

September 2026

Ames Lake Community Newsletter

Ames Lake Neighborhood
1144 Barclay Street
St. Paul, MN 55106

Management & Leasing Office: 651-774-2509

Resident Event, Program & Resource Questions:
651-259-4370

Emergency Maintenance: 651-968-4325

Courtesy Patrol: TBD

Community Events

THANK YOU!



Thank you to all of our residents who came out for our National Night Out against crime on August 4th. It was a great success!

Special thanks to our amazing volunteers, vendors, and joint partnerships with the Bureau of Criminal Apprehension, Ames Lake Neighborhood & Opportunity Neighborhood.

Programs & Classes



Ames After Hours

Free after school programs for residents in grades K-6. Space limited

Monday-Thursday

Time: 3-5:00 pm

Starting September 21st

Use link to register:

<https://forms.gle/QtsRmXmWN9Xi4xcp7>

Head Start and Early Head Start 651-603-5977



• child development and childcare programs

Birth to 5



FREE early childhood program

For children ages 0-5 and their caregivers.

MTCM and Opportunity Neighborhood are now accepting children and families for the Birth to Five program at Ames Lake Community Center.

Use link to register.

<https://www.montessoricentermn.org/birth-to-five-registration/>

Questions? Please email Karla Norgaard at karla@mtcm.org

Resources

United Way
First Call for Help
651-291-0211

St. Paul Police
651-291-1111 non
emergency
Emergency 911

Food Shelf
651-287-2088

**St. Paul Public
Schools**
651-767-8100

ChildCare Aware
888-291-9811

Food Resources

Call the [Minnesota Food Help Line](https://www.mn.gov/foodhelp) at [1-888-711-1151](https://www.mn.gov/foodhelp) to connect to programs that can increase your food budget such as SNAP, WIC or other food resources. Interpreters are available.



September 2026 at Ames Lake



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			WELCOME BACK TO SCHOOL			
					No Program	
6	7 Offices Closed	8	9	10	11	12
			 Bookmobile 4:30-6:00pm		 No Program	
13	14	15	16	17	18	19
			Birth to 5 9:30-11:30am 		No Program	
20	21	22	23	24	25	26
	Birth to 5 9:30-11:30am 	 Ames After Hours 3 - 5:00PM	 Bookmobile 4:30-6:00pm		 No Program	
27	28	29	30			
	Birth to 5 9:30-11:30am FIRST DAY OF AMES AFTER HOURS & ATG 		All events and programs are held in the Ames Lake Community Center unless noted otherwise. Kids under 5 must be supervised by an adult at all events. Please call Chan with any questions: 651-259-4370			
	Ames After Hours 3 - 5:00PM					

Septiembre 2026

Ames Lake Community Newsletter

Ames Lake Neighborhood
1144 Barclay Street
St. Paul, MN 55106

Oficina de Rontas y gerencia: 651-774-2509

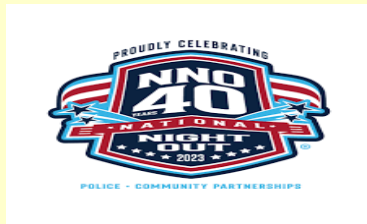
Eventos Residenciules, Pogramas, Recursos y pregontas: 651-259-4370

Mantenimiento de emergencia: 651-968-4325

Pratullaje: TBD

Eventos de la comunidad

Gracias!



Gracias a todos los residents que estuvieron presents en National Night Out contra el crime el pasado 4 de Agosto. Fue un éxito !

Un agradecimiento especial a nuestros increíbles voluntarios, proveedores y asociaciones conjuntas con la Bureau of Criminal Apprehension, Ames Lake Neighborhood y Opportunity Neighborhood.

Programas y Clases



Ames After Hours

Gratis después de la escuela
programas para residentes en los
grados K-6.

Espacio limitado

Lunes -Jueves

Hora: 3-5:00 pm

A partir del 21 de Septiembre

Utilice el enlace para registrarse:
<https://forms.gle/QtsRmXmWN9Xi4xcp7>

Head Start y Early Head Start 651-603-5977



• programas de desarrollo y cuidado infantil

Birth to 5



Programa GRATUITO para la
primera infancia

Para niños de edades 0-5 y sus
Cuidadores.

MTCM y Opportunity Neighborhood
ahora aceptar niños y familias para
el programa Birth to Five en
Centro comunitario de Ames Lake.

Utilice el enlace para registrarse:
<https://www.montessoricentermn.org/birth-to-five-registration/>

¿Preguntas? Envíe un correo
electrónico a Karla Norgaard a
karla@mtcm.org

Recursos

Recursos Alimentarios

Llame a la [Línea de ayuda alimentaria de Minnesota](#) al [1-888-711-1151](tel:1-888-711-1151) para conectarse
con programas que pueden aumentar su pre-
supuesto de alimentos, como SNAP, WIC u otros
recursos alimentarios. Hay intérpretes disponibles.



Primera Uamada de ayuda
651-291-0211

Policia de St. Paul
651-291-1111 no emergencia
Emergencia 911

Albergue de comida
651-287-2088

Escuelas Publicas de St. Paul
651-767-8100

Cuidado de niños
888-291-9811

Septiembre 2026 en Ames Lake



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
		1 	2	3	4	5
					No hay programa	
6 	7 Oficina Cerada	8 	9 Bookmobile 4:30-6:00pm	10 	11 No hay programa	12
13 	14 	15 	16 Birth to 5 9:30-11:30am 	17 	18 No hay programa	19
20 	21 Birth to 5 9:30-11:30am PRIMER DÍA DE AAH Y ATG 	22 	23 Birth to 5 9:30-11:30am Bookmobile 4:30-6:00pm	24 	25 No hay programa	26
27 	28 Birth to 5 9:30-11:30am 	29 	30 Birth to 5 9:30-11:30am 	Todos los eventos del programa son realizados en el Centro comunitario de Ames Lake al menos que se les de previo aviso de algun cambio. Niños menores de 5 años tienen que estar acompañados de un adulto durante todos los eventos. Por favor llame a Chan con cualquier pregunta al 651-259-4370		