



ACTIVE LIFE

NEWSLETTER

MAY-
JUNE
2022



All about Composting - Page 8

April showers sure brought us May and June flowers! The flowers are bursting out everywhere you look these days. Many flowers have hidden attributes like the very expensive spice, saffron, which comes from a type of Crocus flower. Did you know that Tulip Bulbs were more valuable than gold in Holland in the 1600s and that tulip bulbs can be substituted for onions in some recipes? The largest flower in the world is the Titan Arums, which produces flowers 10 feet high and 3 feet wide. These flowers also are notorious for their awful smell which is why they are also known as corpse flowers. We have lots of different kinds of flowers here in Minnesota, but almost 60 percent of fresh-cut flowers grown in the US come from California. However, we have the one flower that appears in almost everyone yard each summer: Dandelions! They may seem like a weed, but the yellow flowers and leaves can be eaten and are a good source of vitamin A, C, Iron, Calcium and Potassium. I can honestly say that I have eaten Dandelion butter, and it was tasty! So next time you go to put some weed killer on those flowers in your yard, think twice about picking it and enjoying them at your next meal.

Ali Lukin
Recreation Coordinator

NOTE: Masks are no longer required in the Community Center. Individuals may choose to wear masks if they wish.

📍 New Brighton Community Center
400 10th Street NW
New Brighton, MN 55112

🕒 Monday - Friday 6:00am-10:00pm
Saturday 8:00am-10:00pm
Sunday 8:00am-6:00pm

📞 (651) 638-2130

@ ali.lukin@newbrightonmn.gov

🌐 www.newbrightonmn.gov

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Tea in the Garden

Enjoy an afternoon under shady trees for tea, scones, and biscuits. Socialize during a private shopping event with 10% off your purchase and receive a special gift. Meet at the Hummingbird Floral, 4001 Rice Street in Shoreview. In case of bad weather, the tea will be moved to the Shoreview Community Center. Please note: you will need to drive yourself to this event and location. **Register by May 30.**

Location: Hummingbird Floral, 4001 Reice Street Shoreview MN
 Tuesday, June 8, 1:00 pm - 3:00 pm
 \$20

Osceola Train Ride

All aboard for a scenic summer train ride from Osceola, WI to Marine on St. Croix, MN and back through Osceola and Dresser, WI. Ride the vintage train along the beautiful St. Croix River Valley. Enjoy a boxed lunch which includes a turkey sandwich, potato salad, and a bag of chips, beverage and a brownie desert. We will be delighted with the sights of waterfalls, wildlife, native vegetation and golden sandstone bluffs all while experience railroading history. Registration includes transportation in a motor coach, lunch and tickets for the train ride. Please note: some steps up onto the train are required. **Register by Sunday May 22.**

Please note: while on the train Masks are REQUIRED and must be worn at all times regardless of vaccination status.

Bus Pick up / Drop off Location : New Brighton Community Center Lobby
 Thursday, June 23, 8:55 am - 3:00 pm
 \$95



National Eagles Center

Come explore and be amazed with us as we head to the National Eagles Center in Wabasha, MN. As we venture to Wabasha, we will make a stop along the shores of the lake in Lake City where we can stretch our legs and take in the beauty of the bluffs. We will enjoy lunch at Chickadee Cottage Café where we will have Old Fashioned Chicken Salad with grapes, almonds and ring pasta in a delectable creamy dressing, fresh fruit, homemade nut bread, a beverage and a dessert. Once at the National Eagles Center we will have time to view exhibits and explore on our own. The National Eagle Center has just reopened after a multi-million dollar expansion. You will be able to view the glassed-in observation deck for eagle watching and for viewing interesting wildlife including bald eagles. We will enjoy a private presentation where we will the see the Ambassador Eagles and learn about the rehabilitated eagles including their size and wingspan. Registration includes transportation in a motor coach, lunch and entrance to the National Eagle Center. Please note: standing and walking is required. **Register by Sunday June 19.**

Please note: At the National Eagles Center **Masks are REQUIRED** and must be worn at all times while in the building regardless of vaccination status. They are also strongly encourage social distancing while exploring their exhibits.

Bus Pick up / Drop off Location : New Brighton Community Center Lobby
 Tuesday, July 19, 8:15 am - 5:45 pm
 \$102

Grandparent and Me Trip: Disney's The Little Mermaid Jr.

Grandparents grab your grandkids and join us for a fun morning as we jump on the bus and head to Stages Theater in Hopkins to see Disney's The Little Mermaid Jr. We will journey "Under the Sea" with Ariel and her maritime friends in this enchanting tale of big dreams and true love. In a quest to explore the world above, Ariel, the youngest mermaid daughter of King Triton, makes a deal with the evil sea witch, Ursula, and jeopardize not only her dreams, but the entire Mer-world. This 60-minute adaptation of the ever-popular Disney Film features the charming Academy Award-winning music and will delight audiences of all ages. Registration includes transportation in a school bus and tickets. Please note: some standing and walking is required. **Register by June 26**



Please note: Stages Theater has a very strict COVID policy. Masks are REQUIRED for anyone ages 3 and up and must be worn at all times while in the building and theater. All participants ages 18 and up must present proof of COVID vaccination or a negative COVID test in the last 72 hours before entering the building along with a Photo ID.

Bus Pick up / Drop off Location : New Brighton Community Center Lobby
 Thursday, July 21, 8:25 am - 12:15 pm
 \$27

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MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Mahjong 9:00am Hand & Foot 12:30pm	03 Contract Bridge 9:00am Five Hundred 1:00pm	04 Inspiring Crafter 9:00am Mahjong 6:30pm	05 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	06
09 Mahjong 9:00am Hand & Foot 12:30pm	10 Contract Bridge 9:00am Five Hundred 1:00pm	11 Inspiring Crafter 9:00am Mahjong 6:30pm	12 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	13
16 Mahjong 9:00am Everything you Need to Know About Using Zoom 10:00am Hand & Foot 12:30pm	17 Contract Bridge 9:00am Five Hundred 1:00pm	18 Inspiring Crafter 9:00am Mahjong 6:30pm Home Composting 6:30pm	19 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	20
23 Mahjong 9:00am Hand & Foot 12:30pm	24 Contract Bridge 9:00am Five Hundred 1:00pm	25 Inspiring Crafter 9:00am Colored Pencil Drawing on Suede Board 9:00am Hiking Club 10:00am Mahjong 6:30pm	26 Cribbage 9:00am Silhouette Canvas Painting 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	27
30 Mahjong 9:00am Hand & Foot 12:30pm	31 Contract Bridge 9:00am Five Hundred 1:00pm			



Open Pickle ball Times at the New Brighton Community Center Gym

Come on over and play Pickle ball with us! This program is a drop in to play, no pre-registration is required.

Tuesday 11:00am–2:00pm Thursday 11:00am–2:00pm Friday 12:00pm–3:00pm

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

If you enjoy walking outside, join the New Brighton Park and Recreation Hiking group. The group will meet on Wednesdays from April-October. You can choose to join us for the spring session, summer session 1, summer session 2, and/or the fall session. If you want to hike all 28 weeks, you can sign up for all of our sessions! A hiking location schedule we be sent to participants before the first meeting date of each session. Each week we will hike about 2-3 miles and walk at our own pace. Hikes will be lead with our Naturalist Bill. He will point out different plant types, bugs and even information about the area where we will be hiking. Bill will accompany us each week to encourage fellowship, exercise, and scenery of the great outdoors. We will once again be providing transportation to and from our hiking locations. Participants will board the city van and an accessible friendly bus. Please note: Walking and standing is required. Register by March 20 Spring session, May 15 Summer session 1, July 3 Summer session 2, August 21 Fall session.



Spring Session:

Summer 1: Wednesday's May 25 - July 6 2022
 Summer 2: Wednesday's July 13 - August 24 2022
 Fall: Wednesday's August 31 - October 19 2022

Time: 10:00 am - Noon
 Fee: \$56.00 per session

Hiking participants are encouraged to wear masks while hiking, socially distance when possible and will follow all State Guidelines to avoid the spread of COVID-19.

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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Inspiring Crafter 9:00am Hiking Club 10:00am Staying Safe at Home 10:00am Ramsey County Organics Recycling Seminar 5:00pm Mahjong 6:30pm	02 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	03
06 Mahjong 9:00am Hand & Foot 12:30pm AARP 8 Hour 1:00pm	07 Contract Bridge 9:00am Extended Travel Information Class 10:00am Five Hundred 1:00pm	08 Inspiring Crafter 9:00am Hiking Club 10:00am Tea in the Garden 1:00pm AARP 8 Hour 1:00pm Mahjong 6:30pm	09 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	10
13 Mahjong 9:00am Hand & Foot 12:30pm	14 Contract Bridge 9:00am Five Hundred 1:00pm	15 Inspiring Crafter 9:00am Hiking Club 10:00am Mahjong 6:30pm Herb Gardening 6:30pm	16 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	17
20 Mahjong 9:00am Hand & Foot 12:30pm	21 Contract Bridge 9:00am Five Hundred 1:00pm	22 Inspiring Crafter 9:00am Hiking Club 10:00am Mahjong 6:30pm	23 Cribbage 9:00am Osceola Train Ride 8:55am Duplicate Bridge 12:00pm Dominos 1:00pm	24
27 Mahjong 9:00am Hand & Foot 12:30pm	28 Contract Bridge 9:00am Five Hundred 1:00pm	29 Inspiring Crafter 9:00am Hiking Club 10:00am Mahjong 6:30pm	30 Cribbage 9:00am Duplicate Bridge 12:00pm Dominos 1:00pm	

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 June 5.

Tuesday, June 7, 10:00 am - 11:00 am

New Brighton Community Center - Room 220

Free

WEEKLY ACTIVITY GROUPS

NEW BRIGHTON PARKS & RECREATION

7

To attend any of our weekly programs you 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 sanitizer.

Inspiring Crafters

Wednesdays 9:00-11:00 am Room 222

Five Hundred Card Game

Tuesdays 1:00-3:00 pm Room 222

Duplicate Bridge

Thursdays 12:00 -3:00 pm Room 222

Hand and Foot Card Game

Mondays 12:30-3:00 pm Room 222

Contract Bridge

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

Cribbage

Thursdays 9:00-11:00 am Room 222

Mahjong

Mondays 9:00-11:00 am Room 222

Wednesdays 6:30-8:30 pm Room 222

Dominoes

Thursdays 1:00-3:00 pm Room 221

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



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

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Everything you Need to Know About Using Zoom

This two-hour introductory workshop covers basic functions & concepts of Zoom. Zoom is a form of video conferencing which allow individuals to meet and work together productively, "face-to-face" when meeting in person isn't possible. This makes meeting remotely much more human and helps people stay connected online. Zoom is being used worldwide by companies all over and by families and friends to stay connected. Come learn how to download and install Zoom on your computer, tablet, iPad and your smart phone. Instructor, "RayTheComputerGuy" will meet with small groups to work one on one with us as we become familiar with zoom. Ray has over 30 years of IT experience with the State of MN and global agencies. Please bring your Smart Phone, tablet or iPad with you and a notebook to write down any notes that he may share with you.

Register by Sunday, May 1.

Room 218

Monday, May 16, 10:00 am - Noon

\$40

Staying Safe at Home

Everyone wants to be safe in their home, but 1 out of 3 seniors in the US are affected by serious falls. Join us as we will address serious issues of falls and gain a deeper understanding of fall risk factors as well as techniques that can be used to lower individual risk. We will also learn about the socioeconomic impact of falls and the physics associated with standing up right vs. falling. We will learn how to create a "falls plan", to determine what to do if a fall does occur. St. Anthony Health and Rehabilitation is sponsoring this event and will be providing pies for us as a sweet treat. **Register by May 29.**

Room 224

Wednesday, June 1, 1:00 pm - 2:30 pm

Free

Family Friendly-Ramsey County Organics Recycling Seminar

Aromatherapy can help with aging. It's considered a holistic healing modality but some say it has helped them so much. We will be introduced to the art and science of aromatherapy. Our sense of smell can help heal us based on what is in the air. We will discuss possible ways for you to implement aromatherapy into your life. St. Anthony Health and Rehabilitation is sponsoring this event and will be providing a light lunch for us as well. **Register by Sunday, March 20.**

Community Room

Wednesday, June 1, 5:00 pm - 6:00 pm

Free

Home Composting

Learn the science behind and the benefits of home composting, including information on different composting methods, recommended compostable materials, and common uses of compost around the yard and garden. 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 May 15.

Zoom

Wednesday, May 18, 6:30 pm - 8:00 pm

FREE

Herb Gardening

Get to know some of the herbs commonly used in cooking and learn how to harness those flavors year-round. 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 June 12.**

Zoom

Wednesday, June 15, 6:30 pm - 8:00 pm

FREE



ART CLASSES

9

NEW BRIGHTON PARKS & RECREATION

Colored Pencil Drawing on Suede Board

Join us as we explore the wonderful world of colored pencils! This therapeutic course will cover the basics of drawing and colored pencil application. Choose from a wide variety of nature photos for your drawing. Learn different techniques on how to layer and add texture to your drawings. Discover how to use light sources to create realistic dimension to your work. You will have the opportunity to draw on suede board to create a beautiful work of art! This class is led by Artisticmoments which is known for teaching adults of all levels how to draw, paint and be creative. This class is taught with step by step direction and allows for one on one teaching time. All supplies for this class are provided for you. All artistic abilities welcome! **Register by May 15.**

Room 100 A& B
Wednesday, May 25, 9:00 am - Noon
\$37

Silhouette Canvas Painting

Have you ever painted on canvas? Would you like to create a background, complimented by a silhouette? Come join us and Artisticmoments, which is known for teaching adults of all levels how to draw, paint and be creative. Choose from a variety of photos (or bring a favorite sunrise/sunset photo of your own to class). Learn an easy method for blending colors and use a variety of paintbrushes and techniques to create a vibrant background. Apply your favorite silhouette and watch your composition come to life! This class is taught with step by step direction and allows for one on one teaching time. All supplies for this class are provided for you. All artistic abilities welcome! **Register by May 15.**

Room 100 A& B
Thursday, May 26, 9:00 am - Noon
\$37



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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. AARP is also offering a discount if you have United HealthCare Supplemental Plan. 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.

Room 220

4 Hour Refresher class:
Thurs. July 21 9:00am-1:00pm
Register by: July 10

8 Hour first time class:
Mon. June 6 & Wed. June 8
1:00 - 5:00 pm
Register by: May 29

4 hours class: \$25 Member
\$30 Nonmember

8 hour class: \$25 Member
\$30 Nonmember



Online Class Computer Use

Many AARP in-person classes were cancelled in recent months. Therefore, 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 this process. This class is all online and will require you to read on the computer, watch short videos and take short quizzes 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 headphones 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.

Room 220

Use of Computers and Space to take the online class:
Tues. May 10 9:00 am - 5:00 pm Register by: May 1

*** 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.*

Fee: FREE to use our computers
Payment to be made day of and by Credit Card on the AARP Website
\$25 Member
\$30 Nonmember

Program Title	Fee	Cash/Check #

First Name _____ **Last Name** _____

Address _____

City _____ **State** _____ **Zip Code** _____

Birthdate (MO/DAY/YEAR) _____

Phone Number _____

Email Address _____

I would like to be put on the mailing list to receive the senior Active Life Newsletter.

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:

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

Red Cross CRP / Frist Aid / AED

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led in-person classroom skill session. The online portion must be completed on your own prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Once registered for the class, a link for the online course material will be emailed to you. Allow approximately 2 hours 30 minutes to complete the online portion. The in-person class will be about 2 hours long with hands on activities. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Location: New Brighton Community Center Room 224

Saturday, May 7, 9:00 am – 11:00 am Registration Deadline: May 1

Saturday, June 11, 9:00 am – 11:00 am Registration Deadline: June 4

\$89

USTA Adult Tennis Lessons

Have fun, stay in shape, and meet new friends while playing the lifelong sport of tennis! All classes are taught by United States Tennis Association trained instructors. Beginner classes are for those ages 18+ with little or no experience. Beginner class registrants will receive a new tennis racquet. Advanced Beginner/Intermediate class will review basic strokes and continue to develop stroke consistency and accuracy while learning net play, court coverage, and match strategy. **Register by June 8.**

Location: Hidden Oaks Tennis Courts

Wednesdays June 15–July 20, Beginner: 6:00pm – 7:00pm Advanced Beginner/Intermediate: 7:00– 8:00pm

\$80



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Ice Cream Sundae Spectacular Drive Thru

Let's celebrate National Cow Appreciation Day with Ice Cream Sundaes! Moo on over to our Drive Thru event where you will enjoy a to-go ice cream sundae, receive a goodie bag and more! You can take your ice cream to go or you can enjoy it on the patio outside with us. **Register by July 3.**

New Brighton Community Center - Front Door / Patio
Tuesday, July 12, 10:00 am - 11:00 am
\$2.00



FREE Compost Pick-Up

Every wonder what happens to your composted materials after you dispose of them properly? Come get your free bag of composted soil which is rich in plant nutrients and has beneficial organisms! Your soil can be picked up near the food trucks at the New Brighton Farmers Market. We will have information and educational materials on composting as well as free at home composting starter kits!

New Brighton Community Center - Farmers Market
Wednesday, June 1, 3:00pm-7:00pm
FREE