

Community Education Programs for Adults with Developmental Cognitive Disabilities

February - March 2010



CONSORTIUM 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.communityeducation.webaloo.com

Roseville Area Schools

1910 West County Road B

Roseville, MN 55113

Cyndi Arneson, Coordinator

www.isd623org/communityed

White Bear Lake Area Schools

4855 Bloom Avenue

White Bear Lake, MN 55110

Andrea Wildman Hilal, Coordinator

www.whitebearcommunityservices.org

Mahtomedi Schools

1520 Mahtomedi Avenue

Mahtomedi, MN 55115

www.mahtomedi.k12.mn.us

South Washington County Schools

8400 East Point Douglas Road S

Cottage Grove, MN 55016

Gretchen Carlson, Coordinator

www.cecool.com

Coordinator's Column

Spectacular Pride in Yourself,

Proud is high, feeling good!

My hand is on my head with my hair out there like that.

Play games with Annie!

Achieve what I have worked hard for;

graduating from high school.

A happiness rainbow – Red! Blue! Purple!

I laugh excited!

Higher? Lower? Gosh I don't know.

I want to stay this weight; keep my dog safe.

My goal is also my friend's goal;

have a better job; go to bed on time;

meet Zac Efron; live with my friend!

I will need a lot of determination; be responsible.

And a little sweat never hurt anybody.

You have to do what you have to do.

Sneaky like batman; hide in the basement!

Can you read between the lines of this poem? It was written as a team activity by the members of the Fall 2009 Upstream Arts' class. The writers used improvisation and a bit of leadership from the Upstream Arts' artists to capture what it means to be proud of yourself – spectacularly proud! Pride means meeting a long range goal such as graduating from high school, getting a job, maintaining weight or something as simple as keeping your dog on his leash or getting to bed on time. It takes willpower and determination to meet any goal. I am not sure about the basement and batman. That remains the class' inside secret! I left each class amazed at the personal growth of each participant.

A collage of the groups' individual paintings is shown on page 3. It's colorful and unique just as the fourteen class participants and their five artist friends. There will be another opportunity for fifteen others to experience the power of the arts beginning in February – see page 3.

Pat Svendsen

Meet Your Neighbor



China

If I asked you to think about China, what would come



to mind - Chinese lanterns, egg rolls and fortune cookies, zodiac animals, and firecrackers? Well here are some facts: The official name of China is People's Republic of China. China is a large country, covering 9,596,961 sq. km of land;

and as of July 2009, 1,338,612,968 people call China home. Another interesting fact is that the date of Chinese New Year changes every year - our new year is always January 1. Join *Emily Wu* as she introduces you the traditions and culture of China and the celebration of Chinese New Year 2010 - the Year of the Tiger. *Emily Wu is from the island of Taiwan, just off the coast of mainland China (see circle on map).*

Emily Wu **\$9**
#CBNP1 **Monday, Feb 8** **6:30 – 8 pm**
John Glenn, Rm 102

.....
 • We are looking for someone to share the sights, sounds, foods, and customs of Somalia, Ethiopia, or another African country with Community Bridge participants.
 •

• Call Cheryl at the Community Bridge office 651-748-7437 to see how easy it is to share your African heritage with others.
 •



Registration is required for all classes, dances and trips unless drop-in or walk-in is indicated in description.

Register using form on p. 11

Colombia

Hola! Bienvenido!
 (Hi!) (Welcome!)

That's right, Colombia with an 'o' is the country in South America located between Panama on the northwest, Venezuela and Brazil on the east, and Peru and Ecuador on the southwest. Approximately 45,644,023 people live in Colombia which covers 1,038,699 sq km of land. As you may have guessed by the greeting, Spanish is the native language. Come and discover other facts, traditions, and culture of this country which is located way south of our border! *Dolly Palacio-Roa was born in Colombia. She teaches Spanish for Community Education and she just returned from spending Christmas with relatives 'at home'.*



Dolly Palacio-Roa **\$9**
#CBNP2 **Thursday, Mar 18** **6:30 – 8 pm**
John Glenn, Rm 102

Daily Opportunities

Winter 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 not open will be sent upon registration.

Mondays - Thursdays **6:30 – 8:30 pm**
Saturdays **9 – 11 am**
#CBNE2 **January - April 2010** **\$10**

Sunday Classes

Community Bridge Choir

Do-Rae-mi-fa-so-la-ti-do! If you like to sing, you'll enjoy the Community Bridge choir as they sing a variety of songs.

Karen Hillman \$30
 #CBNM6 Jan 31, Feb 21, Mar 7, 21
 Lakeview Lutheran Church 6:30 – 8 pm

Monday Classes

Survival Reading, Writing, and Math

Improving your literacy skills can increase independence and opportunities on the job, in the community, and at home. This class is designed to increase reading, writing, and math skills needed for everyday living. Individual and small group instruction will enhance critical thinking, problem solving, and communication skills.

Sarah Nelson \$45
 #CBNB2 Jan 25 - March 8 6:30 - 8 pm
 (6 sessions instead of 5 – no class 2/15)

Harmony

Dance at the Tropical Ballroom!

No walk-ins for this dance - preregistration & payment only. Join us for a fun evening of dancing! We'll meet at the Tropical Ballroom in Woodbury which boasts a competition-size cushioned hardwood dance floor in a warm and welcoming environment. *Wear a Hawaiian outfit if you'd like, and get ready to dance the night away with your friends! Caregivers are encouraged to attend, but must register and pay as well.*

Gretchen Carlson \$10 (staff \$10)
 #CBSS7 Jan. 25 6:30 – 8:30 pm
 Tropical Ballroom Dance Studio
No walk-ins for this dance - preregistration & payment only.

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.
Pat Boon & Melanie Groth \$19
 #CBRR2 Mar 8, 22, Apr 5, 19, May 3, 17
 Fairview Community Center 6 – 7:30 pm

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

Dance Lessons at the Tropical Ballroom

Come and learn those group dances that are so popular! We'll teach you the Hokey Pokey, YMCA, Chicken Dance, Macarena, and the Cotton Eyed Joe.

James and Tricia Wood \$16
 #CBSS8 Mar 1, 8 6:30 – 8:00 pm
 Tropical Ballroom Dance Studio

Line Dance Lessons at the Tropical Ballroom

Get ready to join the group out on the dance floor as you learn these popular line dances: The Electric Slide, Boot Scoot Boogie, Tropical Twist, Hawaiian Stomp, Bandana Boogie, and Fancy Feet.

James and Tricia Wood \$16
 #CBSS9 Mar 15, 22 6:30 – 8:00 pm
 Tropical Ballroom Dance Studio

Upstream Arts

Some of the Twin Cities most talented and professional artists will lead this class designed to foster better communication and improve social skills. You will improvise, dance, imagine, paint, act, listen, create, and more as you experience the power of the arts. The fall class participants had nothing but outstanding compliments for the class. *There are only fifteen spots available. Participants from the fall class may register, but preference will be given to new registrants until January 29, 2010. Former participants will be placed on a waiting list and called if space is available.*



Julie Guidry – Upstream Arts \$20
 #CBNA3 Mondays Feb 22 – Apr 19 (no class 3/29)
 Gladstone, Rm 108 6:30 – 8 pm



Group Collage from the fall 2009 class.

Tuesday Classes

Better Than Bread

Dress up you next soup, salad or casserole meal by serving one of these fancy rolls and speciality breads.

Cheryl Gysbers

#CBNF3 Feb 9 \$8
John Glenn, Rm 116 6:30 – 8 pm

Art of the Month

Local artist, Kitty Anderson will bring out the artist in you. Once a month, she will give you the opportunity to create art with paper, clay, fabric, wood, and other mediums. Each session you will take home at least two art projects to keep or share with family or friends.

Kitty Anderson \$14
#CBNA4 Feb 16, Mar 16 6:30-8 pm
John Glenn, Rm 116

Chicks in a Basket

‘Putting all your eggs in one basket’ may not be a good idea, but put all these chicks in a basket, and you’ve got a centerpiece.

Cheryl Gysbers

#CBNC2 Mar 9 \$8
John Glenn, Rm 119 6:30 – 8 pm

The Amazing Puzzle Race

Four 100-piece puzzles and four groups of four friends add up to puzzle mania! There will be puzzles available, but if you have a 100-piece puzzle you’d like to enter in the race, bring it. No matter who wins the race, the process will be challenging, exciting, and the perfect activity for a cold winter evening.

Kathy Greeder-Wiegert \$6
#CBNR5 March 23 6:30 - 8 pm
Gladstone, Rm 107B

Swimming

Water exercise, lap swimming, group games including water polo, learning swim skills, or just ‘splashing’ around to release stress - that’s swimming. Volunteers are available, but anyone requiring one-to-one supervision must provide a personal assistant in the locker room and in the pool. The pool is 82 – 83 degrees and accessible by a corner stairway.

Lynn Snyder \$35
#CBSS1 April 13 - May 18 7 - 7:45 pm
John Glenn Pool

Wednesday Classes

Valentine’s Day Sign

Use colorful foam backing, letters and shapes to create a Valentine sign for your home that says “Happy Valentine’s Day”. *Staff or family members are requested to stay and help participants.*

Mary Bouska \$10
#CBSC10 Feb 3 6:45 – 7:45 pm
East Ridge High School, Room 1040 Art

Saints North Roller Skating

Perfect your roller skating, get some exercise, and listen to music. Saints North Roller rink is reserved just for Community Bridge so it’s a safe place to meet friends and enjoy a night of roller skating. Fee includes roller skate rental, but you may bring your own skates. In-line skates may be rented for an additional \$3. Wheelchairs are welcome, but according to safety regulations, the chair can only be pushed by a non roller skater. Good snacks are available for purchase at the snack bar.

Pat Svendsen \$8 (\$4 wheelchair)
#CBNR6 Feb 10 6 - 8 pm
Saints North Roller Rink

Fitness for All

Designed just for you, this video-based fitness class will get you up and moving to some fun and energizing music! The instructor will lead you through a series of movements including stretching, warming up, aerobic activities, strengthening, and cool down. Each class will begin with a brief segment for socializing and conclude with a healthy snack. This one-hour class will run once weekly for six weeks.

Heidi Hoerning \$30
#CBSE1A Feb 10 – March 17 5:15 – 6:15 pm
District 833 Program Center, Senior Center

#CBSE1B Feb 10 – March 17 6:30 – 7:30 pm
District 833 Program Center, Senior Center \$30



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

Valentine's Box and Bracelet

Decorate a red or pink heart-shaped tin. Make a bracelet to go inside for a Valentine treat for your sweetie or for you! *Staff or family members are requested to stay and help participants.*

Mary Bouska **\$16**
#CBSC11 Feb 10 6:45 – 7:45pm
East Ridge High School, Room 1022 Gold

Man's Best Friend

Dog Safety

Most of us can not resist the wagging tail and huge brown eyes of puppies and dogs. Did you know that not all dogs like to be petted? Would you know what to do if a dog came charging at you? How do you approach a dog that you don't know? Enjoy an evening with 'man's best friend' and learn how to safely interact with dogs.

A Rotta Love Plus – a Rottweiler and Pitbull rescue, rehoming, and education organization.

#CBNP3 Feb 24 \$5
Gladstone, Gym 7 - 8 pm

Drawing

If you like to doodle, then you'll love to draw. Learn some drawing basics from local artist Rudi Paczkowski. Practice using pencil and pastel chalks.

Rudi Paczkowski **\$15**
#CBNA6 Mar 3, 10 6:30 - 8 pm
Skyview, Rm 222

Happy St. Patty's Day

Make an Irish necklace to wear and a St. Pat's Day card to give for the holiday. *Caregivers are encouraged to stay and help if needed.*

Mary Bouska **\$12**
#CBSC12 Mar 10 6:45 – 7:45 pm
East Ridge High School, Room 1023 Gold

Glittery Easter Sign

Get creative making an Easter picture using foam and glittery Easter shapes. Think bunnies and springtime! *Caregivers are encouraged to stay and help if needed.*

Mary Bouska **\$10**
#CBSC13 March 24 6:45 – 7:45 pm
East Ridge High School, Room 1039 Art

Thursday Classes

Name That Tune

Community Bridge Choir Director Karen Hillman will try her best to stump you as she plays the piano. Be first to guess the title of a popular song or a not so popular song and win a prize.

Karen Hillman **\$8**
CBNM7 Feb 11 6:30 - 8 pm
John Glenn, Rm 226

Reader's Theater

No props, costumes, sets, or lines to memorize! Bring the characters of a script or book to life through your voice and gestures. Join in this group setting and let the actor or actress in you emerge as you expressively read your 'lines' while 'performing' amongst the cast of fellow readers. *Participants will be most successful if they can read at the second grade level or higher.*

Kim Blair **\$10**
#CBNA5 Mar 4, 11 6:30 - 8 pm
John Glenn, Rm 226

I Love to Paint Neat Things

Choose a nice hand-made wooden item to paint for yourself or to give as a gift. *Caregivers are encouraged to stay and help if needed.*

Mary Jo Schneider **\$12**
#CBSC14 Mar 18 6:30 – 8 pm
Cottage Grove Middle School, Room A105

April Fools' Food

What's for dinner? Fish sticks, peas and chocolate cake with white icing. But is it really fish sticks, peas and cake – only the cook knows for sure. *Eat supper at home before coming.*

Cheryl Gysbers **\$10**
#CBNF4 Mar 25 6:30 – 8 pm
John Glenn, Rm 116



Friday Classes

Valentine's Dance

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

Invite a special friend or just come for a night of dancing. 'Paint' the Gladstone gym red by wearing as much red as you can. DJ J.P. Larson is sure to play a few romantic tunes as well as all the favorites. Requests can be made in honor of your special Valentine.

J.P. Larson **\$10**
#CBNS6 **February 12** **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 prizes and treat you to a delicious pizza dinner!

Mary Bouska **\$12 (staff fee \$3)**
#CBSR7 **Friday, Feb 26** **6:30 - 8:30 pm**
District 833 Program Center, Senior Center

St. Patrick's Day Dance

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

For a bit of Blarney and wearin' of the Green, join us for a St. Patty's Day celebration. An evening guaranteed to be worth more than a pot of gold!

J.P. Larson **\$10**
#CBNS7 **March, 12** **6:30 - 8:30 pm**
Gladstone, Gym

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

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. If you have a favorite game, music cassette, or CD you'd like to share, bring it along.

Judy Ptacek **\$9 (staff fee \$3)**
#CBSR8 **March 26** **6:30 - 8:30 pm**
Lake Middle School, Cafeteria

Special Education Family Recreation Night

*For Families and Group Homes
All Ages Welcome*

Fridays: 1/15, 2/26, 3/19, 4/30

Activities start at 6:30 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



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, 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!

Saturday Classes

Valentines Day Decorative Bucket

Make a decoration for your Valentine's Day table. Feed ribbon through heart shaped holes in pink metal bucket. Put a stand up heart arrangement inside.

Mary Bouska \$15
#CBRC17 Feb 6 9 – 10 am
Fairview Community Center

Decorative Wooden Peg

Paint a wooden shape approx. 3-4 inches of your choice with a peg attached in cool colors. Hang on your wall to hold up your jacket or jewelry.

Mary Bouska \$15
#CBRC18 Feb 6 10:15 – 11:15 am
Fairview Community Center

Primate Palooza

Get an up-close look at Como Zoo's primates. Learn the difference between a monkey and an ape. Find out which species of apes are endangered and get a better understanding of what we can do to help these amazing animals live in the wild.

Kathy Greeder-Wiegert \$10
#CBNP4 Feb 27 10:15 - 11:30 am
Como Zoo and Conservatory

St. Patrick's Necklace and Bracelet

Make an easy to string necklace and coordinating bracelet from beads and buttons. Be ready to celebrate!

Mary Bouska \$15
#CBRC19 Mar 6 9 – 10 am
Fairview Community Center



This Catalog may be viewed online at
<http://communityeducation.isd622.org>

St. Patrick's Pin and Card

Paint a wooden shamrock shape green. Add decor, ribbon and a pin back to finish your creation. Then make a St. Pat's Day card. A great gift combination!

Mary Bouska \$15
#CBRC20 Mar 6 10:15 – 11:15 am
Fairview Community Center

Butterfly in a Bucket

Make a butterfly from pipe cleaners and pompoms. Stand it up to fly inside of a spring bucket!

Mary Bouska \$15
#CBRC21 Mar 20 9 – 10 am
Fairview Community Center

Bunny Mobile

Make an Easter decoration from a large bunny shaped piece of foam, string, and Easter decor!

Mary Bouska \$15
#CBRC22 Mar 20 10:15 – 11:15 am
Fairview Community Center

Laughter Workshop

Laugh yourself healthy! When we laugh, stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted & more. This class is designed for adults with developmental disabilities.

This class is a part of a special day of classes which will include a continental breakfast for all participants. Feel free to come a few minutes early or stay a few minutes after to enjoy.

Mary Margaret Anderson \$10
#CBSW2 Mar 27 9:30 – 10:15 am
Cottage Grove Middle School, Gym 2



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.



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.



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

There has been no increase in state funding for Adults with Disabilities Community Education Programs for almost twenty years yet salaries, supplies, and administrative costs have risen significantly. If you are able, consider making a tax-deductible donation toward any of these items needed for spring programming.

- Shirts for T-ball team (\$225)
- League Registration for co-rec softball team (\$515)
- Uniforms/Hats for co-rec softball team (\$420)
- T-ball tournament individual trophies or medals (\$250 - \$350)
- Printing of quarterly brochure (\$150)
- Mailing of quarterly brochure (\$150)

You can also donate 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.

Direction Information

If directions are not clear or you have questions, call the Community Bridge office at 651.748.7434.

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.

Como Park Zoo and Conservatory

1225 Estabrook Drive, St Paul, 55103

From Hwy 36 in Roseville, south on Hamline Ave., left on Midway Parkway, left on Estabrook Drive to the Palm parking 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.

Harmony

1961 County Rd C, Maplewood, 55109

From Hwy 36 in the Maplewood area, north on White Bear Ave, right on Co Rd C, left into parking lot.

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.

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 10th 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.

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 ___ ASL Interpreter _____ Other _____

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

Is one-to-one assistance required? Yes ___ No ___ If yes, a care giver **MUST** participate with registrant!

Make checks payable to Community Bridge. Mail registration and payment to: The Community Bridge Consortium, District 622 Education Center, 2520 E 12th Ave, North St. Paul, MN 55109

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
#CBSS7	Dance at Tropical Ballroom	\$10	_____	\$_____
#CBSR7	Bingo and Pizza Party	\$3	_____	\$_____
#CBSR8	Friday Night Pizza Party	\$3	_____	\$_____
#CBWT4	MN RollerGirls	\$19	_____	\$_____
#CBWT5	Wizzard of Oz	\$30	_____	\$_____
#CBWT6	Harlem Globetrotters	\$28	_____	\$_____

Total Staff Fee: \$_____

Group Home Name _____
 and _____
 Street Address _____



**NON PROFIT ORG.
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PAID
ST PAUL, MN
PERMIT NO 4263**

THE COMMUNITY BRIDGE

Community Education for Adults with Disabilities
2520 E 12th Avenue
North St. Paul, MN 55109
651.748.7437 V/TTY

Meet Your Neighbor



China
Monday, Feb 8

Colombia
Thursday, Mar 18

Coming this spring: Music From Around the World + two more countries highlighted.