Senior Advisory Council Members Learn to ZOOM!

Mask Up, Social Distance, & Stay Connected!

Senior Program on ParkTV 15
See pages 28-29.

Women’s Suffrage with the Hennepin History Museum
See page 24.

New Fall Location!
See page 3 & Back Cover.
Welcome to our NEW Community Education Director, Patrice Howard!

St. Louis Park Public Schools is pleased to announce that Patrice Howard has been named the Director of Community Education.

“I am excited to have Patrice join our team. She comes to us with an extensive amount of experience in the area of full-service community schools and has led community education departments in both large and small school districts,” said Superintendent Astein Osei. “She will be an asset to St. Louis Park Public Schools and believes strongly in our core value that lifelong learning is essential to the individual’s quality of life and the vitality of the community.”

Howard pursued and achieved her graduate and professional education career at both the University of Minnesota and Saint Mary’s University and brings to St. Louis Park over 20 years of cross-sector partnership experience in youth, family, and community development in the metro area. She comes to us from Minneapolis where she was the Executive Director of Community Education for Minneapolis Public Schools and she served as the Director of Community Education and Community Schools for eight years at Brooklyn Center Community Schools. She also led the work for Full-Service Community Schools in both districts. Howard is a subject matter expert for the work of Full-Service Community Schools (FSCS) and serves on the leadership network for the Coalition for Community Schools.

In her free-time, she enjoys spending time with her two daughters, traveling, and volunteering. Her favorite vacation adventure involves family and the Caribbean, her favorite food is pizza [although she cannot eat it], and her favorite color is blue or black, [depending on who’s asking, according to her kids]. She is excited to be continuing her journey in community education and joining the St. Louis Park Public Schools family.

Patrice Howard looks forward to engaging with the St. Louis Park Community and is excited about the programming we have planned for this fall, specifically, the Votes for Women 101 (pg. 22) our partnership with St. Louis Park Community TV (pg. 26-27).

We have both in-person and virtual opportunities for you this fall!

Visit our website to see offerings for all ages in Community Ed!
www.slpcommunityed.com

One Small Ask, Please Wear a Mask

For the health and safety of all students, staff, and visitors, and per the Executive Order of Minnesota Governor Tim Walz, please wear a face covering indoors.

St. Louis Park Public Schools
www.slpschools.org

For more information about St. Louis Park Public Schools and our Return to School Fall 2020 plans, please visit www.slpschools.org and watch for updates at www.facebook.com/stlouisparkpublicschools

www.slpschools.org

Patrice Howard, Director of Community Education
6311 Wayzata Blvd
St. Louis Park, MN 55416
952-928-6063
howard.patrice@slpschools.org
Important Information about COVID-19

The St. Louis Park School District’s priority is the health and safety of our students, community and employees. The Senior Program is actively monitoring and responding to the COVID-19 pandemic in partnership with the Minnesota Department of Health and the Centers for Disease Control.

Programs are subject to change or cancellation due to COVID-19

To decrease the risk, all programs will include:
• Physical distancing of 6 feet or more.
• In-person courses are subject to small groups.
• Pre-registration required. Due to small class size, drop-in registration is not recommended.
• Enhanced cleaning practices will be performed.
• Masks are required for everyone age 5 and up as outlined in the Governor’s Executive Order.
• Follow health screening guidelines before a class, program or event. See page 5.
• In-person classes may be switched to an online version. You will be notified in a timely manner.
• Follow Guidelines sent out to participants, instructors, staff and community members
• Follow Guidelines posted in physical spaces.

If you are not feeling well or have been exposed to COVID-19, please stay home.

We look forward to seeing you this Fall!

NEW Temporary Location!

To help us offer in-person programming in a space that reduces the risk of exposure to COVID-19, the St. Louis Park Senior Program will be offering classes at TWO locations this fall. We will have programming at Lenox Community Center on Wednesdays. We will have programming on Tuesdays, Thursdays and Fridays at a new location in the Adult Options in Education Learning Center at 1342 Colorado Avenue South, St. Louis Park, MN 55416

This is a temporary move for the months of October & November, 2020. We will return to full programming at Lenox Community Center as soon as conditions permit and we hope this second location will help keep our community connected!

We are also offering many online, virtual and other opportunities for participation to keep connected to those who cannot or do not wish to participate in-person at this time.

Please pay attention to the location of each class so you know where to go to enjoy the activities you love. Watch for this icon throughout the Newscaster for virtual classes:

Program Hours:
Lenox: Weds. 9 a.m. – 3:30 p.m.
ABE Building: Tue. Thu. 9 a.m. – 3:30 p.m.
Fri. 9 a.m. – 1 p.m.

See page 39 for additional information

NEW!
Temporary Location
Adult Options in Education Learning Center (ABE)
1342 Colorado Ave S
SLP, 55416

St. Louis Park Senior Program
A program of St. Louis Park Community Education
Lenox Community Center, 6715 Minnetonka Boulevard, St. Louis Park, MN 55426
952-928-6444

952-928-6444
REGISTRATION OPEN!

ECFE
Fall 2020

for more information visit:
www.slpcommunityed.com
or call: 952-928-6785

ECFE Outside! (birth to 5)
Oct. 12, 19 & 26 9:30-11:30am, $15

Antiracist Parent (birth to 8)
Oct. 9, 23, Nov. 6 & 20
1:30-2:30pm, $19

Don't Miss Our:

- Monthly Webinar
  ○ 3rd Monday of the month
- Parent Only Class (3-10 years)
  ○ Bi-weekly, Thursdays
- ECFE at Home (2-5 years)
  ○ Learning Packets Available

We Also Have
Infant Class
(0-12 months)
&
Parenting Guidance
(all ages)

Is cost a barrier?
No one will be turned away because of inability to pay for an ECFE class offering. Call Heidi at 952-928-6785 for fee assistance information.
Youth Enrichment

**YEP! Youth Enrichment Program**

**Virtual and In-Person**

**Fall Classes**

- Hip-Hop Club
- Hope Speaks
- Visual Storytelling
- Driver’s Ed
- REM5 Virtual Reality Lab

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**Swimming & Sports**

- Soccer
- Fencing
- Open Gym
- Log Rolling
- Swim Lessons (all ages)

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**Register online at**

[www.slpcommunityed.com](http://www.slpcommunityed.com)

**or call 952-928-6399**

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We have in-person and virtual classes and activities in Early Learning, Youth Enrichment, Adult Enrichment and Senior Program! Visit our website to see ALL of the opportunities we created for you this fall!

[www.slpcommunityed.com](http://www.slpcommunityed.com)
Upcoming Events

LENNOX FOUNDATION FALL FUNDRAISERS
“SUPPORTING THE SENIOR PROGRAM”
Bring Family and Friends!

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Nelson’s Meats
MONDAY, SEPT. 28, 2020
FOR EVERY SLOPPY JOE SANDWICH + 2 SIDES PURCHASED BETWEEN 11 AM - 5 PM,
NELSON’S MEATS WILL DONATE $5.00
Take Out or Eat In
6318 MINNETONKA BLVD
952-935-9092

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Parkway Pizza
TUESDAY, OCT. 20, 2020
11 A.M. - 10 P.M.
10% OF ALL SALES WILL BE DONATED TO THE LENNOX FOUNDATION.

Dine In Delivery Take Out
6325 MINNETONKA BLVD
952-929-0095

Hope to see you there!

www.slpcommunityed.com
Health Screening

If you have any of these symptoms, go home, stay away from other people, and contact your health care provider.

Employees: Please contact your supervisor.

- FEVER OR FEELING FEVERISH
- CHILLS
- A NEW COUGH
- SHORTNESS OF BREATH
- A NEW SORE THROAT
- NEW MUSCLE ACHES
- NEW HEADACHE
- NEW LOSS OF SMELL OR TASTE

05/20/2020
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Remember to register ahead; drop-in registration not recommended!
Acrylic Pouring
Experience the magical world of fluid acrylics & pouring medium! Take advantage of the classroom experience and don’t worry about the mess! Learn to create beautiful abstract canvases. Instead of paint brushes we will use gravity to move the paint and try techniques such as “dirty pour”, “flip cup”, and “swipe”. It’s a lot of fun and a great way to spark your creative energy. You will create two 8”x8” canvases and transport home in cardboard boxes. Your final piece will change during transportation and when it is completely dry.
Instructor: Lisa Vitkus
L378F20  Wed., Nov 4
7:00 - 8:30 p.m.  Lenox Cafeteria
Price: $49

Alcohol Ink Painting Workshop
Experiment with alcohol inks on Yupo paper. The non-absorbent nature of Yupo means it will not buckle, no matter how much water you put on it, and it makes colors more vibrant and brilliant than on standard papers as all the color sits on the surface. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. You will leave the workshop with knowledge of a new technique that you can then take home and expand your artist interest. All supplies included in class fee. Instructor: Lisa Vitkus
L179F20  Wed., Nov 11
7:00 - 8:30 p.m.  Lenox Art Room
Price: $39

Oil Painting
Gain confidence in your ability to translate your subject to canvas as you strengthen your observational skills, build a reliable process for planning and developing your unique voice. Whether a beginner or more experienced painter, this workshop will help to identify a focus in your painting practice. Suzi will demonstrate a variety of topics including setting up a composition using design protocols, then leaving the rest of the class for your own work. Open to oil, water soluble oil, acrylic, or even pastels. Ask for a supply list when registering.
Instructor: Suzi McArdle
L854F20  Tue., Oct 6 - Nov 17
10:00 a.m. - 12:00 p.m.  ABE Classroom 1
Non- Member: $79
Senior Program Member: $69

Drawing Without Tears Using a Camera Lucida
"Do you envy people who can draw? Wish you could? In this class we will use a simple child's toy camera Lucida (Crayola Sketch Wizard) in the way that many art historians believe the renaissance artists used them newly available lenses and curved mirrors to create some of their greatest masterpieces. In class we will work from photos, either on paper or viewed with a smart phone or tablet. The camera Lucida projects a ghost image of the photo onto your drawing. You then trace the important features and go on to complete the drawing. In class, we will discuss line, shading and blending techniques, composition and other artistic considerations. There will be a $25 materials fee, payable to the instructor at the first class, for which you will be provided a Sketch Wizard toy. (If you already have one, bring it to class, and the fee will be waived.) You will also need to get some drawing materials, but we will discuss what to buy at our first class." Instructor: Judy Goebel
L823F20  Wed., Oct 14 - Nov 11
11:00 a.m. - 1:00 p.m. Lenox Art Room
Non Member: $59
Senior Program Member: $45

Beginning and Almost Beginning Crochet
Whether you are an absolute beginner or someone who learned to crochet once-upon-a-time and has forgotten how, this class is for you! We start at the beginning, looking at tools and materials and learn to make chain, slip stitch, single crochet and double crochet stitches, read patterns and follow diagrams. You will complete a dishcloth, scarf, granny squares and a small stuffed toy as part of class assignments. A welcome letter with a supply list will be sent. Here’s what participants had to say about this class: "She is great!" So patient and easy to learn from. Love her class!
Instructor: Judy Goebel
L823F20  Wed., Oct 14 - Nov 11
11:00 a.m. - 1:00 p.m. Lenox Art Room
Non Member: $59
Senior Program Member: $45

Beginning Hardanger Embroidery
Hardanger is counted-thread embroidery originally from Norway. Traditionally it was done in white on white but now often incorporates any color of thread or fabric. The pattern is stitched, then portions of the fabric are cut away and lacy stitching is worked over the open areas. We will do a small project to learn many of the basic stitches. Information about sources for more materials and patterns will be provided; A material fee ($15-$20) will be collected by the instructor, Peggy Dokka.
L827F20  Wed., Oct 7 - Nov 4
12:00 - 2:30 p.m. Lenox Lounge
Non-Member: $30
Senior Program Member: $25

Friends of the Arts Scholarships
If you want to grow or develop in the arts but lack the financial resources, consider this local resource. Residents are eligible to apply for scholarships. For information call 952-928-6422 or info@SLPFriendsoftheArts.org.
Adventures in Knitting
Join this knitter’s workshop where students can choose from four projects. You bring the yarn and needles and the teacher, Lara Neel, will bring the patterns and make sure that you have a great time making a project! This class is perfect for knitters of all levels. If you’re confused by the material list or have questions about the projects, come to the first class and Lara will get you started, then purchase supplies before the second class. Projects:
1. Hat (great for beginners) – about 220 yards of worsted-weight yarn, size 7 16-inch circular needles and size 7 double-pointed needles.
2. Slippers – about 380 yards of worsted-weight yarn and size 9 needles, any type of needle is fine.
3. Baby Sweater – about 220 yards of worsted-weight yarn and a set of size 10 needles, any type of needle is fine.
4. Mittens – about 120 yards of worsted-weight yarn and a set of size 6 double-pointed needles.

Join us online! This class will be held online using Zoom. Simply click the link on the days and time of class to attend the class from the comfort of your own home! Held in partnership with Westonka Community Education.

Instructor: Lara Neel
W114F20 Wed., Nov 11 - Dec 16
6:00 - 8:00 p.m. Online
Price: $69

Unique Glass Mosaic Gifts
Glass mosaic sounds fancy and difficult, however, in this class, you will learn how it can be fun and easy! Look through the idea book, browse the patterns and stencils, and choose from dozens of colors of pre-cut glass. Available projects include frame, sign, trivet, book, browse the patterns and stencils, and choose from dozens of colors of pre-cut glass. The first evening will be designing and attaching the glass to your project. The second night, you will grout and learn more about mosaics and the supplies. Supply fees are $10-30 depending on project and payable to the instructor at class.

Instructor: Lindsey Guetter
L115F20 Wed. Oct 21 & 28
6:00 - 9:00 p.m. Lenox Art Room
Price: $39
Senior Program Member: $35

Woodworking Shop
Lenox has a shop with a variety of power and hand tools for your use. You must be a member of the St. Louis Park Senior Program in order to participate.

9:00 - 11:00 a.m. Wed., Oct. 7 - Nov. 18
$2/day

Remember to register ahead; drop-in registration not recommended!

Art Kit: Sculpture, Metal & Foam
Get your creativity flowing with these easy and fun art kits! No art experience necessary to have fun and enjoy. All kits include instructions and supplies.

Fishy Fish Sculpture: With the fishy fish sculpture lesson you will sculpt your own under the sea creature using model magic.
Metal Tooling: Learn the art of metal tooling. Create patterns in your metal by pressing from both sides of the metal to create different textures.
Dimensional Foam: Use your imagination to create your own design using soft foam. You will then cover your foam with tin foil to create a raised surface.
Kits will be mailed to your home. Please ensure your mailing address is correct when registering. Supplies and shipping included.
Instructor: Lisa Vitkus
Order anytime!

Craft Kits
Share the feeling of satisfaction to be found in crafting; the pure joy of seeing a project through to completion. Every kit has everything you need from start to finish to complete your project. We will have 5 kits available; A wonderful fabric wreath, a fairy jar, a colorful glass sun catcher, a useful tote to decorate (not pictured) and an adorable bird house complete with bird! Make them for yourself or they make wonderful gifts. To order call Toni at 952.928.6443.

L205F20 Non Member: $18
Senior Program Member: $15
Acrylic Painting Kits
Try an at home Art Soiree, no art experience necessary! Your art kit will include a 9x12” canvas, 2 brushes, acrylic paint, an instruction sheet with step-by-step instruction and a link for an online video tutorial. Choose from five different paintings. Kits will be mailed directly to your home. Please ensure your mailing address is correct when registering. All supplies and shipping included.

Instructor: Lisa Vitkus
W943 – Fireworks
W938 – Flip Flops
W935 – Sunflower Farm
W946 – Under the Sea
W939 – Watermelon
1 Kit: $35 Order Anytime!
2 Kits: $45 (two of the same kit)

Sewing Machine Clinic / Learn to Sew Sessions
We will cover basic maintenance and cleaning techniques, then sew simple tote bags.
Confident beginners can also sew a fabric face mask. Please have 2 yards of cotton fabric, good fabric scissors, at least 2 bobbins, at least 2 sewing machine needles, the power cord and foot pedal for your machine, thread, a seam ripper, iron, ironing board and the manual for your machine. If you don’t have a machine, please contact the instructor before class for advice on how to find one.

Join us online! This class will be held on Zoom. Simply click the link on the days and time of class and Lara will lead you through the class from the comfort of your own home!

This online class is held in partnership with Shakopee and Westonka Community Education Programs. Instructor: Lara Neel
W934 Wed., Oct 7 - Nov 4
6:00 - 8:00 p.m. Online
Price: $59

Spanish: Beginner
Learn conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills. This beginner level class will introduce you to the Spanish language, culture and food. Taught by a native Spanish speaker, Geneah Escobar. Join us online! This class will be taught as an interactive, online webinar. You will need reliable internet access on a computer, tablet or phone. The instructor will send students class access information before the beginning of class.

Instructor: Geneah Escobar
W960F20 Thu., Oct 1 - Nov 19
6:00 - 7:30 p.m. Online
Non Member: $59
Senior Program Member: $55

See our website, www.slpcommunityed.com for more classes like these:

Professional Intelligence Series
This FREE series will help you grow your skills for the workplace from networking and resumes to teamwork and communication.

Intro to Shamanic Breathwork
Learn the foundation of what Shamanic Breathwork is and how it can bring wholeness and healing into your life.

Drones: Basics & Beyond Begin
You will learn about basic drone safety, rules of the road and air, registration, certification, license, drone types, when, how and where to fly (or avoid).

Swing Dance Workshop
One night. One dance. A lifetime of fun!

2 Left Feet Ballroom Dance
Learn fun moves & simple tips from a pro.

See a few here and visit our website to see ALL of the opportunities we created for you this fall!
www.slpcommunityed.com

Are you missing the large Community Ed Brochure? Don't worry, we'll be back with a winter edition. Watch your mailboxes in December!

This fall we have many in-person classes and activities and a treasure trove of online and virtual opportunities in Early Learning, Youth Enrichment, Adult Enrichment and Senior Program!

A Parent's Guide to Snapchat
We will cover everything curious parents need to know about one of most popular social media apps in the world used by tweens and teens.

Financial Fitness for Young Adults
From getting your first job to planning for life's big events, discuss tools and gain confidence in these important financial milestones.

Drones: Basics & Beyond Begin

Wedding Dance Crash Course
Learn fun moves to have you feeling comfortable and looking great for any occasion!

2 Left Feet Ballroom Dance
Learn fun moves & simple tips from a pro.
Computer & Technology

How To Use Podcasts
Have you heard about Podcasts and would like to learn more? In this class we will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment! No prior experience required. Join us online! This class will be held using the online platform Zoom from the comfort of your home! 

Instructor: Nickie Welsh
L832F20  Wed., Nov 18
5:00 - 6:30 p.m.  Online
Non Member: $20
Senior Program Member: $15

Introduction to Facebook
Are you new to Facebook or just getting started? Learn how to use the world’s most popular social media site to safely connect with family and friends. Attendees will learn to log in, create their page, post photos and learn the top tips for utilizing the site. We'll also review the recommended privacy settings and you'll leave this training with the knowledge on how to navigate confidently through the website. This class will be held using the online platform Zoom from the comfort of your own home! 

Instructor: Nickie Welsh
L833F20  Mon., Nov 23
5:00 - 6:30 p.m.  Online
Non Member: $20
Senior Program Member: $15

Computer Buddy Club
The club provides weekly topics and HELP for you and your “BOX.” Get on our weekly email list and get tips, schedules and more! NEW! Don’t use email very much? Get info about the buddies at our website! www.seniorcomputerbuddies.blogspot.com. Questions? Call John McHugh at SLP City Hall TV department: 952-924-2528. Or email him at jmchugh@stlouispark.org.
Tues. 1 – 3 p.m.  Online
Member: $1  Nonmember: $2

Introduction to Uber
Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this training workshop, students will learn the basics and gain the knowledge on how to use Uber if needed. No experience required. Join us online! This class will be held using the online platform Zoom from the comfort of your own home. 

Instructor: Nickie Welsh
L834F20  Mon., Oct 19
5:00 - 6:30 p.m.  Online
Non Member: $20
Senior Program Member: $15

Zoom - How to Connect
Do you miss seeing your family and friends in-person? Learn how to connect with them virtually using one of the most popular online meeting tools today called Zoom. In this beginner level class you'll learn how to safely connect with your family and friends online, from the comfort of your home. You will leave the class with top safety tips and online gathering etiquette so that you can be up to date on the best practices whether it's for work or play! Class handouts will be provided by email. No experience required. 

Instructor: Nickie Welsh
L290F20  Wed., Oct 14
6:00 - 7:30 p.m.  Lenox Computer Lab
Non Member: $20
Senior Program Member: $15

Android Phone & Tablet
Learn how to customize your Android phone or tablet, take advantage of all its great features and have fun! In the first class, you will learn how to set up your device to work the way YOU want it to work by setting up wall paper, the home page, the sounds it makes, voice commands and more. The second class, we focus on doing common tasks such as checking email, taking photos and sharing them with others, saving information about a contact, etc. Our third class is all about applications—where to get them and how to do it safely, how to choose applications, download them and install them. We will finish up by discussing resources to help when things go wrong. Bring your Android phone or tablet with a well charged battery, and set up your Google account for it ahead of time. 

Instructor: Judy Goebel
Note: This class is not appropriate for Windows or Apple Devices.
L836F20  Wed., Nov 4 - Nov 18
2:00 - 4:00 p.m.  Lenox Computer Lab
Non Member: $35
Senior Program Member: $30

www.slpcommunityed.com
iPhone Basics
Do you have an iPhone but feel you are not fully understanding how to use it? We will go over each topic slowly in detail. The first day: the basics like general operation of phone, on/off, charging, low power mode, buttons, background and sounds the phone makes. On the second day we will look at how to call and text family, check the weather and the news, how to take pictures and find pictures time permitting. Join this online class with your phone fully charged and a notepad to take personal notes. Upon registration an iPhone pamphlet and class link will be emailed to you. *Instructor: Christopher Haugen*

**L850F20**  
6:00 - 7:30 p.m.  
Non-Member: $40  
Senior Program Member: $35

**L846F20**  
Mon. Nov 9 & Wed. Nov 11  
6:00 - 7:30 p.m.  
Non-Member: $40  
Senior Program Member: $35

Introduction To TikTok
Have you heard about the latest new app called TikTok? In this fun class we’ll take a look at the fastest growing social media app used by millions each day. Learn how it’s used and how parents can make it safer for their kids. We’ll cover everything you need to know as it’s paving the future of a new social media. Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Nickie will lead you through the class from the comfort of your own home! This online class is held in partnership with Minnetonka, Tri-City United and White Bear Lake Community Education Programs. *Instructor: Nickie Welsh*

**W922F20**  
Tue., Nov 10  
6:00 - 7:00 p.m.  
Online  
Price: $25

**L156F20**  
Wed., Oct 14  
6:00 - 9:00 p.m. Lenox Cafeteria  
Price: $29

**L533F20**  
Wed., Nov 11  
6:00 - 9:00 p.m. Lenox Cafeteria  
Price: $45

See our website for online certificate classes like these:
- Adobe InDesign Essentials
- Advanced Google Analytics
- Cyber Security for Managers
- Dealing with Difficult People in the Workplace
- The Basics of Bookkeeping
- YouTube for Business
- AND MORE!!

[www.slpcommunityed.com](http://www.slpcommunityed.com)
Cooking/Fitness

Cook with us from home in these Online Cooking classes!

These classes are all held online, see our website for detailed descriptions

Cheese & Chocolate
Don’t let the kids have all the fun this Halloween! Enjoy some chocolate treats of your own and discover how chocolate can be the perfect accompaniment to a variety of cheeses. Registration deadline: October 19, 12pm. This online class is held in partnership with Elk River Community Education.

W964F20
Thu., Oct 22
6:00 - 7:30 p.m.
Price: $29

Intro to the Instant Pot
Discover how you can make meals easier and faster using an electric pressure cooker. The goal of this introductory class is to get you comfortable with electric pressure cooking.

Instructor: Kirsten Olson

W966F20B
Thu., Oct. 15
6:30-8 p.m.
Price: $29

Instant Pot Thanksgiving Hacks
Save time and precious stove space by enlisting your Instant Pot in your Thanksgiving preparations! Learn to prepare Make Ahead Mashed Potato Casserole, a simple cranberry sauce, fast Turkey Broth, and the perfect last minute side dish—Garlicky Green beans. Instructor: Kirsten Olson

W932F20B
Sun., Nov. 8
2-3 p.m.
Online
Price: $25

Bubbles & Brie
Get ready for your New Year celebration! Discover how brie is made and learn the answer to the age-old question, “Can you eat the rind?” We’ll also explore what cheeses go with your favorite bubbly beverages, including wine, cider and beer. This class is held online in partnership with Elk River Community Ed.

W966F20
Thu., Dec. 10
6-7:30 p.m.
Online
Price: $29

Instant Pot Cook-Along: Chicken Tikka Masala & Curry
Grab your Instant Pot® and join us to COOK-ALONG! Choose one for your cook-along and watch a demonstration of the other or if you have a second Instant Pot® on hand, make both!

Instructor: Tess Georgakopoulos

W929F20
Sat., Nov 7
3:00 - 5:00 p.m.
Price: $39

Holiday Cookie Bake and Decorate!
Are you looking to start or continue a holiday cookie baking and decorating tradition? Try this On-Line, Live, Family Friendly Fun Holiday Cookie Class for beginners. Note: One registration fee for this on-line virtual class can include participants from the same household only.

Instructor: Tess Georgakopoulos

W972F20
Wed., Dec 16
7:00 - 8:30 p.m.
Online
Per Person Or Household: $29

Interval Circuit
Studies show that interval training boosts the body’s metabolism. Circuit training is an effective method of exercising the whole body in a short period of time. Combine the two and you have a dynamically efficient strength and conditioning workout. All levels and abilities welcome. Our motto is, “We have to exercise in the morning before our brains realize what we are doing!” Join us online! This class will be held online using Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the days and times of class and Cathy will lead you through the class from the comfort of your own home! This online class is held in partnership with Mounds View and Fridley Community Education Programs.

Instructor: Cathy O’Donnell

All classes: 7-7:45 a.m.

W375F20FridayA
Fri., Oct 2 - Nov 20
Price: $64 Senior Program Member: $48

W375F20MondayA
Mon., Oct 5 - Nov 23
Price: $64 Senior Program Member: $48

W375F20WednesdayA
Wed., Oct 7 - Nov 25
Price: $64 Senior Program Member: $48

W375F20MondayB
Mon., Nov 30 - Jan 11
Price: $56 Senior Program Member: $42

W375F20WednesdayB
Wed., Dec 2 - Jan 13
Price: $56 Senior Program Member: $42

W375F20FridayB
Fri., Dec 4 - Jan 15
Price: $40 Senior Program Member: $30

See Page 3 for updated info on locations and guidelines for in-person Senior Program classes and activities!

We have many online/virtual classes to enjoy from the comfort of your own home! Watch for this symbol for online options.
Gentle Yoga
This fun class is a wonderful way to stretch, increase flexibility, balance and strength, all while relaxing your body and mind. Gentle stretches and postures are accompanied by deep steady breathing that improves blood circulation, soothes the nervous system and increases vitality. Wear comfortable clothes and bring a mat.

Instructor: Annette Fragale teaches throughout the metro and has an award-winning television show: "Yoga On the Go.

L234F20 Wed., Oct 7 - Nov 18 9:00 - 9:45 a.m.  Lenox Gym
Non Member: $48
Senior Program Member: $44

Zumba Gold
Get groovin' at your own pace. This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Instructor: Katherine McGraw
L221F20 Tue., Oct 6 - Nov 24 1:30 - 2:30 p.m.  ABE Classroom 3
Price: $40

Enhance Fitness
Improve the quality of your daily life with this class designed for seniors. Focused on stretching, balance, low impact aerobics and strength training, you will have so much fun you might forget you are exercising!

Instructor: Katherine McGraw
L219F20 Tue., Oct 6 - Nov 24 1:30 - 2:30 p.m.  ABE Classroom 3
Price: $40

The "Magic" Chair
Would you like to prevent osteoporosis, have proper posture, increase flexibility and strength, tone your abs and alleviate back pain without getting down onto the floor? This class can help you take control of your body using your "Magic" chair. We will stretch, tone and strengthen your entire body so you will feel younger, stronger, more flexible after just one session. All levels are welcome. All props are provided.

Instructor: Annette Fragale
L826F20 Wed., Oct 7 - Nov 18 10:00 - 11:00 a.m.  Lenox Card Room
Non Member: $48
Senior Program Member: $44

Feldenkrais Awareness Through Movement
Move better, feel better! Everything we do in life involves sensation and movement, and the Feldenkrais Method® harnesses both, using your brain’s deepest means of improvement (scientists call it “neuroplasticity”) to create change. This class uses exploratory movement and guided attention to evoke new, more efficient neuro-muscular patterns, reducing pain, tension, and fatigue, and improving your coordination, flexibility, balance, strength and focus. During each class, you will be verbally guided through a sequence of movements which can improve every area of the body. Join us and learn to use your whole self more efficiently and pleasurably in all you do! Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive information to access the class. Simply follow the provided instructions on the day and time of class and Maggie will lead you through the class from the comfort of your own home! This online class is held in partnership with Alexandria Community Education.

Instructor: Maggie Vogel-Martin
W930F20A Thu., Sep 24 - Oct 29 5:00 - 6:00 p.m.  Online
Price: $69
Senior Program Members: $65

W930F20B Thu., Nov 5 - Dec 17 5:00 - 6:00 p.m.  Online
Price: $69
Senior Program Members: $65

T'ai Chi Ch'uan
This Ancient art teaches how to know one's self and improve one's well-being, both physically and psychologically. Instructor: Rand Adams
L294F20 Thu., Oct 1 - Nov 19 9:00 - 10:00 a.m.  ABE Classroom 3
Non Member: $5
Senior Program Member: $2

Neue Moves: Anat Baniel Method
This movement class is based on the work of Dr. Moshe Feldenkrais and Anat Baniel! Guided lessons are done lying on the floor and are designed to improve our ability to move with an efficient use of ourselves as a ‘whole person’. You will reduce stress and relieve pain. All abilities are welcome and will benefit. Bring a mat or blanket and socks. Learn more at www.NeuroMovement.com.

Instructor: Neue Livingstone
L359F20A Thu., Sep 24 - Oct 29 5:00 - 6:00 p.m.  Lenox Gym
Non Member: $69
Senior Program Members: $65

L359F20B Thu., Nov 5 - Dec 17 5:00 - 6:00 p.m.  Lenox Gym
Non Member: $69
Senior Program Members: $65

952-928-6444
**Zumba**

Come sweat away your worries. Zumba is a fun and easy to do workout that feels more like a dance party. Inspired by high energy and motivating Latin and International music, Zumba is a dynamic, exciting, effective head-to-toe fitness system. Zumba combines fast and slow paced rhythms that tone and sculpt the body using aerobic interval training. Come ready for a workout in tennis shoes. Bring a water bottle and a sweat towel. If using drop-in, please bring exact change or a check payable to ISD 283.

*Instructor: Katherine McGraw*

**L305F20**  
Thu., Oct 1 - Nov 19  
5:30 - 6:30 p.m.  
Lenox Gym  
1 Time Drop In: $5  
All 8 Sessions: $35

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**Qigong for Self Healing**

Would you like to begin a simple exercise program which can be done easily at home with no equipment or space needs? Do you know that you would feel better if you exercised regularly? Choose Qigong because it is easy to remember, engages all your senses, helps physically, emotionally, and spiritually and is quite inexpensive. For thousands of years Qigong was used in China as the primary treatment for all medical conditions. Currently popular due to the concept of “energy medicine”, Qigong will help you be happy as you transform your own energy. Wear comfortable clothing, bring water and a yoga mat if you like to stand on something soft. Can be done standing or sitting. Join us in-person or online! You can participate in-person at Lenox Community Center or online using Zoom; please select one when registering. *Instructor: Deborah Heltzer*

**L147F20**  
Thu., Oct 8 - Oct 29  
6:00 - 7:00 p.m.  
Lenox Art Room  
Household Income Over $80,000: $60  
Household Income $50,000 $79,999: $45  
Household Income $35,000 $49,999: $35  
Household Income $20,000 $34,999: $15  
Household Income Under $19,000: $5

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**Yoga for Life**

**Online Class & Video:**

From the comfort of your own home, enjoy in-depth instruction as you practice a wide variety of warm-up exercises and yoga poses, along with breath work, centering, and relaxation. We’ll work on the whole body, improving flexibility, strength, balance, and range of motion. No special props or equipment needed, although a mat and blocks can be helpful. Beginners welcome! Reduce tension and stress, get rid of aches and pains, sleep better and feel better overall. You’ll be encouraged to work at your own level and pace in this supportive class, with easier and more challenging variations given. Enjoy Wendy's relaxing voice and easy to follow directions.

This class has two parts: 1. the online class using Zoom and 2. an online recorded video you can watch anytime. You can participate using either or both formats, whatever works best for you! Upon registering, you will receive the links to participate in the Zoom class and to access the recorded videos. Videos for W191F20A will be active from September 8 - November 29. Videos for W191F20B will be active from November 30 - January 24.

*Video Only:*

You can choose to simply receive the recorded videos for this class. Upon registration, you will receive a link to access 6 recorded videos of Wendy’s Yoga for Life class. You can watch the videos as often as you like whenever you’d like. Videos for W191F20C will be active from September 8 - November 29. Videos for W191F20D will be active from November 30 - January 24.  

*Instructor: Wendy Anderson*

**W191F20A**  
Mon., Oct 5 - Nov 23  
4:30 - 5:50 p.m.  
Online  
Price: $115  
Senior Program Member: $85

**W191F20B**  
Mon., Nov 30 - Jan 11  
4:30 - 5:50 p.m.  
Online  
Price: $105  
Senior Program Member: $75

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**Relax and Unwind:**

**Yoga for Every Body**

Want to do yoga, but think you’re too old, too fat, too out of shape, or that you don’t “look like a yogi?” This body-positive class was created for you! 60 minutes of gentle Hatha yoga combined with breathing and mindfulness exercises will help you reduce stress while improving balance, strength and body awareness. No flexibility, experience or fancy spandex pants required! Wear comfortable, stretchy clothes and bring a yoga mat. Perfect for beginners. Join us online! This class will be held online using Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the days and times of class and Rachel will lead you through the class from the comfort of your own home! This online class is held in partnership with Mounds View Community Education.

*Instructor: Rachel Holdgrafer*

**W146F20**  
Wed., Oct 7 - Dec 16  
7:30 - 8:30 p.m.  
Online  
Household Income Over $80,000: $150  
Household Income $50,000 $79,999: $105  
Household Income $35,000 $49,999: $75  
Household Income $20,000 $34,999: $45  
Household Income Under $19,999: $15

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Free, but please register from the comfort of your own home! Watch for this symbol for online options.

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**www.slpcommunityed.com**
QiYoga
QiYoga has the best of both worlds, Qigong movement and Yoga poses combined, creating a gentle, slow paced, relaxing class. This class will help you to relax and manage stress, decrease anxiety; and increase blood circulation, mental acuity, focus, and overall strength, flexibility, and balance. QiYoga is a great class for all body types, sizes, and all levels of fitness and flexibility. No movement experience necessary but helpful. Wear stretchy or loose comfortable clothing. Most people do the class barefoot or they wear grip socks. You need a yoga mat, yoga blanket, and 2 yoga blocks. A yoga bolster is optional. Join us online! This class will be held online using Facebook. A week before class starts, you will be invited to join the Qi Yoga Facebook group with St. Louis Park Community Ed. Simply join the group on the days and times of class and Geneah will lead you through the class from the comfort of your own home! This online class is held in partnership with Alexandria Community Education.
Instructor: Geneah Escobar
W120F20
Tue., Oct 6 - Dec 15
6:30 - 7:30 p.m.
Online
Household Income Over $80,000: $150
Household Income $50,000 - $79,999: $105
Household Income $35,999 - $49,999: $75
Household Income $20,000 - $34,999: $45
Household Income Under $19,999: $15

Free Introduction to Meditation

In these difficult times, we need to do our best to not let the stress overwhelm us. I’ll show you easy techniques to help manage stress. We’ll focus on Mindfulness and Walking meditations. Join us online! This class will be held online using Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Victoria will lead you through the class from the comfort of your own home!
Instructor: Victoria Juster
W955F20A
Sat., Nov 7
11:00 - 11:30 a.m.
Online
Free, but please register

W955F20B
Sat., Dec 19
11:00 - 11:30 a.m.
Online
Free, but please register

Yoga for All
Experience free, body positive gentle Hatha yoga classes! Perfect for beginners. Classes can be completed on a mat or seated in a chair. No experience or flexibility required. Wear comfortable, stretchy clothes and bring a yoga mat. Offered by Peaceful Mind Yoga. Join us online! This class will be held online using Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the days and times of class and Rachel will lead you through the class from the comfort of your own home!
Instructor: Rachel Holdgrafer
W148F20
Sat., Oct 10 - Dec 12
9:00 - 10:00 a.m.
Online
Free, but please register

De-Age Your Brain

Current research shows diet and lifestyle have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of thinking, reasoning and perceiving CAN improve. And the very good news is no matter what your age, there are things you can begin to do today to improve how quickly and effectively brain cells communicate with one another. We’ll discuss which ‘super foods’ reduce the damaging effects of inflammation and toxins on the brain and which nutrients are great for improving memory, attention, processing information and reducing stress. You’ll learn simple, easy to implement strategies to help your brain stay healthy and alert. Join us online! This class will be held using Zoom. You can choose to enable your camera and audio, or just view the live content. Information will be sent before class and instructor, Janice Novak, will lead you from the comfort of your home!
Instructor: Janice Novak
W357F20
Mon., Nov 30
6:00 - 7:30 p.m.
Online
Price: $35

Abdominal Strengtheners That Won’t Make You Get On The Floor

A few reasons abdominal muscles weaken and lose shape are past pregnancies, surgeries, sitting at a desk all day, being sedentary and having poor posture. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen all four layers of abdominal muscle, especially the deepest layer WITHOUT stressing your back or neck joints and WITHOUT having to get on the floor. Don’t waste time with traditional crunches. Learn a different, more effective way to strengthen your abdominals, re-shape your waistline and prevent/relieve lower back discomfort. Join us online! This class will be held using Zoom in partnership with Wayzata Community Education. You can choose to enable your camera and audio, or just view the live content. Information will be sent before class and instructor, Janice Novak, will lead you from the comfort of your home!
W357F20
Mon., Nov 30
6:00 - 7:30 p.m.
Online
Price: $30

Acupressure to Relieve Stress, Anxiety, Insomnia & More

Acupressure is an ancient healing technique and self-help tool that works with how energy flows through the body. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, you will learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body. Join us online! This class will be held using Zoom. Upon registration, you will receive a link to access the class. Simply click the link on the day and time of class and instructor, Janice Novak, will lead you through the class from the comfort of your own home! This online class is in partnership with St. Anthony & New Brighton Community Education.
W970F20
Thu., Dec 3
6:00 - 7:30 p.m.
Online
Price: $30

952-928-6444 17
Keto Curious?

Have you heard about the Keto diet? Learn the principles behind a Healthy Ketogenic eating plan and see if and how it would make a difference for you. Join us online! Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Cathy will lead you through the class from the comfort of your own home! This online class is held in partnership with Alexandria and Tri-City United Community Education Programs.

Instructor: Cathy O’Donnell was diagnosed with Insulin Resistance and Metabolic Syndrome which prompted her to implement a healthy ketogenic diet combined with intermittent fasting protocol and she has lost over 40 lbs. and improved her overall health.

W383F20 Mon., Oct 12
6:30 - 8:00 p.m. Online
Price: $25
Senior Program Member: $19

Keto Kick Start

Where do I start? What can I eat? How does this work? In this 7-week program you will learn the basic principles of living a Healthy Keto lifestyle. First we will outline the program, begin tracking and prepare your environment for success. Then you will implement the plan. In each session we will discuss common pitfalls and how to manage them, simple swaps so that you can enjoy your favorite foods and many other topics to support your success. Join us online! This class will be held online. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Beth, a Hennepin Count Master Gardener, will lead you through the class from the comfort of your own home! This online class is held in partnership with Alexandria and Minnetonka Community Education Programs.

Instructor: Cathy O’Donnell

W383F20 Mon., Oct 26 - Dec 7
6:30 - 8:00 p.m. Online
Price: $69
Senior Program Member: $65

Threefold Meditation Flow

Threefold Meditation Flow™ is a meditation technique comprised of 3 different types of meditations: Movement Meditation where we use breathing exercises and varied movement elements from Qigong and Tai Chi, to induce relaxation, increase blood and lymph circulation in the body, aid in lowering blood pressure, release stress and tension, increase body flexibility, and improve mental focus and concentration. Guided Meditations where you are slowly guided, step by step, on how to relax the body and mind so that your parasympathetic nervous system can return the body to a restful, calm, and composed state pivotal for proper body-mind functioning and healing. Visualization Meditation used to train the mind to easily focus and concentrate. This meditation is great for memory improvement, body-mind relaxation, and for stress, anxiety, and depression management. This class is excellent for the inexperienced beginner student as well for the experienced meditation student. In each class we will explore each of these meditation elements as each person works at their own pace according to their own ability. This class is done both sitting and standing. For those with limited mobility the whole class can be done sitting. To accommodate each student the teacher will demonstrate the movement version of the class both sitting and standing. To chart your progress, it is recommended that you keep a journal of your meditation experiences. Questions to the teacher are fully welcomed via email.

Join us online! Upon registration, you will be invited to join the Threefold Meditation Flow with Gen group with St. Louis Park Community Ed. Simply join the group on the days and times of class and Geneah will lead you through the class from the comfort of your own home! This online class is held in partnership with Alexandria Community Education.

Instructor: Geneah Escobar

W3921F20 Thu., Oct 8 - Nov 12
6:30 - 7:30 p.m. Online
Price: $45
Senior Program Member: $39

Fall Yard & Garden

Preparing your lawn and gardens for fall will get them ready for success in the spring. It’s a great time to take note of what worked and what you may want to do differently next year. This workshop will cover the 4 areas for fall attention, protecting your yard and garden this winter and thoughtful planting for the spring. Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Beth, a Hennepin Count Master Gardener, will lead you through the class from the comfort of your own home! This online class is held in partnership with Tri-City United Community Education.

Instructor: Theresa Rooney

W928 Tue., Oct 6
6:30 - 7:30 p.m. Online
Household Income Over $80,000: $25
Household Income $50,000 $79,999: $19
Household Income $35,000 $49,999: $13
Household Income $20,000 $34,999: $9
Household Income Under $19,999: $5

Spring Bulbs

Plan for spring beauty by preparing in the fall! Learn about selecting bulbs for your desired design effect. Following good growing and care techniques, you will discover how easy bulbs can be. Join us online! This class will be held using the online platform, Zoom.

Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Sonya, a Hennepin Count Master Gardener, will lead you through the class from the comfort of your own home! This online class is held in partnership with Tri-City United Community Education.

Instructor: Sonya Burke

W959F20 Thu., Oct 8
6:30 - 7:30 p.m. Online
Household Income Over $80,000: $25
Household Income $50,000 $79,999: $19
Household Income $35,000 $49,999: $13
Household Income $20,000 $34,999: $9
Household Income Under $19,999: $5
Saving Energy (& Money) this Winter

Get your home ready for heating season with these simple ways to make your house more energy-efficient and save money on your power bill. This class will cover the easiest energy-saving tweaks you can make and also provide information on more complex projects like insulation, heat pumps and solar power. Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Susannah will lead you through the class from the comfort of your own home!

Instructor: Susannah Shmurak

W947F20  Wed., Oct 14
6:30 - 8:00 p.m.  Online
Price: $25
Senior Program Member: $19

Introduction to Permaculture

Permaculture is a way of growing food and beautiful landscapes while making our ecosystem healthier at the same time. Traditional grass lawns can make soil infertile, pollutes water, dries up water sources, and destroys the homes of insects and animals. Using the principles of permaculture, we can mimic nature to meet human needs in a way that simultaneously restores health and biodiversity to our local ecosystems. Learn how our existing systems contribute to climate change and how we can be part of changing them, starting right at home. Participants will learn a few immediate applications they can use in their own yards and gardens to begin this transformational process. The instructor will email you information to access the class one week before the class starts. Held in partnership with Fridley Community Education.

W6501  Tue., Oct 6
7:00 - 8:30 p.m.  Online
Price: $35

Contemporary Art: Styles, Ideas and Artists

Explore the contemporary art practices starting in the 1950’s and continuing today by studying the iconic works of artists such as Andy Warhol, Cindy Sherman, Jeff Koons, Damien Hirst, Grayson Perry and many others. Art styles for consideration will include Pop Art, Minimal Art, Environmental Art, Conceptual Art, Performance Art, Appropriation Art, and Video Art.

Instructor: Selen Ozakuhn

L143F20  Thu., Nov 12
6:00 - 7:30 p.m.  Online
Price: $19
Senior Program Member: $15

Satin Dolls & Company

The Senior Program’s tap dancers perform for reunions, church and synagogue functions, fairs, senior parties, and other social events. For bookings and more information call Joan Madden at 612-925-3806.

Line Dance for Parties

Cupid Shuffle, Cha Cha Slide and Electric Slide; three fun line dances that will get you off your chair and onto the dance floor! And all in one easy hour. Isn’t it time to join the party? No partner needed for an entire evening of fun! Here’s what participants have to say: “Great Fun! Easy to follow. She was wonderful!”

Instructor: Monica Mohn

Y164F20  Thu., Oct 8
6:00 - 7:00 p.m.  Aquila Gym
Price: $15
Senior Program Member: $9

Line Dance: Mamma Mia Dancing Queen

Be your own dancing queen with a fabulous line dance to this inspiring, joyful song. Who knew a winter night could be so fun! No partner needed.

Instructor: Monica Mohn

Y117F20  Thu., Nov 19
6:15 - 7:15 p.m.  Aquila Gym
Price: $15
Senior Program Member: $9

We have many online/virtual classes to enjoy from the comfort of your own home! Watch for this symbol for online options.

952-928-6444
Discover Your Roots
Learn how to start researching your family tree! We’ll cover free tools for starting your family tree, how to gather and add family information, how to use free databases and how to find other family tree information. Forms and outlines will be provided via email prior to each session. During the third session we will do some searching for one of your own ancestors. This class will be held online using Zoom. You will receive a link to access the class. Click the link on the days and time of class and Mary will lead you from your home! Held in partnership with Alexandria, Tri-City United and New Prague Community Education Programs.

Instructor: Mary Wickersham
W152F20 Tue., Oct 13 - Oct 27
6:30 - 8:00 p.m. Online
Price: $29
Senior Program Member: $25

Dialing In Your Light: An Evening with Jodi Livon
All around the globe we are doing something together! The entire planet is united in this quest to be healthy, safe and virus free. It’s time to dial into ourselves for our light! There are times when we receive energy from those around us and the energy builds and is shared; and there are times when we need to derive energy from within and it builds and builds. Now is the time to make sure that you are emanating your greatest light and beaming optimistic loving energy out into the world. Jodi will provide suggestions on how to do this and share fun energetic exercises that will lift energy and clear space. Join us online! This class will be held online in partnership with Minnetonka Community Education. Simply follow the provided instructions on the day and time of class to join from home!

20-285-FONL1 Thu., Nov 5
6:30 - 8:30 p.m. Online
Price: $19

Discerning Whiteness: The Unacknowledged Barrier
Are you looking for the next step in your Racial Justice journey? Here we will examine racialized assumptions, expectations, images, values, and beliefs, moving from abstract definition to vivid depiction. We’ll work to uncover what whiteness and white privilege look like in ourselves, local settings, our communities and workplaces. We’ll investigate how these create a white-normed culture and what we can do about it. Join us online! This class will be held online in partnership with Shakopee, ISD 622, Alexandria, Richfield, New Prague and White Bear Community Education Programs. The instructor will send you information to access the class before it begins.

Instructor: ASDIC Metamorphosis
6:00 - 8:00 p.m. Online
Price: $25
Household Income Over $80,000: $45
Household Income $50,000 $79,999: $32
Household Income $35,000 $49,999: $23
Household Income $20,000 $34,999: $14
Household Income Under $19,999: $5

Emotional Intelligence: Keys to a Happy Relationship
Emotional intelligence is being able to recognize, understand and manage our own emotions, as well as to recognize, understand and influence the emotions of others. Learn the 4 keys to a happy relationship: self-awareness, self-regulation, empathy and social skills.

Instructor: Shannon Swenson is the CEO and Life Coach at Encompass Coaching, LLC. Her focus is on creating a better world by creating strong, meaningful relationships. Shannon is a heart-centered, open-minded person whose passion is to serve others and help them achieve their goals. She is intuitive and able to assist clients to see things in new ways and break through their cycles. Join us online! This class will be held using Zoom in partnership with Alexandria Community Education. You will receive a link to access the online class. Simply click the link on the days and time of class and Shannon will lead you from the comfort of your home!

Instructor: Mary Wickersham
W151F20 Tue. Oct 6, Nov 10 & Dec 8
6:00 - 7:00 p.m. Online
One Class Date: $9
Two Class Dates: $18
All Three Class Dates: $15

Genealogy Help Group
Share your family history questions with others. A short presentation on a genealogy topic will be followed by group discussion on genealogy puzzles. We will brainstorm how to research to find answers. Attend just once for $9/day or register for all 3 for only $15! Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the days and time of class and Mary will lead you through the class from the comfort of your own home!

Instructor: Mary Wickersham
W150F20 Thu. Oct 1
5:30 - 6:30 p.m. Online
Price: $25

Are you missing the large Community Ed Brochure? Don’t worry, we’ll be back with a winter edition. Watch your mailboxes in December!

This fall we have many in-person classes and activities and a treasure trove of online and virtual opportunities in Early Learning, Youth Enrichment, Adult Enrichment and Senior Program!

See a few here and visit our website to see ALL of the opportunities we created for you this fall!

www.slpcommunityed.com
Movie Archivist: Bob DeFlores is known nationally as a film consultant and archivist. He supplies film for documentaries for major television networks. Over the years Bob has worked with many celebrities on their film libraries. His presentations are huge favorites at Lenox.

Ladies of Song
Take a look at 25 of the greatest female singers. Bob has created a presentation from rare footage of big bands, short subjects, news reels, and feature films from 1929 to 1957. See rare clips from singers such as Ella Fitzgerald, Peggy Lee, Lena Horne, Billie Holiday and so many more. This is a look back that you won’t see anywhere else.

L858S20  Wed., Oct. 28  1 – 3:30 p.m. Lenox Little Theater
Member: $10  Nonmember: $12

Life with Father
This slice-of-life comedy was based on a popular Broadway play. In late 19th century New York City, stockbroker Clarence Day strives to maintain order in his bustling household. Despite his attempts to be the chief authority over his four sons, his wife, Vinnie, is the one who truly keeps order in their home. To gain more respect, Clarence reluctantly considers making changes that will benefit everyone. Bob will fill you in on the backstage workings of the stars and production.

L856S20  Wed., Nov. 18  Lenox Little Theater
1 – 3:30 p.m.  Member: $10  Nonmember: $12

Hollywood History
Join Movie Man Eric Houston to dive into Hollywood and film history! Eric is the Studio Manager at North Metro TV in Blaine and he is offering these classes for FREE! No need to register, simply click here or follow the link below at 7pm on the day of the classes listed below to see the live stream of his great classes! Movie Man Eric YouTube:
https://bit.ly/2UnQ8DR

October 20 - The Presidency on Film:
In the early 1900s, images of the commander-in-chief were rare. In this class, we’ll look at the very first presidents to appear on film and see how the media of the day helped shape and preserve their careers. We’ll see Theodore Roosevelt, William Howard Taft, President McKinley and more!

December 10 - Rudolph, Snoopy, and the Grinch:
TV’s Greatest Christmas Specials For many of us, the holiday season isn’t complete without viewing our favorite Christmas specials. You’ve seen them dozens of times, but now is your chance to find out how they were made! You’ll learn which monster movie star provided the voice of a Christmas icon, which special was the first to use actual children as actors, and just what a Bumble really is.

Tue. Oct 20 & Thu. Dec 10  7 p.m. Free Online
No Registration Needed, Simply go online to: https://bit.ly/2UnQ8DR
L204F20
Thu. Nov 5
President.
Instructor: Gary Stamm
Learn the answer directly from our 32nd
it a ‘Friendship that Saved the World’ or a
win World War II for the Free World. Was
Winston Churchill. Their decisions helped
Roosevelt and Britain’s Prime Minister
between United States’ President Franklin
ations of the 20th Century which existed
Examines one of the most important rela-
“My English Bulldog”
Examine one of the most important rela-
ships of the 20th Century which existed
between United States’ President Franklin
Roosevelt and Britain’s Prime Minister
Winston Churchill. Their decisions helped
win World War II for the Free World. Was
it a ‘Friendship that Saved the World’ or a
continuous association and personality clash?
Learn the answer directly from our 32nd
President. Instructor: Gary Stamm
Life Lessons
from Coach Roy Griak
Coach Griak led the St. Louis Park Orioles
in cross country and track and field from
1967 to 1971 and is the author of the
recently published book “Ten Yards Beyond
the Finish Line - Coach Roy Griak”
L402F20
Wed., Oct 21
6:00 - 8:00 p.m.
Lenox Little Theater
Price: $0
Non Member: $12
Senior Program Member: $10

Developing Your
Photography Angle
Photography is an artistic expression is per-
sonal. Each of us sees the world through the
camera differently. Our perspective view of
the world around us can change, develop, and
improve with a little practice and passion.
Instructor: Doug Ohman
L804F20
Wed., Oct 14
2:00 - 4:00 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

FDR’s Life Changer
Hear the inside story on FDR’s biggest per-
sonal crisis . . . his affliction with polio. How
did it happen? How did he contract it? Did he
cover up his disability? And how did it affect
his life and his character? All these ques-
tions are answered directly by the man who
endured “the insidious and deadly enemy”
known as Infantile Palsy.
Instructor: Gary Stamm
L203F20
Thu., Oct 29
4:00 - 5:30 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

Minnesota Byways
From each of his books Doug will take you
to his favorite locations. He will share the
best photographs and stories from around the
Great State of Minnesota. Instructor: Doug
Ohman
L803F20
Wed., Oct 21
2:00 - 4:00 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

Life Lessons
from Coach Roy Griak
Coach Griak led the St. Louis Park Orioles
in cross country and track and field from
1967 to 1971 and is the author of the
recently published book “Ten Yards Beyond
the Finish Line - Coach Roy Griak”
L402F20
Wed., Oct 21
6:00 - 8:00 p.m.
Lenox Little Theater
Price: $0
Non Member: $12
Senior Program Member: $10

“Big Five” animals can be seen: jaguars, giant
river otters, maned wolves, tapirs, and giant
anteaters. Discover the unique landscapes,
birds, and mammals of this lesser-known
wildlife haven Instructor: Lee Ann Landstrom
L835F20
Thu., Oct 29
4:00 - 5:30 p.m.
Lenox Little Theater
Non Member: $15
Senior Program Member: $10

Brazil’s Pantanal
Brazil, like Africa, has Savannah grasslands,
but they’re seasonally-flooded ranches! The
"Big Five" animals can be seen: jaguars, giant
river otters, maned wolves, tapirs, and giant
anteaters. Discover the unique landscapes,
birds, and mammals of this lesser-known
wildlife haven Instructor: Lee Ann Landstrom
L835F20
Thu., Oct 29
4:00 - 5:30 p.m.
Lenox Little Theater
Non Member: $15
Senior Program Member: $10

Influential Women in
American History
Influential Women in American History: Enjoy a class
with historian Doug Ohman as he shares the lives of a
select group of women who made an impact in American
history. Doug will select a
variety of stories about famous and not so
famous women who lived amazing lives.
Instructor: Doug Ohman
L801F20
Wed., Oct 14
2:00 - 4:00 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

Remember when the World was
Black and White?
Black and white TV shows intro songs and
commercials. Go back to the days of yester-
day and see the TV show beginnings that
show the front door or have a catchy tune
such as the Lone Ranger theme.
Instructor: Gary Blessman
L811F20
Thu. Oct 15
4 - 5:30 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

Your ‘Parting’ Shot!
Tombstones are often your final chance to
show who you were or to display your sense
of humor such as: “It’s dark down here.”
Come see a headstone saying for dentists,
bakers and other unique parting sentiments.
Instructor: Doug Ohman
L812F20
Wed., Nov 11
10:00 - 11:30 a.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

Asking the Right Questions with
Tom Ryther
Behind the scenes in TV journalism. Reflec-
tions of broadcast journalist Tom Ryther.
Learn what famous celebrities were really like
or what U.S. Presidents had to say in private
and oh so much more!
Instructor: Tom Ryther
L838F20
Wed., Oct 7
2:00 - 4:00 p.m.
Lenox Little Theater
Non Member: $12
Senior Program Member: $10

See Page 3 for updated info on loca-
tions and guidelines for in-person Senior
Program classes and activities!
Modern Art: Movements, Masterpieces and Artists
Learn about major art movements including Impressionism, Cubism, Surrealism, Dada and Abstract Expressionism. Explore and discuss some of the key works of Monet, Salvador Dali, Van Gogh, Matisse, Picasso and Jackson Pollock. 
Instructor: Selen Ozakuhn
L142F20 Thu., Oct 8
6:00 - 7:30 p.m. Online
Non Member: $19
Senior Program Member: $15

Understanding how the Federal Government Creates and Spends Money
Spending, Debt, Deficits, Taxes, and the question of how do we pay for it? When we talk about federal government spending, the discussion can easily get bogged down and side tracked by the “how do you pay for it” question. This course will attempt to offer an understanding of Federal government financing to see how the federal government makes and spends money, so the “how do we pay for it” question doesn’t impede a substantive discussion of the merits or disadvantages of large policy programs like expanding Social Security, Medicare for All, or The Green New Deal. By the end of the course, you'll have insights to have thoughtful discussions. This class will be held online with Zoom. You will receive a link to access the class. Click the link on the days and time of class and John will lead you from the comfort of your home! This online class is held in partnership with St. Anthony & New Brighton Community Education.
Instructor: Bruce Irwin Fisher
W925F20 Mon., Nov 30 - Dec 14
6:30 - 8:00 p.m. Online
Price: $30
Senior Program Member: $25

The Enneagram of Personality
Join us to learn about the Enneagram of Personality, a model of the human psyche as nine interconnected personality types. The Enneagram differs from other personality systems in that it looks at the motivation for behavior. As such, it can be used as a spiritual or psychological tool. This class will help you find your own type and will foster a deep understanding of other types. Through this unique lens, you can soothe the relationships with spouses, co-workers, etc. in a short amount of time because you take an honest look at differences without creating polarities. You will also come away with a keen sense of your own struggles as well as your personal integrity. Join us online with Zoom! You will receive a class link; Click the link on the days and times of class to join Mary from the comfort of your home. 
Instructor: Mary Paquette
W925F20 Mon., Nov 30 - Dec 14
6:30 - 8:00 p.m. Online
Price: $29
Senior Program Member: $25

The Power of Eight: Harnessing Energies
Based on Lynne McTaggert’s book, The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World, we will gather together to heal ourselves or focus on a community/global issue. Using the power of imagination and sharing the focus of the healing intention, we stand in a circle and share our energy to bring about transformative healing. Do you want to have more fulfilling relationships? Do you wish you had more control over your life? These are just a couple ideas of what we could work together to bring about. Believe in the Power of Eight to transform darkness into light. Share your time and your imagination and see what happens next! Join us Online! You will receive a Zoom link.
Instructor: Deborah Heltzer
L331F20 Mon. Nov 9 & 16
6:00 - 8:00 p.m. Online
Household Income Under $19,000: $5
Household Income $20,000 $49,999: $18
Household Income $50,000 $79,999: $25
Household Income $80,000: $35
Household Income Over $80,000: $50

Macro and Close-up Photography
Have you ever wanted to see the fine detail of a butterfly wing or the unique pattern of a dew-covered spider web. Than this class will be for you, a macro lens allows us to see the fine detail and patterns that our eyes cannot see. In this class John Pennoyer will instruct on the proper use of macro lens, best focal length for you and various macro techniques to make this “your” image. If you do not presently have a macro lens, no problem, he will also discuss “close-ups” with whatever lens is in your camera bag. Join us online! This class will be held using Zoom. You will receive a link to access the class. Click the link on the day and time of class and John will lead you from the comfort of your home! This online class is held in partnership with St. Anthony & New Brighton Community Education.
Instructor: John Pennoyer
W967F20 Thu., Dec 10
6:30 - 8:30 p.m. Online
Price: $25

Photo Organization: Print & Digital
Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive or all of the above? Are they securely backed up? Understand why photo organization/ scrapbooking is more difficult today versus years ago. The number one goal is to SAVE - ORGANIZE - SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location, from scanning to storage and organization. You’ll leave with options to access every photo you own and be able to share them with family and friends. 
Instructor: Susan H. DeJute
L195F20A Wed., Oct 7
7:00 - 8:30 p.m. Lenox Craft Room
Household Income Under $19,000: $5
Household Income $20,000 $49,999: $18
Household Income $50,000 $79,999: $25
Household Income $80,000: $35
Household Income Over $80,000: $50
Lifelong Learning

Votes for Women 101
On the morning of August 27th, 1920, Minnesotans were the first women in the United States to reach the ballot box using the full powers of the 19th Amendment. This moment was the culmination of nearly a century of effort by women’s suffrage activists across the United States. Historian and playwright Madeline Hansen will introduce participants to the milestones and leaders of the “Votes for Women” movement and explore Minnesota’s unique place in the landscape of Women’s Suffrage history. Please register by Friday, October 17 at 12pm. This class will be held online. The instructor will email you information to access the class one week before the class starts. Held in partnership with Fridley, Shakopee, ISD 622, Minnetonka and White Bear Community Education Programs.
Instructor: Hennepin History Museum W384F20
6:30 - 8:30 p.m.
Non Member: $10
Senior Program Member: $10
Hennepin History Museum Member: $10

Women’s History “Radio” Play
Be a virtual cast member in “The Cabinet Meeting,” a reader’s theater play based on the premise that Susan B. Anthony is elected U.S. President and appoints a talented group of women to her cabinet. This interactive class celebrates women leaders of diverse backgrounds and periods of U.S. history, considering both what they achieved and what has yet to be accomplished. Participants receive a script in the mail along with additional Votes for Women swag. You call in to class via telephone or computer audio (no screens involved!) and read aloud to one another under the direction of historian and playwright Madeline Hansen. Please register by October 30 to receive your packet in time for the class. This class will be held online. The instructor will send you access information a week before the class begins. Please register by October 30. This online class is held in partnership with Shakopee Community Education.
Instructor: Hennepin History Museum W171F20
6:30 - 8:00 p.m.
Price: $21
Senior Program Member: $19
Hennepin History Museum Member: $19

What You always Wanted to Know about Islam and Muslims
Have you wanted to learn more about Islam and Muslims? Gain a better understanding of what Islam teaches and what Muslims practice, learn basic terminology, demographics and differences between religion and culture. You will learn about the beliefs and practices of Muslims as well as religious celebrations. You will also have the opportunity to get your questions answered first hand. Class is held online using Zoom. You will receive a link before it begins - click that link on the day and time of class to enjoy from the comfort of your own home! Held in partnership with St. Anthony & New Brighton Community Education.
Instructor: Cathy Gray L802F20
2:00 - 4:00 p.m.
Lenox Craft Room
Non Member: $12
Senior Program Member: $10

A Minnesota Road Trip – Hwy 23
Take a road trip with host Doug Ohman in the second installment of “Landmarks” highlighting iconic attractions along Minnesota’s Highway 23. On this road trip Doug will share some of the most interesting sites that are both historic and unique. Doug will also talk about the experience, rewards and challenges of writing and directing the PBS television program. Instructor: Doug Ohman L602F20
Wed., Oct 28
2:00 - 4:00 p.m.
Lenox Craft Room
Non Member: $12
Senior Program Member: $10

Westminster Town Hall Forum Discussion
We will be discussing archived Town Hall Forums put on by Westminster. These forums provide unique opportunities to explore key issues of our day from an ethical perspective. These sessions will be held online using Google Meet - you will receive a link before each class begins. Please view the video presentation before the meeting date - video links sent when registered - then join us virtually for the discussion on the date of the class. Held in partnership with Alexandria and ISD 622 Community Education Programs.
October 19, David Brooks: The role of character in creating an excellent life November 16, Tom Brokaw: The Time of Our Lives: Past, Present, Promise
Instructor: Cathy Gray L-DavidBrooks Mon., Oct 19 L-TomBrokaw Mon., Nov 16 7:00 - 8:00 p.m.
Sliding Scale fee for each class:
Household Income Under $19,999: $5
Household Income $20,000 to $34,999: $7
Household Income $35,000 to $49,999: $10
Household Income $50,000 to $79,999: $15
Household Income $80,000 to $104,999: $20
Household Income Over $100,000: $25

See Page 3 for updated info on locations and guidelines for in-person Senior Program classes and activities!

We have many online/virtual classes to enjoy from the comfort of your own home! Watch for this symbol for online options.
Stay Engaged at Home

Coloring
Grab colored pencils or your favorite coloring tool for a litte coloring fun! (Beware, markers may bleed through to the next page!) Mail your completed picture to Toni Nelson at Lenox Community Center for a chance to be included in the next Newscaster!
Stay Engaged at Home

Coloring
Do you recognize this famous artist?
Grab colored pencils or your favorite coloring tool for a little coloring fun! (Beware, markers may bleed through to the next page!) Mail your completed picture to Toni Nelson at Lenox Community Center for a chance to be included in the next Newscaster!
Stay Engaged While Socially Distant!
We have opportunities for you to participate and stay connected! We hope to see you again in person soon, but until then, we hope you will keep connected in one of these ways:

1. Lenox Caring Cards Club
Many adult seniors living in skilled care facilities are experiencing loneliness in this time of isolation. The Lenox Caring Cards Club is a means to connect them with someone who is willing to write them a cheerful note to help lift their spirits. If you would like to send a card or receive a card, please call Toni at 952-928-6443.

2. Senior Program Voicemails
Toni is using our automated messaging system to send recorded voicemail messages with program updates and well wishes to those who would like to receive them. If you would like to be on this list, call Toni at 952-928-6443.

3. Senior Program Calling Tree
Are you interested in connecting by phone to other Senior Program participants? Call Toni at 952-928-6443 to get started! Receive a call or make a call to others looking to chat and stay connected.

4. Park TV15
We are partnering with the City of St. Louis Park to offer some of our classes on the Cable Access Network so you can watch on TV! See page 26-27 for details.

Sudoku Puzzles
Sudoku is easy to play and the rules are simple.

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku (Medium)

5   6   9   4   3

3   1

6   9   2   1

4   2

8

3   2

3   6

9

Sudoku (Hard)

7   3   5   8   6   9

4   1

2   1   3

5   9

3

8

1   5

7   5

6

1   5

4
THE SENIOR PROGRAM

We are partnering with the City of St. Louis Park to offer these classes for FREE! They will be aired on Park TV15 Comcast Cable Access every eight hours (7pm, 3am & 11am) during the premier listed for each class and then at intervals from now through the Spring, 2021. You will also be able to view these classes on YouTube at http://bitly/ParkTV15 after each premier.

Bob DeFlores Presents
Second Chorus

Bob DeFlores, a movie historian and archivist, will present Second Chorus, a 1940s musical comedy film starring Paulette Goddard and Fred Astaire.

Premier: Nov 24, 7pm - Dec 1, 11am
7pm, 3am & 11am
SLP TV Channel 15

History of Places
in St. Louis Park

The Saint Louis Park Historical Society presents stories from a new book: Places in the Park, a physical history of St. Louis Park, Minnesota.
Instructor: William Beyer, Author and historian

Premier: Oct 23, 7pm - Oct 30, 11am
7pm, 3am & 11am
SLP TV Channel 15

Cell Phone Uses Vital for Seniors

Cell phones have vital uses for seniors like email, safety features, zoom calls, video doctor appointments and more! This class will teach you how to use your phone (iPhone or Android).
Instructors: Judy Goebel & Amy Miller

Premier: Nov 3, 7pm - Nov 5, 11am
7pm, 3am & 11am
SLP TV Channel 15

Medicare 101

Learn what is covered by Parts A, B, C and D of Medicare and options for additional insurance. We will discuss the enrollment process, options, costs, the donut holes and eligibility for extra help with prescription drug costs. Discover the services of the Senior LinkAge Line including assistance using the Medicare.gov website and the Health Care Choices booklet by the MN Board on Aging.

Premier: Oct 20, 7pm - Oct 22, 11am
7pm, 3am & 11am
SLP TV Channel 15
TAKES TO THE AIRWAVES!

We received a Healthy Living Grant from the City of St. Louis Park and sponsorships from Towerlight and Elmwood to help make this programming possible! We hope to bridge the gap and keep you connected to the Senior Program while we social distance to stay safe.

Magic Chair
Would you like to prevent osteoporosis, have proper posture, increase flexibility and strength, tone your abs and alleviate back pain without getting down onto the floor? This class can help you take control of your body using your "Magic" chair. We will stretch, tone and strengthen your entire body so you will feel younger, stronger, more flexible after just one session. All levels are welcome.

Instructor: Annette Fragale has taught various exercise classes for 25 years.

Premier: Oct 5, 7pm - Oct 7, 11am
7pm, 3am & 11am
SLP TV Channel 15

Thank you to the City of St. Louis Park and the Healthy Living Grant for sponsoring these fitness classes!

Enhance Fitness
Improve the quality of your daily life with this class designed for seniors. This class focuses on stretching, balance, low-impact aerobics strength training. You will have so much fun you might forget you are exercising!

Instructor: Katherine McGraw

Premier: Oct 13, 7pm - Oct 15, 11am
7pm, 3am & 11am
SLP TV Channel 15

Gentle Yoga
This fun class is a wonderful way to stretch, increase flexibility, balance and strength, all while relaxing your body and mind. Gentle stretches and postures are accompanied by deep steady breathing that improves blood circulation, soothes the nervous system and increases vitality. Wear comfortable clothes.

Instructor: Annette Fragale

Premier: Oct 9, 7pm - Oct 13, 11am
7pm, 3am & 11am
SLP TV Channel 15

Zumba Gold
Get grooving at your own pace. This easy-to-follow program lets you move to the beat at your own speed. It’s an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Instructor: Katherine McGraw

Premier: Oct 16, 7pm - Oct 20, 11am
7pm, 3am & 11am
SLP TV Channel 15
A Conversation on Death and Dying

What happens when we die? Are our loved ones at peace? What do they want us to know? Bring your questions and experiences you would like to share and we'll talk! Instructor: Victoria Juster, has over 20 years of experience as a medium; she has communicated with Spirits since childhood and has lived through three near-death experiences. She uses her gift to help people deal with the grief of losing a loved one. Join us online! This class will be held online using Zoom. Upon registration, you will receive a link to access the class, simply click the link on the day and times of class and Victoria will lead you from the comfort of your own home. This online class is held in partnership with Alexandria and Robbinsdale Community Education Programs.

Instructor: Victoria Juster
W957F20 Sat., Dec 5
10:00 - 11:30 a.m. Online
Price: $35

How to Pay for the Nursing Home, an Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave the next generation something. In today's world you need to understand what your options are. Is LTC insurance for you? What about home care? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it avoid the nursing home? What is the 60-month claw-back? What if my spouse goes into the nursing home and exhausts our money? We will walk through these questions and many more, including how to plan and place your assets to meet your retirement, your nursing home goals, and after you have passed. Join us online! This class will be held online using Zoom from the comfort of your own home!

L211F20 Thu., Dec 3
10:30 a.m. - 12:00 p.m. Online
Non Member: $15
Senior Program Member: $9

Before & After the Funeral

After a loved one dies, family members are bombarded with a multitude of questions related to decisions that must be made before the funeral. Working through those questions ahead of time will ease the burden on the deceased's loved ones. A second flurry of activity occurs after the funeral related to the legal settlement of the deceased's estate. Learn when probate is and isn't necessary, and outline the steps that the deceased's loved ones can expect in settling the deceased's affairs. Bonnie Wittenburg, an estate planning, probate and trust administration lawyer, and Jeanne McGill, an independent funeral consultant, will lead the presentation.

Instructor: Bonnie Wittenburg
L128F20 Thu., Nov 12
6:30 - 8:00 p.m. Lenox Craft Room
Price: $19

Covid-19 Update with the Real Estate Market & Senior Living Communities

A bit of fear swept through the real estate market when the corona-virus hit. Many people's plan to downsize or move into a senior community came to a sudden halt. Senior living providers have had enormous challenges as well, making it difficult to continue the active lifestyle most seniors want. So, has the situation changed and are seniors any closer to reinstating their future plans? Join Dan & Mary Tillman, Seniors Real Estate Specialist and Brad Johnson, Certified Senior Advisor as they talk about Covid-19 and the current status in the real estate market as well as what is happening in the Senior Living Communities. This will be an informative seminar, plus there will be plenty of time for Q&A. In lieu of lunch, a Subway gift card will be available to all attendees.

Instructor: Dan & Mary Tillman, Senior Real Estate Specialists & Brad Johnson, Certified Senior Advisor
L208F20 Wed., Nov 11
10:30 a.m. - 12:00 p.m. Lenox Craft Room
Price: $0

Estate Planning Solutions

When should a Trust be considered, and when is a Will sufficient? Why are a Health Care Directive and Power of Attorney needed during your lifetime? What methods are available to help protect your children's inheritance? Get these answers and learn ways to avoid probate. Discussion of common mistakes will help you avoid the unwanted consequences that others have faced. Bonnie Wittenburg, an estate planning, probate and trust administration lawyer, will lead this presentation. Join us online! Due to the uncertainty of when we will be able to meet in person, this class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link and Bonnie will lead you through the class from the comfort of your own home! Here's what participants had to say: “It made me realize how much I don’t know.” “Very informative without being boring. Easier to follow and understand than I thought.”

Instructor: Bonnie Wittenburg
L149F20 Thu., Oct 8
6:30 - 7:30 p.m. Lenox Craft Room
Price: $19

Health & Wealth: Navigating Social Security

Do you know the most optimal time for you to start taking your Social Security? Your Social Security decision could be the biggest financial decision you make in your life and you only have one chance to get it right. Three out of four people unknowingly take a reduction in their Social Security income and 40% of them look back and wish they would have done something different. This class will familiarize you with the various Social Security filing strategies and will enable you to know what questions to ask, prior to filing, to help you make the best decision for your retirement.

Instructor: Jonathan V Rice
L386F20B Wed., Oct 14
6:00 - 7:00 p.m. Lenox Craft Room
Price: $19
Senior Program Member: $15

L386F20C Tue., Nov 17
12:00 - 1:00 p.m. Online
Price: $19
Senior Program Member: $15

Special Interest

www.slpcommunityed.com
Health & Wealth: Planning for Long Term Care

The best time to think about long-term planning is before you need it! 70% of 65-year-olds will need some form of long-term care during their lives and the planning is much more than just an insurance policy. There are many aspects to consider when planning for your health and personal care needs during a short or long period of time. In this class we will address the areas that will have major influences in the planning process as well as address the Minnesota Partnership Long-Term Care program. Instructor: Jonathan V Rice L382F20B Wed., Oct 28 6:00 - 7:00 p.m. Lenox Craft Room Price: $19 Senior Program Member: $15

Prepare Your Own Will

This course will provide you with all the instruction, forms, witnesses and notaries necessary to allow most everyone to prepare and walk away with his/her own simple will. Will forms are included in tuition. Instructor Adam Altman is a practicing attorney experienced in drafting wills. The learning portion of the class will be held online then a date/time will be scheduled for you to meet with Adam to notarize your will in-person at Lenox Community Center. Join us online! This class will be held using the online platform, Zoom. Upon registering, you will receive a link to access the class. Simply click the link on the day and time of class and Adam will lead you through the class from the comfort of your own home! You will then schedule a time to meet in-person at Lenox Community Center to notarize your will. When registering as a couple, choose per couple price, but register just one person per couple. Here’s what participants had to say: “Great class, easy to follow and efficient. Thank you!” “Awesome and funny instructor. Very engaging.” Instructor: Adam Altman W107F20 7:00 - 9:00 p.m. One Person: $45 Two People: $80

Retirement Income Planning: Life after Work

Whether you plan to stop work all at once or ease into retirement by working part-time, at some point you will need to arrange for multiple sources of income to replace your paycheck. What do you need to think about as you transition from work life to retired life? Where will you live? Where will your income come from? How can you make it last? Join us for an enlightening class that will get you thinking about your next phase of life and what you need to do to prepare for it. We will cover: 6 questions to ask before you retire / How to determine how much income you will need in retirement / The 4 primary sources of retirement income / 4 popular withdrawal strategies and the pros and cons of each / How retirement income is taxed / 5 tax planning strategies in retirement / A retirement income action plan. Instructor: Robert Davis L315F20 Thu., Oct 22 6:30 - 8:30 p.m. Lenox Craft Room Price: $19 Senior Program Member: $15

Savvy Social Security Planning

This class will help baby boomers better understand the Social Security system and will cover: 5 factors to consider when deciding when to apply for benefits / When it makes sense to delay benefits -- and when it does not / Why you should always check your earnings record for accuracy / How to estimate your benefits / How to coordinate benefits with your spouse / How to minimize taxes on Social Security benefits / How to coordinate Social Security with your other sources of retirement income / How Social Security is affected for individuals who receive a pension from a non-covered job. The topic includes the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime. Instructor: Robert Davis L102F20 Thu., Nov 5 6:30 - 8:30 p.m. Lenox Craft Room Price: $19 Senior Program Member: $15
**Transition to Retirement: Joy, Purpose and Meaning**

Retirement can and should be a time where we get to use all that we have become combined with all that we are yet be to craft a life of fulfillment and purpose. That said, transition to retirement is a complex change for most people that can sometimes take years. The workplace roles and titles that have identified you as a productive person are gone and ego, identity, and a sense of purpose can take a big hit. Attendees can expect to leave with a box of tools to support the good work of making this major life transition feel more like stepping off a curb rather than a cliff.

**Instructor:** Bob Koehler

**L123F20**  
Wed., Nov 18  
6:00 - 8:00 p.m.  Lenox Craft Room  
Household Income Over $80,000: $30  
Household Income $50,000-$79,999: $25  
Household Income $35,000-$49,000: $15  
Household Income $20,000-$34,999: $9  
Household Income Under $19,999: $5

**Lunch and Learn for Veterans and Their Spouses**

The insight you need on veteran benefits for seniors. Military veterans have hundreds of available benefits, including health care, education, training, housing assistance and more. There are so many benefits, in fact, the challenge comes in navigating these benefits well, especially with misconceptions around who is eligible for what. Dan & Mary Tillman, Seniors Real Estate Specialists, have partnered with Department of Veterans Administration to provide this seminar for veterans and their families. If you are a retired veteran or approaching retirement age, there are a host of resources waiting to assist you. This free seminar will provide information on: Common Solutions paying for senior housing, VA Care, Aid & Attendance, Spousal Benefits, Medical Care, Widows & Death Pension, Service Connected Disabilities, Burial Benefits, Seniors Nursing Homes, and Life Insurance. You will leave with a Subway gift card to get a sandwich on us!

**Instructor:** Shannon Swenson  
**SS72**  
Tue., Oct 13  
5:30 - 6:30 p.m.  Online  
Price: $25

**How to Travel Free & Safely**

We’re ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe and how do we make our travel free? World traveler Gina Henry shows you how she is prepared for the new “travel normal” including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free, earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina’s 100-page ebook How to Travel Free & Safely (retail value $39.95).

**Instructor:** Gina Henry

**W940F20**  
Wed., Oct 21  
6:00 - 9:00 p.m.  Online  
Single: $45  
Couple (One Ebook): $75

**Will Your Taxes Affect Your Retirement?**

Discover the general impact of federal income taxes upon tax-free retirement income, social security and your current tax brackets. Let’s face it, taxes are a reality that need to be better understood. Join me for an interesting presentation – there will be time for questions and discussion as well.

**Instructor:** Sean Alter

**L381F20**  
Wed., Oct 7  
6:30 - 8:00 p.m.  Lenox Art Room  
Price: $19  
Senior Program Member: $15

See Page 3 for updated info on locations and guidelines for in-person Senior Program classes and activities!

We have many online/virtual classes to enjoy from the comfort of your own home! Watch for this symbol for online options.
Where will you go next?
Thursday, October 8th
at 10:00 AM

Although travel is currently interrupted, we’re looking to the future!

Learn how the industry is adapting to a new reality and hear about fantastic travel opportunities for 2021 & beyond.

Join us, via Zoom, from the comfort of your own home.
Register today: www.gowithlandmark.com/st-louis-park

ALL TRIPS INCLUDE
- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Baggage Handling at Hotels
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Daily Breakfast & Many Quality Meals

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Tours * Cruises

For a list of all trips visit www.GoWithLandmark.com

952-928-6444
Letter From The President
Hello Friends:

Well, here we are all disconnected from one another because of the pandemic. How are you faring? I’m doing OK, but just OK.

The Foundation is clicking right along. We have been having meetings in my front yard, wearing masks and social distancing. My neighbors are confused as we sit around in a big circle on lawn chairs with our notebooks out talking seriously.

The Lenox Foundation is pleased to announce that our fund raising last year was beyond expectations. Thank you very much! We are planning for this year and you will receive your “ask” letter right on time. The Senior Program, with Angie and Toni, continues doing so much and being so creative during this pandemic. It is so important that we continue to support them with our donations. We rely on you, our members, for our Annual Campaign to be a success.

Our last two fundraisers with Parkway Pizza and Nelson’s Meats were very successful. We have another fundraiser with Nelson’s Meats on Minnetonka Boulevard scheduled for September 27. The Lenox Foundation gets $5.00 for every special sandwich sold on that day. Our fundraiser with Parkway Pizza is scheduled for October 20. The Lenox Foundation gets 10% of all sales on that day. They have eat in, pick-up and delivery. Parkway Pizza is also located on Minnetonka Boulevard. See page 3 for more information about these fundraisers!

The Lenox Foundation has an interesting history. I have included it in the Newscaster for all of you because you are an unofficial part of the Foundation.

The Foundation is always looking for new Board members. If you would like to see my front yard and sit under my Red Maple before the snow falls, contact me or any board member for an application. We’ll put a rush on it.

Judith Cook, Lenox Foundation President

History of SLP Senior Program & Foundation
1972: St Louis Park Senior Program began in the Rec Center on Monterey Ave. and 36th St. Glennis Williams was the Senior Program program coordinator. Greg Shank became Sr. Program coordinator in 1977.
1979: Senior Program moved into the new Lenox Community Center. (It was Lenox Elementary School) Greg Shank and Glennis Williams continued with programming.
1985: With the encouragement of Sr. Program members, Lyle Ferch, Virginia Johnson, Lyle Hanks, Greg Shank began setting up a foundation. Additional funding to increase the program.
1986: March 19 - Articles of Incorporation for the Lenox Foundation, Inc. was filed with the Minnesota Secretary of State. It was the first Senior Program foundation in Minnesota. The original board consisted of Lyle Ferch, Lyle Hanks, Virginia Johnson, Ray Kempf, Florence Kiehl, Gloria Segal, Greg Shank, and Ed Widing. Tax exempt status (501(c)(3) granted by IRS.
1987: December 10 - Mayor Lyle Hanks proclaimed 1988 as “The Year of Lenox Foundation”
1988: The Founder’s Club raised over $19,000. The money was invested through the City of St Louis Park. There were 341 individual donors and 21 businesses.
2004: In April the funds were moved to Minnesota Community Partners for investment. Interest returns doubled the next year.
2016: 30th Anniversary of the Lenox Foundation, Over 64 Board members and seven presidents during the 30-year period. Presidents: Lyle Ferch, Lyle Hanks, Alden Blixrud, June Davis, Louise Griver, Sherrill Mozey, Bob Ramsey
2016 Board Members: Shirley Carlson, Judy Cook, Birdie Elkofofska, Rich Erickson, Mary Kay Harrington, Carol Kohler, Gregg Lindberg, Barb Person, Betty Pickle, Sherrill Mozey, Tom Schmitz.
Over $300,000 in investments. Total amount given to the Senior Program is over $206,982. First annual report done for 2014-2015
2017: Established Lenox Foundation web site, LenoxFoundation.net. Established Foundation email address, LenoxFoundation@gmail.com.

Lenox Foundation Board Meeting Schedule 2020 – 2021
Fall meetings will be held at the ABE Building, 1342 Colorado Ave S
9 – 10:30 a.m.
Fri., Oct. 16 ABE Classroom 1
Jan. 15, Mar. 19, May 21 Location TBD

Lenox Foundation Board
2020/2021
Judith Cook, President
Tom Schmitz, Vice President
Mary Kay Harrington, Secretary
Barb Person, Treasurer
Sherrill Mozey, Jean Johnson
Birdie Elkofofska, Suzanne Pettinari
Rich Erickson, Kay Stienessen
Advisors: Angie Martinez Grande, Patrice Howard, Luther Ranheim, SPMCF

Lenox Foundation accepting a generous donation from St. Louis Park American Legion, Post 282.
Senior Program Advisory Council

So should I smile if I am wearing a mask? After all, who can see it? My answer to that question is YES! And everyone can see it because when you smile, your eyes show that smile too. Each time you smile at another person they are more inclined to smile at another person. What does a smile do?
- Spreads positive energy
- Encourages others
- Exercises your face muscles
- You share joy
- A wonderful greeting
- Puts YOU in a good mood
- Puts the receiver of the smile in a good mood
- Stops a crying child from crying
- Makes people wonder what you are up to
- Changes someone else's mood
- Make this a better world to live in

Of course if you ask ten people "Does a smile have good results?" you will get many different answers. But I know I have seen the results of my smiles and know I am in a better place from just smiling. And it is FREE!!

During this Covid19 isolation time we all need to stay positive (of course smiling does help that). Our attitude shines through with every interaction with others. Yes even on the telephone. You can inspire someone into doing something good or your actions can have a negative effect. You have a powerful purpose in living a good life. Pass on good things and help those experiencing bad times to enjoy life more. You can be a spreader of JOY.

And speaking of enjoying a good life, well I sure have missed my involvement at Lenox Community Center - Senior Program. How about you? I miss the smiles and the words of encouragement. Each time one enters the lounge there seems to be someone there to greet you with a smile and nice words. I miss volunteering, taking classes and being involved. I look forward to being there again. I sure hope to see YOU there. Over the years I have dropped in for a cup of coffee and shared some time with a stranger and the next time I see that person they are no longer a stranger. I have made friends with so many people. The classes I have taken are so interesting. Some were very educational and some were just fun. Others were maybe not what I needed - like when I took a class on how to knit; well that is not happening. With one hand going one way and fingers moving the wrong way, the yarn is all twisted and when I get a bunch of rows done, it does not look like the hat I was making in any way, shape or form. There is no help for me, but boy did we laugh and you know laughter is good medicine. So, I guess I got my money's worth and then some.

Hope to see you soon! Let's share some time over a cup of coffee.

Birdie Elkofska, Lenox Senior Advisory Council President

Seeking Senior Program Advisory Council Members!

Are you willing to give input and direction about the growth and development of the Senior Program? Would you like to learn more about the Senior Program and its operation? We are seeking members to fill Advisory Council openings. Duties and responsibilities include:
- Attend monthly meetings
- Serve a two-year term
- Participate in discussions
- Support special events and other program offerings
- Actively connect with other members to learn their thoughts, concerns and recommendations.

Call 952-928-6444.

2020 – 21 Senior Program Advisory Council

Judith Cook Carol Kohler
Birdie Elkofska, Chair Sherrill Mozey
Louise Griver Suzanne Pettinari
Mary Kay Harrington Marti Sanville
Jean Johnson William H. Tape

Community Ed/Lenox Staff
Patrice Howard, Community Education Director
Angie Martinez Grande, Adult Programs Supervisor

Senior Program
Toni Nelson, Administrative Assistant

Adult Enrichment
Kathy Steffes, Administrative Assistant

School Closing Hot Line
If ISD #283 is closed, the Senior Program is closed. If you have questions, closures will be announced on radio and TV or call the district hotline at 952-928-6055.

Remember to register ahead; drop-in registration not recommended!
FREE Legal Consultations
Call 612-334-5970. You will need to provide your full name, phone number and age. Must be over 60 and live in Hennepin County.

Foot Care Clinic
Call Happy Feet at 763-560-5136 for a half-hour appointment. To cancel, call Happy Feet at least 24 hours in advance, or a fee will be charged to you. 2nd and 3rd Wed. of the month.
9 a.m. – 3 p.m. Wed., Oct. 14 & 21, Nov. 11 & 18
$36 payable to Happy Feet Lenox Library

Resource Books Available Free at Lenox
Senior Housing Directory Created by Care Options Network
Health Care Choices for Minnesotans on Medicare Prepared by The Minnesota Board on Aging

Transportation Options:
Deikel Transportation Program of Jewish Family Services of Minneapolis call 952-546-0616.

East Side Neighborhood Services
Are you 55 or older and seeking employment? Paid employment training is available for low-income seniors or veterans 55 and older living in Hennepin County. Senior Community Services Employment Program (SCSEP) participants gain valuable on-the-job training through paid work at local non-profits & government organizations including schools, libraries, social service agencies, nursing home care facilities and senior centers. Questions: Ron Lee 612.787.4066

Hennepin County Library at — Home Service
Call 612-543-8850 or visit the website: http://www.hclib.org/pub/info/Outreach/at_home.cfm

STEP: St. Louis Park Emergency Program
If you are a St. Louis Park Resident in need Step can help you with: Food, clothing, transportation, emergency rental assistance, resources in the community. Make an appointment by calling 952.925.4899

St. Louis Park Resource Directory
Guide online at www.NORCMN.org

St. Louis Park Historical Society
Sat., 1 – 4 p.m. or by appointment, call 952-583-9893.
3546 Dakota Ave. So., just west of the Central Building.

Community Action Partnership of Suburban Hennepin County Services
For help with energy assistance, community resources, home buyers or owners services, renters services and homeless services call 952-933-9639.

Disability LinkAge Line 1-800-333-2433
Open between 8 a.m. – 4:30 p.m. on weekdays. Messages may be left.

Grocery Shopping for an Elderly Neighbor/Parent?
Store to Door is a nonprofit grocery shopping and delivery service to seniors, age 60 +, delivering groceries throughout the Twin Cities. They are committed to giving seniors personal, reliable access to their choice of food and household essentials so you or a loved one can continue to live in your home. Clients order and receive groceries every other week. There is a minimum grocery order of $40.
To register for Store to Door or if you have questions please call 651-642-1892.

Hotline for Vets — LinkVet
Call 1-888-546-5838 or www.minnesotaveterans.org

Senior LinkAge Line 1-800-333-2433
The Senior LinkAge Line (SLL) is a service of the Area Agencies on Aging in partnership with the Minnesota Board on Aging. The SLL provides information and assistance to seniors, Medicare beneficiaries, and the people who care about them. Call 1-800-333-2433 from 8a.m. to 4:30 p.m., weekdays. Messages can be left after hours.

Fare for All at Vista Lutheran Church
Individuals pay $20 per package. At 4003 Wooddale Avenue South, St. Louis Park, MN, 55416. Call 763-450-3880 or online at www.fareforall.org.

Medicare and Health Insurance Counseling
Trained counseling staff and volunteers can help you navigate your choices for a Medicare Supplement, Part D plan, Social Security concerns, long term care, medical bill organization and more over the phone or see page 26 about a televised event. For more information, call 1-800-333-2433.

Senior Outreach
Staff member meets with seniors and/or family members in their homes to identify specific needs and find resources suited to ones unique situation and budget. For information call 952-767-7888.
Senior Community Services Provides Programs to Help St. Louis Park Seniors

A leader in fostering independence and vitality for older adults since 1950, Senior Community Services is dedicated to mobilizing the community to reimagine aging as vibrant, dignified, safe and healthy. We provide a wide array of services proven to help older adults age in their own homes and support their caregivers to face their challenges with resiliency. Whether you or your loved one need help with home chores, connecting to supportive senior services, paying Medicare deductibles, or navigating the challenges of caregiving, Senior Community Services is here for YOU.

For Home Chores call 952-746-4046 or email: home@seniorcommunity.org
For Caregiver Support call 612-770-7005
For Senior Services call 612-770-7005
For Medicare Support call 952-767-0665 or email r.jordan@seniorcommunity.org

We all age. Senior Community Services is there to help.

CareNextion

One-Stop Resource for Caregivers provides a free, easy-to-use website allowing family members and other care groups to easily communicate, share schedules and find assistance for your loved ones. This online tool enables you to bring together the support needed to help your loved one live a vital and engaging life. For a free phone consultation, please call 612-770-7005, online at CareNextion.org or contact scsvolunteer@seniorcommunity.org

Senior Partners Care

Seniors who meet the program’s eligibility requirements submit an application to Senior Community Services. Upon acceptance, clients who use SPC healthcare partners for Medicare-approved services are eligible to have the balance on medical services and treatments (after Medicare payment) waived. For information call 952-767-0665 or 1-888-541-5488.

Second Harvest Heartland

The NAPS Program is for seniors 60+ and 130% below the poverty level, and provides free food once a month to them. FREE, nutritious food for seniors 60+. Who is eligible? Men and women 60 years and older. Eligibility also determined by household size and income (at or below 130% of the poverty level). Please call Second Harvest Heartland — NAPS at Metro: 651-484-8241 Toll Free: 1-800-365-0270

HOME Can Help

Speaking of HOME, here are some fun facts that you may not know about our HOME program:

Did you know?
HOME stands for Household and Outside Maintenance for Elderly.

Did you know?
• 1/3 of people over the age of 65 fall every year
• Part of the reason is your physical environment – your home
• For a limited time, we are offering you a FREE Home Health and Safety Assessment and a Written Report.

Did you know?
We provide senior homemaking services – vacuuming, dusting, sweeping/mopping floors, cleaning bathrooms, cleaning kitchens, and changing bed linens and more.

This can also be a great relief to family members who find themselves balancing time to keep their own home comfortable.

Did you know?
We have Handyman available to provide assistance around the home. They can help with changing light bulbs, installing grab bars, fixing leaky faucets, repairing running toilets, installing new faucet and light fixtures, checking carbon monoxide and smoke detectors, changing furnace filters, and hanging wall decorations and mirrors.

For more information on HOME or to schedule a FREE Home Health and Safety Assessment call 952-746-4046 or visit www.seniorcommunity.org

Project SOAR (Adults with Disabilities Program)

For over 30 years, Project SOAR has been a leader in providing options and positive experiences for adults with disabilities in Community Education. Project SOAR provides specially designed enrichment classes in arts, crafts, sewing and cooking. We also offer recreational and leisure activities such as bowling, movie night, bingo and dances to meet the diverse needs of the participants. Project SOAR will provide accommodations such as sign language interpreters for participants to gain access to these classes and activities if needed.

If you know someone who would benefit from Project SOAR, please call us or go online to learn more about our program. A full catalog of services, classes and activity offerings is on our website or can be mailed to you. You can even register online for your classes. Go to www.projectsoar.org, or call 952-401-6898.

Project SOAR is a Community Education program, supported by the Hopkins, Minnetonka, St. Louis Park and Wayzata School Districts. However, you don’t have to live in those areas, to participate in the Project SOAR program.
Name _______________________________________________________________________
Address _____________________________________________________________________
Phone (home) ________________________________________________________________
Phone (cell) __________________________________________________________________
e-mail _______________________________________________________________________
City ____________________________________________  Zip _______________________
Emergency Contact
Phone (home) ________________________________________________________________
Phone (work) _________________________________________________________________

Class or Outing Title
________________________________________________  Class No. __________________
Date ____________________________________________  Fee _____________________

Optional demographic information
Gender:  □ Female  □ Male  □ Other___________
Racial/ethnic background (mark all boxes that apply):
□ White  □ Native Hawaiian or Other Pacific Islander  □ Black/African/African American
□ Hispanic or Latino  □ American Indian/Alaskan Native  □ Asian
□ Other___________
Class or Outing Title
________________________________________________  Class No. __________________
Date ____________________________________________  Fee _____________________

Total Fees _______________________________________  Check # ___________________

Please enclose a check, payable to ISD #283, or call to register with Mastercard, Visa, Discover or American Express.

Permission and Waiver
I agree to allow myself to participate in the above St. Louis Park Community Education activities. In consideration of your accepting this registration, I hereby, for myself and my heirs, waive any and all rights and claims for damages I may have against ISD #283 or the City of St. Louis Park and its representatives, for any and all injuries from whatever cause suffered by the above participation in the indicated activity. In case of an emergency, the staff has my permission to use their judgment with regard to treatment until emergency personnel and/or my emergency contact is notified. I also understand that the information that I have provided will be distributed to individuals involved in each program.

Registration Signature _____________________________________ Date ________________

You can register for both adult and senior classes on the same form.
**Exercise Insurance Statement**

Many insurance companies encourage fitness and will help pay for your classes. Bring your insurance card to Toni and she can check your eligibility.

**Tuition Assistance**

Tuition assistance is available for class program reductions. Individuals must complete an application for each individual class or program every time they register. This will be followed by a phone call to determine if the individual is eligible and meets the program guidelines. Applications are available in the Lenox Office, Room 113, or call 952-928-6443.

**Wellness Center Discount**

Members receive a reduced fee at the Wellness Center, located at Jones Harrison Residence, 3700 Cedar Lake Avenue, Minneapolis, MN. Participants are entitled to supervised use of all fitness equipment, the warm water pool, plus classes. To learn more call 612-225-1125.

**Senior UCare Discounts**

If you have UCare insurance, you are eligible for a one-time $15 discount per year. Call 952-928-6443 for details.

**Disability Access**

Call Project SOAR, the adults with Disabilities program to request accommodations for successful participation in classes or programs 952-401-6898.

**Friends of the Arts Scholarships**

If you want to grow or develop in the arts but lack the financial resources, consider this local resource. Residents are eligible to apply for scholarships. For information call 952-928-6422 or email info@SLPFriendsoftheArts.org.

**Mission Statement of St. Louis Park Senior Program**

Our mission is to improve and enhance the lives of adults age 50 and better in St. Louis Park and our surrounding communities. This is done by:
- Offering a variety of programs that include social, recreational, educational and physical aspects
- Striving to provide cooperative programs with other service providers
- Having a warm and welcoming environment
- Being a resource to members

**Membership Benefits**

Do you see something interesting in the Newscaster, Community Education or Parks & Recreation catalogues? Call 952-928-6443 to learn more about the Senior Program. Membership benefits include:
- *The Newscaster*, the program’s newsletter mailed to members.
- Reduced or nominal fees for program activities and outings.
- Wide array of programs in a spacious facility.
- Becoming part of a warm and welcoming community.
- Volunteer and leadership opportunities.

For more information call a hospitality committee member at 952-928-6444 or check online at www.slpcommunityed.com.

**Senior Program Membership Rates**

- **Regular:** $30/year
- **Associate Membership:** $30

**2020 Membership Extension!**

Due to the unexpected suspension of our programs from April-September, renew now and we will extend your membership for an extra 6 months!

*Kathy will contact you to renew.*

**Program Hours/Closures**

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<th>Location</th>
<th>Days</th>
<th>Time</th>
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<tr>
<td>Lenox</td>
<td>Weds.</td>
<td>9 a.m. – 3:30 p.m.</td>
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<tr>
<td>ABE Building</td>
<td>Tue. Thu.</td>
<td>9 a.m. – 3:30 p.m.</td>
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<td>Fri.</td>
<td>9 a.m. – 1 p.m.</td>
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**Center Closed:**

Nov. 26 & 27, Dec. 24, 25, & 31, Jan. 1

No in-person classes will be held Nov.30 - Jan. 18 (Online options are available during this time period.)

*If ISD #283 is closed, the Senior Program is closed.*
## October

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<th>Monday</th>
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<td>Interval Circuit</td>
<td>Oil Painting</td>
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<td>Landmark Tours</td>
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<td>Gentle Yoga</td>
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<td>How Well Do You Know St. Louis Park? Test your knowledge with these Trivia Questions from Dale Lapakko, a lifetime resident of St. Louis Park and Lenox Senior Program Member! (Answers on page 42.)</td>
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<td>2. What is the St. Louis Park High School Mascot?</td>
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<td>3. Can you name 5 Elementary Schools from 1957?</td>
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<td>4. What was the name of the Junior High in 1950?</td>
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<td>5. What is the name of the Junior High in 2020?</td>
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<td>6. What was on the land where Park Nicollet stands?</td>
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<td>7. What stood on the land that is Wolf Park and Park Shore Senior Residence?</td>
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<td>8. What SLP Rock Group had the hit song &quot;Surfin Bird&quot;?</td>
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### November

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<td>3 Oil Painting 10 Zumba Gold 1:30</td>
<td>4 Interval Circuit 7 Gentle Yoga 9 Magic Chair 10 Enhance Fitness 10:30 Android Phone &amp; Tablet 2</td>
<td>5 My English Bulldog 4 Feldenkrais 5 Zumba 5:30 Open Woodshop 6:30 Savvy Social Security 6:30</td>
<td>6 Interval Circuit 7 Drawing w/o Tears 10 Interval Circuit 7</td>
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<td>19 Feldenkrais 5 Zumba 5:30 Open Woodshop 6:30</td>
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<td>25 Interval Circuit 7 Enhance Fitness 10:30 Adventures in Knitting 6</td>
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<td>30 Interval Circuit 7</td>
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**Don't forget to VOTE!!**

### December

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<td>10 Feldenkrais 5 Hollywood History: Rudolph, Snoopy, Grinch 7</td>
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**To Prioritize health and safety, we will offer online classes from November 25 to January 18.**

**Watch for the next Newscaster in December for our winter program!**
How Well Do You Know St. Louis Park? Trivia Answers

Thank you, Dale Lapakko!

1. What did a 3 course meal cost at SLP McDonalds in 1962?
   Answer: $0.47
   Hamburger: $0.15  French Fries: $0.10  Shake: $0.22

2. What is the St. Louis Park High School Mascot?
   Answer: Oriole

3. Can you name 5 Elementary Schools from 1957?
   Answer: Brookside, Cedar Manor, Elliot, Ethel Baston,
   Fern Hill, Oak Hill, Park Hill, & Park Knoll

4. What was the name of the Junior High in 1950?
   Answer: St. Louis Park Junior High
   (Bonus: In 1960 it was renamed Westwood Junior High)

5. What is the name of the Junior High in 2020?
   Answer: St. Louis Park Middle School

6. What was on the land where Park Nicollet stands? Answer: The Lilac Way restaurant & bowling alley

7. What stood on the land that is Wolf Park and Park Shore Senior Residence?
   Answer: The Freidheim Cement Company & Gravel Pit

8. What SLP Rock Group had the hit song “Surfin Bird”? Answer: The Trashmen

Golden Kiwanis Fellowship

Join this congenial group for door prizes and interesting meetings. Each week there is a speaker or demonstration. For more information, call Bill Tape 952-935-1992.

Thurs.
9 – 10:00 a.m.  ABE Classroom 1
Member: $1  Nonmember: $2

Men’s Group

This group meets every Tuesday and offers educational speakers. All are welcome. Choose to attend in person or virtually via Zoom! If interested, contact Frank Freedman at 952-545-7980
9:30-10:30 a.m.  ABE Classroom 3
Member: $2  Nonmember: $4

Personal Notes:

Wishing you well in a hurry, then Wishing you a little bit more – Hope you’ll not only feel better, But better than ever before!

Gretchen Brethorst

Our Sympathy To:

The Family of Frances Blair
The Family of Stanley Hunt
The Family of Bob Ramsey
The Family of Ted Skare
Shirley Wallentine on the death of her husband

Women’s Group

This new group meets every Tuesday via Zoom. All are welcome! Join by computer or phone. If interested email Judith Cook at; Jcook42@comcast.net
10:00-11:00 AM
Member: $2  Nonmember: $4

Sunshine and Good Cheer

Do you know a member who is ill, in the hospital, or has experienced a death in the family? Call 952-928-6444 with the person’s name and concern.
Walk the Park

ALL AGES

Join us at our community walking event where we will meet for a 1 – 2 mile walk each month. If it is raining, snowing or the temperature is below 40 degrees, we will walk inside St. Louis Park High School; meet at the front entrance.

<table>
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<tr>
<th>DAY</th>
<th>DATES+TIME</th>
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<tbody>
<tr>
<td>Sa</td>
<td>Sept. 12, 9:30 – 10:30 a.m. Meet at The Rec Center, 3700 Monterey Drive, to walk Bass Lake.</td>
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<tr>
<td>Sa</td>
<td>Oct. 10, 9:30 – 10:30 a.m. Meet at the Creekside Park parking lot, 1341 Oxford St., to walk Creekside Park.</td>
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<tr>
<td>Sa</td>
<td>Nov. 14, 9:30 – 10:30 a.m. Meet at the Aquila Park building, 3110 Xylon Ave. S., to walk North Cedar Lake Trail.</td>
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<tr>
<td>Sa</td>
<td>Dec. 12, 9:30 – 10:30 a.m. Meet at Westwood Hills Nature Center, 8300 W. Franklin Ave., to walk at the nature center.</td>
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| FEE | Free; no registration required |

Sudoku Solutions

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Parks & Rec
**Face Covering FAQs**

**Q. How do I wear a face covering?**
A. Wash hands prior to putting on and after removing the face covering, following the Centers for Disease Control’s How to Wear and Remove Your Face Covering guidelines. Be careful to not touch your eyes, nose or mouth while removing the face covering.

**Q. How will I store my reusable cloth face covering when I go outside to play?**
A. Do not place your face covering in your pocket for later use. Hang on your personal hook with your other personal items.

**Q. What to do when eating or drinking while wearing a face covering?**
A. You should remove and store your cloth face covering to eat and drink. Ensure social distancing while eating and drinking. To prevent self-contamination, do not pull down the cloth face covering or leave it on in any way while eating or drinking.

**Q. Can I pull down my cloth face covering to talk to someone?**
A. No. It is important to keep your cloth face covering appropriately in place over the nose and mouth to provide the intended protection. Try to avoid manipulating the cloth face covering as much as possible once it is on.

**Q. What should I do if I accidentally touch my cloth face covering?**
A. You should wash your hands immediately after touching the cloth face covering.

---

### What Makes a Good Face Covering?

**The face covering should:**

- Cover the nose and mouth completely.
- Include multiple layers, or equivalent, of fabric.
- Fit snugly but comfortable against the side of the face.
- Allow for breathing without restriction.
- Be secured with ties or ear loops, if provided.
- Be laundered and machine dried if reusable.

---

### Resources

For more information about wearing a face covering, visit Mayo Clinic's page at [https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/q-and-a-how-to-wear-a-cloth-face-covering](https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/q-and-a-how-to-wear-a-cloth-face-covering)

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952-955-7931

“Listen to your elder’s advice. Not because I’m always right, but because I have more experiences of being wrong.”
North Memorial Health Connect

North Memorial Health Connect is a medical alert service that provides products that call for help when someone has an injury, medical event or safety issue. North Memorial Health Connect offers cellular and landline-based services and serves customers who are at risk for falls, diabetic customers who can’t feel their feet or legs, and customers with COPD and heart conditions.

Events are monitored and reported around-the-clock, and automatic fall detection services call for help in the event of a fall. North Memorial Health Connect products are also registered by the Food and Drug Administration (FDA).

Contact us:
For more information, call (763) 581-3911 or email connect@northmemorial.com.

Supporting the HOME team

Debbie Danielson
lifelong SLP resident & specialist
Mobile: 952.457.8239
email: debbiedanielson@kw.com

7401 Metro Blvd. Suite 350
Edina, MN 55439
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We're excited to see you at our in-person programs this fall!

We have a temporary NEW location in addition to Lenox Community Center. This new location gives us additional space that will help us create social distance for safer spaces for our classes and activities.

See page 3 for more information on locations and guidelines for our fall in-person classes and activities!

We also have many opportunities to keep connected while staying safe at home including online classes, activities being aired on Park15 Cable TV, writing and receiving cards, phone calls and more!