

Community Sharing Minutes

1/3/20

Attendees: Melissa Pappas (Seal), Sharon Baker,(Montreal), Angela Graves (Hamline), Natalie Mikkelson (PHA), Roxanne Sands (Volunteer), Jerline Clark (Hamline), Anna Rush (Hamline)

**News, etc:**

The Bounce Back Project was discussed again. It would be nice to adapt this to hi-rise residents. (This was done for youths before.) The project promotes health through happiness.

This could be implemented through coffee hours or things like events where residents could bring their grandchildren. Having therapy animals or music therapy were other ideas.

Reinforcing respectful communication skills was mentioned.

**St. Paul Events:**

**Books and Bars featuring climate justice**

**January 8<sup>th</sup>**

**Urban Growler Brewery**

**11**

**JAN**

**Beethoven Festival 2020: The Complete Sonatas for...**

**Sat, 2 – 5 PM**

**St. Anthony Park United Church of Christ, 2129 Commonwealth Ave**

**St Paul, MN**

**12**

**JAN**

**Beethoven Festival 2020: Quartets**

**Sun, 2 – 4 PM**

**George Latimer Central Library, 90 W 4th St**

**St Paul, MN**

**16**

**JAN**

**The Folk, Fiddle, & Friends Festival: THE ORANGE...**

**Thu, 7:30 – 10:30 PM**

**The Cedar Cultural Center, 416 Cedar Ave**

**Minneapolis, MN**

**17**

**JAN**

**Winterfest**

**Fri, 7 – 10 PM**

**U.S. Bank Stadium, 401 Chicago Ave**

**Minneapolis, MN**

**18**

**JAN**

**VocalEssence Together We Sing Festival**

**Sat, 1 – 5 PM**

**Minnesota History Center, 345 W Kellogg Blvd**

**St Paul, MN**

**23**

**JAN**

**Saint Paul Winter Carnival**

**Thu, 12 AM**

**Rice Park, 109 W 4th St**

**St Paul, MN**

**23**

**JAN**

**Saint Paul Winter Carnival**

**Jan 23 – Feb 2**

**Minnesota State Fair, 1265 Snelling Ave N**

**St Paul, MN**

**24**

**JAN**

**Cinch World's Toughest Rodeo**

**Fri, 7:30 PM**

**Xcel Energy Center, 199 W Kellogg Blvd**

**St Paul, MN**

**25**

**JAN**

**2020 King Boreas Grand Day Parade**

**Sat, 2 – 4 PM**

**Rice Park, 109 W 4th St**

**St Paul, MN**

**25**

**JAN**

**2020 Lake Harriet Kite Festival**

**Sat, 12 PM**

**Lake Harriet Bandshell Park, 4135 W Lake Harriet Pkwy**

**Minneapolis, MN**

**26**

**JAN**

**Individual Ice Carving Competition, Professional...**

**Sun, 9 AM**

**Rice Park, 109 W 4th St**

**St Paul, MN**

**26**

**JAN**

**Hops & Hounds**

**Sun, 10 AM**

**Rice Park, 109 W 4th St**

**St Paul, MN**

**28**

**JAN**

**Saint Paul Winter Carnival**

**Tue, 12:00 AM – 11:59 PM**

**Rice Park, 109 W 4th St**

**St Paul, MN**

**Saintly City Cat Show**

**January 25<sup>th</sup> and 26<sup>th</sup>**

**Rivercentre**

**Como Conservatory Orchid Show**

**January 25<sup>th</sup>-26<sup>th</sup>**

**10a.m. To 4p.m.**

**Winter Flower Show**

**Starts January 18<sup>th</sup>**

**MLK Day event at the Ordway**

**January 20<sup>th</sup>**

**Hi-Rise Activities:**

Getting volunteers for events is an ongoing problem at many hi-rises. Also getting access to needed supplies. (And things like making copies.) Montreal has coffee every Saturday. That usually goes well. Hamline had the Travelers Choir and the JROTC in over the holidays. Seal had their Winter Community meal and a New Year's party.

**Next Meeting: February 7th at Ravoux Hi-Rise**

