

Community Sharing Minutes  
9/6/19

Attendees: Melissa Pappas, Sharon Baker, Charles Gentz, John Cardoza, Linda Dimmen, Philip Stone, Melanie Fox, Teresa Souvannachack, Julia Hupperts, Roxanne Sands, Teresa Kohler, Angela Graves, Shar, Andrew

### **September/October activities**

#### **Red Bull Flugtag**

The high-flying antics of Red Bull Flugtag return to Harriet Island, Sept. 7. Watch from the banks of the Mississippi as teams launch home-made flying machines off a 30-foot high flight deck in hopes of soaring to the wild blue yonder—but, more often than not, plunging into the river below. When you're not taking in the action at Harriet Island, join us for the Flugtag Street Party over on West 7th. This two-block outdoor funfest runs from 2-11 p.m. and features live music (including The Chris Hawkey Band), extreme sports activations from Ride MN, outdoor bars and more.

#### **Saint Paul Classic Bike Tour**

Join more than 5,000 riders in exploring the Capital City's gorgeous park system on two wheels at the 25th annual Saint Paul Classic Bike Tour on Sept. 8. Choose from the 15, 32 or 47-mile route and enjoy beverages, treats and live music at rest stops along the way.

#### **Saint Paul Oktoberfest**

Kick off Oktoberfest at the Germanic American Institute's Saint Paul Oktoberfest, Sept. 13-14. Hosted at the iconic Schmidt Brewery, the event will include German music, food, vendors, carnival rides, Dachshund races and lots of beer, of course. The event itself is free, but \$5 beer wristbands are required for alcohol purchases.

#### **Rails & Ales: Light Rail Brewery Crawl**

If you love Twin Cities beer, you won't want to miss this one. GetKnit's Sept. 14 crawl will take you to all 19 craft breweries along the Green Line Light Rail. Get your tickets here.

#### **Payne Arcade Harvest Festival & Parade**

The Payne-Arcade Harvest Festival returns for a whopping 113th year on Sept. 28. Spend the day on the East Side celebrating the cultural significance of the harvest with a Grand Parade, music and more.

#### **Medtronic Twin Cities Marathon**

Ignite your inner athlete at the most beautiful urban marathon in America on Oct. 6. The route begins at Minneapolis' US Bank Stadium and winds around iconic lakes such as Isles, Calhoun, Harriet and Nokomis before crossing into Saint Paul, finishing at the gorgeous Minnesota State Capitol. If 26.2 isn't for you, the weekend also includes a 5K, 10K, 10-mile and other fun family events starting Saturday, Oct. 5.

### Twin Cities Oktoberfest

Don't put away your lederhosen just yet. Those who didn't get their Oktoberfest fix in September can soak in the Germanic experience at the 10th anniversary of this two-day celebration, Oct. 4-5 in the Progress Center at the Minnesota State Fair. Grab a general admission ticket or upgrade to a stein package for a free first fill of beer or cider while you enjoy traditional foods, performances, games and vendors.

### Meritage Oysterfest

No one in the Twin Cities does oysters quite like Meritage, and they're taking it to the next level with the 8th annual Oysterfest on Oct. 13. The restaurant will shuck through 25,000 oysters (70 per minute) in all forms—raw, smoked, grilled and fried.

### Fall Art Crawl

The Saint Paul Art Crawl returns for its fall installment, Oct. 11-13. This popular event takes you through Lowertown and beyond to explore unique works from talented artists in a variety of Capital City neighborhoods.

### Monster Dash

The largest Halloween race in the upper Midwest returns to Saint Paul, Oct. 26. Throw on a costume and take on the half marathon, 10-mile, 10K or 5K—the half and 10-mile start at CHS Field, while the 5K and 10K leave from the Cathedral.

In addition to all of these great events, we've also got some other ideas for how you can spend a weekend enjoying all the beauty fall has to offer.

As always, show us how much fun you're having by sharing with us on Facebook, Instagram and Twitter using the hashtag #MYSAINTPAUL.

Romanian Festival at St. Mary Romanian Orthodox Church- September 7<sup>th</sup> and 8<sup>th</sup>.

Selby Ave. Jazz Festival- September 14<sup>th</sup>. Starts at Selby Ave and Milton Ave.

Hamm Building 100<sup>th</sup> anniversary- September 12<sup>th</sup>

Ukrainian Heritage Festival- September 14<sup>th</sup>.

Twin Cities Veg Fest. September 15<sup>th</sup>. 11-5p.m. It takes place on Harriet Island.

Czech and Slovak Festival. September 15<sup>th</sup>

Marydale Arts Festival: September 28<sup>th</sup>. Marydale Park

Highland Together September 11<sup>th</sup>. 2585 W. 7<sup>th</sup> Street

### **Hi- Rise activities:**

Hamline has had a successful walking group for years (Proud Hamline Walkers) They walk every day at 8:00a.m. The walking group is promoted with fliers, mentions at meetings, other ways.) Other hi-rises have tried walking groups with limited success. (People don't stick with it, it seems.)

Hamline also has chair yoga classes and exercise classes with light weights.

Exchange is getting ready to start Saturday night events again. They do things like bingo, movie nights, karaoke.

Seal has checkers and chess day, movie nights, cribbage night, bingo, Wii game day.

Cleveland has a Sunshine group that gives cards to people who are sick or in the hospital. Seal does that too.

**Next Meeting: October 4<sup>th</sup> at Montreal Hi-Rise**