



Community Bridge promotes community involvement for adults with disabilities through Community Education classes and activities.

Consortium Members

North St. Paul-Maplewood-Oakdale Schools*

2520 E. 12th Avenue
North St. Paul, MN 55109
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651-748-7437 (Consortium Office)
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Roseville Area Schools

1910 West County Road B
Roseville, MN 55113
Noreen Huntington, Coordinator

White Bear Lake Area Schools

4855 Bloom Avenue
White Bear Lake, MN 55110
Andrea Wildman-Hilal, Coordinator

Mahtomedi Schools

1520 Mahtomedi Avenue
Mahtomedi, MN 55115
Russ Fraenkel, Coordinator

South Washington County Schools

8400 East Point Douglas Road S.
Cottage Grove, MN 55016
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**Consortium Office*

Community Education

Programs for Adults With Developmental Disabilities

July - August 2008

Coordinator's Corner

It's Summertime

"It's summertime and the living is easy. . ." so get out the door and enjoy some of the Community Bridge activities planned for July and August.

During the summer, most public school buildings are either closed for maintenance and repair or too hot for evening use so Community Bridge programs are held out of doors or in community settings. Use this summer as an opportunity to enjoy summer weather activities or visit a local business or venue for the first time.

There are two special events this summer that are gender-specific. Men can attend a Root Beer Kegger while women are invited to a High Tea. Both events will be held at the Oakdale Nature Preserve's new Discovery Center. There is a Let's Go Twin Cities trip to see the Star Wars' exhibit at the Science Museum as well as an early fall riverboat cruise on the St. Croix. New this summer are Disc Golf and Geocaching.

If you like softball, come and cheer on the Community Bridge Co. Rec. Softball team that plays in the Maplewood Park & Recreation D League on Tuesday nights through July 29. The team will appreciate your support. Games are played at Goodrich or Wakefield Parks in north Maplewood. Call the Community Bridge office for times and locations.

Community Bridge summer activities will end with the annual Street Dance at the 622 District Education Center in North St. Paul. Whether you participate in an activity listed in this brochure or just get out and walk or bike some of the miles of trails in the metro area, I hope you find summer relaxing and fun. I will look for you at an activity or on the Gateway Trail! *Pat Svendsen*



COMMUNITY BRIDGE REGISTRATION - PARTICIPANT FORM

Name _____ Day Phone _____ Evening Phone _____

Address _____ City _____ Zip _____

Group Home Name _____ Contact Person _____ Phone _____

Class #	Class Name	Location	Fee	Staff Attending	
				# attending	Total Staff Fee
_____	_____	_____	\$ _____	_____	\$ _____
_____	_____	_____	\$ _____	_____	\$ _____
_____	_____	_____	\$ _____	_____	\$ _____
_____	_____	_____	\$ _____	_____	\$ _____
Total Participant Fee				\$ _____	Total Staff Fee \$ _____

Photo Waiver: May your name and picture be used for press releases/promotions/publications? Yes ___ No ___

Wheelchair/Mobility Access _____ ASL Interpreter _____ Other _____

List medical, seizure, behavioral, diet or other conditions that an instructor needs to be aware of: _____

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

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

- Registration is required for all classes and activities.
- Register early as there is often limited space.
- Classes and trips will be held unless you are notified that they are full or canceled.
- Participants should be accompanied to the classroom or pick-up site if supervision is necessary.
- All Community Bridge activities are school-sponsored, so there is no smoking or drinking.
- If more than 3 people are registering from the same address, a care provider must attend with them.
- Participants who require personal assistance must be accompanied and supervised by a primary care giver.

Let's Go Twin Cities Trips and Tours

Transportation is provided; however, *let us know prior to the trip if there are any accommodations (such as wheelchair) required so we may make your trip as accessible and enjoyable as possible.* Pickup site for all trips will be at: White Bear Lake Area High School, South Campus (south parking lot), 3551 McKnight Road, White Bear Lake, MN 55110

Star Wars Exhibit at the Science Museum of Minnesota

Star Wars: Where Science Meets Imagination features more than 80 costumes, models, and props from all six *Star Wars* films. You are invited to defy gravity, manipulate robots, engineer droids, and journey into a galaxy far, far away.s.
#SLGTC 14 Saturday, August 9
 Register by July 22
Departs 12 pm Returns 4 pm
Cost \$14 (staff \$14)

St. Croix Riverboat Cruise & Brunch

What better way to spend a Sunday than with a fabulous brunch as you cruise the St. Croix River on the Avalon, a beautiful paddlewheel riverboat. Enjoy the breathtaking view of the St. Croix River bluffs dressed in their finest fall colors.
#Su775 Sunday, October 5
 Register by Aug 31
Departs 9:30 am Returns 1:45 pm
Cost \$30 (staff \$30)

Please Note

- Staff or family attending **MUST** register as well!!
- A care provider must attend if medication needs to be administered during any event or if a participant requires personal assistance.
- If wheelchair accommodations are required *please arrive early for loading.*

Lake Demontreville Cruise

Summer at it's best, cruising Lake Demontreville. Wheelchairs welcome. **Cruises will begin boarding at 6:15 pm and will leave the dock promptly at 6:30 pm.** Only staff required for one-to-one assistance should plan to cruise as space is limited.

Register for only one cruise date.

#Su773G \$7
Mon, July 7 6:15 - 8 pm

#Su773H \$7
Thurs, July 24 6:15 - 8 pm

Bowling

Send those balls spiraling down the lanes. A spare? A strike? A gutter ball? Whatever the score, you're sure to have fun. **Maplewood Bowl**

Register for up to 2 sessions

#Su769F \$9
Tues, July 8 6:30 - 8 pm

#Su769G \$9
Tues, July 15 6:30 - 8 pm

#Su769H \$9
Tues, July 22 6:30 - 8 pm

Geocaching

In a Hollow log? Disguised as a tree stump? Where is it!?! Now is your chance to take part in a world wide treasure hunt known as geocaching. Learn what a cache is, how it's hidden, how a GPS it is used to find a cache, and what to do once you find one.

#SuR16 \$7
Wed, July 9 6:30 - 8 pm
Oakdale Nature Preserve, Discovery Center

Ceramics - Birds and Butterflies

Choose from a rainbow of colors as you decoratively paint and 'finish' a bird or butterfly figurine.

#SuC29A \$16
Mon, July 14 6:30 - 8:30 pm
Quast Ceramics

Saints North Roller Skating and Mini Golf

Reserved just for us! Fee includes skate rental; however, you are welcome to bring your own skates -roller or in-line. The Saints North Mini Golf course is now open as well. Take a break from skating to enjoy a round of mini golf at no extra charge.

#Su721C \$8 (\$4 wheelchair)
Wed, July 16 6 - 8 pm
Saints North Roller Rink

Guy's Root Beer Kegger

Spend an evening with just the guys. Board games, cards, and electronic system games for your entertainment plus a 'keg' of root beer and snacks for your refreshment.

#SuP28 \$7
Wed, July 23 6:30 - 8 pm
Oakdale Nature Preserve, Discovery Center

Bye Bye Birdie & Dinner

North High Summer Theater presents *Bye Bye Birdie*, the story of a rock star who joins the army. The evening will begin with a light summer dinner at the District 622 Education Center and then off to nearby North High School to see the musical.

#SuP29 \$15 (staff \$15)
Fri, July 25 6 - 9:30 pm
District 622 Education Center

Lady's High Tea

Ladies, this evening is just for you. Dress in your finest and skip dinner before you come as you will be treated to an elegant, seven-course 'High Tea' meal served on antique china. To complete the ambience, enjoy a breathtaking view of the Oakdale Nature Preserve's woods and pond.

#SuP30 \$18 (staff \$18)
Wed, July 30 6:30 - 8 pm
Oakdale Nature Preserve, Discovery Center

Ceramics - Coiling & Pinch Pot

Join your fellow artisans at Quast Ceramics in Oakdale for an evening guaranteed to bring out your creative side. Learn two pottery techniques, coiling" and "pinch pot" to create 2 works of art during this two session class. *Projects will need to be left at the studio for firing. You will be notified when you can pick them up from the Community Bridge office.*

#SuC29B \$16
Mon, Aug 4, 11 6:30 - 8:30 pm
Quast Ceramics

Mini Golf

Grab a putter, hit the green and try for a hole-in-one! *Staff needed to stay and keep score.* **Putt'er There Mini Golf - Como Park**

Register for only 1 session

#Su768C \$9
Tues, Aug 5 6:30 - 8 pm

#Su768D \$9
Tues, Aug 19 6:30 - 8 pm

Disc Golf

Instead of balls and clubs, we're going to 'golf' with Frisbees! Disc golf was formalized as a sport in the 1970's and has become so popular there is now a PDGA that rivals the PGA. Get your friends together for a round of disc golf at the new course in White Bear Lake. No experience is necessary as Members of the Lakewood Hills Golf League will be on site to give instructions and to help with your 'swing'. *Wear tennis shoes or good walking shoes and bring a water bottle*

#SuR17 \$7
Wed, Aug 6 6:30 - 8 pm
Lakewood Hills Disc Golf Course

Old Fashioned Street Dance

Enjoy a summer evening with friends as you dance to your favorite tunes at the District 622 Education Center's east parking lot.

#Su771B \$10
Fri, Aug 15 6:30-8:30 pm
District 622 Education Center



THE COMMUNITY BRIDGE

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

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Activity Locations

District Education Center

2520 E. 12th Ave. North St. Paul, 55109
From Hwy 36, north on McKnight Rd. Turn right on 11th Ave. Go past the High School, the District Center is the next building. Park in the east lot.

Demontreville Lake

From Hwy 694, east on Hwy 36, right on Highland hills Trail. Turn onto Demontreville Trail. boat launch/parking is just north of the intersection of Demontreville Trail and 53rd St.

Lakewood Hills Community Park - Disc Golf Course

2100 Orchard Lane, White Bear Lake, 55110
From 694 go north on White Bear Ave to Orchard Lane. East on Orchard Lane and turn right just before the ice arena. Park in the large parking lot and walk to the first 'T'

Maplewood Bowl

1955 English St, Maplewood, 55109
From Hwy 36, south on English St.

Oakdale Nature Preserve, Discovery Center

4444 Hadley Ave N, Oakdale, 55109
Hwy 36 to Hadley Ave. South on Hadley. Just past the fire station, Hadley will turn right; follow Hadley for about ¼ to ½ mile and the Nature Preserve will be on the right.

'Putt'er There' Mini Golf/Como Zoo and Conservatory

From Hwy 36, south on Hamline Ave. to Midway Parkway. Left on Midway Parkway. 'Putt'er There' Mini Golf is on the right. For the Zoo and Conservatory, take a left on Estabrook Drive to the Palm Parking lot.

Saints North Roller Skating

1818 Gervais Court, Maplewood, 55109
From Hwy 36, north on White Bear Ave. turn left on Gervais and left on Gervais Court (just past the large apartment complex).

Quast Ceramics

1237 Geneva Ave. N., Oakdale, 55128
(Geneva Ave is also know as Century and 120)
Century/120 exit off of Hwy 94. Head north; just beyond 10th St./Minnehaha, Quast Ceramics is on the right, across the street from Dairy Queen .

White Bear Lake Area High School South Campus

3551 McKnight Road, White Bear Lake, 55110
School is south of County Rd. E, on McKnight Rd.
Let's Go Twin Cities trips leave from the southwest parking lot.