the Cotton Eyed Joe. For line dances you'll learn the Electric Slide, Boot Scoot Boogie, Tropical Twist, Hawaiian Stomp, Bandana Boogie, and Fancy Feet. Get ready for some fun! Caregivers are encouraged to stay and help if needed.

**James and Tricia Wood** \$15  
**CBSSE6** **Feb 20, 27** 7 – 8 pm  
**Tropical Ballroom**

### All Things Citrus

Winter weather makes us dream of warmer climates like the *Sunshine State* of Florida. Florida makes us think of Key Lime Pie, tree ripened citrus fruit and fresh squeezed juice. Don't miss this taste of Florida "sunshine" including Key Lime Pie and other citrus inspired dishes.

**Alice Cox** \$9  
**CBNF10** **Feb 27** 6:30 – 8 pm  
**Phoenix Alternatives**

### Floor Hockey

Back by popular request! It's an evening to just play a pick-up game with your friends and former teammates. All equipment will be provided but you are welcome to bring your favorite stick or puck. Why not wear your favorite NHL jersey or t-shirt?

**Community Bridge Staff** \$6  
**CBNR4** **Mar 5** 6:30 – 8 pm  
**Webster Elementary, Gym**

### St. Patrick's Day Fare

These tasty "green" dishes are sure to be a hit at your house as you celebrate St Patrick's Day. Menu includes desserts and entrees.

**Alice Cox** \$9  
**CBNF11** **Mar 12** 6:30 – 8 pm  
**Phoenix Alternatives**

### Peanuts, Peanut Butter

Move over jelly; peanut butter is no longer just for PB and J sandwiches! Peanuts and peanut butter are now the main ingredients in cookies, and sauces, and you can even flavor the peanuts themselves. If you like peanuts you'll love this class where you will make homemade peanut butter and other dishes with peanuts and peanut butter.

**Alice Cox** \$9  
**CBNF12** **Mar 26** 6:30 – 8 pm  
**Phoenix Alternatives**

### VFW Flyers

Meets every Monday & Wednesday

6:15 – 8:15 pm

Drop-in: No preregistration 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 651-748-7434 for class availability or program information**

# Tuesday Classes

## Computer Basics and Internet Fun

Get started using a computer in this hands-on class using Windows XP. Explore the desktop, beginning word processing and how to create and send an email. You'll also discover how to search the internet for absolutely anything that interests you.

**Shirley Walz** \$20  
**CBSB1** Feb 21, 28 6:30 – 8 pm  
Cottage Grove Middle School, D103

## Really Rockin' Rocks

Have "rockin" good time exploring the world of rocks and minerals. Look at the layers of the earth, create an erupting volcano and examine and identify rocks. Go home with the beginning of your own rock collection.

**Laura Ericksen** \$8  
**CBNSE7** Feb 28 6:30 – 8 pm  
John Glenn, 116

## April Fools Food

Calling all practical jokers - come get some new ideas for special "faux foods" you can serve to family and friends on April 1. The joke will be on them!

**Cheryl Gysbers** \$9  
**CBNF13** Mar 20 6:30 – 8 pm  
John Glenn, 116

# Wednesday Classes

## Roller Skating

Get some exercise, perfect your roller skating skills, enjoy the music, and socialize with friends. The Saints North Roller Skating Center is reserved just for Community Bridge – our very own private party. Fee includes skate rental, but you may bring your own skates or roller blades. Its safe, its fun. Wheel chairs are welcome, but they must be pushed by non roller skating staff or friends. The snack bar is always open so you can purchase refreshments.

**Pat Svendsen** \$8 (\$4 wheelers)  
**CBNR5** Feb 8 6 – 8 pm  
Saints North Roller Skating Center

## Fun Fitness for Everyone

This video-based fitness class will get you moving to some energizing music! You'll do stretching, warm-up, aerobic activities, strengthening, and cool down. It will help you feel your best.

**Chris McIntyre** \$30  
**CBSR3** Feb 8 – Mar 21 6 – 7 pm  
No class Mar 14

District 833 Program Center, Senior Center

## Adventure Plus – Climbing, Rope Course & Archery

For the adventurous among us! Experience climbing, a rope course and indoor archery at the new Boy Scouts of America Base Camp INDOOR facility. Visit [www.explorebasecamp.org](http://www.explorebasecamp.org) for a sneak preview of the facility – it is "first class"! **Registration deadline is February 7 due to Base Camp requirements.** Don't miss this one-of-a-kind adventure. A waiver and map will be sent upon registration.

**Ron Sushak** \$30  
**CBNSE8** Feb 15, 22, 29 7 – 9 pm

Base Camp, 201 Bloomington Road,  
Fort Snelling, MN 55111

## St. Patty's Day Necklace and Sing-a-long

Make a fun St. Pat's Day necklace while you sing Irish songs! Mary will bring her guitar. All materials supplied. *Caregivers are encouraged to stay and help if needed.*

**Mary Bouska** \$14  
**CBSC6** March 7 6:45 – 7:45 pm  
East Ridge High School, 1018 Gold

## VFW Flyers

Meets every Monday & Wednesday  
6:15 – 8:15 pm

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

Program questions to: Mary Beth Magnuson at  
651.487.7966

# Thursday Classes

## Brush Up on the Basics

Brush up on reading, writing and math under the guidance of Kelli Dean. One of our best Survival Reading and Writing teachers, Kelly returns to this new and updated class. You can work individually or in a small group to enhance your skills for home and in the workplace.

**Kelli Dean** \$25  
**CBNB3** Feb 9 – March 8 6:30 – 8 pm  
Skyview, 202

## I Love My Valentine's Day Puppy Pillow

Make a sweet cuddly Valentine puppy pillow or choose a soft, fleecy heart. The red, pink and Valentine-print is so festive. *Caregivers are encouraged to stay and help if needed.*

**Mary Jo Schneider** \$12  
**CBSC7** Feb 9 6:30 – 8 pm  
Cottage Grove Middle School, A111

## White Bear Casablanca – LIVE from White Bear Lake, MN

This year's White Bear Lion's Club annual comedy show is a spoof on the 1942 American romantic drama film, *Casablanca*. The Moroccan city of Casablanca was the setting for this World War II film of love and intrigue. *Casablanca* won three Academy Awards including Best Picture. Today, the film still consistently ranks near the top of lists of the greatest films of all time. Fast forward to 2012 - one can only imagine the humorous love and intrigue that will be found in White Bear Lake *Casablanca*. It is sure to be another academy award performance. *Community Bridge Staff will meet you in the lobby with tickets between 7 – 7:15 PM for a 7:30 PM performance.*

**Community Bridge Staff** \$12 (staff \$12)  
**CBNSE9** Mar 8 7 – 9:30 pm  
Central Middle School, Auditorium

## I Love Bunnies in the Springtime

Make and decorate a soft sculpture bunny to display as part of your springtime decorating. *Caregivers are encouraged to stay and help if needed.*

**Mary Jo Schneider** \$12  
**CBSC8** Mar 8 6:30 – 8 pm  
Cottage Grove Middle School, A105

## Women Talk/Men Talk

*Arc of the Greater Twin Cities* staff, Eve and Brad will lead a discussion on healthy friendships. The group will meet together briefly to learn the valuable resources available from Arc; then separate. The women will meet with Eve; the men with Brad. Each facilitator will discuss friendships, other relationships and how to speak up for your wants and needs. (The un-helpful aspects of gossip will also be addressed.) Both facilitators are dynamic and fun. They know how to keep a conversation lively and pertinent. The second night, the group will meet as a whole for planned activities and an opportunity to practice the skills learned the first night. Refreshments will be served the second night providing a real social situation.

**Eve Lee and Brad Hanson, Arc Staff** \$15  
**CBNSE10** Mar 22, 29 6:30 – 8 pm  
622 District Education Center, 101/103

## I Love Woodland Animals

Paint a paper mache box topped with a ceramic animal tile. This woodland box is perfect for storing treasures or to give as a gift. *Caregivers are encouraged to stay and help if needed.*

**Mary Jo Schneider** \$12  
**CBSC9** Mar 29 6:30 – 8 pm  
Cottage Grove Middle School, A105

Call 651-748-7434, for  
class availability or  
program information



# Friday Classes

## Sweetheart Dance

*No walk-ins for this dance - preregistration & payment only.*  
Whether Cupid's arrow has found you or you are just looking for an evening out with friends, dress in red and head to Gladstone for this popular dance featuring Community Bridge's new D.J., Dan Glimes.

**Dan Glimes** **\$10**

**CBNSE1 Feb 17 6:30 – 8:30 pm**

**Gladstone, Gym**

*No walk-ins for this dance - preregistration & payment only.*

## Bingo and Pizza Party

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! *Caregivers are encouraged to stay and help if needed.*

**Mary Bouska** **\$12 (staff \$3)**

**CBSR5 Feb 17 6:30 – 8 pm**

**District 833 Program Center, Senior Center**

## Friday Night Pizza Party

Relax at the end of the week and join your friends for a night out! We'll provide pizza, music, games to play and a craft to make. Bring along a favorite game, music cassette or CD for the evening.

**Judy Ptacek**

**CBSR4A Feb 24 \$9 (staff \$3)**

**Lake Middle School, Cafetorium 6:30 – 8:30 pm**

**CBSR4B Mar 23 \$9 (staff \$3)**

**Lake Middle School, Cafetorium 6:30 – 8:30 pm**

## Rock Around the Clock – Songs from the 50's & 60's

An evening of dancing with your friends at the Tropical Ballroom in Woodbury. The DJ will play oldies from the 50's and 60's. *Caregivers are encouraged to attend, but must register and pay as well.*

**James and Tricia Wood** **\$10 (staff \$10)**

**CBSSE7 March 9 6:30 – 8:30 pm**

**Tropical Ballroom Studio**

## March Madness Dance

*No walk-ins for this dance - preregistration & payment only.*  
Mardi Gras and St Patrick's celebrating continues, High School and College basketball tournaments are underway, it snows tons one day then melts the next and the days are definitely getting longer. Its no wonder that this time of year is called March Madness. Join the new Community Bridge D.J., Dan Glimes and your friends in celebrating this "mad" time of year.

**Dan Glimes** **\$10**

**#CBNSE2 Mar 30 6:30 – 8:30 pm**

**Gladstone, Gym**

*No walk-ins for this dance - preregistration & payment only.*

## Special Education Family Recreation Night

**For Families and Group Homes  
All Ages Welcome**

Fridays: 1/6, 2/3, 3/16, 4/20

Activities start at 6:30 pm

Crafts at 7:00 pm

Ice Cream & Cookies Social at 8:00 pm

**Otter Lake School,  
1401 County Road H2, White Bear Lake, 55110  
(Corner of Otter Lake Road and County H2)**

No registration Necessary.

**Family or staff must attend with participants**

*Sponsored by ISD 916 foundation  
and ISD 624 Community Education.*

For information call Teddie at 651-489-9577

# Saturday Classes

## Valentine's Day Mobile

Make a popular "Snoopy" Valentine's Day Mobile. Decorations will include colorful shapes and cording.

**Mary Bouska** \$15  
**CBRC7 Feb 4 9 – 10 am**  
Fairview Community Center, 105

## Valentine Cards

Make three decorative valentines to give, using glittery and colorful foam and "pop out" designs. Envelopes Included.

**Mary Bouska** \$15  
**CBEC8 Feb 4 10:15 – 11:15 am**  
Fairview Community Center, 105

## Easter Basket

Design a colorful Easter tin with pompoms. Put grass and candy inside to complete your holiday basket.

**Mary Bouska** \$15  
**CBRC9 Mar 24 9 – 10 am**  
Fairview Community Center, 105

## Spring Holiday Cards

Make a chick, a bunny and a lamb holiday card with an assortment of materials.

**Mary Bouska** \$15  
**CBEC10 Mar 24 10:15 – 11:15 am**  
Fairview Community Center, 105



**Volunteers** are the Community Bridge's greatest resource. A class assistant's extra hands/heart can better individualize the experience for a participant. Swimming, art, sports and fitness, basic reading & math, computer and choir are classes that would be greatly enhanced by the hands & hearts of volunteers. Call 651-748-7436. If you know someone who is looking for an opportunity to help in the community, let them know about the Community Bridge. *The Reward is Great!*



View this catalog online at [www.isd622.org/communitybridge](http://www.isd622.org/communitybridge)  
Call 651-748-7434 for class availability or program information



# Guidelines for Participation

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 listed in this brochure run smoothly and safely.

1. Preregistration is **required** for **all** classes, activities, dances, and trips. **No walk-ins will be accepted** except for VFW Flyers and Special Education Family Recreation Night.
2. You will be notified if classes, trips, or activities are canceled. Plan to attend unless you are notified of cancelation.
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 drinking.
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.



**The Community Bridge Consortium Budget is Stretched to the MAX!**  
—Your Donations are Needed and Appreciated—

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

Please make checks payable and send to District 622 Community Bridge, 2520 12 Ave E, North St Paul, MN 55109. Prizes may be dropped off at the same address. Call 651/748-7436 if you need someone to pick up your donated items.



***Take Advantage of All that Community Education has to Offer***

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.

Call the consortium office at 651-748-7437 for the Community Bridge coordinator in your school district.

# Direction Information

## **Arc Value Village**

**1650 White Bear Ave, St Paul, 55106**

Hwy 36, south on White Bear Ave. Arc Value Village is in the Hillcrest Center strip mall on the east side of White Bear Ave.

## **Base Camp, Fort Snelling**

**201 Bloomington Rd, fort Snelling, 55111**

I-35 E, exit then right on W 7th St/MN-5/Fort Road. Take the MN-55W ramp, keep left to Fort Snelling, left on Bloomington Rd. Base Camp will be on the right.

## **Brimhall Elementary School**

**1744 County Road B West, Roseville, 55113**

From Hwy 36, south on Snelling, right (west) on Co. Rd. B

## **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.

## **Central Middle School**

**4857 Bloom Ave, WBL, 55110**

Hwy 61 north in WBL, left on 5th St., right on Bloom Ave. The School is next to the District Center

## **District 622 Education Center**

**2520 E. 12<sup>th</sup> Ave, No. St. Paul, 55109**

From Hwy 36 in North St. Paul, north on McKnight Rd., right (east) on 11<sup>th</sup> Ave. (becomes 12<sup>th</sup> Ave. at North High School. Continue to the District Education Center, park in the east lot.

## **District 833 Program Center - 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. The Senior Center is in the District Program Center two blocks down on the right - just before Applebee's.

## **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, go south on Fairview, right on Co. Rd. B.

## **Gladstone**

**1945 Manton St, Maplewood, 55109**

From Hwy 36 in the Maplewood area, south on White Bear Avenue. Turn right (west) on Frost Ave. Turn right (north) on Manton St. Parking lot is north of the building.

## **John Glenn**

**1560 E County Rd B, Maplewood, 55109**

From Hwy 36 in the Maplewood area, south on White Bear Avenue. Turn right (west) on County Road B. School approximately 3/4 mile, on the left.

## **Lake Middle School**

**3133 Pioneer Drive, Woodbury, 55125**

From I-494, in the Woodbury area, take Lake Road east to Pioneer Drive. Turn right on Pioneer Drive.

## **Lakeview Lutheran Church**

**1194 E. County Rd. C, Maplewood, 55109**

From intersection of Hwy. 36 and Hwy. 61, go north on Hwy. 61 to Co. Rd. C and take a right. Building on immediate right.

## **Oakdale Nature Preserve, Discovery Center**

**4444 Hadley Ave N, Oakdale, 55128**

From Hwy 36, south on Hadley Ave N. Just past the fire station, Hadley will turn right; the Nature Preserve will be on the right approximately 1/2 mile.

## **Phoenix Alternatives, Inc.**

**3595 Linden Ave, WBL 55110**

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

## **Saints North Roller Rink**

**1818 Gervais Court, Maplewood, 55109**

From Hwy 36 in the Maplewood area, north on White Bear Avenue. Turn left (west) on Gervais. Turn left on Gervais Court (just past the large apartment complex).

## **Skyview Community School**

**1100 Heron Ave, N., Oakdale, 55128**

From I-694 in the Oakdale area, east on 10<sup>th</sup> St. Left on Heron Ave. N. (*Oakdale Library is on the corner.*)

## **Tropical Ballroom**

**1750 Weir Drive, Woodbury, 55125**

From I-494: West on Valley Creek Rd to Weir Dr; left on Weir, right into the parking lot of Valley Creek Mall. The Tropical Ballroom is located inside the mall.

## **Webster Elementary School**

**2170 E. 7th Ave., North St. Paul, 55109**

From Hwy 36 in the north St. Paul area, south on McKnight, east (right) on 7th Ave. School is on the left side of the road.

## **White Bear Lake Area High School South Campus**

**3551 McKnight Road, White Bear Lake, 55110**

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

**COMMUNITY BRIDGE REGISTRATION - PARTICIPANT FORM**

Name \_\_\_\_\_ Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Contact Person \_\_\_\_\_ Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

This is a new address or phone number

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

Photo Waiver: May your name and picture be used for press releases/promotions/publications? 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 2520 E 12th Ave, North St Paul, MN 55109

or charge Visa or MasterCard \_\_\_\_\_ Exp \_\_\_\_\_ Total Charge \$ \_\_\_\_\_

Signature \_\_\_\_\_ Name on Card \_\_\_\_\_

For Questions or to register by phone call 651-748-7434

**STAFF REGISTRATION FORM - *When staff fee 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
#CBNSE6	Arc Value village Sort-a-thon	Free	_____	\$ _____
#CBNSE9	White Bear <i>Casablanca</i>	\$12	_____	\$ _____
#CBSR5	Bingo and Pizza Party	\$3	_____	\$ _____
#CBSR4A	Friday Night Pizza Party	\$3	_____	\$ _____
#CBSR4B	Friday Night Pizza Party	\$3	_____	\$ _____
#CBSSE7	Rock Around the Clock	\$10	_____	\$ _____
#CBWT3	Lion King at the Orpheum	\$45	_____	\$ _____
#CBWT4	MN Wild	\$35	_____	\$ _____
#CBWT5	Science Museum - Real Pirates	\$19	_____	\$ _____
#CBWT6	Harlem Globetrotters	\$28	_____	\$ _____
<b>Total Staff Fee:</b>				\$ _____

Group Home Name \_\_\_\_\_  
and \_\_\_\_\_  
Street Address \_\_\_\_\_



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

**THE COMMUNITY BRIDGE**

Community Education for Adults with Disabilities  
2520 E 12th Avenue  
North St. Paul, MN 55109  
651.748.7434

**Community Bridge Can Help You Keep Your New Year's Resolution**

**Challenge Yourself**

**Adventure Plus**

**Climbing, Rope Course & Archery**

Page 4

**Volunteer**

**ARC Value Village Sort-a-Thon**

Page 2

**Learn Something New Each Day**

**Computer Basics and Internet Fun**

Page 4

**Just Move!**

**Snowshoeing**

Page 2

**Open gym**

Page 3

**Floor Hockey**

Page 3

**Fun Fitness for Everyone**

Page 4

**Really Rockin' Rocks**

Page 4

**Brush Up on the Basics**

Page 5

**Women Talk/Men Talk**

Page 5