

# **Fun, Friends & Fitness January, February & March 2023**

**Programs are sponsored in partnership with  
Community Education and the Hastings Sharks**

**For persons 14 and over**

*Staff: Lori Gaertner - Team Lead*

*Laurie Thrush, Disabilities Coordinator Community Education.*

**All Classes are held at the Tilden Community Center room 107, except Sparkle Dance which will be held via Zoom, and Bingo night which will meet in 108 at Tilden.**

**Doors to the building lock at 7:30 p.m. When you return to pick up a participant (you must come to room 107 or 108), please make sure you are back in the building BEFORE 7:30 p.m.**

**If a participant can join the activity on their own they are welcome to.  
If a participant needs assistance, we ask that someone stays at the activity with the person. The helper is NOT charged.**

## **Pizza & Puzzles**

**Tuesday, January 17, 2023**

**Cost: \$8**

We will enjoy some pizza and puzzles. Various size & types of puzzles to create with your friends.

**Section: 51034A**

**6:00 p.m. – 7:30 p.m.**

## **Sparkle Dance on Zoom with your Metro Friends**

**Friday, January 27, 2023**

**Cost: \$8.00**

Let's DANCE! Join adults with disabilities from across the Twin Cities and greater Minnesota for a fabulous online Winter Sparkle Dance experience! Dress up in your rhinestone glasses, sequined vests or hats, and everything sparkling! The DJ might even call out your name! You will receive a Zoom link emailed to you the day before the event.

**Section: 51035A**

**7:00 - 8:00 p.m.**

## **Valentine Party & Card Making for Meals on Wheels**

**Monday, February 6, 2023**

**Cost: \$5**

Valentine games, treats and card making with our friends. What better way to celebrate this special day.

**Section: 51036A**

**6:00 p.m. – 7:30 p.m.**

## **Bingo & Banana Splits**

**Monday, February 27, 2023 (room 108 at Tilden)**

**Cost: \$5**

What a better way to spend an evening than playing bingo with friends and making Banana Splits!!

**Section: 51037A**

**6:00 p.m. – 7:30 p.m.**

## **Movie & Popcorn Night**

**Monday, March 6, 2023**

**Cost: \$5.00**

“Minions the Rise of Gru” and popcorn with your friends!

**Section: 51038A**

**6:00 p.m. – 7:30 p.m.**

## **M & M Party Night**

**Monday, March 20, 2023**

**Cost: \$5.00**

Everything we do tonight will start with an “M”. Can you guess what it might be? Come for a night of fun with your friends.

**Section: 51039A**

**6:00 p.m. – 7:30 p.m.**



Pizza & Puzzle Party	\$8 _____
Sparkle Dance	\$8 _____
Valentine Party	\$5 _____
Bingo & Banana Splits	\$5 _____
Movie & Popcorn Night	\$5 _____
M & M Party Night	\$5 _____
<b>Total Due:</b>	<b>\$ _____</b>

