



## ADULTS WITH COGNITIVE DISABILITIES PROGRAM

A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts

### Please Update Your Contact Information

Help us keep you informed by providing a current email address and phone number. Online activities require an email to receive login information. Our database contains many emails (and phone numbers) of staff who no longer work with clients or at group homes. Please call 651-748-7250 to update individual or group home contact information. If your client has taken Community Bridge classes in the past, they already have an account. Please don't start another; call the office and we can update their information and send you the registration link.



### Do At Home Craft Kits

Craft kits are a great way to keep busy, keep your mind active and be creative! Each kit contains easy-to-follow instructions and all materials necessary to create the project.

The kits are available for pre-order and then pick-up only. Order by Wednesday noon for pick-up the following Tuesday at White Bear Lake District Center: 4855 Bloom Ave, Door E, White Bear Lake, 55110.

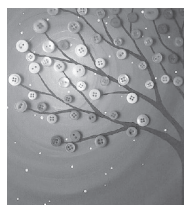


#### Wooden Biplane

Assemble, paint and then fly your biplane.

CBWA4

\$7



#### Tree Button Art

Colorful buttons for leaves—oh my! Includes frame.

CBWA5

\$7



#### Necklace Art

Decorate these metal disks in any design you want and then assemble your new jewelry—enough supplies to make four necklaces.

CBWA6

\$14



#### Fabric Scrap Wreath

Create a 12" wreath using fabric scraps.

CBWA7

\$14

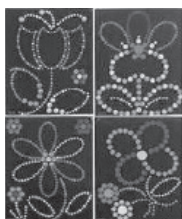


#### Fairy Garden

Assemble your very own fairy garden, complete with miniature characters and accessories.

CBWA8

\$14



#### Dot Art

Create four pictures using colored adhesive dots.

CBWA1

\$5



#### Create a Butterfly

Create and color three butterflies.

CBWA2

\$5



#### Clay Pot With Seeds

Paint a small clay pot and then plant the seeds.

CBWA3

\$7



### Get Ready to Zoom Online with Community Bridge & Friends

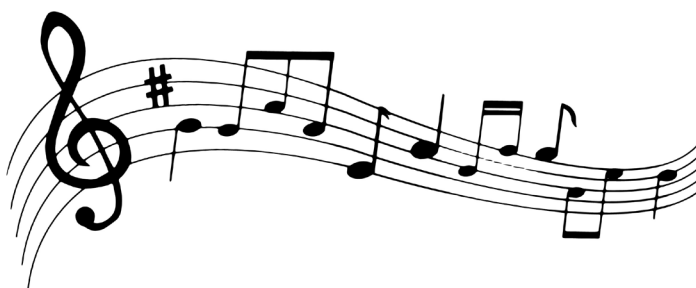
Are you longing to connect with friends? Do you want to learn how to use Zoom, one of the most popular online meeting platforms? Join in a FREE, educational online event packed full of fun! Each night has a different theme. You'll learn little-known facts, see funny videos, answer questions, make a craft or easy recipe, stretch to the music, play "Simon Says", and more. We can't wait to see you online! *Preregistration and an email address is required (at least one per group home) as you will be sent the link via email.* Community Bridge Staff

<b>Summer Fun</b>	Mon Jul 20	6:30–7:30 pm
CBSR1	ONLINE	FREE
<b>Disney</b>	Mon Aug 10	6:30–7:30 pm
CBSR2	ONLINE	FREE
<b>Sports</b>	Mon Sep 21	6:30–7:30 pm
CBSR3	ONLINE	FREE

### Sing-along Dance Party Online

Sing and dance to your favorite music, from the comfort of your home. All your friends will be joining in as well, so you can "hang out" together. Call the office 651-748-7250 or send an email to [cgysbers@isd622.org](mailto:cgysbers@isd622.org), with song requests. DJ Tricia Wood, will compile the lyrics in a song book so you can sing while you dance. You will receive a link to the song book and a link to join the dance party. There is a per person registration fee for this activity. *Please register all participants as there is a per person fee for this activity. An email address is required (at least one per group home) as you will be sent the link via email.* Tricia Wood

CBNSE1A	Mon Aug 17	6:30–7:30 pm
	ONLINE	\$5
CBNSE1B	Mon Sep 14	6:30–7:30 pm
	ONLINE	\$5



### Virtual Bingo Community Bridge Style

If you have been missing your regular bingo nights with Renee and Judy, here is a substitute—virtual bingo via Zoom! You will be emailed your bingo card(s) and you will be playing for the love of the game. The virtual prizes (a joke, a song, etc.) will be the "icing on the cake." *Preregistration and an email address is required (at least one per group home) as you will be sent the bingo cards and activity link via email.* Cheryl Gysbers

CBNR1A	Tue Jul 28	6:30–7:30 pm
	ONLINE	FREE
CBNR1B	Thu Aug 20	6:30–7:30 pm
	ONLINE	FREE
CBNR1C	Tue Sep 8	6:30–7:30 pm
	ONLINE	FREE

### Yard Game Night—In Person

Come on over to Gladstone for an evening of friendly competition! Bean Bag, Lawn Jarts, Horseshoes and Bocce Ball. *Staff must register if they will be assisting a participant to play, as they will need to be included in the participant counts. If staff assistance is not needed, staff will be asked to observe the competition away from the playing field. Game components will be cleaned between participants. Meet at the Gladstone parking lot entering from Manton Street.* Ron Sushak

CBNR2A	Tue July 21	6:30–7:45 pm
	Gladstone	\$5 (Staff FREE)
CBNR2B	Wed Aug 12	6:30–7:45 pm
	Gladstone	\$5 (Staff FREE)



## COVID-19 Safety Procedures

Your health and safety is very important to us and we want to ensure that Community Bridge activities are as safe as possible for those who choose to attend in person events. Please familiarize yourself with these procedures before attending.

### Before You Come

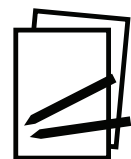


Complete a self assessment. If you or anyone in your home have any of the following symptoms, stay at home.

- ☐ fever (100 or higher) within the last 72 hrs
- ☐ cough or sore throat
- ☐ shortness of breath
- ☐ chills or repeated shaking with chills
- ☐ muscle pain
- ☐ headache
- ☐ new loss of taste or smell
- ☐ had direct household contact with a person experiencing an undiagnosed cough & fever
- ☐ diarrhea &/or vomiting in the last 24 hrs



Masks are encouraged. Bring your own mask.



Bring your own writing utensils, class handouts, etc. to minimize multi-use items. If equipment is shared, it will be cleaned between use.



Do not bring food or beverages unless necessary. Then the food should be prepackaged and the beverage in a bottle with a cover.

### While You're Here



You are encouraged to wear a mask.



Wash or sanitize your hands frequently.



Cover your cough or sneeze.



Maintain social distancing.

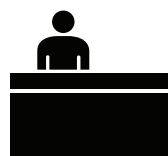


If you need to consume your own food or beverage for medical reasons, please wash your hands before and after, turn away from others, and replace your mask as soon as you are done.



Do not rearrange tables and chairs. Chair and table arrangements have been predetermined based on social distancing and air flow. Staff accompanying a participant may move a chair closer to that individual but must remain socially distanced from others in the class.

### When You Arrive



Check in with the building supervisor, receptionist or instructor to confirm your self assessment.



Wash or sanitize your hands upon arrival. Wash hands with soap and water in the bathroom or classroom OR use hand sanitizer provided.



Follow the traffic flow signs and maintain social distancing at all times. Do not linger in hallways.

### When You Leave



You will be notified which door to exit. Do not linger in the room or hallway after your activity ends.



Staff will clean and sanitize the room and equipment after it is used.



Call the office at 651-748-7250 if you test positive for COVID-19 after attending a Community Bridge activity.

Independent School District 622  
2520 E 12th Ave  
North St. Paul, MN 55109



Gladstone Community Education Center  
Community Bridge Consortium office  
1945 Manton St.  
Maplewood, MN 55109  
651.748.7250



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## COMMUNITY BRIDGE REGISTRATION FORM

Name \_\_\_\_\_ Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Group Home Name \_\_\_\_\_ Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Group Home EMAIL \_\_\_\_\_ ☐ Uses a wheelchair ☐ Requires one-to-one assistance

List any medical, seizure, behavioral, or other conditions that instructor should be aware of: \_\_\_\_\_

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

Checks payable to Community Bridge.

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

or Visa, MasterCard or Discover \_\_\_\_\_ Exp \_\_\_\_ / \_\_\_\_ Total Charge \$ \_\_\_\_\_

Signature \_\_\_\_\_ Name on Card \_\_\_\_\_

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