COMMUNITY EDUCATION
Fall 2023 Catalog

Ready for a new challenge?
We’re here for you!
Supporting Community Education for ALL

Visit us at:
winonaschools.org/communityed
507-494-0900
Greetings from the Community Education Office!

A highlight of my job is hearing how individuals or families have been impacted by Community Education. I enjoy their stories, finding out who they have met and what their memories are in Community Education. This time, I want to share a story of a community member who graciously impacted WAPS Community Education with countless hours of volunteer work, input, and support to the program. Pat Tolmie is part of the WAPS Community Education story. Pat announced this spring that she was retiring from serving on the Community Ed Advisory Council. Pat’s history of supporting the program can be traced back to the 1980s. During that time, she has provided input to WAPS Community Education as they moved multiple locations, adjusted programming styles, experienced both program reduction and growth, and most recently a national pandemic. She has been a constant member of the finance subcommittee and always brings a positive mindset. Being a positive input to an organization for five decades is a story to celebrate! The staff and community are grateful for your dedication Pat!

Volunteering with Community Education is an option for our community members. Volunteer opportunities can be found in Early Childhood to Adult programs. Reach out to a Community Education Coordinator to learn more about volunteering.

Employment in WAPS Community Education is available as well. If individuals are looking for part-time or full-time work, the positions can be found on the district’s website, https://www.winonaschools.org.

Become part of the story at WAPS Community Education.

Ann Riebel, Director of Community Education
REGISTRATION INFORMATION

The following information is for all Enrichments, Project COMPASS & After School Activities classes. For ECFE registration information see pages 28-29.

FOUR EASY WAYS TO REGISTER!

Complete the registration form located on page 4 then:

MAIL/IN PERSON:
(With Payment)
Community Education
WAPS District Office
903 Gilmore Avenue, Winona, MN 55987

OR
After School Activities (ASA)
at the Winona Middle School
1570 Homer Road, Winona, MN 55987
ASA Phone #: 507-494-1060

PHONE: 507-494-0900
Call to register by phone using your credit card.

After School Activities Phone: 507-494-1060

ONLINE: (With your Credit Card Payment)
Register online for Enrichments, Project COMPASS & After School Activities (Grades 5-8) classes 24 hours a day!
Go to www.winonaschools.org/communityed and click on Online Registration.

ARE YOU IN?
YES! If you have sent in your registration with payment, assume you are in unless you hear from us. Simply show up for the class and enjoy.

OUR FIRST PRIORITY
As residents and taxpayers, Winona school district residents receive first priority in enrollment. Community Education will not discriminate on the basis of sex, race, religion, color, national origin, economic status, creed, disability, age, sexual orientation, or marital status in any area of our programs.

INCLEMENT WEATHER?
If Winona Area Public Schools are closed due to weather, Community Education classes are canceled for the day. If inclement weather begins late in the day, a cancellation decision will be made by 2 PM and announced on the district website: www.winonaschools.org and on the following radio stations: KWNO (1230 AM/99.3FM), KAGE (1380AM/95.3FM), and KHME (101FM).

* APPLICATION FOR REDUCED CLASS FEES *

Adult Enrichments & Project COMPASS

Note: Reduced fee funds are limited and will only be available while funds last. Only class fees may be reduced. Materials such as supplies or textbooks must be paid in full by student.

<table>
<thead>
<tr>
<th>Household Size**</th>
<th>Yearly Max Income**</th>
</tr>
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<tbody>
<tr>
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</table>

If your household yearly income is at or below the dollar amount for your household size, you qualify for fee assistance for Community Education classes if funds are available. Funds are available on a first-come-first-granted basis (up to 3 classes not to exceed $15/quarter) until available yearly funds are depleted.

**CIRCLE HOUSEHOLD SIZE & YEARLY INCOME**

Household Size includes total number of people living in your home, including yourself, children, and any adults age 21 or over.

Yearly Income includes all salaries and wages, social security benefits, unemployment benefits, MFIP, child support, and other miscellaneous income.

I certify that the above information is true and correct and that all the income is reported and correct. I give permission to school officials to verify the information on this application, and I understand that deliberate misrepresentation of the information may subject me to prosecution under applicable state and federal laws.

Signature of Participant or Parent/Guardian

This information is confidential and is used only for administrative purposes. No person will be discriminated against because of race, color, creed, national origin, religion, age, sex, marital status, economic status, disability, sexual orientation, or affiliation.
CLASS REGISTRATION FORM

USE THIS FORM FOR ENRICHMENTS, PROJECT COMPASS AND AFTER SCHOOL ACTIVITIES (GRADES 5-8)

OR GO TO www.winonaschools.org/communityed TO REGISTER ONLINE!

Mail or in person to:

Enrichments & Project COMPASS: District Office - 903 Gilmore Avenue, Winona, MN 55987 • Phone: 507-494-0900

After School Activities: Winona Middle School - 1570 Homer Road, Winona, MN 55987 • Phone: 507-494-1060

NAME (Participant): ___________________________________________ E-MAIL: ___________________________________________

ADDRESS: ___________________________________________________ CITY/STATE/ZIP: _______________________________________

PHONE: Day _______________________ Night ______________________

Date of Birth: _________________________ Grade: K-5  6-8  9-12 Grade level (students only): __________________________

School (students only): ___________________________ SPECIAL NEEDS: ____________________________________________________

(Optional)

ETHNICITY: ___Asian        ___Native Hawaiian/Pacific Islander      ___White        ___Hispanic

(Optional) ___Black/African American/African Descent          ___American Indian/Alaska Native

PHOTO RELEASE: By checking “yes” below, you give WAPS Community Education permission to use participant photographs online and/or in publications.

___ YES I give permission to use participant photos       ___NO I do not give permission to use participant photos

Course # Course Name         Course Fee  *Staff Fee*  Total Fee

Note: There are NO course # for After School Activities

______ ________________________________  $ _______  $_______  $_______  $_______

SUBTOTAL $_______

UCARE ID # __________________________

*UCARE discount of $15 is covered by UCARE Connect and UCARE for Seniors.

Call 494-0900 to verify eligibility and to register with UCARE or reduced fees (see page 3).

LESS UCARE OR REDUCED FEE $_______

By signing below, I give my consent to utilize my UCARE discount for Community Education services.

Signature: __________________________________________________________________________  Date: ______________________

TOTAL $_______

PAYMENT: Check#______  Cash ______  Reduced _____  Online _____  Credit Card ______

(Checks payable to Community Education unless designated otherwise in course description)

Name on Credit Card ___________________________________________ Credit Card # ___________________________  Expiration Date ________

*** REFUND POLICY: ***

If you need to cancel, please notify us at least 24 hours before the class/activity begins. We will refund the class fee minus a $5 processing fee. Full refunds will be issued for classes that are canceled or full. REFUNDS WILL NOT BE GIVEN AFTER THE CLASS HAS STARTED. Classes with supplies and cooking class cancellations must be received 7 days prior to the first day of class. Refunds for classes or programs that are sponsored by Community Education and other organizations may have additional cancellation fees. For trip refunds, see individual trip deadlines.

PARENT PERMISSION FORM

After School Activities Program Only - Grades 5-8

Note: This permission form only needs to be completed ONCE a year.

If you have already signed this form for the 2023-2024 school year, you do NOT need to complete.

STUDENT NAME: _______________________________________________________________________________________________________

In the event of an emergency and school personnel is unable to contact a parent/guardian, I hereby authorize Winona Area Public Schools to request medical care, and if recommended by a medical doctor, hospital care.

___ GIVE PERMISSION       ___DO NOT GIVE PERMISSION

Signature of Parent/Guardian for PARENT PERMISSION ___________________________ Date ___________________________
**ADULT ENRICHMENTS**

Enrichment classes are designed for those aged 18+ unless otherwise specified in the description. Full descriptions can be found online at: [www.winonaschools.org/communityed](http://www.winonaschools.org/communityed)

**ISLAND CIty CLAYSPACE WORKSHOPS** are for adults and teens aged 14 and up, and limited to eleven students. Functional ceramic projects are food-safe and can be put in the dishwasher, microwave, and oven. Clay, use of tools, underglazes, bisque firing, glaze, and glaze firing are included. Workshops include detailed demos, and participants practice clay-working skills, express their individual aesthetic, and have fun! Workshops are suitable for beginners and experienced clay artists.

**Clay: Decorated Tiles**

Anne Scott Plummer

Have fun making and decorating several ceramic tiles! You’ll create tiles and learn six surface decorating techniques using texture, underglaze, and glaze. **Project pick-up date is Jan. 19.**

**There is a $15 materials fee paid to the instructor at class.**

AE984-1 Date: 1/6/2024 (Sa)  Time: 1pm - 3pm

Location: Island City Clayspace-275 E. 3rd St  Fee: $29

**Clay: Painted Skull**

Anne Scott Plummer

Develop skills sculpting a life-scale skull, decorating it in detail with underglazes, then glazing it 2 weeks later. Learn the complete ceramic process in this full-day workshop (with BYO lunch break) followed by a short glazing session after the bisque firing. Be inspired by Mexican Day of the Dead calaveras, or design your own decoration. **Fired project pick-up Oct. 27.**

**There is a $20 material fee paid directly to the instructor at class.**

AE980-1 Date: 10/17/23 (Sa)  Time: 9am - 3 pm

AE981-1 Date: 10/21/23 (Sa)  Time: 3pm - 4pm

Location: Island City Clayspace-275 E. 3rd St  Fee: $58

**Clay: Pair of Mugs**

Anne Scott Plummer

Enjoy a hot drink from your own handmade mug! Build and decorate two handled, slab mugs. Slab-building and extruding demos and tips presented, including texturing the outside surfaces. Your mugs will be food-safe and can be put in the oven, microwave, and dishwasher. **Fired project pick-up date is Nov. 15.**

**There is a $15 material fee paid to the instructor at class.**

AE981-1 Date: 10/28/23 (Sa)  Time: 1pm - 4pm

Location: Island City Clayspace-275 E. 3rd St  Fee: $29

**Clay: Brown Sugar Keepers**

Anne Scott Plummer

Develop the basic hand building skills of rolling slabs, cutting shapes, and modeling imagery as you create several brown sugar keepers. Produce up to six pieces with your hand-modeled images. Option to make your own stamp for repeated designs. Fabric gift bags and instructions for use included so you can make some small, fun gifts. **Fired project pick-up date is Nov. 20.**

**There is a $15 material fee paid directly to the instructor at class.**

AE982-1 Date: 11/11/23(Sa)  Time: 1pm - 4pm

Location: Island City Clayspace-275 E. 3rd St  Fee: $29

**Clay: Bowls**

Anne Scott Plummer

Explore texture in clay and make three functional soup, salad or cereal bowls! You’ll drape textured stoneware slabs into bowl forms used as slump molds. Translucent colored glazes will accentuate the textures you create. Paint designs with underglaze on smooth surfaces. **Project pick-up date is Dec. 27 or as arranged.**

**There is a $15 material fee paid directly to the instructor at class.**

AE983-1 Date: 12/9/23 (Sa)  Time: 1pm - 4pm

Location: Island City Clayspace-275 E. 3rd St  Fee: $29

**Creating Together: Grandparent/Special Person and Child Painting & Mix Media Art**

MaryLee Eischen

In this painting and mixed media art class, participants will paint a background for their sunflower or sun on a 12” x 12” canvas. As the paint dries on the back ground, we’ll design the petals or rays with different papers, designs and sayings. **This activity works well with children ages 6-12 years old.** We’ll create 1 or 2 canvases depending on time.

**There is a $10 materials fee paid to the instructor at class.**

AE971-1 Date: 10/23/23 (Th)  Time: 6pm - 7:30pm

Location: Winona Senior High Rm 158  Fee: $25

**Painting: Nature’s Beauty Landscape**

Barb Halvorson

This landscape painted in oils has purple hills, green foliage, and a large waterfall on a 11x14 canvas. **There is a materials fee of $15 paid directly to the instructor at class.**

AE990-1 Date: 9/12/23 (Tu)  Time: 6pm - 9pm

Location: Halvorson Art Studio-315 East 4th St.  Fee: $25

**Painting: Learn to Paint a Tiger**

Barb Halvorson

This is a fine-art wildlife piece where you will learn to paint a tiger, first you will paint the stripes and details in acrylic. The next week we will paint shadows, highlights etc. Not too hard for beginners. **There is a $15 material fee paid directly to the instructor at class.**

AE991-1 Date: 10/24/23 & 10/31/23 (2Tu)  Time: 6pm - 9pm

Location: Halvorson Art Studio-315 East 4th St.  Fee: $50

**Painting: A Cub on a Leaf**

Barb Halvorson

We will be painting this darling cub on a prepared leaf. Mat is not included. **There is a $15 material fee paid directly to the instructor at class.**

AE992-1 Date: 11/28/23 (Tu)  Time: 6pm - 9pm

Location: Halvorson Art Studio-315 East 4th St.  Fee: $25

**Painting: Christmas Bulbs**

Barb Halvorson

Let’s paint Christmas bulbs. There will also be a Christmas gift for each student. **There is a $15 material fee paid directly to the instructor at class.**

AE993-1 Date: 12/5/23 (Tu)  Time: 6pm - 9pm

Location: Halvorson Art Studio-315 East 4th St.  Fee: $25
**ADULT ENRICHMENTS**

**Instant Piano for Hopelessly Busy People**
Craig Coffman
In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. *Class is online using ZOOM and includes an online book and online follow up video lessons. A recording of the class is included.*
AE310-1 Date: 9/25/23 (M)  Time: 6:30pm - 9:30pm
Location: Online/Zoom  Fee: $59

**Instant Guitar for Hopelessly Busy People**
Craig Coffman
In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. *Class is online using ZOOM, and includes an online book and online follow-up video lessons.*
For ages 13+.
AE302-1 Date: 9/26/23 (Tu)  Time: 6:30pm - 9:30pm
Location: Online/Zoom  Fee: $59

**How To Play Piano by Ear**
Craig Coffman
Learn how to play songs without relying on music. A practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing all expressed in everyday language. This is an ideal follow-up to the “Instant Piano” class and is open to anyone who has a basic understanding of chords. *Class is online using ZOOM, and includes an online book and online follow-up video lessons.*
E290  Date: 12/2/23 (Sa)  Time: 1pm - 3:30pm
Location: Online/Zoom  Fee: $59

**Let’s Knot – Introduction to Macrame**
Linda Grupa
Learn 5 basic knots required for most macrame designs by completing a macrame wall hanging. Participant has the option to turn the wall hanging into a plant hanger. Macrame kits using these same knots will be available for purchase. *There is a $20 material fee paid directly to the instructor at the time of class.*
AE960-1 Date: 9/30/23 (Sa)  Time: 9:30am - 12:30pm
Location: Winona Senior High Rm 158  Fee: $20

**Macrame Rainbow - Beginner Level**
Linda Grupa
Class is suitable for novice and experienced knotters. Create a macrame wall hanging with basic spiral knot and beds. Experienced knotters will embellish their creation with beads, square knots or leaves. *There is a $25 material fee paid directly to the instructor at the time of class.*
AE961-1 Date: 11/11/23 (Sa)  Time: 10am - 1pm
Location: Winona Senior High Rm 158  Fee: $20

**Make a Chunky Blanket by Hand!**
Ambriel Jacobs, Linda Jacobs
Learn how to make a soft chunky blanket with your hands! You will leave class with your created blanket. Give as a gift, or keep for yourself. *Register by November 20.*
*Materials fee of $49 paid to the instructor at class, for 4 skein's of yarn. Email linda.jacobs@winona.k12.mn.us for yarn color(s).*
AE687-1 Date: 12/22/23 (Sa)  Time: 10am - 12:30pm
Location: Winona Senior High-Learning Commons  Fee: $20

**Carry Permits**

**Minnesota and Florida Carry Permit Training**
Marc Siem
Completion of this course fulfills the training requirement for a MN and Florida Permit to carry a handgun. This new certification is also required within one year of the renewal application of an existing MN Permit. A one day course of state certified classroom and live range fire. Each student should provide eye and ear protection, unloaded and cased handgun and 50 rounds of factory ammunition. .22 rimfire is acceptable. NO SINGLE ACTION REVOLVERS. DO NOT BRING FIREARMS OR AMMUNITION INTO THE CLASSROOM. You are required to demonstrate safe competent firearms operation.
AE22-1 Date: 9/9/23 (Sa)  AE22-2 Date: 10/7/23 (Sa)
AE22-3 Date: 11/4/23 (Sa)  AE22-4 Date: 12/2/23 (Sa)
Time: 8am - 4pm  Fee: $80 per session
Location: Winona Senior High-Ag Bldg

**Permit to Carry a Handgun Minnesota & Florida**
Fred Petersen
Completion of this course fulfills the training requirements for a MN Permit to Carry a Handgun, valid in twenty-seven states. It also fulfills the training requirement for a Florida Permit which adds an additional seven states. The live fire shooting exercise includes one-on-one coaching. Handguns and ammunition are provided. *You may wish to pack a lunch.* Arrangements for refresher classes for renewing Permit holders, and private classes are available. Information, support and FFL services are always available.
Questions? Contact Fred at (507) 450-4455 or alphafox333@outlook.com or visit us on Facebook.
AE22-1 Date: 9/9/23 (Sa)  AE22-2 Date: 10/7/23 (Sa)
AE22-3 Date: 11/4/23 (Sa)  AE22-4 Date: 12/2/23 (Sa)
Time: 8am - 4pm  Fee: $80 per session
Location: Winona Sportsman’s Club-22933 Gun Club Rd.

**Driving**

**MHSC Sr. Driver Improvement (4 Hour)**
Deanne Von Wald
This driver improvement course is taught by MN Highway Safety Center trained instructors. This class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. The classroom sessions are the initial eight hour and four hour refresher format. *Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over.*
AE57-1 Date: 8/28/23 (M)  Time: 9am - 1pm
AE57-2 Date: 10/16/23 (M)  Time: 5:30pm - 9:30pm
AE57-3 Date: 12/11/23 (M)  Time: 5:30pm - 9:30pm
Location: Winona Middle School Room 100-1  Fee: $24

**MHSC Sr Drive Improvement (8 Hour)**
AE57-2-1 Date: 12/4/23 & 12/5/23 (Tu&W)
Time: 5:30pm – 9:30pm (both nights)
Location: Winona Middle School Room 100-1  Fee: $28
**ADULT ENRICHMENTS**

**Financial/Business**

**Four Successful Strategies to Protect the House, Farm, Cabin & More Before & After Death**

*Steve Ledin*

The Concern: Our family has cabin, homestead, hunting land, farm or second home: How do we protect this family legacy and move its use and enjoyment into the future? The Problem: Various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, unequal resources of owners, the in-laws, and use and enjoyment equality. The Answer: We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset.

AE912-1 Date: 9/20/23 (W)  Time: 6:30pm - 7:30pm
Location: Winona Senior High Rm 219  Fee: $10

**What I Need to Know to Plan for Retirement**

*Teri McNally*

What are all the pieces I need to know to make sure I can retire comfortably? Learn what goes into creating a retirement plan, including income sources and tax efficiency along with what you need for success.

AE951-1 Date: 10/21/23 (Sa)  Time: 10am - 11am
Location: Winona Senior High Rm 219  Fee: $10

**Why You Can’t Always Trust Your Trust**

*Steve Ledin*

The trust is a very popular component and tool to be used in our Estate Planning. However, there is a variety of vastly different Trust options to be used. We will clearly define the strengths and weaknesses of the different types of Trusts and when to use them and explore your goals and wishes to see where they fall in the realm of Trusts. Questions are encouraged to set your mind at ease or assist you in the decision making in this area. **Zoom link will be sent to you.**

AE911-1 Date: 10/26/23 (Th)  Time: 6:30pm - 7:30pm
Location: Online/Zoom  Fee: $10

**Getting Started with Medicare**

*Jacob Thompson*

Enrolling in Medicare can feel like opening a puzzle that's all sky. It's hard to know where to start. But, much like with puzzles, a little help goes a long way. You'll learn:* Your current Medicare coverage options * The benefits and costs of each plan * Key points to consider with each plan. **Zoom link will be sent to you.**

AE676-1 Date: 11/1/23 (W)  Time: 6pm - 7pm
Location: Online/Zoom  Fee: $10

**Social Security: Timing is Everything**

*Jacob Thompson*

Social Security is a vital income source for many retirees. But it can be a confusing topic, and making the most of it can have a lot to do with timing it right. This workshop can help attendees get answers to their questions and learn what Social Security can mean for them. **Zoom link will be sent to you.**

AE677-1 Date: 11/8/23 (W)  Time: 6pm - 7pm
Location: Online/Zoom  Fee: $10

**How to Pay for the Nursing Home: An Attorney’s Perspective**

*Steve Ledin*

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money? Would I qualify for Medicaid? What about my Trust? What is the 60-month claw back? What if my spouse goes into the nursing home? Get the answers to these questions and learn how to create an effective plan. **Zoom link will be sent to you.**

EB32-1 Date: 11/6/23 (M)  Time: 6:30pm - 7:30pm
Location: Online/Zoom  Fee: $10

**Will Taxes Affect Your Retirement**

*Jacob Thompson*

It’s critical to have a solid understanding of the tax status of your investments so you can make informed decisions and avoid paying more than your fair share. In this seminar, attendees learn:* How Future tax changes may create the potential for higher taxes. * Ways to create tax-free retirement income. * How Social Security is taxed. * How to work efficiently within current tax brackets. **Zoom link will be sent to you.**

AE701-1 Date: 11/15/23 (W)  Time: 6pm - 7pm
Location: Online/Zoom  Fee: $10

**So You Are Thinking About Leaving Minnesota - An Attorney’s Perspective on How to Do it**

*Steve Ledin*

A vital part of every retirement or resettlement discussion involves the roadmap of issues that help us decide where we want to call home! Is it Taxes, the Political Landscape, Weather, Family Assets, Debt or Income Concerns, Cost of Living, Health Concerns or our Friends are already there? Did you know many States do not tax Social Security, Pensions or other Qualified Retirement Income sources? Which are the worst states for Estate Taxes? How do we establish Domicile? How about quality of medical resources and retirement facilities? All these issues will be discussed with questions encouraged.

AE950-1 Date: 12/19/23 (Tu)  Time: 6:30pm - 7:30pm
Location: Winona Senior High Rm 219  Fee: $10

**Social Media for Business**

*Nickie Welsch*

Driving new customer traffic to your website and promoting your business is imperative in today’s technology world. Don’t let your skill set or company get left behind! In this class, you’ll learn how to craft a simple but effective social media marketing strategy, listen to customers and implement tips to grow your business. **Zoom link will be sent to you.**

AE924-1 Date: 11/30/23 (Th)  Time: 12pm - 1pm
Location: Online/Zoom  Fee: $22

**Grow Your Business with Instagram**

*Nickie Welsch*

What can you do on Instagram that can result in huge growth for your customer base and sales? We’ve got the answers you need in this fun beginner level class to grow your business with Instagram. **Zoom link will be sent to you.**

AE923-1 Date: 12/7/23 (Th)  Time: 12pm - 1pm
Location: Online/Zoom  Fee: $22
**Fitness & Wellness**

**Ballroom Dance - Level 1**
Stan Breitlow, Molly Breitlow
Learn the basics of the Ballroom while dancing to popular music and the standards! You will learn Foxtrot, Rumba, Tango, Swing, Cha Cha and Waltz. The steps and patterns of each dance as well as style and technique are presented in a relaxed and encouraging environment. Wear soft-soled shoes that are easy to spin in. **Dance Partner is required for participation. Please register both participants separately - $80 per person.**

AE967-1 Date: 10/16/23 - 11/20/23 (6M)  
Time: 6pm - 7pm  
Location: Winona Athletic Club-Upstairs  
Fee: $80

**Ballroom Dance - Level 2**
Stan Breitlow, Molly Breitlow
Continue your Ballroom Dancing journey with us! **This class WILL NOT BE AN ADVANCED CLASS** (as has been in previous years). Rather, this class is intended to be a mid-level offering for those who have mastered Level 1 and are ready for new footwork, figures, and techniques, with an increased emphasis on lead/follow, style, and form. We will focus on Triple Swing and Rumba during this session (3 weeks per style). We will continue to offer more styles in pairs during the Winter and Spring sessions. Wear soft-soled shoes that are easy to spin in. **Dance Partner is required for participation. Please register both participants separately - $80 per person.**

AE968-1 Date: 10/16/23 - 11/20/23 (6M)  
Time: 7:15-8:15PM  
Location: Winona Athletic Club-Upstairs  
Fee: $80

**Beginning Tai Chi & Chi Gong**
Bahieh Wilkinson
Tai Chi is an ancient Chinese exercise used to harmonize the mind, body, and spirit. It is a gentle, joyful and meditative movement designed to unite the whole being, body and mind. Chi Gong is a branch of Traditional Chinese Medicine which developed 5000 years ago. The art of utilizing breath, posture and simple exercise to accumulate energy and enhance the healing of the mind, body and spirit. Good health depends on a free flow of energy to all parts of the organism which helps produce balance and equilibrium. It is simple, easy and effective. **No Class Nov. 23**

AE11-1 Date: 9/21/23 - 10/26/23 (6Th)  
Time: 5:45pm - 6:45pm  
Location: Jefferson Elementary School Gym

**Pilates for Everyone**
Mary Lee Eischen
Pilates for Everyone is a class to strengthen muscles in the back, abdomen, arms, legs, and neck. By strengthening the core muscles the back gives relief and practice is very beneficial to those suffering from back pain.

AE671-1 Date: 10/10/23 - 10/31/23 (4Tu)  
Time: 5:30pm - 6:15pm  
Location: Washington-Kosciusko Elementary School Gym

**Older Adult Passes**
Are you a Winona resident age 55 + and want to support WAPS school & athletic events? Pick up your V.I.P. Older Adult Pass!

This pass is for people 55+ who reside within the WAPS school boundaries. It grants you FREE admission to WAPS school and regular season athletic events.

Pick up your pass in the Winona Senior High School Athletic Office Monday-Friday 7:30 AM-4:00 PM during the school year.

**Hall Walking at the Winona Senior High School**
Step inside ~ join our hall walking program!

Hall walking will be available Monday through Friday from 6:15am - 7:45am at the Winona Senior High School. Pre-registration is required to obtain a walking pass.

For more information and to obtain your walking pass, call Community Education at (507) 494-0900 or email: linda.jacobs@winona.k12.mn.us.

Note: The school will be closed on all major holidays including: 
November 22 - 25, 2023
December 25, 2023 - January 2, 2024

**MaiKido (Self Defense Martial Art)**
Aaron Johnson
MaiKido students learn both striking and grappling techniques while standing and on the ground. We help you advance from beginning white through advanced black belt in an encouraging environment. All fitness and experience levels are welcome to join. **JOIN AT ANY TIME.**

*No Class Nov. 23*

AE59-1 Date: 9/18/23 - 11/2/23 (M&Th)  
Fee: $36

AE59-2 Date: 11/6/23 - 12/21/23 (M&Th)  
Fee: $36

Time: 6:30pm - 8pm  
Location: Jefferson Elementary School Gym (downstairs)

**Nia Movement that Feels Good**
Mary Lee Eischen
Nia is a movement practice that incorporates martial arts, dance arts and healing arts. We move to world music that uplifts and makes you want to tap your toes. You’ll learn to move your body with more grace, balance and confidence in a safe environment. Mary Lee has been a Nia instructor for over 12 years. Bring a Yoga mat, water bottle, comfortable clothing and inside shoes - if you have foot sensitivities - otherwise, Nia is done barefoot. **No class Dec. 5**

EB21-1 Date: 10/10/23 - 10/31/23 (4Tu)  
Fee: $45

EB21-2 Date: 11/14/23 - 12/12/23 (4Tu)  
Fee: $45

Time: 5:30pm - 6:15pm  
Location: Washington-Kosciusko Elementary School Gym (downstairs)

**Pilates for Everyone (Tuesday)**
Mary Lee Eischen
Pilates for Everyone is a class to strengthen muscles throughout the whole body. It uses intentional breathing to make the movement mindful and effective to strengthen muscles in the back, abdomen, arms, legs, and neck. This practice is very beneficial to those suffering from back pain. By strengthening the core muscles the back gives relief and ease. Modifications are given as core strength is developed. Bring a mat and water bottle. Wear comfortable clothing.

Available on Tuesdays and/or Wednesdays (see below).

AE671-4 Date: 10/10/23 - 10/31/23 (4Tu)  
Fee: $45

AE671-5 Date: 11/14/23 - 12/12/23 (4Tu)  
Fee: $45

Time: 6:30pm - 7:15pm  
*No class Dec. 5*

Location: Washington-Kosciusko Elementary School Gym

**Pilates for Everyone (Wednesday)**
Mary Lee Eischen
Pilates for Everyone is a class to strengthen muscles throughout the whole body. It uses intentional breathing to make the movement mindful and effective to strengthen muscles in the back, abdomen, arms, legs, and neck. This practice is very beneficial to those suffering from back pain. By strengthening the core muscles the back gives relief and ease. Modifications are given as core strength is developed.

Bring a mat and water bottle. Wear comfortable clothing.

*No class Nov. 22*

Location: Washington-Kosciusko Elementary School Gym
**ADULT ENRICHMENTS**

**FOAM ROLLING 101**  
*Linda Michalowski*  
Curious about myofascial release? Curious how a foam roller is used in fitness and how? This six-week class will introduce you to the foam roller by teaching you basics of myofascial release, stretching, bodyweight, and blended Pilates movements. This class is not safe for those who cannot easily move from the floor to standing, have joint or bone issues, fibromyalgia, or neurologic conditions.  
*Equipment needed: Foam roller will be available for purchase at class for $20 - paid directly to the instructor at class.*  
AE978-1 Date: 9/30/23 - 11/4/23 (6Sa) Fee: $36  
AE978-2 Date: 11/11/23 - 12/16/23 (6Sa) Fee: $36  
Time: 10am - 11am  
Location: Winona Middle School Gym

**RESISTANCE TRAINING BASICS - TUESDAY**  
*Linda Michalowski*  
The CDC recommends resistance training for most individuals at least 2 times per week. The benefits: increased bone density, increased endurance, decreased body fat, increased functional movement. You will be introduced to various resistance training options and techniques which will cover: basic form, body weight resistance, band resistance, and hand weight resistance. *For all ages & fitness levels.*  
*Available on Tuesdays and/or Saturdays (see below).*  
AE972-1 Date: 10/3/23 - 11/7/23 (6Tu) Fee: $36  
AE972-2 Date: 11/14/23 - 12/19/23 (6Tu) Fee: $36  
Time: 5:30pm - 6:30pm  
Location: Winona Middle School Fitness Center

**REsistance Training basiCs - SaTURday**  
*Linda Michalowski*  
Accessory included. For all ages & fitness levels.  
AE972-1 Date: 10/3/23 - 11/7/23 (6Sa) Fee: $36  
AE972-2 Date: 11/14/23 - 12/19/23 (6Sa) Fee: $36  
Time: 9am - 10am  
Location: Winona Middle School Fitness Center

**VinYasa YoGa**  
*Valerie Hazelton*  
In this all-levels yoga class we will be syncing breath to movement as we get out of our heads and into our bodies. This well-rounded class incorporates stretching, strengthening, balance, breath work and mobility for a full-body experience to leave you feeling good! Please bring a mat, water bottle and block.  
AE970-1 Date: 9/10/23 - 10/22/23 (6Su) Fee: $36  
AE970-2 Date: 10/29/23 - 11/19/23 (4Su) Fee: $36  
Time: 9am - 10am  
Location: Washington-Kosciusko Elementary School Gym

**Walk More, Worry Less - ViRtual Walking ChallengE!**  
*Kasi Michaels*  
Let’s get BACK ON TRACK this September! Join us for a WALK MORE, WORRY LESS Virtual Walking Challenge!  
You will be emailed a tracking sheet. There will be posts and prizes in our accountability Facebook Group to keep us motivated. *(Weekly emails will be sent for those who don’t use Facebook).* Need more info? Contact Kasi at: bornnotmovewithkasi@gmail.com  
AE965-1 Date/Time: Self paced Fee: $10  
Location: Online

**Water Aerobics with Kasi**  
*Kasi Michaels*  
Ever had a workout where resistance totally surrounded your body? Water creates natural resistance, which means every step is more challenging and helps tone your muscles. With the combination of music, water noodles, water dumbbells, and pure cardio, you will get an amazing workout! This class accommodates all level of fitness and challenges everyone individually. Please bring water dumbbells and or water noodle if possible.  
*Water aerobics will now be meeting once a week on Thursdays unless otherwise specified.*  
**NOTE: Nov 21st is a Tuesday!**  
AE615-1 Date: 10/5/23 - 11/16/23 (6Th) Fee: $36  
AE615-2 Date: 11/21/23 - 12/21/23 (5Th) Fee: $30  
Time: 6pm - 7pm  
Location: Winona Middle School Pool

**Home & Personal Growth**

**DIY PErFume & COlone**  
*Linda Grupa*  
Many traditional perfumes are too overpowering or leave anyone who gets a sniff with a headache. In our DIY Perfume and Cologne class you will learn how making the switch can impact your health and leave you and your loved ones feeling amazing all around. Class participant will create their own in a pretty perfume bottle and roller ball. Great gift ideas for yourself and others. *There is a $35 material fee paid directly to the instructor at the time of class.*  
AE962-1 Date: 10/21/23 (Sa) Time: 10am - 12pm  
Location: Winona Senior High School Rm 158 Fee: $15

**Halloween Cookie Decorating**  
*Laurie Sheely*  
Learn how to decorate your own Halloween cookies to take home! Leave class with six decorated cookies.  
AE977-1 Date: 10/25/23 (W) Time: 6:30pm - 8:30pm  
Location: Winona Middle School Rm 220 Fee: $35

**Holiday Cookie Decorating**  
*Laurie Sheely*  
Learn how to decorate your own holiday cookies to take home! Leave with six decorated cookies.  
AE976-1 Date: 11/9/23 (Sa) Time: 10:30am - 12pm  
Location: Winona Middle School Rm 220 Fee: $35

**Herbs From Garden to Kitchen**  
*Joan McNeil*  
Learn about growing, storing and cooking with common herbs that are easy to grow. Use them fresh or dried to enhance flavors and reduce the need for salt. *Joan has been growing and cooking with herbs for over 40 years.*  
AE975-1 Date: 9/18/23 (M) Time: 6:30pm - 8:30pm  
Location: Winona Middle School Rm 220 Fee: $22
ADULT ENRICHMENTS

**How to Use Uber for Transportation Independence**  
*Nickie Welsch*  
Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. [Zoom link will be sent to you prior to class.](#)  
AE953-1 Date: 9/21/23 (Th)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**How to Create Your Own YouTube Channel**  
*Nickie Welsch*  
In this fun beginner class, you’ll learn the basics to create and begin your very own YouTube channel. Join the world’s largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience. We’ll walk you through a step-by-step process so that you can get started today! Students will leave the class with confidence on how to effectively start, manage and create their very own YouTube channel successfully. [Zoom link will be sent to you prior to class.](#)  
AE922-1 Date: 9/28/23 (Th)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**How to Present Social Media Analytics with Ease**  
*Nickie Welsch*  
Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone - whether you’re an employee, small business owner, volunteer, etc. You will learn a step-by-step process so that you can get started today and confidently present and discuss how a post performed on social media. Students will expand their marketable skills, improve their confidence at work and add value to their organization after learning how to present social media analytics with confidence! [Zoom link will be sent to you prior to class.](#)  
AE954-1 Date: 10/3/23 (Tu)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**My Kid Wants to Be a YouTuber - Help!**  
*Nickie Welsch*  
Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023. [Zoom link will be sent to you prior to class.](#)  
AE955-1 Date: 10/5/23 (Th)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**Google Sheets for Awesome Beginners**  
*Nickie Welsch*  
Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets! [Zoom link will be sent to you prior to class.](#)  
AE956-1 Date: 10/10/23 (Tu)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**Podcast for Beginners**  
*Nickie Welsch*  
Have you heard about Podcast and would like to learn more? In this class you will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment! No prior experience required. Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, care, or out for a walk. [Zoom link will be sent to you prior to class.](#)  
AE957-1 Date: 1/9/2024 (Tu)  Time: 12pm - 1pm  
Location: Online/Zoom  Fee: $22

**Introduction to Online Genealogy**  
*Jennifer Shaffer*  
There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher. [Note: This is an online class.](#)  
AE995-1 Date: 11/1/23 (W)  Time: 7pm - 8pm  
Location: Online  Fee: $29

**Level Up Your Genealogy 1 - Intermediate Class**  
*Jennifer Shaffer*  
MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the Family Search Catalog, working with autosomal DNA for known and unknown family lines and other repositories to use beyond the large genealogy platforms.  
AE996-1 Date: 12/6/23 (W)  Time: 7pm - 8pm  
Location: Online  Fee: $29

**Introduction to Voiceovers**  
*Voices For All LLC*  
Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your deliver. One-time, 90 minute, one-on-one, video-chat class! Learn more: http://www.voicesforall.com/  
Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. [Note: Upon enrolling your class with be scheduled for a date and time of your convenience.](#)  
E345-1  Date/Time: TBD  Location: Online/Zoom  Fee: $49
ADULT ENRICHMENTS

Please note, first week is Orientation without dogs.

Prerequisites for all Dog Training classes:
1. Flea and tick preventative
2. Proof of Rabies and Distemper Vaccines up to date by class start date. Email vaccine information to: creaturecomfortswinona@gmail.com
3. Phone number and email where Kera can get a hold of you before classes begin, and to continue to send out emails each week summarizing class and giving further helpful information
4. Dog must not have shown fear or aggression around dogs or people, otherwise they should discuss other options with Kera (such as private lessons)
5. Dogs must be at least 5 months old

Dog Training: Basic Manners (Sunday)
Kera Wilhelmsen
This class is for adolescent and adult dogs that are dog and people friendly. We will work on being able to focus in a class environment along with such skills as Sit, Down, Leave it, Stay, Hand Targeting, Mat Work, Loose Leash Walking, Polite Greetings and Coming when Called. First week is Orientation without dogs.
AE937-1 Date: 10/1/23 - 10/29/23 (SSu)
Time: 2pm - 3pm
AE937-2 Date: 10/22/23 - 11/19/23 (SSu)
Time: 3:30pm - 4:30pm
Location: Goodview Elementary School Gym Fee: $100

Dog Training: Basic Manners (Mondays)
Kera Wilhelmsen
This class is for adolescent and adult dogs that are dog and people friendly. We will work on being able to focus in a class environment along with such skills as Sit, Down, Leave it, Stay, Hand Targeting, Mat Work, Loose Leash Walking, Polite Greetings and Coming when Called. First week is Orientation without dogs.
E28-1 Date: 10/2/23 - 10/30/23 (SM)
Time: 5:15pm - 6:15pm
Location: Goodview Elementary School Gym Fee: $100

Dog Training: Basic Manners (Tuesdays)
Kera Wilhelmsen
This class is for adolescent and adult dogs that are dog and people friendly. We will work on being able to focus in a class environment along with such skills as Sit, Down, Leave it, Stay, Hand Targeting, Mat Work, Loose Leash Walking, Polite Greetings and Coming when Called. First week is Orientation without dogs.
SE28-1 Date: 9/19/23 - 10/17/23 (STu)
Time: 5:45pm - 6:45pm
Location: Goodview Elementary Gym Fee: $100

Galena
Enjoy the colorful days of fall as you relax on our trip to Galena, Illinois! Galena was a popular, bustling destination in the early 1800’s and was the home of Ulysses S. Grant. Today’s travelers to northwestern Illinois find treasures in the area’s art galleries and studios, local shops and wineries, and enjoying the natural beauty of the rolling hills and gentle valleys. You will have the day to be on your own to shop, dine and take in all of the activities Galena has to offer during their annual Country Fair. Reservations are due by September 30. No refunds after September 30. An itinerary will be sent to you approximately 1 week prior to the trip with specifics.
AE50-1 Date: 10/7/23 (Sa) Time: 8am - 8:30pm
Location: Winona Middle School parking lot Fee: $59

The General Store of Minnetonka & Autumn at the MN Landscape Arboretum
The General Store of Minnetonka is a Minnesota gift store destination that you’ll just have to see to believe. Come and enjoy an incredible shopping experience of more than 15,000 square feet of an unparalleled selection of home décor, special gifts and old time classics. After shopping we will travel to the Minnesota Landscape Arboretum. There we will enjoy a Flower Pot Boxed Lunch. Lunch is served in a souvenier flower pot with seeds that you can take home as a gift from the Arboretum. After lunch, you will have time on your own to explore the Arboretum. Check out the pumpkin tree, featuring hundreds of pumpkins, gourds and squash grown at the Arboretum's Horticultural Research Center. After you've marveled at the huge variety of colors, shapes, sizes and textures, visit the Arboretum's Apple-House to buy Arboretum-grown pumpkins, squash and gourds for your seasonal displays or autumn meals.
Reservations are due by October 12. No refunds after October 12. An itinerary will be sent to you approximately 1 week prior to the trip with all the specifics of your day.
AE01-1 Date: 10/26/23 (Th) Time: 7:30am - 6pm
Location: Winona Middle School parking lot Fee: $92

A Christmas Carol - Guthrie Theater
Start the holiday season out by being one of the 1st groups to see the holiday tradition of Charles Dicken's "A Christmas Carol" at the Guthrie Theater. Join us as we watch Ebenezer Scrooge's journey to find the true spirit of the season. This adaptation stays faithful to the text and invites audiences to experience the wonder of the holiday season through scenery, costumes, props, lighting and sound. There are refreshments to purchase at the Guthrie for this 1 pm Saturday matinee, but please bring a lunch along to eat on the bus. To reserve seats at the Guthrie the registration deadline is September 25, 2023. Register today! No refunds after September 25. An itinerary will be sent to you approximately one week prior to the trip with specifics.
E64-1 Date: 11/18/23 (Sa) Time: 9:30am-6pm
Location: Winona Middle School parking lot Fee: $119
Welcome to Project COMPASS!

We are so excited for our upcoming class!
Check out all of our Fall classes here and online at:
https://www.winonaschools.org/communityed/adult-programs/project-compass

We are here for you!

If you have any questions or need my assistance,
please feel free to email me at anytime at: linda.jacobs@winona.k12.mn.us
or give us a call at (507) 494-0900.

Linda Jacobs, Adult Enrichment & Project COMPASS Coordinator

REGISTER FOR CLASSES & WORKSHOPS:
- Register online at:
  www.winonaschools.org/communityed
  Click on Adult Programs then click on
  Project COMPASS
- Call Community Education at (507) 494-0900
- Mail in registration found on page 4
- Stop by Community Education
  903 Gilmore Avenue, Winona
  (In the Winona Senior High School-District Office Door)

SCHOLARSHIPS & UCARE:
- $15 scholarships are available.
- Fill out the form on page 3 for scholarships or give us a call at (507) 494-0900.
- UCARE Discounts available for those who qualify.
- Call (507) 494-0900 to ask about scholarships or verify UCARE.

STAFF FEES:
- There are NO staff fees, but staff must pre-register.
- If staff would like to participate in a Canvas Art class, please pre-register and pay the fee.

WEATHER RELATED CLASS CANCELLATIONS:
If Winona Area Public Schools are closed due to the weather, Project COMPASS classes are canceled.
If inclement weather begins late in the day, cancellation decisions will be made by 2 pm and announced on the district website:
www.winonaschools.org and on the following radio stations: KWN0 (1230 AM/99.3 FM, KAGE (1380 AM/95.3 FM) and KHME (101 FM).

PARTICIPANT CANCELLATIONS:
IF YOU NEED TO CANCEL A CLASS, PLEASE NOTIFY US AT LEAST 24 HOURS BEFORE THE CLASS/ACTIVITY BEGINS (507) 494-0900 or email: linda.jacobs@winona.k12.mn.us
**ARTS**

**CANVAS ART: MOUNTAINS & LAKES**  
*Shelby Faustino*  
Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our “Mountains & Lakes” will feature a bright and colorful sky, mountain range, and reflections on the lake.  
*We hope you had a wonderful summer!*  
PC926-1 Date: 9/21/23 (Th)  
Time: 6pm-7:30pm  
Location: Winona Senior High School – Room 158  
Fee: $25

**CANVAS ART: HALLOWEEN KITTY**  
*Shelby Faustino*  
Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our “Halloween Kitty” will feature a cute costumed kitty, just in time for some trick or treating!  
PC925-1 Date: 10/19/23 (Th)  
Time: 6pm-7:30pm  
Location: Winona Senior High School – Room 158  
Fee: $25

**CANVAS ART: STARLIGHT CHRISTMAS TREES**  
*Shelby Faustino*  
Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our “Starlight Christmas Trees” will feature a row of snowy Christmas trees, under a starry sky and full moon.  
PC927-1 Date: 11/2/23 (Th)  
Time: 6pm-7:30pm  
Location: Winona Senior High School – Room 158  
Fee: $25

**CANVAS ART: CHRISTMAS MINIS**  
*Shelby Faustino*  
Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our “Christmas Minis” will feature TWO miniature canvases - Rudolph and a Snowman! One to keep, and one for you to gift - if you like!  
PC928-1 Date: 12/14/23 (Th)  
Time: 6pm-7:30pm  
Location: Winona Senior High School – Room 158  
Fee: $25

**EDUCATION**

**BOOK CLUB - READ ALONG WITH US!**  
*Kitty Steege-Coelin*  
Reading sparks imagination! We will read a chapter each week as a group on Zoom and then talk about our favorite parts.  
*Everyone that joins will receive the book and a bookmark. Zoom link will be sent to your email before class.*  
Z205-1 Date: 10/4/23 - 10/18/23 (3W) - *(The Worst Witch)*  
Z205-2 Date: 11/1/23 - 11/15/23 (3W) - *(Peter Pan)*  
Z205-3 Date: 12/6/23 - 12/20/23 (3W) - *(The Best Christmas Pageant Ever)*  
Time: 6pm-7pm  
Location: Online/Zoom  
Fee: $15 per session

**PROJECT COMPASS PEN PALS**  
*Staff Project Compass*  
Keep in touch through the mail!  
Each week participants will send and receive a note from another participant in this class. You will receive paper, stamped and addressed envelopes and colored pencils for this class. If you like to give and receive mail, this class is for you.  
PCZ211-1 Date: 10/1/23 - 11/4/23  
Fee: $15  
PC211-2 Date: 11/12/23 - 12/22/23  
Fee: $15  
Location/Time: Self-paced/at home

**HEALTH & WELLNESS**

**GENTLE YOGA WITH STEVE**  
*Steve Boland*  
You may find this experience leads you to a peaceful frame of mind. Steve will lead you in safe and gentle movement. Yoga will help remove tension and along with your meditation help you to achieve inner peace.  
PC07-1 Date: 10/5/23 - 10/26/23 (4Th)  
Fee: $15  
PC07-2 Date: 11/2/23 - 11/16/23 (3Th)  
Fee: $15  
PC07-3 Date: 11/30/23 - 12/21/23 (4Th)  
Fee: $15  
Time: 6pm - 6:45pm  
Location: Goodview Elementary School - Gym
PROJECT COMPASS

RECREATION & LIFE SKILLS

PROJECT COMPASS NIGHT AT WSHS FRIDAY NIGHT FOOTBALL GAME!
Kitty Steege-Coelin
Join us for a Winona Senior High School Football Game!
We will meet in front of Paul Giel field and enter as a group. Your fee includes entry into the game, popcorn and bottled water. **Registration Deadline date: Sept. 18, 2023.**
**Game time: 7pm. Please be sure to dress for the weather and bring a blanket if needed.**
PC818-1 Date: 9/22/23 Time: 6:45pm-8pm
Location: Paul Giel Field Entrance Fee: $15

COSMIC BOWLING
Kitty Steege-Coelin
Are you ready for some bowling? Tuesday nights are rock and bowl. The lights are turned down, the music is turned up and we bowl for prizes. Bumpers and ramps are available. **NO STROBE LIGHTS.** **PLEASE REGISTER FOR BOWLING AT LEAST 2 DAYS BEFORE THE SESSION BEGINS.** *Remember to sign up for each class date.*
PC10-1 Date: 10/10/23 (Tu) Fee: $15
PC10-2 Date: 11/14/23 (Tu) Fee: $15
Time: 4:30pm-5:30pm
Location: Westgate Bowl

WESTGATE BOWL
Kitty Steege-Coelin
Join your friends for fitness and fun at Westgate Bowl. Bumpers and ramps are available. BE SURE TO REGISTER FOR BOWLING BEFORE THE SESSION BEGINS. *Remember to sign up for each session.*
We will end our semester with a party after bowling on December 19th!
PC09-1 Date: 9/12/23 - 10/3/23 (4Tu) Fee: $20
PC09-2 Date: 10/17/23 - 11/7/23 (4Tu) Fee: $20
PC09-3 Date: 11/28/23 - 12/19/23 (4Tu) Fee: $20
Time: 4:30pm-5:30pm
Location: Westgate Bowl

FRIDAY NIGHT BINGO
Kitty Steege-Coelin
Everyone loves BINGO! Join us on Friday nights for bingo fun and prizes!
PC700-1 Date: 10/20/23 – Candy Bar Bingo Fee: $15
PC700-2 Date: 11/10/23 – Give Thanks Bingo Fee: $15
PC700-3 Date: 12/8/23 – Happy Holidays Bingo Fee: $15
Time: 6pm-7pm
Location: Winona Middle School - Commons

GOIN’ FISHIN’
U.S. Fish & Wildlife
Fish with us! Winona Fish & Wildlife will providing fishing rods and bait.
A HUGE thank you to our compass cosponsors, U.S. Fish & Wildlife Service for sponsoring our fun fishing events! **CANCELED IF SEVERE WEATHER.**
PC25-1 Date: 9/20/23 (W) Time: 5pm-6:15pm
Location: Huff St. Fishing Dock Fee: $15

COOK WITH KITTY AT OUR IN PERSON COOKING CLASSES!!

KITTY - PITA PIZZA
Kitty Steege-Coelin
Together we will make Pita Pizza and Caramel Apple Cheese Cake Dip with apples. We will end class with time to eat what we have made. **Note: This is an in person cooking class.**
PC930-1 Date: 9/25/23 (M) Time: 5pm-6:30pm
Location: Winona Middle School – Room 220 Fee: $15

IN THE KITCHEN WITH KITTY
- ONE POT CHILI
Kitty Steege-Coelin
Together we will make Chili and Pumpkin Cupcakes for dessert. We will end class with time to eat what we have made. **Note: This is an in person cooking class.**
PC931-1 Date: 10/30/23 (M) Time: 5pm-6:30pm
Location: Winona Middle School – Room 220 Fee: $15

IN THE KITCHEN WITH KITTY
- TURKEY STROGANOFF
Kitty Steege-Coelin
Together we will make Turkey Stroganoff and Orange Dream Muffins. We will end class with time to eat what we have made. **Note: This is an in person cooking class.**
PC932-1 Date: 11/27/23 (M) Time: 5pm-6:30pm
Location: Winona Middle School – Room 220 Fee: $15

IN THE KITCHEN WITH KITTY
- 3RD ANNUAL COOKIE BAKE & SWAP
Kitty Steege-Coelin
Together we will make a variety of cookies to share at this in person class. *Note this class is not a meal.* **This is a make-n-take class.**
PC933-1 Date: 12/18/23 (M) Time: 4:30pm-6pm
Location: Winona Middle School – Room 220 Fee: $15
PIZZA PARTY & CRAFT
Kitty Steege-Coelin
We have combined our craft nights with our pizza parties for one great event! Grab your friends and join us for a fun, seasonal craft activity along with pizza, beverage and desert.
Note: There is no fee for staff, but staff must pre-register.
C192-1 Date: 10/9/23 (M) – Pumpkin Craft Fee: $15
C192-2 Date: 11/6/23 (M) – Give Thanks Craft Fee: $15
C192-3 Date: 12/11/23 (M) – Christmas Craft Fee: $15
Time: 5:30pm-6:30pm
Location: Winona Senior High School - Concourse

POPCORN, POP AND A MOVIE
Kris Stevens
Saturday is Movie Day! Join us on Saturday mornings for popcorn, pop and a movie with friends!
PC12-1 Date: 10/14/23 (Sa) Fee: $15
PC12-2 Date: 11/4/23 (Sa) Fee: $15
PC12-3 Date: 12/2/23 (Sa) Fee: $15
Time: 10am-12pm
Location: Winona Middle School – Room 100-1

TINSEL AND LIGHTS
Kitty Steege-Coelin
Join us to see some of the best holiday light displays in Winona. We will end our tour with Hot Chocolate and a treat at the Winona Senior High School. Bus leaves the Winona Senior High School Parking Lot at 6:30 p.m. sharp! There is no staff fee BUT STAFF MUST PRE-REGISTER so we have enough seats on the bus.
PC13-1 Date: 12/15/23 (F) Time: 6:30pm-8:30pm
Location: Winona Senior High School - Parking lot
Fee: $15

Project COMPASS Class
~ Registration is easy ~
Visit us online at: winonaschool.org/community
Give Community Education a call at: (507) 494-0900
or scan the QR code!
PROJECT COMPASS

NAMI CONNECTION: A MENTAL ILLNESS SUPPORT GROUP
Richard Iverson, Judy McCormick
Our self-help group for people recovering from mental illness is a place to find acceptance, support, and friendship. It meets every Monday evening. No Fee just walk in and join us. For information, call a facilitator, Judy McCormick (507)450-0265, or Rich Iverson (507) 429-8209. Cosponsored by NAMI, (National Alliance on Mental Illness) Winona Affiliate, Project COMPASS.

Date: 8/7/23 - 12/18/23
Time: 7pm - 8:30pm
Location: VFW, 208 E. 3rd Street    Fee: Free

NAMI: A FAMILY MENTAL ILLNESS SUPPORT GROUP
Chuck Kernler, Helen Newell
Do you have a loved one living with a mental illness? If so, we provide a place for you that offers information, respect, understanding, resources and hope. Meetings are the 2nd Wednesday of the month. No fee just walk in and join us. For more information call facilitators Helen at (507) 459-2230 or Chuck at (507) 226-3079. Cosponsored by NAMI Winona Affiliate and Project COMPASS.

Date: 8/9/23 - 12/13/23 (2nd Wednesday)
Time: 6:30pm - 8pm
Location: VFW, 208 E. 3rd Street    Fee: Free

SAFE DATES
AN EVIDENCE BASED PROGRAM TO PREVENT DATING VIOLENCE
Taylor Geurink
Advocacy Center of Winona
Safe Dates is an evidence based program that educates youth and adolescents on how to identify and prevent dating violence. Through sessions, students will learn and discuss the causes of dating violence, how they can help a friend in an abusive relationship, common stereotypes regarding dating violence, and important prevention techniques. Available in English and Spanish.

YE101 Dates: 10/28/23 (Sa)
11/04/23 (Sa)
11/11/23 (Sa)
Time: 10am – 12pm
Location: Winona Senior High School–Room 219    Fee: Free

REMEMBER: If you or someone you know is experiencing a mental health crisis, help is available. There is hope. No matter the age or the challenges people face, help is a phone call, text, or online chat away. The following resources will help those in a crisis:

Call or Text to 988
Text “MN” to 741741
Chat 988lifeline.org/chat/

There is hope.
ADULT LITERACY • GED • ABE • ESL
903 Gilmore Avenue, Winona, MN 55987 • 507-494-0900 (office) • 507-494-0807 (fax)

2023-24 ADULT LITERACY CLASSES:
Check our website for the most up to date information at:
https://www.winonaschools.org/communityed/adult-programs/adult-literacy

Questions? We can help. Call 507-494-0900, or contact the Winona Adult Literacy Coordinator ~ Chris Dahlke at: chris.dahlke@winona.k12.mn.us; 507-494-0924.

GED & ABE SERVICES:
Students can work towards passing the 4 GED tests--or work on math or English for post-secondary education or employment--in an in-person class, online, or both. Classes are offered in the morning, afternoon, and evening.
To see our specific class hours, visit our website at: http://winonaschools.org/adult-literacy, or contact Chris Dahlke at (507) 494-0924 or chris.dahlke@winona.k12.mn.us with any questions.

ESL SERVICES:
Students can work on improving their English Language skills online or in person. ESL classes are offered online and in-person in the morning and in the evening. Students can also get started by appointment.
To see our current ESL schedule, please visit: http://winonaschools.org/adult-literacy.
To get started, or if you have any questions, please contact one of the ESL teachers: Margaret Trott, margaret.trott@winona.k12.mn.us, or Karla Krause, karla.krause@winona.k12.mn.us, or call Community Education at (507) 494-0904.

GED TESTING INFORMATION
GED testing is now completely computer based. Students will register online, find testing sites and times online and pay for the tests online (credit card or voucher) at: myged.com.

MN residents may have access to reduced GED testing costs while funding lasts.
Questions? Call Community Education at 507-494-0924.
7TH AND 8TH GRADE TRAVELING COMPETITIVE SPORTS

The following 7th and 8th grade traveling competitive sports will be offered to all middle school students during the upcoming Fall season:

<table>
<thead>
<tr>
<th>SPORT</th>
<th>GRADE LEVEL</th>
<th>PRACTICE SITE</th>
<th>PRACTICE BEGINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>7-8</td>
<td>WMS</td>
<td>August 21</td>
</tr>
<tr>
<td>Volleyball</td>
<td>7-8</td>
<td>WMS</td>
<td>September 1</td>
</tr>
<tr>
<td>Cross Country (girls/boys)</td>
<td>7-12</td>
<td>WSHS</td>
<td>August 14</td>
</tr>
<tr>
<td>Soccer (girls/boys)</td>
<td>7-12</td>
<td>WSHS</td>
<td>August 14</td>
</tr>
<tr>
<td>Swim/Dive (girls)</td>
<td>7-12</td>
<td>WSHS</td>
<td>August 14</td>
</tr>
<tr>
<td>Tennis (girls)</td>
<td>7-12</td>
<td>WMS</td>
<td>August 14</td>
</tr>
</tbody>
</table>

WMS (Winona Middle School) ~ WSHS (Winona Senior High School)

All high school athletes and parent(s) are required to attend a yearly sports registration meeting. The Sports Registration meeting for Fall will be held on: Monday, August 7th at 6 pm followed by your team meeting at 7 pm. Athletes participating in 7th/8th grade Football and Volleyball do NOT need to attend the sports registration meeting.

Cost for all 7th and 8th grade athletes is $80 per sport. The individual yearly sports cap is $240.
# After School Activities ~ Grades 5 & 6

**Attendees:** Students in 7th and 8th grade who wish to participate in noncompetitive sports are welcome to join any of the sports listed below.

## Fall Activities

### Cheerleading
Grab your tennis shoes, shorts, and get your best cheer moves ready. Cheerleaders will practice twice a week. Participants will work on cheers, kicks, formations, and above all, have FUN! Uniforms will be provided while cheering at a 7th and 8th grade home football game. Show your orange and black school spirit, and get ready to "Bring It On"!

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS South Gym

### 5th/6th Grade Cross Country
It's time to find your stride! Students will run daily, short and long distances. Participants will run a 5K early on to test their time, and again at season's end to gauge their improvement. Runners will encourage each other and learn to run as a team. Grab your shoes, make sure they are laced, it's time to find your Winhawk pace!

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS Tennis Courts

### 5th/6th Grade Flag Football
Do you love football, but tackle football isn't quite for you? Flag football participants will learn the basics of football: throwing, receiving, kicking, etc. Teams will be formed and games will be played. Teams will develop plays with the help of their coach. Athletes will have the opportunity to play and learn different positions. **Go Winhawks!**

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS Field

### 5th/6th Grade Swimming
Calling all swimmers! Whether you are a beginner, intermediate, or advanced, you are encouraged to join. Swimmers will learn new strokes or perfect the ones they already know. There will also be plenty of fun time as well. Our coaches are qualified instructors and lifeguards. Bring a suit and towel from home and let's jump on in!

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS Swimming Pool

### 5th/6th Grade Tennis
Grab your racket and let's hit the court! This program is for ALL tennis levels. Participants will work on new skills while perfecting their current ones. You will play intramural games against your friends, new and old.

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS Tennis Courts

### 5th/6th Grade Volleyball
It's time to get your bump, set, spike going! Volleyball players, whether you know the game or not, are encouraged to join. This popular girls sport will keep you moving while you learn and perfect your skills. If you hope to play Winhawk volleyball someday, this is the starting point for you.

- **Date:** 9/11 - 10/26/2023
- **Days:** M, T, W, TH
- **Fee:** $60
- **Location:** WMS South Gym

## Ongoing Activities

### Art Club
Let the artist in you shine as you learn to express yourself through the world of art. Artists will meet once a week. This club is driven by the choices and the ideas of the kids. Supplies are furnished by the After School Activities Office. **No class on December 18.**

- **FALL**
  - **Date:** 9/18 - 10/23/2023
  - **Days:** M
  - **Fee:** $32
- **WINTER**
  - **Date:** 11/13 - 1/8/2024
  - **Days:** M
  - **Fee:** $30
- **Location:** WMS Commons

### Dungeons & Dragons (D&D) Club
**This class is for students in 7th & 8th grade**

Do you have a wild imagination? Have you ever wanted to become the awesome heroes we read in stories? Are you looking for a space to hang out with friends who share your interests of using your imagination to have fun? Then Dungeons & Dragons (D&D) Club is exactly what you're looking for! D&D is one of many types of tabletop role playing games where friends work together to solve problems, overcome conflict, take on different roles from their own personality, and there's even a hint of practicing basic math. D&D Club at the WMS is a safe place for students to step out of their comfort zone and play the fantastical heroes they've always dreamed of becoming.

- **No class December 21.**
- **Date:** 11/2 - 1/4/2024
- **Days:** TH
- **Fee:** $20
- **Location:** WMS Room 204-3

### Fitness Center
7th & 8th grade boys and girls are encouraged to come and prepare for a sport or develop a healthy lifestyle. All students must be registered and have a sports physical on file before they can participate. **Students must sign up daily in the After School Activities Office to be able to attend.**

- **FALL**
  - **Date:** 9/18 - 5/23/2024
  - **Days:** M, T, W, TH
  - **Fee:** FREE
  - **Location:** WMS Fitness Center
- **WINTER**
  - **Date:** 11/2 - 1/8/2024
  - **Days:** M
  - **Fee:** $30
  - **Location:** WMS Room 104-4

### Hawk Help Club
After School Activities hosts an after school homework club for students to get help. The club is staffed by college or high school students. Stay for a bit and get a start on your homework, or you can stay the entire time and keep working. **Students must sign up daily in the After School Activities Office if you wish to attend.** Don't let that "A" slip away. Get some Hawk Help today!

- **Date:** 10/3 - 5/23/2024
- **Days:** T & TH
- **Fee:** FREE
- **Location:** WMS Room 104-4

### Helping Hands
The Helping Hands Club offers students a great opportunity to make a difference in their community. Join our instructor as students decide, plan, and implement their commitment to our community. Students will build self-esteem and make new friends as they accomplish group goals. Sign up now, it's never too late to lend a Helping Hand!

- **Date:** 9/27 - 4/24/2024
- **Days:** W
- **Fee:** FREE
- **Location:** WMS Commons
LEGO CLUB
Don’t "Lego" your school year go by without some fun! Lego Club is student driven so the direction and/or creations will be decided upon by the participants. Legos will be supplied. This is a great club to meet new friends!
No class on December 20.
FALL - Date: 9/20-11/1/2023
WINTER - Date: 11/20-1/24/2024
Times: 3:30 - 5:15 PM  Location: WMS Media Center
Date: 1/27 - 2/1/2024  Days: M, T, W, TH  Fee: $60
Times: 3:30 - 5:15 PM  Location: WMS Media Center

READERS & LEADERS LIBRARY CLUB
Does your student enjoy reading and working with books? The Readers & Leaders Library Club is part book club, part reading advocacy, and all parts fun! Students will join WMS librarian, Mrs. Smeye, for literary activities such as reading books and book talks; creating book displays, posters, and presentations that promote reading and good reading habits; performing readers theater; playing literary games; creating with books; and other reading-related activities. Each student will receive a paperback book as part of the book club.
No class on December 19.
FALL - Date: 9/19-10/31/2023
WINTER - Date: 11/28-1/30/2024
Times: 3:30 - 5:15 PM  Location: WMS Media Center

STRATEGY GAMING CLUB
It’s time to get your game on! Do you like to play chess, checkers, Uno, battleship, or other strategy games? If so, you have found the perfect club for you. This group is for boys and girls of all gaming levels and a great way to meet new friends. It’s time to perfect your checkmate!
No class on December 19.
Date: 11/28 - 1/30/2024
Times: 3:30 PM - 5:15 PM  Location: WMS Room 204-4

ARCHERY
This program will be directed by the National Archery in the Schools (NASP) and DNR certified instructors. It is available to beginner and experienced archers and will follow the NASP safety, instructional, and shooting format. Participants will use the Genesis bows and supplies provided by the club. Students may ride the bus to Ridgeway and MUST be picked up by parents when done. You must be preregistered for this class. For more information go to www.archeryintheschools.org. Additional volunteer assistants are welcome with or without archery experience.
SPACE IS LIMITED (20 students per group).
Date: 1/10 - 2/28/2024
Times: 3:30 - 5:45 PM  Location: Ridgeway School

5TH/6TH GRADE BOYS BASKETBALL
Let’s shoot some hoops! 5th & 6th grade boys will practice skills, drills, and ball control. Teams will be formed and intramural games will be played. Emphasis will be on preparing participants for the competitive play as 7th graders. Practice will be held at W-K Elementary. Students will be bused to Jefferson Elementary and parents must pick up at the end of practice at Jefferson.
No practices the week of December 18.
Date: 11/27 - 2/1/2024  Days: M, T, W, TH  Fee: $60
Times: 3:30 - 5:15 PM  Location: W-K Elem Gym

5TH/6TH GRADE GIRLS BASKETBALL
Let’s shoot some hoops! 5th & 6th grade girls will practice skills, drills, and ball control. Teams will be formed and intramural games will be played. Emphasis will be on preparing participants for the competitive play as 7th graders. Practice will be held at Jefferson Elementary. Students will be bused to Jefferson Elementary and parents must pick up at the end of practice at Jefferson.
No practice the week of December 18.
Date: 11/27 - 2/1/2024  Days: M, T, W, TH  Fee: $60
Times: 3:30 - 5:15 PM  Location: Jefferson Elem Gym

5TH/6TH GRADE DANCE TEAM
You just gotta dance! Dance team will teach you the basics of hip hop, jazz, and high kick dance. Dance team is for dancers of all levels and experience. There will be a final show for the parents to show off what dancers have learned. Grab a friend and your dance shoes (tennis shoes are fine) and get moving to the music!
No practices the week of December 18.
Date: 11/28 - 2/1/2024
Times: 3:30 - 5:15 PM  Location: WMS Commons

5TH/6TH GRADE SWIMMING
Life is cool in the pool! Whether your swim skills are beginner, intermediate, or advanced, you are encouraged to give swimming a chance. Swimmers will learn new strokes, or perfect the ones they already know. There will also be plenty of free time for fun. Our coaches are qualified instructors and lifeguards. Bring a suit and towel from home. Jump on in, it’s time to make a splash!
No practices the week of December 18.
Date: 11/27 - 2/1/2024  Days: M, T, W, TH  Fee: $60
Times: 3:30 - 5:15 PM  Location: WMS Pool

Drama Club
(6th, 7th and 8th Grade)
Drama Club is sponsored by Community Education. It is a wonderful way to learn more about performing arts and meet new friends. This dramatic club is for all of the fairytale creatures that he has caused pain to. Auditions will be on March 21 and 22. This play will take you into the courtroom as the Big Bad Wolf faces trial for all of the fairytale creatures that he has caused pain to. All 6th, 7th, and 8th graders are invited to join us! Auditions will be held on December 11 and 12; everyone who auditions will be given a part. Not comfortable on stage? Don't "Lego" your school year go by without some fun! Lego Club is student driven so the direction and/or creations will be decided upon by the participants. Legos will be supplied. This is a great club to meet new friends!
No class on December 20.
Date: 1/3 - 3/22/2024
Times: 3:30 - 5:30 PM  Location: WMS Auditorium

No practices the week of December 18.
Date: 1/27 - 2/1/2024
Times: 3:30 - 5:15 PM  Location: W-K Elem Gym

The Big Bad Musical
WintEr Activities
KEY KIDS
Key Kids is a school-aged childcare program open to children ages Kindergarten through 4th grade. We provide care after school, on non-school days, snow days and late start mornings. Key Kids is a fun place for exploring, learning, making new friends, taking field trips, playing games, arts and crafts, and outdoor fun. OPENINGS AVAILABLE...REGISTER TODAY!

KEY KIDS SITE LOCATIONS:
► W-K Elementary, 365 Mankato Avenue
► Goodview Elementary, 5100 W 9th Street
► Jefferson Elementary, 1268 W 5th Street
► Winona Middle School, 1570 Homer Road
For All No School Days, Snow Care & Summer Care

KEY KIDS RATES:
► After-school care is $10/day ($8.50/day for 2nd child)
► Full day non-school days care is provided 6:30 am – 5:30 pm at Winona Middle School
$28/day ($25/day for 2nd child)

Tuition assistance is available through Winona County Child Care Assistance.

SUMMER KEY KIDS
Summer Key Kids is a summer child care program open to children who are entering Kindergarten through 6th grade. Summer Key Kids includes arts and crafts, outdoor activities, swimming, field trips, and educational activities which provide a FUN, EXCITING, and ENRICHING environment for your child.
Free breakfast, lunch and snack included!
Summer Key Kids is held at the Winona Middle School ~ 1570 Homer Road and at the Goodview Elementary School ~ 5100 W 9th Street
For more information on Summer Key Kids call the Key Kids office at: (507) 494-0905.

To REGISTER for Key Kids:
All Key Kids registrations are online.

To register or for more information visit our website at: www.winonaschools.org/communityed

Click on KEY KIDS CHILDCARE then click on the New Family tab if you are a new family or Current Families tab if you are not new to Key Kids.

QUESTIONS? Call the Key Kids Office at: (507) 494-0905
ATTENTION ALL 3-5 YEAR OLDS:

Early Childhood Screening is an early look at your child’s hearing, vision and development. Screening helps us to see your child’s skills in thinking, communication & language, large and small motor muscle, and social/emotional development.

Please note that this screening is different than your child’s annual physical checkup. Early Childhood Screening helps a school identify at an early stage, possible learning or health concerns, and also helps to identify children who may benefit from district and community resources which may help with development.

This **FREE** screening fulfills the state requirement for all children to be screened prior to starting kindergarten in any MN public school.

**2023-2024 SCREENING DATES:**

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>21 &amp; 28</td>
<td>Goodview Elementary School</td>
</tr>
<tr>
<td>October</td>
<td>5, 10 (Tuesday),</td>
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<td></td>
<td>12, 26</td>
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<tr>
<td>November</td>
<td>2, 9, 16, 30</td>
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<td></td>
<td>December 7, 12</td>
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<td></td>
<td>(Tuesdays), 14, 21</td>
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</tr>
<tr>
<td>January</td>
<td>4, 11, 18, 25</td>
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<td></td>
<td>February 1, 8, 13</td>
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<td>(Tuesday), 15, 22, 29</td>
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<tr>
<td>March</td>
<td>14, 21, 28</td>
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<tr>
<td></td>
<td>April 4, 9</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Tuesday), 11, 18, 25</td>
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</table>

**REQUEST AN APPOINTMENT:**  winonaschools.org/screening

Early Childhood Screening Coordinator:  Angie Denis (507) 494-0915

Screenings are held in the Early Childhood Wing ~ Goodview Elementary School ~ 5100 W 9th Street, Winona

Questions? Call (507) 494-0913 or visit us online!
COMMUNITY KIDS PRESCHOOL (CKP)

- Our program will prepare your child for Kindergarten and Beyond!
- Licensed teachers & specialists
- Transportation provided out of the walk zone
- Research based curriculum and learning experiences
- High quality play-based learning
- Scholarships available
- Individualized instruction
- Key Kids after school care available on days children are registered for classes
- Parent Aware 4 Star Preschool

Winona Area Public Schools Community Kids Preschool focuses on developing the whole child. We strive to provide high quality learning experiences that develop social and emotional skills, language, literacy, mathematics, and physical development. Our children learn in whole group, small group, and individual opportunities through play and hands on learning activities. Our licensed teaching staff use the National Pyramid Model framework to create an environment where every child feels comfortable in school.

LOCATIONS:
- Community Kids Preschool has locations at:
  ~Goodview Elementary School ~ 5100 9th Street, Winona
  ~WK Elementary School ~ 365 Mankato Avenue, Winona

REGISTRATION:
- Registration for the 23-24 school year is open
- Register today at www.winonaschools.org/enroll
- For more information please contact Community Kids Preschool Coordinator ~ Angie Denis at (507) 494-0915

PROGRAMMING DAYS/TIMES:

2 DAY ALL DAY

- Tuesday/Thursday
  7:45am-2:15pm
- 9 payments of $256 (billed monthly)
- $30 registration fee
- For children 3-5 years old
- Must be 3 years old by Sept. 1st

3 DAY ALL DAY

- Monday/Wednesday/Friday
  7:45am-2:15pm
- 9 payments of $348 (billed monthly)
- $30 registration fee
- For children 4-5 years old

COMMUNITY KIDS PRESCHOOL FALL MEET THE TEACHER!

August 31st & September 5th, 2023 (by appointment)
Come Meet the Teacher and receive all the information needed for a fun and successful year. Appointment sign up information will be sent to enrolled families the week of August 28th.
WELCOME TO ECFE!

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children between the ages of birth to kindergarten. ECFE is based on the idea that the family provides a child's first and most significant learning environment and parents are a child's first and most important teachers. The goal of ECFE is to enhance the ability of all parents to provide the best possible environment for their child's learning and growth.

HOW ARE CLASSES AND ACTIVITIES OFFERED?

ECFE classes are Parent & Child classes which include three components. Parent and child interaction time focuses on activities and learning together. Children’s programming is taught by a licensed early childhood educator and focuses on age appropriate activities for your child. Parent discussion time is led by a licensed parent educator and centers on a specific topic related to your child and their developmental stage. Interaction with other parents in an informal group discussion takes place in the parent education room for separating classes and in another area of the same room for non-separating classes.

WHAT ARE THE BENEFITS OF ECFE?

The program encourages positive parental interactions that affect how children develop and learn. Research has shown that ECFE programs involving parents with their children are more effective than programs focusing exclusively on children. ECFE also offers a toy lending library and resources on parenting and child development.

WHERE IS ECFE LOCATED?

ECFE is located at Goodview School 5100 West 9th Street. Early Childhood Screening, Community KIDS Preschool and Early Childhood Special Education are also located at Goodview School.

ARE THERE FEES?

There are fees for classes and a sliding fee scale based on a family’s income.

► No one will be turned away due to an inability to pay.
► You MUST REGISTER online for all offerings.
► Call our office for more information or help determining your cost.

FIND US ON:

www.facebook.com/WinonaECFE

2023-2024 SLIDING CLASS FEES

<table>
<thead>
<tr>
<th>Family’s Yearly Gross Income</th>
<th>Fee Per Child Per Class</th>
<th>Max Per Family Per Class</th>
<th>Fee if Parent Only or Child Under 1yr/Not Walking Per Class</th>
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<tbody>
<tr>
<td>$90,000 &amp; up</td>
<td>$95</td>
<td>$190</td>
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EARLY CHILDHOOD FAMILY EDUCATION

ECFE Open House
August 31, 2023
3 pm - 7 pm
&
September 5, 2023
8 am - 2 pm
Come learn what ECFE is all about,
meet our staff and check out our learning spaces!

~ Non-Separating Classes ~

A non-separating class means you and your child will remain together for the entire class. Each class offers the ECFE experience including parent and child time (PACT). These classes may also include a parent discussion in the same room as your child.

BABY AND ME
Join the class at any time; babies and parents are always welcomed. Babies bring joy and big changes to families. This is a weekly class for infants, birth - 12 months, and their parents. All of your baby questions and insights will be discussed with a Licensed Parent Educator and other parents of little ones. There are many opportunities to connect with other parents and together you begin to find your parenting style. Your baby enjoys the other infants and you learn the traditional ECFE circle time songs as well!
Sibling care is available upon request at registration.
Wednesday Afternoons
12:00-1:30pm
Parent Education Room 103
Registration Required

PLAY WITH PURPOSE
(birth to 3rd grade)
Discover learning through your child's eyes in these parent and child classes. Families will enjoy circle time, themed play, songs, and stories with their children as well as a variety of different activities. A Child Educator will lead this class along with available support from a Parent Educator.
Friday Mornings
8:30-10:00am
Early Childhood Room 106
Registration Required

ECFE AROUND TOWN
(birth to 3rd grade)
ECFE Around Town is an extension of our Early Childhood Family Education program for families, caregivers and children ages birth to 5 years old throughout the district. This is a program that like our other classes will provide you and your family with a wonderful ECFE experience that includes ideas for creative, fun, age appropriate activities, as well as time to discuss questions on kids and family. Information and ideas on child development, parenting and community resources are also available.
Thursday late morning
10:30am-12:00pm
Locations around town TBD
Free/no registration required

DROP-IN PLAYGROUP
Drop-In Playgroup is an opportunity for children to learn, grow and develop through play. There is something to keep every child happy and busy, with a baby and toddler area, activities for preschoolers, a great outdoor space plus lots of art, craft and messy play. And what's even better - we clean up the mess afterwards! This class is suitable for children birth- five years of age.
Free/no registration required.
Wednesday Mornings
9:00-10:30am
Early Childhood Room 106
Free/no registration required
EARLY CHILDHOOD FAMILY EDUCATION

~ Separating Classes ~

A separating class means parents/caregivers spend half of the class time together with their child and half in parenting education while the child stays with an Early Childhood Teacher.

MIXED AGES & MIXED TOPICS
(Birth to 3rd Grade)
Parenting is Tough...Let's do it together!
Join us for a class that includes learning activities for children and parent discussion. Parent and child interaction time is an opportunity to spend uninterrupted quality time with your child. During this time we have activities created by an Early Childhood teacher based on a theme and focused on all areas of your child’s development. Parent discussion is conducted in a separate space based on YOUR needs with a focus on the Parent Education Core Curriculum Framework.

Discussions are supported by:
- Research based curricula and materials such as Love and Logic, Conscious Discipline and Incredible Years.
- Podcasts, blogs and video channels run by today’s top specialists in different areas of early childhood development.

Monday Afternoons ~ 11:45am-1:45pm
Monday Evenings ~ 5:00-7:00pm
Thursday Mornings ~ 8:00-10:00am

Parent Education Room 103
Early Childhood Room 106
Registration Required

LOVE & LOGIC
(Birth to 3rd Grade)
This curriculum provides parents with the skills required to feel more relaxed, hopeful and positive about their children and their relationships with them. As you learn more, you will discover that your job can be really enjoyable, and that you can teach personal responsibility and respect without losing your kids’ love. Using plenty of real life stories, examples and stand-up comedy, the authors make this a program that parents really enjoy being a part of. When adults learn in an entertaining, non-threatening atmosphere, they’re far more likely to beg for even more training.

Monday Mornings ~ 8:30-10:30am
Wednesday Evenings ~ 4:30-6:30pm

Parent Education Room 103
Early Childhood Room 106
Registration Required

~ Other ~

BABY CONNECTIONS
Are you expecting or parenting a baby?
Schedule a WELCOME BABY VISIT with a baby connector. All visits are FREE and we also offer a FREE baby sling!
Call 507-494-0916 to schedule a visit.
www.facebook.com/babyconnections

BITTY BITTY BOOK CLUB
Itty Bitty Book Club brings literacy and circle time activities to our Licensed Child Care Providers homes. Sign up for a monthly home visit from our Licensed Early Childhood Staff. Staff brings in activities, circle time and a fun reading program to the child care setting every month, September through May.
Call 494-0920 for more information about the program.
Note: The Itty Bitty Book Club Child Care Provider visits are scheduled individually and at your convenience.

WINONA AREA LEARNING CENTER & WINONA SENIOR HIGH SCHOOL

TEEN PARENT & PRENATAL PROGRAMS
Parent education, prenatal education, parent-child activities and support for adolescents and expecting parents at the Winona Area Learning Center and Winona Senior High School.
Contact Lynnea Pfohl at 507-494-1469 for more information about the Teen Parent Program that is ongoing throughout the school year.

FAMILY GYM NIGHTS
Do you have children who need to run off some extra energy? Well you are in luck! Early Childhood Family Education’s Family Gym Night’s at Goodview Elementary are back! Family Gym Night provides an indoor space for kids to scooter, jump, crawl, play with balls, use riding toys and more. This free family event is geared toward children ages birth-5 years old.
Parent participation and supervision ARE REQUIRED.
Friday nights: 6:00-7:30 pm
January 5, 12, 19, 26, 2024
# ECFE TERM 1 & 2 CALENDAR
**TERM 1 (SEPTEMBER 6-NOVEMBER 3) & TERM 2 (NOVEMBER 7-JANUARY 19)**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Love &amp; Logic 8:30-10:30am</td>
<td>Drop-In 9:00-10:30am</td>
<td>Mixed Ages 8:00-10:00am</td>
<td>Play with Purpose 8:30-10:00am</td>
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<td></td>
<td>*FCL 10:30-11:00</td>
<td>*FCL 10:30-11:00</td>
<td>*FCL 10:00-10:30</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Mixed Ages 11:45am-1:45pm</td>
<td>*FCL 11:30-12:00</td>
<td>ECFE Around Town 10:30am-12:00pm</td>
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<tr>
<td></td>
<td>*FCL 1:45-2:15</td>
<td>Baby &amp; Me 12:00-1:30pm</td>
<td>*FCL 12:00-12:30</td>
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<tr>
<td><strong>Evening</strong></td>
<td>Mixed Ages 5:00-7:00pm</td>
<td>Early Childhood Screening 1 x per Quarter</td>
<td>Love &amp; Logic 4:30-6:30pm</td>
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<td>*FCL 7:00-7:30</td>
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<td>*FCL 6:30-7:00</td>
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*FCL=Family Consultation/Library

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**FLIPPIN’ FOR BOOKS**
Saturday, November 18, 2023
9-11 AM
Winona Public Library

Join Winona Public Library for a morning of early literacy fun! **There will be:**
- Storytimes every half hour beginning at 9:15
- Craft tables with activities designed for little hands
- Community resource information
- The Herky Bus and more!

Each child will receive a FREE BOOK of their choice. **This is a drop-in event, so come and go as you please.**
This is aimed at families with children aged 6 and under. **For more information, visit winona.lib.mn.us.**

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**NO School Days for Fall 2023:**
September 4 & 5, September 29,
October 19 & 20, November 6,
November 17, November 22-24,
December 25, 2023-January 2, 2024
& January 15 & 22, 2024

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For the most up to date information on ECFE classes check our online catalog!

**SCAN HERE:**

Follow us on facebook! www.facebook.com/WinonaECFE
**WEATHER RELATED CLASS CANCELLATIONS**

- If Winona Area Public Schools are **CLOSED** due to weather, **ALL ECFE CLASSES ARE CANCELED**.
- If school begins **TWO HOURS LATE**, there will be **NO ECFE morning classes that start before 10 AM**.
- If school **CLOSES EARLY** due to bad weather, **afternoon and evening classes will be canceled**.
- Announcements can be found on the district website: [www.winonaschools.org](http://www.winonaschools.org) and on the following radio stations: KWNO (1230 AM), KAGE (1380 AM) and KHME (101 FM).

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**REGISTRATION INFORMATION:**

- ECFE Registration opens August 1st and classes begin September 6th, 2023.
- You will be contacted before the start of the term about class placement and fees.
- Once a term has started please call (507) 494-0913 for class availability.

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**DO MY CHILDREN NEED THEIR SHOTS?**

Yes, Minnesota law requires that children attending our classes be immunized. If a child’s parent or guardian wishes to be exempt based on their beliefs, from one or more immunization requirements, the parent or child may submit a statement to this effect, signed by the submitting person and notarized. **Immunizations can be uploaded upon registration or a copy can be dropped off in the office.**

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**QUESTIONS?**

Visit our website at: [WINONASCHOOLS.ORG/COMMUNITYED/EARLY-CHILDHOOD](http://WINONASCHOOLS.ORG/COMMUNITYED/EARLY-CHILDHOOD) or contact our early childhood education staff.

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**ECFE STAFF:**

- Coordinator: Heather Millard 494-0916
- Early Childhood Teacher: Angie Denis 494-0915
- Early Childhood Teacher: Mikayla Wolfe 494-0920
- Parent Educator: Heather Millard 494-0916
- Parent Educator: Lynnea Pfohl 494-0913
- Classroom Educational Assistant: Debbie Brady 494-0913
- Nicole Fedor 494-0913
- Jen Slinkman 494-0913
- ECFE Secretary: Jen Slinkman 494-0913
WATCH THE FOLLOWING YOUTUBE VIDEO for a step by step process to register:
www.winonaschools.org/communityed/early-childhood.
Click on "Video Tutorial on the Registration Process" to view video.

Note: If pop-ups have been blocked, you’ll see the blocked pop-up alert icon in the address bar. Click the icon to see a list of the blocked pop-ups. Click the link for the pop-up window that you’d like to see. To always see pop-ups for the site, select “Always show pop-ups from [site].” The site will be added to the exceptions list, which you can manage in the Content Settings dialog.

Or follow the directions below:

FOR NEW ECFE FAMILIES:
► Find the class you are interested in on the school district website:
  www.winonaschools.org/communityed/early-childhood
► Click on Early Childhood Family Education (ECFE). (Scroll down)
► Find the class you are interested in and click on it.
► Click on the Register Button. The program will lead you through the registration steps.

FOR RETURNING ECFE FAMILIES:
► Log into your Campus Parent Portal Account.
► Click on the 2022-2023 Annual Student info update link on the left side of the screen.
► Click on the ‘Click here to go to Existing Student Info’ (button on the left side).
► Verify school year 2022-2023.
► If you do not remember your Parent Portal access or if you have questions, email:
  portal.help@winona.k12.mn.us or call 507-494-0820 and they will forward the access information to you.
► Begin registration update; click here to begin; verify info and make any changes; then save and continue.
► Click on the childs student tab. If you are adding a new child, click on new student.

HINTS FOR ALL REGISTRATIONS:
► Make sure that the pop-ups from www.winonaschools.org are allowed with the browser you are using before you begin.
► The grade for your child is: ECFE
► Remember to keep clicking Save/Continue and/or Next until you get to the RED SUBMIT button.
► Make sure you click on the red submit button once registration is complete to submit.
► Save your Parent Portal information. You can use this in the future to register and/or to pay for your class.

PAYMENT OPTIONS ARE AS FOLLOWS:
► For online payments email: portal.help@winona.k12.mn.us for online payment information.
  When you get your class confirmation you can pay online:
  Go to your Parent Portal; Sign in; Then go to the Fees tab
► Check and cash payments can be made in the ECFE office.
  Please make checks payable to: ECFE
  Early Childhood Education Programs - Goodview Elementary School
  5100 West 9th Street, Winona MN  55987

QUESTIONS? CALL THE ECFE OFFICE AT 507-494-0913

If you have any problems or need assistance with the online registration process please call or email Jami at 507-494-0870/ jami.spitzer@winona.k12.mn.us

For questions about current ECFE classes or payment please contact the ECFE office at 507-494-0913 or email Jen at jennifer.slinkman@winona.k12.mn.us

*If you have already done your online registration for the current year the ECFE secretary can assist you in adding classes throughout the year. You will not need to do a registration each time you sign up for a new class within the same school year.
Thriving Inside and Out
Nurturing Healthy Minds and Bodies from Birth to 21

Medical Assistance pays for Child and Teen Checkups (C&T) and dental services.

Checkups are recommended at these ages:
- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24, and 30 months
- Every year starting at 3 years to 20 years
- As often as needed to embrace growth and unlock potential

For more information or help finding a health care provider, dental provider, or clinic, contact the Winona County Child and Teen Checkups Program.

Phone: 507-457-6500  Website: www.connectwithctc.com
Books are only the beginning...

Free Wi-Fi and Internet Access
Downloadable eBooks & Audiobooks
Digital Literacy Assistance, Genealogy Resources
Youth Storytimes, Creative Play, & STEM Programs
Special Events for All Ages

WINONA
PUBLIC LIBRARY
151 West 5th Street • www.winona.lib.mn.us • 307.452.4382

THEATRE du MISSISSIPPI
Mission Statement: To present performances that have a connection to the community, embracing original works that tell stories from the area’s rich history, as well as bringing outside stories that have meaning to the members of the community.

for more information, or to get involved visit: https://theatredumiss.org/

Learn more about your child with Minnesota’s
Follow Along Program

- Every few months, you will get a form asking how your child is playing, talking, growing, moving and acting.
- Fill out the form and send it back to us.
- You will get the results with fun activities for you and your child to do together.
- If there are any concerns, a Maternal Child Health nurse will get in touch with you and work together on next steps.

Sign up today! It’s FREE!
Enroll on-line at www.health.state.mn.us/mnfap or call 507-457-6500

We're here when you need us.
In person, online or on the go.

- Physicals and health screenings
- Immunizations
- Treatment of minor illness and injury
- Health education and testing
- Mental health support

Your primary care team is your best choice when you have questions or need care. But what if that doesn’t always work for you? We give you options.

Get care from a Winona Health provider—however it works best for you!

Winona Health
855 Mankato Ave. • Winona, Minn. • 507.454.3650
2023 -2024 WINONA AREA YOUTH HOCKEY

Winona Area Youth Hockey offers programs for ages 4 and up. We welcome new skaters at all age levels – it’s never too late to start!

- Any skater needs to register and pay a one-time USA Hockey registration fee ranging from $15 - $70 based on birth year prior to registering with WAYHA
- WAYHA Registration fees range from FREE for first year Learn to Skate to $625 per player based on age level. Payments can be spread out up to 6 months!
- Equipment is provided for any skater that needs it between Learn to Skate and Mite levels
- All registered skaters will have access to free Open Hockey and Public Skate sessions beginning after Labor Day
- Learn to Skate will run in three sessions. Fall, Winter and Spring
- Practice begins first week of October for Mini-Mite, Mite, 10U Girls, and Squirt
- Practice begins second week of September for 12U Girls, Peewee, and Bantam

Registration & Equipment Hand-out in person @ Bud King Ice Arena!
- Friday, September 1, 2023 ~ 5pm – 7pm
- Saturday, September 2, 2023 ~ 8am – 10am
- By Appointment after September 2nd

Go to our website at https://www.winonahockey.com/ to register today.
Contact Cassie Stratton @ (507)450-0035 or registrar@winonahockey.com with questions.