

JANUARY-FEBRUARY 2022



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TRIPS & TOURS

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# **Educational Workshops**

Happy New Year, and welcome to 2022. The last two years have been so different and difficult for so many of us. My hope is that this New Year will allow us to find our "new" normal with fewer changes than we had to overcome in 2020 and 2021. I know that my family is excited about the changes that will be coming the end of the February to our household, as we are expecting a new baby. I will be in the office and plan to work up until the baby comes. Once I do go on maternity leave, we have already made arrangements for a wonderful lady by the name of Donna to come in while I am out. Some of you may recognize her, as she covered for me while I was on

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# Special Events

maternity last time. She will be around to answer any questions and lead trips. She will be more than happy to help you in any way. I am very optimistic that 2022 will be a great year!

Ali Lukin

Recreation Coordinator

MASK UP: Masks must be worn at all times in the Community Center regardless of vaccination status. For the most up to date info on our policy visit www.newbrightonmn.gov/covid-19 or call 651-638-2130, press 6 at the first prompt.





#### **American Swedish Institute**

Lovingly dubbed the "Castle," the Turnblad Mansion on the American Swedish Institute campus is stylistically unique and massive in scale. American Swedish Institute interpreters will guide us through a one-hour tour of the Turnblad Mansion, offering insights into the history and story. Following the tour, we will enjoy a traditional Swedish Smorgasbord. The buffet lunch will offer beet salad, cucumber dill salad, rye bread and butter, lingonberries, mashed potatoes, Swedish meatballs, chefs' choice of Swedish dessert, with beverage choice coffee and water. Registration includes transportation in a motor coach, lunch and tour. Please note: walking, standing and stairs (elevator is available) will be required. Register by January 2

Bus Pick up / Drop off Location: New Brighton Community Center Lobby

Thursday, January 20, 8:40 am - 1:15 pm

\$70

## **Paisley Park Tour and Lunch**

Join us for The Paisley Experience at Paisley Park in Chanhassen. Tour includes seeing the main floor of Paisley Park, where Prince recorded and performed many of his greatest hits! In addition we will see the massive soundstage and concert hall where Prince rehearsed for tours and held exclusive, private concerts; the NPG Music Club where Prince held countless late-night performances, and much more! Lunch will be at the Original Pancake House in Eden Prairie after the tour. Lunch choices will be available closer to trip date. Registration includes transportation in a motor coach, lunch and tour. Please note: walking, standing and stairs (elevator is available) will be required. Register by February 13.

Bus Pick up / Drop off Location: New Brighton Community Center Lobby

Thursday, February 24, 9:25 am - 3:05 pm

\$99

#### Luck of the Irish

Let's head to the Ives Auditorium in Bloomington where we will enjoy lunch and then move into the \$20 million stateof-the-art concert hall. If you finish lunch early you will be able to enjoy on your own the six galleries in the Masonic Museum and Library on the second floor. The performance "Luck of the Irish", a celebration of St. Patrick's Day, will feature our favorite Irish tunes, traditional pub anthems, historical ballads and fun music hall ditties. You will be encouraged to sing along to such traditional tunes as "Danny Boy" and "The Wild Rover." Also featured will be a tribute to such favorite groups as the Irish Thunder, Emerald Beat and Celtic Fyre. The buffet lunch will include an entrée, potatoes or rice, a vegetable, dinner roll, dessert and beverage. Registration includes transportation in a motor coach, lunch and show. Please note: some walking will be required. Masks are required to be worn by all in the building and theater. At this time there is NO social distancing in the theater. Register by: February 6.

Bus Pick up / Drop off Location: New Brighton Community Center Lobby

Wednesday, March 16, 10:30 am - 4:15 pm

\$92

#### **Footloose at Chanhassen Dinner Theater**

Join us as we head to Chanhassen Dinner Theater to see Footloose! When Ren and his mother move to a small farming town he is not prepared for the rigorous local rules like a ban on dancing that was instituted by the local preacher. When the preacher's rebellious daughter sets her sights on Ren, her boyfriend is set to sabotage Ren's reputation and gets the whole town to believe the worst about him. This heartfelt story that emerges pins a father longing for the son he lost against a young man aching for the father who walked out on him. Footloose celebrates the wisdom of listening to your people while guiding them with a warm hard and open mind. Lunch will be served before the show begins and you



will be able to select your entrée form the menu and a beverage of choice. Please bring spending money if you would like to purchase a dessert or an alcoholic beverage. Registration includes transportation in a motor coach, lunch and tickets to the show. Please note: some steps in the theater are required. Register by Sunday March 6.

Please note: Chanhassen has a very strict COVID policy. Masks are REQUIRED and must be worn at all times while in the building, unless you are eating or drinking and you must present proof of COVID vaccination or a negative **COVID test in the last 72 hours before entering the building.** 

Bus Pick up / Drop off Location: New Brighton Community Center Lobby Wednesday, April 6, 10:05 am - 5:15 pm \$102



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# January 2022

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	Inspiring Crafter 9:00am EEW: The Surprising Impact of Ageism Mahjong 6:30pm	Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	7
<b>11</b> Contract Bridge 9:00am Five Hundred 1:00pm	12 Inspiring Crafter 9:00am Mahjong 6:30pm	Cribbage 9:00am EEW: Organic Composting Duplicate Bridge 12:00pm	14
18 Contract Bridge 9:00am Five Hundred 1:00pm EEW: The Magic of "Soft Skiing"	Inspiring Crafter 9:00am Pop On In For Popcorn Mahjong 6:30pm EEW: Houseplant Success	20 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm Day Trip: American Swedish Institute	21
<b>25</b> Contract Bridge 9:00am Five Hundred 1:00pm	26 Inspiring Crafter 9:00am EEW: Extended Travel Information Class Mahjong 6:30pm	27 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	28 Community Bonfire and Luminary Walk
() H	11 Contract Bridge 9:00am Five Hundred 1:00pm  Contract Bridge 9:00am Five Hundred 1:00pm  EEW: The Magic of "Soft Skiing"  25 Contract Bridge 9:00am	Inspiring Crafter 9:00am  EW: The Surprising Impact of Ageism Mahjong 6:30pm  12 Inspiring Crafter 9:00am Mahjong 6:30pm  18 Contract Bridge 9:00am Five Hundred 1:00pm EW: The Magic of "Soft Skiing"  19 Inspiring Crafter 9:00am Pop On In For Popcorn Mahjong 6:30pm EEW: Houseplant Success  26 Inspiring Crafter 9:00am EEW: Houseplant Success  26 Inspiring Crafter 9:00am EEW: Houseplant Success  26 Inspiring Crafter 9:00am EEW: Extended Travel Information Class	Inspiring Crafter 9:00am EW: The Surprising Impact of Ageism Mahjong 6:30pm  12 Inspiring Crafter 9:00am EEW: Organic Composting Duplicate Bridge 9:00am EEW: Organic Composting Duplicate Bridge 12:00pm  18 Inspiring Crafter 9:00am Mahjong 6:30pm  20 Inspiring Crafter 9:00am Pop On In For Popcorn Mahjong 6:30pm EEW: The Magic of "Soft Skiling" EEW: Houseplant Success  26 Inspiring Crafter 9:00am Pop On In For Popcorn Mahjong 6:30pm EEW: Houseplant Success  27 Cribbage 9:00am Duplicate Bridge 12:00pm Day Trip: American Swedish Institute  27 Cribbage 9:00am Duplicate Bridge 12:00pm Day Trip: American Swedish Institute  27 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm Duplicate Bridge 12:00pm Dominos 1:00pm Duplicate Bridge 12:00pm

#### **Lunch with Friends**

Join us as we head out for lunch at Bricks Kitchen and Pub in Blaine. Grab your old friends, make new friends, come and enjoy each other's company. We will take a wheelchair and walker friendly bus. Bricks Kitchen and Pub has a wide verity of items that you can choose from on the menu. Lunch is not included and is to be purchased on your own the day of the event. Register by Sunday January 23.

Bus Pick up / Drop off Location: New Brighton Community Center Lobby Wednesday, February 2, 10:30 am - 1:00 pm \$16





New Brighton Community Center offers open pickleball in the gymnasium. Participants will be required to check-in at Guest Services and are asked to submit their \$4.50 payment before entering the gym. Participants should bring their own paddle. Balls and nets will be provided. *Please do not enter the gym until Open Pickleball start time*.

#### **NEW WINTER SPRING HOURS**

Tuesdays 11:00 am-2:00 pm Thursdays 11:00 am-2:00 pm Fridays 12:00 pm-3:00 pm

Cost: \$4.50 per day or \$45 for a 12 time punch pass

New Brighton Parks &
Recreation offers a variety of
fitness classes for all abilities.
Find the group fitness class
schedule on our website
www.newbrightonmn.gov/fit

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February 2022
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Contract Bridge 9:00am Five Hundred 1:00pm	2 Inspiring Crafter 9:00am Day Trip: Lunch with Friends Mahjong 6:30pm	Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	4
7 Mahjong 9:00am AARP 8 hr Class Hand & Foot 12:30pm	8 Contract Bridge 9:00am Five Hundred 1:00pm EEW: Organic Composting	9 Inspiring Crafter 9:00am AARP 8 hr Class Mahjong 6:30pm	10 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	11
14 Valentine's Day Mahjong 9:00am Hand & Foot 12:30pm	15 Contract Bridge 9:00am AARP 4hr Class Five Hundred 1:00pm	Inspiring Crafter 9:00am Mahjong 6:30pm EEW: Pruning Trees and Shrubs Remember the Good Old Days with WCCO Radio and Lunch!	17 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	18
21 Mahjong 9:00am Hand & Foot 12:30pm	<b>22</b> Contract Bridge 9:00am Five Hundred 1:00pm	23 Inspiring Crafter 9:00am Mahjong 6:30pm	24 Cribbage 9:00am Day Trip: Paisley Park Tour and Lunch Duplicate Bridge 12:00pm Dominos 1:00pm	25
28 Mahjong 9:00am Hand & Foot 12:30pm				

## **Extended Travel Information Class**

Take the worry out of travel by signing up for a guided trip through Landmark Tours. Trips typically include flights, luxury motor coach transportation on tours, a knowledgeable tour guide, three star hotel accommodations (or better) and several meals. Register by: Sunday January 23

Room 220 Wednesday, January 26 1:00 pm-2:00 pm **FREE** 



## **REMINDER:**

Registration is REQUIRED for ALL activities even those that are FREE. Thank you!

## **Weekly Activity Groups**

To attend any of our weekly programs you are must register for each week that you plan to attend. All participants must wear masks while in the building. When arriving at the activity room, participants are asked to wash their hands or use hand sani-

### **Inspiring Crafters** (Formerly Known as

### Keeping you in Stitches)

Wednesdays 9:00-11:00 am Room 222

### **Duplicate Bridge**

12:00 -3:00 pm Thursdays Room 222

#### **Contract Bridge**

9:00 am-12:00pm Tuesdays Room 222

#### **Mahjong**

Mondays 9:00-11:00 am Room 222 Room 222 Wednesdays 6:30-8:30 pm

#### **Five Hundred Card Game**

Tuesdays 1:00-3:00 pm Room 222

#### **Hand and Foot Card Game**

Mondays 12:30-3:00 pm Room 222

#### Cribbage

Thursdays Room 222 9:00-11:00 am

#### **Dominoes**

Thursdays Room 221 1:00-3:00 pm

For full descriptions and to register for these program visit: www.newbrightonmn.gov/adult-activities and click the "Register for a Program" button.



### **ADT-Monitored Home Security**

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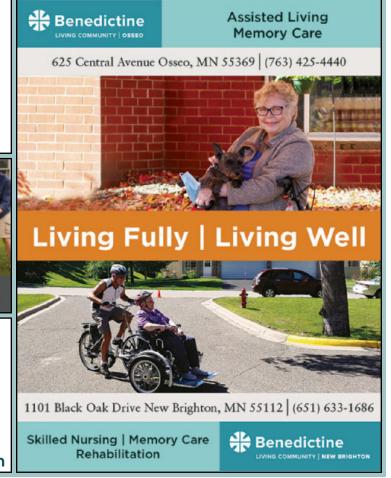
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# **Education & Enrichment Workshops**

## The Surprising Impact of Ageism

Every day we are all getting another day older. Sadly, those who view aging through a lens of misleading cultural stereotypes and a sense of fear will also internalize that negative image as they age. Learn how to cultivate a healthier view of aging to better enjoy life, whatever your age may be. St. Anthony Health and Rehabilitation will be providing a sweet treat for us as well. Register by: Sunday January 2.

Room 224 Wednesday, January 5, 1:00-2:30 pm FREE

## The Magic of "Soft Skiing"

Have you ever wanted to downhill ski, but thought you were too old to either do it again or try it for the first time? Come join us as we learn how we can safely ski with "soft skiing" by expert Ski Instructor Roger Wangen. We will reminisce about the pleasures of skiing and learn about how things have changed with this fun winter activity that everyone can still enjoy. Roger does offer "on the snow" classes at Hyland Park Ski hill. This is a FREE informational class, but registration is still required. Register by Sunday, January 16

Room 220 Tuesday, January 18, 6:00-7:30 pm FREE



## **Pruning Trees and Shrubs**

Woody plants like trees, shrubs, and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants. This class is taught by Ramsey County Master Gardener volunteers. The U of M Extension Master Gardener program shares research-based gardening best practices that promote healthy landscapes, healthy foods, and healthy lives with the people in their community. This is a Free Program but all participants must be pre-registered to receive the Zoom meeting link. Zoom meeting link will be emailed to everyone a few days before the class meeting date. Register by Sunday, February 13.

Zoom Wednesday, February 6, 6:30-8:00 pm FRFF

### **Houseplant Success**

Caring for indoor plants is a little different than caring for outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems. This class is taught by Ramsey County Master Gardener volunteers. The U of M Extension Master Gardener program shares research-based gardening best practices that promote healthy landscapes, healthy foods, and healthy lives with the people in their community. This is a free program, but all participants must be pre-registered to receive the Zoom meeting link. Zoom meeting link will be emailed to everyone a few days before the class meeting date. Register by Sunday, January 16.

Zoom Wednesday, January 19, 6:00-7:30 pm FRFF

### **Smart Phone Basics 1**

This two-hour introductory workshop covers basic functions and concepts of smartphone use. Topics include limited personal help, device interface, virtual & physical buttons, ports, status bar, settings (safety and security, screen timeout/ lock, sound, speakers, volume, rotation, brightness, flashlight, Wi-Fi, Bluetooth, airplane mode & hotspots), text messaging, camera use to take and share photos and videos via texting or email, 911 Emergency, 611 helpdesk 24/7, icons and Apps, social media concepts, manage unwanted running websites & Apps, and finally answer a few questions students may have. We also explore available help resources. Instructor, "RayTheComputerGuy" will meet with small groups to work one on one with us as we become familiar with our devices. Ray has over 30 years of IT experience with the State of MN and global agencies. Prerequisite: Be able to place and answer cellphone calls. Please bring your Smart Phone with you and a notebook to write down any notes that he may share with you. Register by January 16.

Room 218 Monday, January 24, 10:00 am - 12:00 pm \$80

## Organic Composting Available with Ramsey County and the City of New Brighton!

Organics recycling (or composting) is the recycling of organic material into compost, a valuable resource that benefits all! Almost 30% of our waste is food and food-soiled paper. Food waste in the trash system releases methane gas, which is a major contributor to global warming. Reducing our food waste, or organics recycling the food waste we do produce, is one the easiest ways we as consumers can make an impact. All food scraps (including vegetables, fruits, meats, grains dairy, coffee grounds, tea bags, etc.) and food soiled paper (including pizza boxes, paper towels, tissues, etc.) should go in your organic recycling pail. This informational class is free to attend and the supplies that you will need to take part in this exciting opportunity are also Free. Join us to learn more about this program and how Organic Composting works.



This is a FREE informational class, but we would still like you to register so we know how many people will be attending.

New Brighton Community Center - Room 224

Thursday, January 13 2022 9:30 am - 10:30 am Register by: Sunday, Jan. 9 Tuesday, February 8 2022 6:00 pm - 7:00 pm Register by: Sunday Feb 6

FRFF



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## **AARP "SMART DRIVER" Program**

#### IN PERSON CLASSES:

Get a discount on your auto insurance by taking our "Smart Driver" class. An auto insurance discount can be obtained by those 50 and over who complete an eight hour course. A four hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate; but an AARP membership is not required. We will be following all State Guidelines to avoid the spread of COVID-19. AARP members will be required to provide their membership number at time of registration.

Location: New Brighton Community Center Room 220

#### 4 Hour Refresher Class:

Monday February 15 12:00 pm- 4:00 pm Register by: February 6 March 10 9:00 am - 1:00 pm Register by: February 27 Thursday

\$25 Member \$30 Non-member

8 Hour First-time Class:

Monday & Wednesday February 7 & 9 9:00 am -1:00 pm Register by: January 30

\$25 Member \$30 Non-member

#### **ONLINE CLASS SPACE:**

All AARP in-person classes have all been canceled nationwide until February, so we are offering a space where you can come in and take the online class using one of our computers. Using our computers is free, but you will need to pay for the class using a credit card on the day that you come in to use our computers. You will be paying for the classes through the AARP website, and staff can assist you that day with his process. This class is all online and will require you to read on the computer, watch short videos and take short guizzes on what you have learned. The online program usually takes about 5-8 1/2 hours to complete, and you must complete all parts of the program in one day. City of New Brighton is NOT teaching this class, but will be available to help with computer difficulties.

Please feel free to bring your own headphone to use or you can borrow one of ours. Please bring a note pad/paper and pen if you choose to take notes while taking the class. Your completion certificate will be able to be printed once the class is completed.

Location: New Brighton Community Center Room 220

9:00 am - 5:00 pm Register by: January 9 Tuesday January 11 Tuesday February 8 9:00 am - 5:00 pm Register by: February 6 Tuesday March 8 9:00 am - 5:00 pm Register by: March 6

Fee: FREE to use our computers

Payment to be made day of and by Credit Card on the AARP Website

\$25 Member \$30 Non-member



<sup>\*\*</sup> Please note that we ask everyone to arrive between 9:00 am and 10:00 am to start the class to ensure you have enough time to complete the class. Once you have completed the class you are free to leave.

# Registration

## Make a payment (and return to):

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Program Title	Fee Cash/Check #
First Name	Last Name
Birthdate (MO/DAY/YEAR)	
Address	
City	
State	Zip
Primary Phone	
Email Address	
I would like to be put on the mailing list to receive the senior Active Life Newsletter.	I would like to know about volunteering with New Brighton Park & Recreation.

### **How to Register:**

There are 3 ways to register: you can register online and pay by a credit card, call guest services over the phone and pay by a credit card, or Mail in your registration form with an attached check. Please note: that program spots are filled on a first come first service basis.

#### **Online** at

#### www.newbrightonmn.gov/register

- Click on the blue box that says "Register for a Program"
- Log into your account
- Click on adult programs

Phone: 651-638-2130

At the first Prompt press 6 to register over the phone with someone

Mail: Complete Form (left)

Complete the form fully, attach payment and mail to:

New Brighton Parks & Recreation 400 - 10th Street NW New Brighton, MN 55112

## THE COFFEE CREW

Coffee is always better when shared with friends during our weekly activity groups. Help support us in keeping coffee, creamer and supplies available during our weekly activities. Join the Coffee Crew and your name will be placed on the Coffee Crew sign that will be in the Senior Room. Help us to keep the coffee brewing for you and your friends!

Fee: \$12 for the year





# POP ON IN FOR POPCORN

Pop on over to the New Brighton Community Center for some popcorn and catching up on National Popcorn Day! Learn about what new and exciting things we have planned for the spring / summer and catch up with old friends. Ali will be on hand to help get you set up in our new registration system and register for any upcoming programs. This program is FREE, but please register so we know how much popcorn to get. Register by Sunday January 16.

Room 222 FREE Wednesday, January 19 11:15 am-12:15 pm



400 10th St. NW New Brighton, MN 55112 www.newbrightonmn.gov 651-638-2130

#### Community Center Hours

 Monday-Friday
 6:00 am-10:00 pm

 Saturday
 8:00 am-10:00 pm

 Sunday
 8:00 am-6:00 pm

#### **Upcoming Hours**

December 31 6:00 am-4:00 pm January 1 6:00 am-10:00 pm

The Active Life Newsletter is published by New Brighton Parks & Recreation six times a year. For more information, please contact: Ali Lukin ali.lukin@newbrightonmn.gov

## Remember the Good Old Days with WCCO Radio and Lunch!

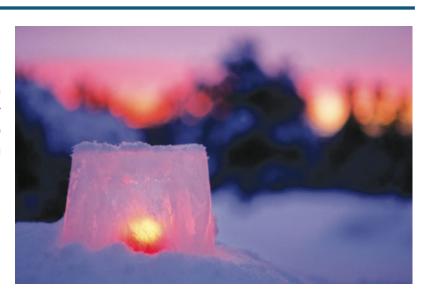
Remember gathering around the radio when you were little to hear WCCO News? Grab your friends, join us for an Italian lunch and then sit back and enjoy listening to Retired WCCO Radio News Director Curtis Beckman as he entertains us with station history, glory days stories, school closings, and just darn fun commentary. You will not want to miss this! Lunch will include Salad, Spaghetti, Fettuccine, Bread, Desert, Coffee and Water. Register by Sunday January 30.

New Brighton Community Center – Room 224 Wednesday, February 16 11:00 am – 1:00 pm \$20

## **Community Bonfire & Luminary Walk**

Enjoy the beautiful trails at Hansen Park in a whole new way! Ice and paper luminaries will light your way for an evening winter walk. Then, warm up with hot chocolate, s'mores and a bonfire or enjoy a skate on Hansen's ice rink. There will be something for everyone at this community event!

Hansen Park Friday, January 28 5:00 pm - 8:00 pm FREE



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