



PIONEER SPIRIT NEWSLETTER

Saint Paul Parks and Recreation
Senior Citizen Programs
25 West 4th Street, 300 CHA
St. Paul, Minnesota 55102

THE PIONEER SPIRIT IS PUBLISHED
WITH THE ASSISTANCE
OF THE ADAPTIVE PROGRAMS STAFF
AND SAINT PAUL PUBLIC SCHOOLS

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JULY-AUGUST, 2005

MINNESOTA RECREATION AND PARKS ASSOCIATION AWARDS 2005 COMMUNICATIONS AWARD TO “ACTIVE GENERATIONS”



Watch this award-winning show Thursdays at 6:30 p.m. on St. Paul Cable Channel 15

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SAINT PAUL PARKS AND RECREATION REFUND POLICY

- ✓ All refunds must be requested prior to the date of the event or first meeting in a series.
- ✓ Refunds will not be issued for any reason for any registration costing \$10 or less.
- ✓ Refunds or fees collected for services costing between \$10.01 and \$50 will be reduced by \$10.
- ✓ Refunds or fees collected for services costing greater than \$50 will be reduced by \$25.
- ✓ Exceptions will be granted only if Parks and Recreation is unable to provide the full service for which a fee was originally collected, e.g., class/lessons canceled.
- ✓ **Allow four weeks for refunds.**

PLANNING CONTINUES FOR “HOME, BUT NOT ALONE” SENIOR SUMMIT

The City of Saint Paul Advisory Committee on Aging continues its planning for a fall conference to be called, “Home, But Not Alone: Resources For Helping Seniors Live Independently”. The event is scheduled from 9:00 a.m.-3:30 p.m. on Saturday, October 8 at the Saint Paul Public Schools administrative headquarters at 360 Colborne Street.

The purpose of the conference, which is open to the public, will be to provide useful information to people 50 and better on how they can live as independently as possible with the assistance of community resources. Three main topic areas will be explored through general session presentations and panel discussions: housing, transportation and general services. Private, non-profit and government display booths will provide valuable information on a wide range of related topics.

Participants will be asked to register in advance and pay a \$2 registration fee. An optional box lunch will be available for approximately \$6. Since space is limited, same day registrations will be accepted on a space-available basis. Participants are strongly encouraged to register in advance.

The “Home, But Not Alone” event is being planned with assistance from the Urban Partnership and Community Development Center, the Wilder Foundation, Saint Paul Community Education and the Merrick Community Center. For further information, contact Mike Rossberg at 651/266-6447 or mike.rossberg@ci.stpaul.mn.us

TRIPS AND TOURS

For the tours on this page only, use the Parks registration form on page 17.

For HealthEast Passport tours on page 14, use their registration form on page 15.

SENIOR EXPO

WHEN: Monday, September 19
WHERE: Mystic Lake Casino
TIME: 10:00 a.m.-3:00 p.m.
COST: \$8.00 to City of Saint Paul
(Expo Admission \$6.00 on your own. We may receive ½ off discount tickets for the expo).

DEADLINE: September 2

CONTACT: Mary, 651-266-6363

This is the Midwest's largest expo serving the senior market. Exhibitors and speakers will present information on health care options, travel services, housing, home improvement, investments, fitness, and many other topics. The expo also features entertainment and the 2005 Ms Minnesota Senior America Pageant.

Van pick-up locations:

- ✓ Conway Rec. Center, 2090 Conway St.
- ✓ Edgcumbe Rec. Center, 320 So. Griggs
- ✓ City Passport, 380 Jackson Street

ST. CROIX COUNTY FARM-CITY DAY

WHEN: Saturday, August 13
TIME: 9:00 a.m.-3:00 p.m.
WHERE: Baldwin Wisconsin,
Farm of Paul Walker

COST: \$12.00

DEADLINE: Friday, July 29

CONTACT: Mary, 651-266-6363

Calling all city and country folk who would like to visit a working dairy farm-- Enjoy a day of fresh country air! Events include a guided tour of the farm, petting barnyard, displays, hay rides, food samples, modern and antique farm machinery exhibits

and more. You may bring your own bag lunch or enjoy the dairy lunch served by our hosts. Donations will be accepted to cover the cost of the lunch. This is a working farm, therefore the tour will involve some walking, and parts of the tour may not be accessible by wheel chair. Fee includes van transportation and escort.

Van pick-up location:

- ✓ Sears Store/Rice Street (east side facing Rice Street)

TOUR: OLD LOG THEATER - "WEEKEND COMEDY"

WHEN: Thursday, July 21
WHERE: Excelsior, Minnesota
TIME: 10:00 a.m.-4:00 p.m.
COST: \$33.00

DEADLINE: Friday, July 1

CONTACT: Mary at 651-266-6363

"WEEKEND COMEDY" written by Jeanne and Sam Bobrick is the story of two couples who just happened to rent the same Catskills cabin for the same weekend by mistake. One couple is staid and middle-aged while the other is freewheeling and young... and before the comedy is over, they have all learned a thing or two about relationships! Lunch will be served at 11:30 a.m. Please indicate your choice of pork chop, walleye, or vegetable lasagne on the registration form.

Van pick-up locations:

- ✓ Conway Rec. Center, 2090 Conway Street
- ✓ City Passport, 380 Jackson Street
- ✓ Edgcumbe Rec. Center, 320 S. Griggs

Saint Paul Parks and Recreation's partner organization at City Passport, HealthEast Passport, offers an excellent selection of trips and tours for people 50 and better. For details, see pages 14 and 15.

CLASSES AND SEMINARS

COMPUTERS

Computer classes at City Passport will return in September under the management of the HealthEast Passport program. Watch the September/October issue of the Pioneer Spirit for details.

EXERCISE

- ✓ **T'AI CHI CHIH** (Sandra Skach, instructor)
- ✓ **SENIOR EXERCISE** (Theresa Davenport, instructor)
- ✓ **T'AI CHI CHUAN** (Barb Frankel, instructor)

These three classes do not meet during the summer months. Classes will resume in September. Watch for information in the September/October issue of the Pioneer Spirit. We welcome new students and want to thank all those who participated this past year with Saint Paul Parks and Recreation. For further information, call Mary Brown at 651-266-6363.

SHARE YOUR TALENTS - OPPORTUNITIES FOR INSTRUCTORS

Saint Paul Parks and Recreation - Senior Programs and our activity center for people 50 and better, "City Passport," are dedicated to providing a variety of activities for adults age 50 and better. If you have a talent, skill or ability you would like to share with others, consider becoming one of our instructors. Examples of instructors desired could include but are not limited to ceramics, craft classes, bridge lessons, educational seminars, cosmetics and photography.

Instructors may be volunteers, or can be paid an hourly or contracted wage. Instructor fees are negotiable. Instructors

must provide evidence of their expertise and pass a background check. Classes can be set up as a one time seminar or workshop, or as a series of classes over several weeks. Many options are available.

If you would like further information or to discuss the possibilities, call Mary Brown at 651-266-6363.

CLUBS, LEAGUES AND ONGOING GROUPS

BOWLING LEAGUE, MIXED SENIOR

Make plans now for the 2005-2006 season! New members and new teams are welcome to join the league. This league meets on Mondays, 9:30 am., at Minnehaha Lanes, 955 Seminary Avenue. The

new season begins on Monday, September 12, 2005. The bowling league is 27 weeks long, with a break near the holidays (December 26/January 2), and ends on March 27, 2006. This is a WIBC/ABC sanctioned bowling league for men and women age 50 and better. Bowlers pay a one time annual sanctioning fee of \$9.00 and a weekly bowling fee of \$8.00. Members enjoy socializing, bowling, a holiday pot luck, fun day, and season ending banquet. If you are interested in joining us for the upcoming season (2005-06), please call Mary at 651-266-6363. Don't hesitate to call if you miss the start of the league—we may still have vacancies and welcome your participation.



BRUNCH CLUB

CONTACT: Kathy Nelson at 651-266-6434. Socialize, make friends, try different restaurants and keep informed about current events and activities. To register to attend a Brunch Club gathering, please call our Club Coordinator, Kathy Nelson, at 651-266-6434, by the Wednesday prior to the brunch club date. **It is essential for us to have an idea of the number who will attend so adequate reservations can be made.** In addition, if it becomes necessary to cancel a Brunch Club meeting (inclement weather), we would be able to call those who have registered. The cost to you depends on what you order, payable at the restaurant. The restaurants we choose are wheelchair accessible. Your suggestions for possible locations are welcome. For questions about the Brunch Club, call Mary at 651-266-6363.

MEET AT THE RESTAURANT AT 11:00 A.M. ON THESE DATES:

Sunday, July 3, Old Country Buffet-Highland, 2120 Ford Parkway, 651-699-5631

Friday, July 15, Donovan's On The Lake-Oakdale, 249 Geneva Avenue, 651-739-1600

Sunday, August 7, Day By Day Café, 477 West 7th Street, 651-227-0654

Friday, August 19, Broadway Pizza-Maplewood, 1900 E. County Road D (near Maplewood Mall) 651-773-2171.

CHORUS - GOLDEN MELODY MAKERS

WHEN: Thursdays, 10:00-11:15 a.m.

WHERE: City Hall Annex, 15th Floor

COST: Free

CONTACT: Mary, 651-266-6363

The chorus meets weekly for either a performance or rehearsal. Enjoy sharing music with others as we perform at health care centers, senior centers, schools and special events. Both men and women are welcome. The chorus sings old-time

favorites, Broadway tunes and other types of music. For more information about this friendly group, call Mary at 651-266-6363.



SCHEDULE A CHORUS PERFORMANCE

Chorus performances can be booked for your special event. The Golden Melody Makers Senior Citizen Chorus present a ½ hour musical program featuring four part harmony songs. The chorus requests a \$40 honorarium for performances in Saint Paul and \$60 for performances in the surrounding communities. To book a performance, contact Mary Brown at 651-266-6363.

(Sorry, the 2005 calendar is filled).

MARK YOUR CALENDARS! Dates for chorus performances for 2006 will be accepted after November 1, 2005.

CHORUS - GOLDEN MELODY MAKERS SUMMER PICNIC

WHEN: Thursday, Aug. 11, 10:00 a.m.

WHERE: Newell Park Pavilion

COST: Free for active members
Guests \$10.00

DEADLINE: Thursday, July 28

CONTACT: Mary Brown, 651-266-6363

This annual event is for all chorus members, guests and future chorus members. If you are thinking about joining the chorus, attend the picnic for an afternoon of good food, socialization and music. Morning activities will be planned. A chicken and potato salad lunch will be served at 12:00 noon, followed by an afternoon of singing.

HIKING CLUB

The Saint Paul Parks and Recreation Senior Citizen (age 50 and better) Hiking Club meets weekly April



through November at 9:30 a.m. on Wednesdays at many different Metro locations. Hikers of all abilities are welcome. We walk for one hour, with hikers going at the pace and distance that suits their ability. Barb Korum is our hiking leader.

For further information on the Hiking Club or if you need more detailed directions, call Mary at 651-266-6363. NOTE: If you are concerned that a hike may be canceled due to bad weather, call Mary between 8:00-8:30 a.m. the day of the hike.

The locations and meeting points are listed bi-monthly in this publication, the "Pioneer Spirit" newsletter. Join us whenever you can at these July/August hikes:

Wednesday, June 22: Oakdale Park - From Highway 36, go south on Century (Highway 120), or from I-94 go north on Century. When you get to 45th Street, turn east and park at the end of the street. The park entrance is at the dead end.

Wednesday, June 29: Hiker's Pot Luck and Phalen/Round Lake - Meet at the picnic pavilion. We will have a pot luck picnic after the hike. Paper products, napkins, utensils, and beverages will be provided.

Wednesday, July 6: McCarron's Lake - Park in the McCarron's Lake parking lot on Rice Street just north of Larpenteur Avenue.

Wednesday, July 13: Van Hike - Lakewood Cemetery - Meet in the Sears parking lot on Rice Street. Park on the Rice Street side of the building in the furthest left row as you face the building. Cost of the van ride is \$2.

Wednesday, July 20: Thompson Park - Located on Butler Avenue at Sperl Street, east of Robert Street and west of Hwy 52. Meet in the parking lot.

Wednesday, July 27: Acorn Park - Roseville - The Park is located at County Road C and Matilda. Travel north on Rice Street, past Larpenteur to County Road C. The Park is west of Rice Street, and east of Western Avenue.

Wednesday, August 3: Langford Park - Meet at Langford Recreation Center, 30 Langford Park. From Raymond and Como Avenues, travel west on Como to Knapp Street. Turn left on Knapp. It will lead you to the building.

Wednesday, August 10: Minnehaha Falls - From Snelling Avenue and Ford Parkway, travel west on Ford Parkway, crossing over the Ford Parkway Bridge. Follow the road to the stop light at 46th Avenue and turn left, then turn right at Godfrey Road. Turn left at the Minnehaha Park sign and drive into the parking lot.

Wednesday, August 17: Van Hike - Nicollet Island - Meet in the Sears parking lot on Rice Street. Park on the Rice Street side of the building, in the furthest left row as you face the building. The cost of the van ride is \$2.

Wednesday, August 24: Mississippi River Boulevard - Travel west on Summit Avenue. Park in the lot on Summit and Mississippi River Boulevard.

Wednesday, August 31: State Capitol Grounds - Meet at the stairs on the south side of the Capitol. Park at meters near the Capitol or in the Sears Parking lot.

SPECIAL EVENTS

GOLF TOURNAMENT

WHEN: Monday, July 11
TIME: Tee times will start around 9:00 a.m. Golfers will receive tee time the week of July 5
WHERE: Phalen Golf Course
COST: \$24.00
\$15.00 for Golfers with "B" or "C" golf cards. (B and C card golfers do not pay green fees)
DEADLINE: Monday, June 27 (call if you missed the deadline)
CONTACT: Mary, 651-266-6363

Both men and women are invited to join the fun in a relaxed atmosphere, no-handicap golf tournament. Phalen is a beautiful par 72 course for golfers of all abilities. We will be playing 9 holes in this tournament. Many senior golfers walk the course, although motorized golf carts will be available for \$7.50 per individual. After the round, golfers will enjoy a light lunch of sandwiches, chips, cookies and beverages. Prizes will be awarded in a variety of categories. Your fee includes green fee, lunch and prize fund. *NOTE: Golfers may register as individuals, twosomes or foursomes. We will be accepting a limited number of golfers, so register early. Those registered will be contacted the week of July 5 with their tee time.*



SENIOR ROYALTY PICNIC

WHEN: Tuesday, August 16
WHERE: Phalen Park Pavilion
TIME: 10:30 a.m.
Lunch served at 12:00 noon

COST: \$10.00
DEADLINE: Monday, August 1
CONTACT: Mary, 651-266-6363
This annual event is for all past and current Senior Royalty members. Activities will be held before and after lunch. A picnic lunch of chicken, potato salad, rolls and butter along with dessert will be served at 12:00 noon. Alumni members who volunteered to plan the picnic include Sheila Belting, Colleen Charles, Del and Jan Conroy, and Marianne Oie. If you wish to be involved, come to the planning meeting on Thursday, July 7, 1:30 p.m., at Phalen Recreation Center, 1000 E. Wheelock Parkway. Phalen's phone number is 651-793-6600.

For this Senior Royalty activity, please use the form below.

Send the form along with your check payable to "Senior Royalty Alumni" to Margaret Mary Bannigan, 2020 Portland Avenue, St. Paul, MN 55104.

2005 SENIOR ROYALTY ANNUAL PICNIC
 Mail to: "Senior Royalty Alumni"
 Margaret Mary Bannigan
 2020 Portland Avenue
 St. Paul, MN 55104

Name _____
 Address _____
 Phone _____

Guest Name: _____

\$10.00 x _____ (Number attending) = _____

Alumni Members who have not paid their annual dues (\$8.00) should include them now.

Check # _____ Amount enclosed: _____

CITY PASSPORT ACTIVITIES

City Passport is the new downtown activities center for people 50 and better located on the skyway level of Galtier Plaza. Hours of operation are 9:00 a.m.-4:00 p.m. Monday, Tuesday, Thursday and Friday, and 9:00 a.m.-7:00 p.m. Wednesday. For more information, call 651/232-1301.

BOOK EXCHANGE

Bring that paperback novel you just finished, to City Passport and exchange it for another at our book exchange. Browse our book cases, you just might find an interesting read!

Donations of paperback books in good condition are welcome. Leave your name and number at the



front desk or call 651-232-1301 if you are interested in participating in a BOOK CLUB.

WEDNESDAY GET TOGETHERS

City Passport Staffperson Robert Clough (pictured above) will act as your host for a series of fun social activities every Wednesday between 4:00 and 7:00 p.m. Get a group of friends together and come by for darts, bowling, potlucks, poker, old TV shows, and more. Stop by the center for a schedule or call Mike at 651/266-6447 to receive one by mail.

STORYTELLER SERIES

MARIO FERNANDEZ

WHEN: Wednesday, July 6, 11:30 a.m.

COST: Free

CONTACT: Renee Skoglund, 651/232-2301

A local artist in the Twin Cities, Mario talk about his life in Cuba to his escape to the USA.

GILBERT LALONDE - Senior Athlete - "A Diver's Story"

WHEN: Wednesday, Aug. 3

TIME: 11:30 a.m.

COST: Free

CONTACT: Mary, 651-266-6363

Gil will inspire all of us through his story as a Master Diver. He has broken world age group records on the three meter spring board, continues to give



demonstrations at the NCAA Diving Championships, and has received Medica's Award for Outstanding Senior Athlete. The presentation will include video footage of Gil's championship diving form and interviews with sportscaster Ed Heil. Medals and trophies will be on display.

SKYWAY LUNCHIKERS

Come to City Passport at 12:45 p.m. on the second Thursday day of every month for a guided walk through the downtown skyway system and have lunch at one the many fine restaurants along the way. There is no charge for this activity. Lunch is on your own at the restaurants. All restaurants are accessible by skyway, tunnel and elevators or escalators. Here is the 2005 schedule:

- ✓ Thursday, July 14 - Kincaid's in Wabasha Commons
- ✓ Thursday, August 11 - Sakuras in the Lowry Building
- ✓ Thursday, September 8 - Tratorria da Vinci in Park Square Court
- ✓ Thursday, October 13 - Zelda's in the Saint Paul Public Library
- ✓ Thursday, November 10 - LoTo in Galtier Plaza
- ✓ Thursday, December 8 - St. Paul Grill in the St. Paul Hotel

SPECIAL EVENTS AT CITY PASSPORT

LET FREEDOM RING PARTY

Enjoy fresh baked apple pie along with coffee or tea (decaffeinated available). Show your patriotism; wear your red, white, and blue. We'll sing songs and celebrate our nation's independence. Register in advance through Saint Paul Parks and Recreation. Walk-ins accepted if space is available. Registration deadline is July 1. **Wednesday, July 6, 6:00-8:00 p.m., \$3.00**
Contact Mary at 651-266-6363

MINIATURE GOLF TOURNAMENT

The center will be transformed into the City Passport Country Club as a fun and challenging six hole miniature golf course will be set up. Play the course twice to record your 12 hole total score. Prizes will be awarded and refreshments will be available. Free, but advanced registration recommended. Putters and golf balls provided. Limited to the first 16 registrants. **Friday, August 19, 1:30-3:30 p.m., FREE**

SUNDAE MUSIC ON TUESDAY

Enjoy the music of the Golden Melody Makers Senior Citizen Chorus. The Chorus will present a ½ hour musical program featuring show tunes and old time favorites. Following the concert, enjoy an ice cream sundae with your favorite toppings. Call Mary at 651/266-6363 for information. Deadline: August 2.
Tuesday, August 9, 12:00 noon, \$2.00

HEALTH AND SAFETY

Health Care Directives

Review their purpose and pitfalls with a physician, an attorney, and a religious leader. Friday, July 15, 10:00 a.m.

Blood Sugar Screening

Call 651/232-1301 for dates and times.

Chair Massage

Receive a chair massage from a licensed Massage Therapist (\$1.00 a minute). Call 651-232-1301 for an appointment.

Free Blood Pressure Checks

Thursday, July 14, 1:30-3:30 p.m.
Tuesday, July 26, 11:00 a.m.-1:00 p.m.
Thursday, August 11, 1:30-3:30 p.m.
Tuesday, August 23, 11:00 a.m.-1:00 p.m.

Defensive Driving Class

Both the eight hour introductory and four hour refresher courses fulfill the Minnesota requirements for persons 55 and over to receive a 10% discount on their auto insurance. Contact the Passport office (651-232-2400) for a registration form. Telephone reservations for classes are not accepted unless paying by Visa or Mastercard. All classes are \$15.00 for members, \$20.00 for non-members.

8 Hour Introductory Class

Tuesday, August 2 & 9, 5:00-9:00 p.m.

4 Hour Refresher Class

Tuesday, October 25, 5:00-9:00 p.m.

MOVIE THURSDAYS AT 1:00 p.m.

- ✓ July 7 Titanic (Part 1)
- ✓ July 14 Titanic (Part 2)
- ✓ July 21 Breakfast At Tiffany's
- ✓ July 28 Picnic
- ✓ August 4 Shrek I
- ✓ August 11 Meet Me in St Louis
- ✓ August 18 Aviator
- ✓ August 25 State Fair

BIG FUN ON BIG SCREEN TV

- ✓ Mondays 9:00-11:00 a.m. - History Channel
- ✓ Tuesdays 12:00-1:00 p.m. - "All My Children"
- ✓ Wednesdays 9:00-11:00 a.m. - Home & Garden Channel
- ✓ Thursdays 9:00 a.m.-11:00 a.m. - "Live with Regis and Kelly" followed by "The View"
- ✓ Fridays 9:00-10:00 a.m. - The popular public access show "Active Generations"
- ✓ Fridays 3:00-4:00 p.m. - "Dr. Phil"

OTHER PROGRAMS AND SERVICES

COMMUNITY EDUCATION SENIOR PROGRAMS

Saint Paul Community Education offers seniors educational and recreational programs. For additional information, call Sandy Mansee, North End Senior Program, 1495 Rice Street, 651-228-4743 or Sue Wittgenstein, Harding Area Senior Program, 1540 East Sixth Street, 651-293-8733.

COMO PARK PRODUCTIONS

Co-producers Bill Rasmussen and Jeanne Rogers will present musical shows for your enjoyment at Como Lakeside Pavilion:

- ✓ Wed., August 31, 7:00 p.m. - The Just For Fun Singers - "Anything Goes" - Free
- ✓ Fri., September 2, 7:00 p.m. - Singing Sinatra - "Hawaiian Luau" - \$7.00
- ✓ Sat., September 3, 7:00 p.m. - Singing Sinatra - "Hawaiian Luau" - \$7.00
- ✓ Sun., September 4, 5:00 p.m. - Ms Minnesota Senior America Pageant "Showcase"

SEEKING WOMEN WHO HAVE REACHED THE "AGE OF ELEGANCE"

Today's senior American women are energetic and productive, with talent, inner beauty and a true love of life. ***The Ms Minnesota Senior America Pageant***, celebrating women ages 60 and above, is looking for contestants to participate in this fun and memorable event. This year's Pageant will be held on September 19 at Mystic Lake Casino in conjunction with the Senior Expo. The pageant involves a talent demonstration and evening gown competition, as well as interviews with the judges. Talents often range from singing, dancing, or playing a musical instrument to reciting a favorite poem. Contestants will also describe their philosophy of life for the Senior Expo audience. This year's winner will receive a trophy, tiara, and banner,

along with a paid trip for herself and her companion to the ***National Senior America Pageant*** held in Las Vegas, Nevada this fall.

The deadline for entries is August 12, 2005. For further information or to enter as a contestant, contact the Ms. Minnesota Senior America Executive State Director, Bill Rasmussen at 651-489-3405 or Assistant State Director, Jeanne E. Rogers at 651-489-9617.

AQUATENNIAL SENIOR EVENTS

The Minneapolis Aquatennial Senior Alumni Ambassadors plan several events for seniors celebrating "The 10 Best Days of Summer", also known as the Minneapolis Aquatennial. For information on these events, contact Bill Rasmussen at 651-489-3405.

- ✓ Wednesday, July 13: Candidates Luncheon, 11:30 a.m., Kenwood Retirement Community
- ✓ Friday, July 15: Senior Bowling Tournament, 10:30 a.m., Stardust Lanes
- ✓ Tue., July 19: Ballroom Dance, 1:00 pm, Blaisdell Manor, \$2.00 with Skipper Pin
- ✓ Wednesday, July 20, Senior Coronation Luncheon, 11:30 a.m., Radisson-Downtown-Mpls.
- ✓ Thursday, July 21: 500 Card Tourney, 10:00 a.m., Knights of Columbus

DISCOUNTS

MINNESOTA STATE FAIR: For those 65+ *Senior Days at the Fair* are Monday, August 29 and Thursday, September 1. The admission on Senior Days is \$4.00 for seniors 65 and older, \$8.00 on all other days. For information, call 651-288-4400.

QWEST TELEPHONE: For Medicare/Medicaid insurees who meet one other requirement (does not include all seniors). If you meet the requirements, you may receive a substantial discount on the basic service portion of your bill. Call customer service at 1-800-244-1111.

WEEKLY SENIOR GROUPS AT RECREATION CENTERS

(All phone numbers are in the 651 area code.)

DAY	CENTER	ADDRESS	PHONE	TIMES	ACTIVITIES
Monday	Conway	2090 Conway	501-6343	9 a.m. - 12:00 noon.	Bowling, darts, cards & dice games
Tuesday				10:30 a.m.-1 p.m.	Crocheting
Wednesday				Noon-3:00 p.m.	Ceramics lab
Thursday				11:30 a.m.-3:30 p.m. 12:30-3:00 p.m. 11:30 a.m.-3:00 p.m. 11:30 a.m.-3:30 p.m.	Bridge, Intermediate Bridge, Beginning Cribbage 500
Monday	Linwood	860 St. Clair	298-5660	1:00 -3:30 p.m.	Cards - 500, cribbage
Mon.-Fri.				7:00-9:30 a.m.	Walking indoors
Tue. & Thu.				9:15-10:15 a.m.	Aerobics
3rd Mon. Sept.-May	Orchard	875 Orchard	298-5816	11:00 a.m. - 2:00 p.m.	Cards, 500, lunch and social
Monday Oct. - April	McDonough	1544 Timberlake	558-2171	10:00 a.m. - 12:00 noon	Bowling, darts and bingo
Tuesday Mon.-Fri.	Hillcrest	1978 Ford Pkwy.	695-3706	10 a.m.-12:00 noon. 9:00-10:00 a.m.	Bridge and social Walk on indoor track
Tuesday Thursday	Battle Creek	75 S. Winthrop	501-6347	1:00 -3:00 p.m.	Cards, 500
Tuesday				1:00-3:00 p.m.	Badminton
Tuesday	Linwood	860 St. Clair	298-5660	11:00 a.m. - 3:00 p.m.	GLBT: Lunch, social, various activities
Tuesday	Sylvan	77 W. Rose Ave.	298-5821	1:15-4:00 p.m.	Quilting
Wednesday	NW Como	1550 Hamline	298-5813	9:00 a.m.-noon	500
Wednesday	Hazel Park	945 N. Hazel	501-6350	9:00 a.m.-noon	Bowling, darts, cards
Wednesday	East Metro Srs. @ Dayton's Bluff	800 Conway	793-3885	1:00-3:00 p.m.	Wednesdays, cribbage
Friday					2 nd Thur., potluck lunch
M, W & F					Fridays, cribbage
Thursday	Edgumbe	320 S. Griggs	695-3711	10:30-11:45 a.m.	Walk on indoor track
Friday				8:30 a.m.-12:00 noon.	500, cribbage
Thursday				9:30-11:30 a.m.	Scrabble
Thursday	Rice	1021 Marion	298-5819	10:00 a.m.-2:30 p.m.	Bowling, darts, 500
Friday				12:15-3:30 p.m.	500 club
Thursday	Hancock	1610 Hubbard	298-4393	1:00-4:00 p.m.	500, table games and cards
Friday	Baker	209 W. Page	292-7244	9:00 a.m.-1:00 p.m.	500 and cards
Friday	Dunning	1221 Marshall Ave.	632-5124	10:00 a.m.-12 noon	Activities vary and are planned weekly.
Friday	S. St. Anthony	890 Cromwell	298-5770	9:30 a.m.-11:30 a.m.	Bowling and darts
1 st , 2 nd , 4 th Friday	W. M'haha	685 W Minnehaha	298-5823	10:00 a.m.-12:00 p.m.	Elders group: Bowling, darts and bingo
Oct.-April 3 rd Friday				10:00 a.m.-2:00 p.m.	Bingo, potluck lunch

HEALTHEAST PASSPORT CALENDAR OF TRIPS

Please follow the instructions below and use the registration form on the next page.
DO NOT CONTACT SAINT PAUL PARKS AND RECREATION ABOUT THESE TRIPS.

Wednesday, July 13 *Beauty & the Beast – Chanhassen Dinner Theatre*

This full-length Broadway musical features wonderful songs, sumptuous costumes, and spectacular sets. Family members are welcome to come to the performance. Fee includes coach bus, lunch, show, and gratuities. \$54.00

Friday, July 29 *Horse Racing at Canterbury Park*

This excursion is for everybody – the horse lover, the curious, and the gourmet connoisseur. Enjoy reserved seating in the air-conditioned Clubhouse, with an awesome view of the track. Fee includes transportation, admission, buffet dinner, \$2.00 betting voucher, tip sheet and gratuities. \$38.00

Thursday, August 18 *Charles Lindbergh Home, Munsinger Gardens and lunch*

In Little Falls we will tour the boyhood home of Charles Lindbergh. After lunch, in St Cloud, enjoy a walk through the Munsinger Gardens, which have an incredible variety of flowers, a large peacock cage, lovely wedding pavilion, wooden gazebo, a Gardens gift shop, and of course, the fabulous Mississippi River. Fee includes transportation, Lindbergh Home admission and tour, lunch, and gratuities. \$40.00

Saturday, August 27 *Jazz Cruise on the Andiamo Riverboat -St Croix River*

Enjoy the authentic Dixieland sounds of “The Emperors of Jazz” while enjoying a delicious buffet, ending with gourmet desserts. Fee includes transportation, dinner, cruise, and gratuity. \$48.00

Friday, September 30 *Garrison Keillor’s A Prairie Home Companion and Dinner*

A catered buffet will be created with entrees from several fine restaurants, and served in our spacious new offices at City Passport, Saint Paul’s only senior center. Then we are off to the Fitzgerald Theater to be part of the audience for the live preview of Garrison Keillor’s *Prairie Home Companion*. Fee includes transportation, dinner, show and gratuities. \$52.00

Wednesday, October 12 *Fall Leaf Tour – Lake Pepin Area*

Join us as we take a motor coach south on Highway 61, cross the Mississippi into Wisconsin, and head back home. Along the way, we will stop at an apple orchard, and visit their gift shop, have lunch at The Historic Anderson House in Wabasha, stop at a cheese shop to watch cheese being made, do a little more shopping, and be ready for some surprise stops. Fee includes transportation, lunch, surprises, and gratuity. \$37.00

Friday, October 14 *Garrison Keillor’s Prairie Home Companion and Dinner*

Enjoy dinner served with popovers in St Paul’s old favorite, Marshall Field’s River Room. Then we are off to the Fitzgerald Theater to be part of the audience for the live preview of Garrison Keillor’s *Prairie Home Companion*. Fee includes transportation, dinner, show and gratuities. \$62.00

Saturday, December 10 *The Radio City Rockettes*

This is only their 2nd trip to Minnesota, so don’t miss your opportunity to see the *Radio City Christmas Spectacular*, starring the world-famous Rockettes! We saw this awesome show three years ago, and it sold out quickly. Fee includes transportation, performance and gratuity. \$74.00

Please send registration form (located on the next page) and a separate check (if applicable) for each event to: HealthEast Passport, 380 Jackson Street. Suite 230, St Paul, MN 55101

Telephone reservations for trips and classes are not accepted unless paying by Visa or Mastercard. Your payment reserves your reservation.

ACTIVITY REGISTRATION: July-August, 2005

Fill in this form completely and return with check payable to "City of Saint Paul - Senior Programs"
Write one check only. Send to: Senior Citizen Programs, 25 W. 4th St., 300 CHA, St. Paul MN 55102.

Name* _____ Phone _____

Address _____ City _____ Zip _____

*Guest Name _____ Phone _____

Address _____ City _____ Zip _____

Please specify any required special accommodations _____

For each activity you want, check the corresponding box and add the requested information.

Activity Title	# people	\$/person	Total
<input type="checkbox"/> 2005 subscription to Pioneer Spirit (good through Dec., 2005).....	_____	\$ 5.00	_____
→ Bowling League: To register, call Mary Brown at 651-266-6363.....	_____		_____
→ Brunch Club - Call Kathy nelson at 651-266-6434.....	_____		_____
<input type="checkbox"/> Golden Melody Makers Summer Picnic - Members.....	_____	FREE	_____
Fee for guests.....	_____	\$10.00	_____
→ Golden Melody Makers Choir - Call Mary Brown at 651-266-6363..	_____		_____
<input type="checkbox"/> Golf Tournament at Phalen.....	_____	\$24.00	_____
For golfers with "B" or "C" cards.....	_____	\$15.00	_____
→ Hiking Club - Call Mary Brown at 651-266-6363 for details.....	_____		_____
<input type="checkbox"/> Let Freedom Ring Party at City Passport.....	_____	\$3.00	_____
<input type="checkbox"/> Miniature Golf Tournament at City Passport.....	_____	FREE	_____
<input type="checkbox"/> Sundae Music on Tuesday at City Passport.....	_____	\$2.00	_____
<input type="checkbox"/> Tour: Old Log Theater, "Weekend Comedy".....	_____	\$33.00	_____
Dinner: <input type="checkbox"/> Pock Chop <input type="checkbox"/> Walleye <input type="checkbox"/> Veggie Lasagne			
Pick-up: <input type="checkbox"/> City Passport <input type="checkbox"/> Conway <input type="checkbox"/> Edgumbe			
<input type="checkbox"/> Tour: Senior Expo at Mystic Lake Casino.....	_____	\$8.00	_____
Pick-up: <input type="checkbox"/> City Passport <input type="checkbox"/> Conway <input type="checkbox"/> Edgumbe			
<input type="checkbox"/> Tour: St. Croix County Farm-City Day.....	_____	\$12.00	_____

Enclosed is check # _____ in the total amount of _____

SPECIAL THANKS



CITY PASSPORT

A Place For People 50 And Better

Saint Paul Parks and Recreation, Senior Programs and HealthEast Passport would like to take this opportunity to thank the Frauenshuh Companies for the conference room and social area furniture they donated to City Passport . Our sincere thanks to them for their dedication to City Passport and the people we serve. City Passport is fortunate to receive help from many businesses and organizations that provide seminars, health screenings and information. We hope you will stop by and take advantage of all of the opportunities available at City Passport.



COMO PARK ZOO & CONSERVATORY

Como Park Zoo and Conservatory Botanical Are you interested in plants and animals?

How about drawing or painting plants and animals? Join us at the Como Park Zoo and Conservatory and learn many techniques for creating botanical and zoological art and illustration. All levels of experience welcome! Daytime and evening classes are offered. Call 651-487-8272 for more information or visit our website at www.comozooconservatory.org , then click on Education Programs. This is an exciting time for us

and you! Our next session of art classes starting in mid-January will be held in our brand new Visitor and Education Resource Center building!

Rise and Shine Adult Series

Join us for a continental breakfast as we explore the wonders of the natural world in the beautiful settings within the Marjorie McNeely Conservatory, Como Zoo and Como's gardens BEFORE the facilities are open to the public. We meet the third Saturday of each month from 8:30 a.m.-9:30 a.m. Call 651-487-8272 for more information or visit our website at:

[www.comozooconservatory.org/Education Programs](http://www.comozooconservatory.org/Education%20Programs)

Saint Paul Parks and Recreation

Senior Citizen Programs

25 West 4th Street, 300 CHA

St. Paul, Minnesota 55102

AA-ADA-EEO Employer www.ci.stpaul.mn.us/depts/parks