



## 2021 SUMMER ADULT & SENIOR PROGRAMS

AT NORTH DALE & LANGFORD PARK RECREATION CENTERS

To REGISTER: Online at [www.stpaul.gov/parks](http://www.stpaul.gov/parks) or call the Center

**NORTH DALE: 1414 N. Saint Albans Street, 55117 651-558-2329**

[www.stpaul.gov/northdalerec](http://www.stpaul.gov/northdalerec)

### Senior Day

FREE / Tuesdays Ongoing / 10:00am – 1:00pm / No Registration / Ages: 50 and up  
Get out and socialize while playing 500 & Greedy. Call recreation center for registration

### Senior Fitness #35209

**Instructor: Jody Kipples**

Fee: Free / Thursday Ongoing / 9:30 – 10:30am / Drop-In

Senior fitness is low impact exercise for people ages 50+. It helps with balance; you can work with weights, do aerobics and stretching. Everyone works at their own pace and ability.

### Online Pruning Shrubs and Trees #35277

**Instructor: Ramsey County Master Gardener**

Saturday / June 5 / 10-11am / Free

Woody plants like trees, shrubs and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants. This class will take place via a live online video. Participants must register in advance and a video link will be emailed on the Friday before. Watch for an email from [darcy.rivers@ci.stpaul.mn.us](mailto:darcy.rivers@ci.stpaul.mn.us) or [brian.tobritzhofer@ci.stpaul.mn.us](mailto:brian.tobritzhofer@ci.stpaul.mn.us)

### Online Climate Resilient Gardens #35275

**Instructor: Ramsey County Master Gardener**

Saturday, June 19 / 10-11am / Free

The climate is changing and that will affect Minnesota gardens. Learn about what to expect and how to adapt to grow a more resilient landscape. This class will take place via a live online video. Participants must register in advance and a video link will be emailed on the Friday before. Watch for an email from [darcy.rivers@ci.stpaul.mn.us](mailto:darcy.rivers@ci.stpaul.mn.us) or [brian.tobritzhofer@ci.stpaul.mn.us](mailto:brian.tobritzhofer@ci.stpaul.mn.us)

### Online Herb Gardening # 35276

**Instructor: Ramsey County Master Gardener**

Saturday, July 10 / 10-11am / Free

Get to know some of the herbs commonly used in cooking and learn how to harness those flavors year-round. This class will take place via a live online video. Participants must register in advance and a video link will be emailed on the Friday before. Watch for an email from [darcy.rivers@ci.stpaul.mn.us](mailto:darcy.rivers@ci.stpaul.mn.us) or [brian.tobritzhofer@ci.stpaul.mn.us](mailto:brian.tobritzhofer@ci.stpaul.mn.us)

**LANGFORD PARK: 30 Langford Park, 55108 651-298-5765**

[www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)

**Intermediate Pilates Instructor: Fran Ouellette**

Thursdays / 11am-12pm / \$40.00

Pilates is a progressive series of controlled exercise that creates strength and stability.

**# 35199 June 24-July 29**

**Zumba Instructor: Bebe Keith**

Mondays / 6:30-7:30p / Monthly fee

"Zumba is a Latin and international dance-inspired cardiovascular workout that feels like a party!" Wear tennis shoes and bring a water bottle and small towel if you choose.

**June 7-28 #35220 \$28**

**July 12-26 #35219 \$21**

**Aug 2-30 #35218 \$28 No class Aug 16**

**Online Nature Heals Gardening #35211 Instructor: Ramsey County Master Gardener**

Thursday, July 15 / 6:30-7:30pm / Free

Learn the science of how time spent in nature helps to improve our physical and mental well-being. This class will take place via a live online video. Participants must register in advance and a video link will be emailed on the Wednesday before.

**Online Food Saving Gardening # 35209 Instructor: Ramsey County Master Gardener**

Thursday, Aug 19 / 6:30-7:30pm / Free

Learn how to save, store, and preserve seasonal fruits and vegetables to enjoy the best flavors and highest nutrition for as long as possible. This class introduces participants to the many different methods of food preservation. This class will take place via a live online video. Participants must register in advance and a video link will be emailed on the Wednesday before.

**SPECIAL EVENTS**

**Safe Summer Nights Location: Langford Park Thursday, July 22 5-7pm**

Grab a mask and enjoy a socially distant and safe summer night with the SPPD. Join your police officers and neighbors for free food, refreshments and entertainment.

**Movie in The Park Location: Northwest Como Friday, July 23 8pm**

Northwest Como Recreation Center welcomes everyone to see " Tom and Jerry the Movie ". The FREE outdoor movie will begin at dusk or 9pm. Don't forget your lawn chair/blanket & bug spray. Volunteers are needed for the Movie Night, please contact the Northwest Como Staff at 651-298-5813.

Covid -19 safety precautions will be in place: Masks must be worn, only participant can enter, if you exhibit any Covid-19 symptoms stay home. You will be screened upon entering, hand sanitizer will be available and social distancing will be expected. Pre-registration is required.

**Movie in The Park Location: Langford Park Friday, Aug 13 8:30pm**

Join us for a socially distanced showing of Raya and the Last Dragon. To maintain distance, we ask that you register for a circle (holds up to 5 people). Circles will be painted in the viewing area, bring your own chairs or blankets and please remain within your chosen location. Porta Potty on site, no concessions nor building access available. Movie starts at dusk – approximately 8:45pm. In the event of rain, showing will be cancelled, determination made by 6pm on 8/13/21.