

COMMUNITY EDUCATION

Winter/Spring 2025



WHERE
LEARNING
NEVER
STOPS...



WE'RE HERE FOR YOU!
SUPPORTING COMMUNITY EDUCATION FOR ALL

Adult
Enrichment
Programs

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COMPASS
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Visit us at:
winonaschools.org/communityed
507-494-0900



Welcome ...

to the Winter/Spring 2025 Winona
Area Public Schools Community
Education Catalog!

At Winona Area Public Schools, Community Education is where learning never stops! Our programs bring people of all ages together with vibrant, year-round opportunities to grow, connect, and thrive.

From curious toddlers to seasoned lifelong learners, we offer something for everyone. Whether you're looking to discover a new passion, sharpen your skills, develop a talent, or simply have fun exploring the world around you, you'll find it here.

Dive into our catalog and uncover the many ways you can join the journey of lifelong learning!

Sincerely,
Ann Riebel
Director of Community Education

Community Education Advisory Council

Emily Cassellius	Lisa Eddy
Heather Grinstein	Mark Hecht
Kelly Kronebusch	Ali Mayer
Alyssa Passehl	Jessica Remington
Kimberly Stehr	Marianne Texley
Michelle Urbick	Pete Watkins

The advisory council meets on the second Wednesday of each month during the school year.

If you would like to be a part of the CE Advisory Council contact Ann Riebel at (507) 494-0901.

District Superintendent

Brad Berzinski.....507-494-0861

District School Board

Nancy Denzer	Michael Hanratty
Jack Hedin	Monica Siegfried
Karl Sonneman	Martin Stickney
Pete Watkins	



HOURS & UPCOMING HOLIDAYS:

COMMUNITY EDUCATIONS MAIN OFFICE IS OPEN:

Monday - Thursday: 8 AM - 4 PM

WE WILL BE CLOSED:

January 1, 20, March 13-14, & May 26, 2025

ACCESSIBILITY:



Community Education is committed to making its classes accessible to all members of our community.

**Please call our office to check specific accessibility needs:
(507) 494-0900.**

COMMUNITY EDUCATION DIRECTORY

WAPS DISTRICT OFFICE

903 GILMORE AVENUE, WINONA, MN 55987
(507) 494-0900 • FAX: (507) 494-0807

Main Community Education Office 507-494-0900

Ann Riebel, Director507-494-0901

Mary Jo Zukowski, Admin. Assistant507-494-0910

Becky Speltz, Secretary507-494-0900

Adult Enrichments Linda Jacobs, Coordinator507-494-0904

Adult Literacy Chris Dahlke, Coordinator507-494-0924

After School Activities (Middle School Gr. 5-8) 507-494-1060

Sue McNally, Coordinator507-494-1061

Michelle Boelter, Secretary507-494-1060

District Communications

John Casper, Coordinator507-494-0902

Community Kids Preschools

Angie Denis, Coordinator507-494-0915

Jen Slinkman, Secretary507-494-0913

Early Childhood Family Education (ECFE) 507-494-0913

Heather Millard, Coordinator507-494-0916

Jen Slinkman, Secretary507-494-0913

ECFE Baby Connections

Heather Millard, Coordinator507-494-0916

Early Childhood Screening

.....507-494-0913

Angie Denis, Coordinator507-494-0915

Elementary/Family Enrichments

Casey Moger, Coordinator507-494-0905

Key Kids/Summer Key Kids

..... 507-494-0905

Sue McNally, Coordinator507-494-1061

Casey Moger, Secretary507-494-0905

Project COMPASS

Linda Jacobs, Coordinator507-494-0904

WALC Child Care Center Office

.....507-494-1488

Becky Speltz, Secretary507-494-0900

REGISTRATION INFORMATION

The following information is for ALL Enrichments, Project COMPASS & After School Activities classes.
For ECCE 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 **Adult & Elementary 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.

Household Size**

1
2
3
4
5
6
7
8

Yearly Max Income**

\$23,828
32,227
40,626
49,025
57,424
65,823
74,222
82,621

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 ALL ENRICHMENTS, PROJECT COMPASS & 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 _____ Age: 0-5 6-18 19-54 55+

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	Total Fee
<i>Note: There are NO course # for After School Activities</i>			
_____	_____	\$ _____	\$ _____
_____	_____	\$ _____	\$ _____
SUBTOTAL			\$ _____

UCARE ID # _____

*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 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 2024-2025 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

ARTS & MUSIC

*** Island City Clayspace workshops are for adults & teens aged 14+.** 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 all included, as applicable. Workshops include detailed demos, and participants practice clay-working skills. Workshops are suitable for both beginners & experienced clay artists. Fired project pick-up by arrangement.



CLAY: DECORATED TILES

Anne Scott Plummer

Have fun making and decorating several clay tiles, with a variety of ceramic decorating techniques. **Additional \$15 materials fee paid to the instructor at class.**

AE984-1 Date: 1/11/25 (Sa) Time: 1- 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: CREATE TEXTURED BOWLS

Anne Scott Plummer

Explore texture in clay and make three functional bowls! **Additional \$15 material fee paid to the instructor at class.**

AE719-1 Date: 2/22/25 (Sa) Time: 1- 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: OWL SCULPTURE

Anne Scott Plummer

Have fun, and celebrate Owls this weekend by taking this workshop on Saturday, and perhaps attending the International Owl Festival in Houston, MN on Friday or Sunday! **Additional \$15 material fee paid to the instructor at class.**

AE1083-1 Date: 3/8/25 (Sa) Time: 1- 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: CERAMIC WATERING CAN

Anne Scott Plummer

Get ready for spring by creating a ceramic watering can, assembled from four parts! This small vessel can water plants or be used as a vase. **Additional \$15 material fee paid to the instructor at class.**

AE1084-1 Date: 3/22/25 (Sa) Time: 1- 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: PLANTER AND DRAINAGE TRAY

Anne Scott Plummer

Create a special, rectangular red earthenware planter and tray for one or more of your favorite plants, using slab-building techniques and texturing! **Additional \$15 material fee paid to the instructor at class.**

AE715-1 Date: 4/5/25 (Sa) Time: 1- 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: COIL-BUILT VASE

Anne Scott Plummer

Display those flowers from the garden in a unique vase of your design! We'll start by making a small vase, and you can choose another size for your second one. **Additional \$15 material fee paid to the instructor at class.**

AE1082-1 Date: 5/17/25 (Sa) Time: 1pm - 4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

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 course will teach you basic chords and get you playing along with your favorite songs. **Class held online with ZOOM and includes an online book, online follow-up video lessons and an optional online Q & A session.**

AE302-1 Date: 1/28/25 (Tu) Time: 6:30 – 9pm
Location: Online/Zoom Fee: \$69

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 using chords. **Class is held online/zoom and includes the online book, online follow up lessons, a recording of the class and also an optional periodic Q & A session.**

AE310-1 Date: 1/27/25 (M) Time: 6:30 – 9:30pm
Location: Online/Zoom Fee: \$69

KNITTING: LEARN HOW TO KNIT IN THE ROUND

Ingrid Ogren

Learn how to knit in the round by knitting your first hat. Prerequisite: Must have basic knitting skills and know how to knit & purl. *Supply list will be sent to you.*

AE1073-1 Date: 1/29/25 & 2/12/25 Fee: \$40
Time: 6 – 8pm Location: Winona Senior High-Rm 158

KNITTING: BEGINNING KNIT

Ingrid Ogren

This class is designed for those just starting out as well as those wishing to begin again. Master Knit, purl, cast on, bind off, and much more. **Additional \$10 material fee paid to the instructor at class. Supply list will be sent to you.**

AE1070-1 Date: 2/4/25 & 3/4/25 Fee: \$50
AE1070-2 Date: 3/18/25 & 4/8/25 Fee: \$50
AE1070-3 Date: 4/22/25 & 5/20/25 Fee: \$50
AE1070-4 Date: 6/3/25 & 6/24/25 Fee: \$50
Time: 6 – 8pm Location: Winona Senior High-Rm 158

KNITTING: INTRO TO KNITTING CABLES & CHART READING

Ingrid Ogren

In this class we will learn how to knit cables and read charts when we make Julie Hoover's "Lennox Cowl". **Skill level: Advanced beginner-Intermediate. Must know how to knit in the round and read a pattern. Supply list will be sent to you.**

AE1087-1 Date: 2/5/25 (W) Fee: \$40
AE1087-2 Date: 4/9/25 (W) Fee: \$40
Time: 6 – 8pm Location: Winona Senior High-Rm 158

KNITTING: INTRODUCTION TO MOSAIC COLORWORK

Ingrid Ogren

Want to try your hand at color-work? This cowl is a perfect place to start. We will learn the mosaic color-work technique, lccord-edging, slipped stitches, and seaming as we knit Andrea Mowry's "The Shift" cowl. **Skill level: Intermediate knitters. Supply list will be sent to you.**

AE1085-1 Date: 2/19/25 & 3/19/25 Fee: \$50
AE1085-2 Date: 5/7/25 & 6/4/25 Fee: \$50
Time: 6 – 8pm Location: Winona Senior High-Rm 158

ADULT ENRICHMENTS

KNITTING: THE COURAGE SHAWL

Ingrid Ogren

Join this class and knit Shannon Cook's "Courage Shawl". We will learn mosaic knitting, chart reading, striping. **Skill level: Must be an advanced beginner-intermediate knitter.** Supply list will be sent to you.

AE1086-1 Date: 3/5/25 (W) Fee: \$40
AE1086-2 Date: 5/21/25 (W) Fee: \$40
Time: 6 – 8pm Location: Winona Senior High-Rm 158

PAINTING: OPEN HOUSE *AT HALVORSON ART STUDIO!*

Barb Halvorson

JOIN US FOR OUR OPEN HOUSE!! Public invited to view the pictures we will be painting January - June. Refreshments will be served. *If you would like to do a make-and-take that evening; we will be offering the 8x10 whimsical fawn for a special price of \$20 - paid to instructor that evening.*

Call Community Ed. 507-494-0900 if you would like to paint!

AE1210-1 Date: 1/14/25 (Tu) Time: 6 – 9pm
Location: Halvorson Art Studio-315 E. 4th St.

PAINTING: MOONLIGHT MILL

Barb Halvorson

This will be painted on a wooden sawblade 24" by 24. Absolutely stunning snow scene. Originally painted by Dorothy Dent and taught with permission by Barb with some extra details. **Material fee including the sawblade is \$25. If you prefer to paint on canvas class supplies will be \$17. Material fee paid to the instructor at class.**

AE1205-1 Date: 2/11/25 & 2/18/25 (2Tu) Time: 6 – 9pm
Location: Halvorson Art Studio - 315 E. 4th St. Fee: \$50

PAINTING: TIGER

Barb Halvorson

This is an eye catching tiger. Lots of fur and hair taught with a special brush called the dagger brush. 1st week we will put on the black stripes and background in acrylic. 2nd week we will be doing hair strokes. **Materials fee of \$17 paid to the instructor at class.**

AE1206-1 Date: 3/11/25 & 3/18/25 (2Tu) Time: 6 – 9pm
Location: Halvorson Art Studio-315 E. 4th St. Fee: \$50

PAINTING: SPRING HAS SPRUNG

Barb Halvorson

Spring has sprung (almost) and we will do a beautiful floral perhaps accompanied with a still-life of some sort. **Materials fee of \$17 paid to the instructor at class.**

AE1207-1 Date: 4/8/25 & 4/15/25 (2Tu) Time: 6 – 9pm
Location: Halvorson Art Studio-315 E. 4th St. Fee: \$50

PAINTING: PUPPY

Barb Halvorson

We are doing a new subject matter - a cute little puppy. **Materials fee of \$17 paid to the instructor at class.**

AE1208-1 Date: 5/6/25 & 5/13/25 Time: 6 – 9pm
Location: Halvorson Art Studio-315 E. 4th St. Fee: \$50

PAINTING: BARN SCENE

Barb Halvorson

We will be doing a lovely barn scene with lots of trees, fences etc. **Material fee of \$17 paid to the instructor at class.**

AE1209-1 Date: 6/10/25 & 6/17/25 (2Tu) Time: 6 – 9pm
Location: Halvorson Art Studio-315 E. 4th St. Fee: \$50

MACRAME' WIND LIGHT WITH FAIRY LIGHTS

Linda Grupa

Macrame a lacy cover for a large jar. Add fairy lights (provided) a candle or flowers to the jar to create ambiance in your home or office. **Novice class. Experience with square knots helpful. \$17 material fee paid to instructor at class.**

AE1213-1 Date: 4/5/25 (Sa) Time: 9am – 12pm
Location: Winona Senior High-Rm 158 Fee: \$15



THREE COLOR MACRAME' WALL HANGING

Linda Grupa

Macrame a medium size wall hanging in black, gray and white cord. **Novice class. Experience with square knots is helpful. \$22 material fee paid to instructor at class.**

AE1212-1 Date: 3/1/25 (Sa) Time: 9am – 1pm
Location: Winona Senior High-Rm 158 Fee: \$15

CARRY PERMITS

MINNESOTA & FLORIDA CARRY PERMIT TRAINING

Marc Siem

Completion of this course fulfills the training requirement for a MN & 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: 2/1/25 (Sa) Fee: \$80
AE22-2 Date: 3/1/25 (Sa) Fee: \$80
AE22-3 Date: 4/5/25 (Sa) Fee: \$80
AE22-4 Date: 5/3/25 (Sa) Fee: \$80
Time: 10am - 4pm Location: Winona Senior High-Ag 1

PERMIT TO CARRY A HANDGUN MN & FLORIDA

Fred Petersen

Completion of this course fulfills the training requirements for a MN Permit to Carry a Handgun, valid in twenty-seven states and the requirement for a Florida Permit which adds an additional seven states. This is a basic course for men and women with little or no experience with firearms, as well as for more experienced shooters. 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.

AE121-1-1 Date: 1/5/25 (Su) AE121-1-2 Date: 1/11/25 (Sa)
AE121-1-3 Date: 2/2/25 (Su) AE121-1-4 Date: 2/8/25 (Sa)
AE121-1-5 Date: 3/2/25 (Su) AE121-1-6 Date: 3/8/25 (Sa)
AE121-1-7 Date: 4/6/25 (Su) AE121-1-8 Date: 4/12/25 (Sa)
AE121-1-9 Date: 5/4/25 (Su) AE121-1-10 Date: 5/10/25 (Sa)
AE121-1-11 Date: 6/8/25 (Su) AE121-1-12 Date: 6/14/25 (Sa)
AE121-1-13 Date: 7/6/25 (Su) AE121-1-14 Date: 7/12/25 (Sa)
AE121-1-15 Date: 8/3/25 (Su) AE121-1-16 Date: 8/9/25 (Sa)
Time: 10am - 4pm Fee: \$80
Location: Winona Sportsman's Club - 22933 Gun Club Rd.

ADULT ENRICHMENTS



PRECISION
DRIVING CENTER
A DIVISION OF ST. CLOUD STATE UNIVERSITY



DRIVING

55+ DRIVER DISCOUNT PROGRAM (4 HOUR)

Deanne Von Wald

Complete this course to get a 10% discount in your auto insurance premiums! This class is for those taking class for the 1st time & for those who need a refresher (*every 3 yrs*). Certificate provided at the end of class.

AE57-1	Date: 1/24/25 (F)	Time: 9am – 1pm
AE57-2	Date: 3/10/25 (M)	Time: 5:30 – 9:30pm
AE57-3	Date: 4/4/25 (F)	Time: 9am – 1pm
AE57-4	Date: 5/14/25 (W)	Time: 5:30 – 9:30pm
AE57-5	Date: 6/9/25 (M)	Time: 9am – 1pm
Location: Winona Middle School-Rm 100-1		Fee: \$24

\$ FINANCIAL/BUSINESS \$

FREE QUESTIONS & ANSWERS WITH A MN WILL & TRUST PLANNING ATTORNEY

Steve Ledin

This is a relaxed open-forum seminar for participants with a seasoned Will & Trust attorney. *Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? Which Trust is best for my needs? How do my retirement assets operate in my Will or Trust? Etc.* All questions will be answered!

AE913-1	Date: 2/5/25 (W)	Time: 6:30 – 8pm
Location: Online/Zoom		Fee: \$10

5 KEYS TO RETIRING FEARLESSLY

Teri McNally

Are you going to be ready to retire? Do you have confidence in your plan? Do you have a plan? Learn what goes into creating a retirement plan that can give you confidence and peace of mind.

AE1090-1	Date: 2/22/25 (Sa)	Time: 10am -11am
Location: Winona Senior High-Rm 204		Fee: \$10

MEDICARE 101

Jacob Thompson

Enrolling in Medicare can feel like opening a puzzle that's all sky. It's hard to know where to start. Much like with puzzles, a little help goes a long way. Learn about medicare coverage options, benefits, cost & key points to consider.

AE702-1	Date: 3/5/25 (W)	Time: 6 – 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. Get answers to your questions and learn what Social Security can mean for you.

AE677-1	Date: 3/12/25 (W)	Time: 6 – 7pm
Location: Online/Zoom		Fee: \$10

5 COMMON MISTAKES THAT CAN RUIN YOUR HARD-EARNED RETIREMENT

Steve Ledin

With our presenters' over 50 years of practice we have learned time and time again that whether you are in your 40s, 50s, or 60s there are several milestones and overlooked life areas where mistakes can lead to results that range from discomfort to disaster. Let's identify those issues for you with real-life examples and opportunities to get questions and issues answered.

AE1008-1	Date: 3/13/25 (Th)	Time: 6:30 – 8pm
Location: Online/Zoom		Fee: \$10

PREVENTING TAXES FOR YOUR LOVED ONES AFTER YOU'RE GONE

Teri McNally

Do you know the tax implications for your loved ones? Does this concern you? Does finding ways to help interest you? Come to a workshop designed to learn about inheritance and taxes.

AE1091-1	Date: 3/15/25 (Sa)	Time: 10am – 11am
Location: Winona Senior High-Rm 204		Fee: \$10

TAXES AND THE WIDOW'S PENALTY

Teri McNally

What happens after a spouse passes? Unfortunately, there are some unexpected surprises for the widow(er). Learn what to be prepared for, some practical solutions, and ways to mitigate the tax implications.

AE2001-1	Date: 4/12/25 (Sa)	Time: 10am – 11am
Location: Winona Senior High-Rm 204		Fee: \$10

TRUST & LONG TERM ESTATE PLANNING: 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 and the question arises: *"Am I using the right Trust for my needs and goals?"* We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals & wishes to see where they fall in the realm of Trusts.

AE911-1	Date: 4/24/25 (Th)	Time: 6:30 – 8pm
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. We will walk through all of your questions & more including: *How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home health-care? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home?* Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties.

E832-1	Date: 5/10/25 (Sa)	Time: 11am – 12:30pm
Location: Winona Senior High-Rm 204		Fee: \$10

EXPLORING THE FAMILY CHILD CARE BUSINESS

Have you thought about starting your own Family Child Care Business? We will explore licensing/training requirements, business planning tools and strategies and funding resources available. **To learn more and set up a time for this FREE one-on-one session contact:**

Gwen Lynch / gwenl@familiesfirstmn.org / 507-316-8710.

Child Care Wayfinder
A one-stop navigation network for starting and growing programs

ADULT ENRICHMENTS

WOMEN, WELLNESS & WEALTH: CREATE YOUR OWN FINANCIAL INDEPENDENCE

Carol Ebert

For many women, creating a financial legacy for their families and ensuring a steady income stream as they age can feel like an overwhelming challenge. However, the solution to these challenges lies in taking proactive control of your financial future-by becoming a Wellness Business Entrepreneur. We will address the key roadblocks that prevent women from building wealth, while also exploring how starting a wellness business can offer financial freedom, flexibility, and a renewed sense of purpose. Leave with a step-by-step plan for becoming an entrepreneur in the wellness space so you can create meaningful income while building a family legacy.

AE1235-1 Date: 2/22/25 (Sa) Time: 11:30am -12:30pm
Location: Winona Senior High-Rm 204 Fee: \$20

FITNESS & WELLNESS

TASTE OF BALLROOM: A BEGINNER'S DANCE SAMPLER

Molly & Stan Breitlow

Experience the grace and charm of ballroom dancing in this dynamic and welcoming class! Expert instructors will guide you through the basics of the Foxtrot, Rumba, Tango, Swing, Cha-Cha and Waltz. *Wear soft-soled shoes that are easy to spin in.* **Dance partner is required for participation-register both participants separately. No class Feb. 17.**

AE160-1 Date: 1/20/25 - 3/10/25 (6M) Fee: \$80
AE160-2 Date: 3/24/25 - 4/28/25 (6M) Fee: \$80
Time: 6:30 - 7:30pm
Location: Winona Athletic Club - Upstairs Ballroom

THE BIG BAND ERA: FOXTROT & TRIPLE SWING IN THE BALLROOM

Molly & Stan Breitlow

Step back in time and dance to the iconic sounds of the Big Band era! In this 6-week series, you'll master the smooth elegance of the Foxtrot and the lively rhythms of Triple Swing. Whether you're a beginner or brushing up your moves, this class is your chance to glide across the floor with timeless style. *Please wear soft-soled shoes that are easy to spin in.* **Dance Partner is required for participation-register both participants separately. No class Feb. 17.**

AE1226-1 Date: 1/20/25 - 3/10/25 (6M) Fee: \$80
Time: 7:45 - 8:45pm
Location: Winona Athletic Club - Upstairs Ballroom

WEDDING/DATE/EVENT/ RECEPTION READINESS

WITH WALTZ & RUMBA

Molly & Stan Breitlow

It's Springtime, and Wedding Season is here! Do you or a family member have an event coming up? Or, do you just simply want to know how to whisk your significant other off his/her feet? After this 6-week deep dive into our Waltz and Rumba ballroom session, you and a partner will have moves for days. Beginners and continuing students both welcome. *Wear soft-soled shoes that are easy to spin in.*

Dance Partner is required for participation-register both participants separately.

AE1222-1 Date: 3/24/25 - 4/28/25 (6M) Fee: \$80
Time: 7:45 - 8:45pm
Location: Winona Athletic Club - Upstairs Ballroom

HALL WALKING AT THE WINONA SENIOR HIGH SCHOOL

Community Education

Step inside ~ join our hall walking program! Hall walking will be available Monday-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.

AE790-1 Date: 1/1/25 - 6/5/25

Fee: Free

Time: 6:15am - 7:45am

Location: Winona Senior High School - Hallways

BEGINNING TAI CHI & CHI GONG

Bahieh Wilkinson

T'ai Chi & Chi Gong 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.

AE11-1 Date: 1/16/25 - 2/27/25 (7Th)

Fee: \$42

AE11-2 Date: 3/6/25 - 4/17/25 (7Th)

Fee: \$42

AE11-3 Date: 4/24/25 - 6/5/25 (7Th)

Fee: \$42

Time: 5:30 - 6:30pm

Location: Jefferson Elementary School - Gym

ESSENTIAL OILS BASICS & WELLNESS TIPS

Linda Grupa

Curious about essential oils? Together we'll explore essential oil basics--what they are, how to use them for wellness and hands-on practicing making a wellness rollerball with essential oils and other ingredients. **Additional \$10 materials fee paid to the instructor at class.**

AE154-1 Date: 3/15/25 (Sa)

Time: 10am -12pm

Location: Winona Senior High-Rm 158

Fee: \$15

FINDING HAPPINESS IN EVERYDAY LIFE

Mary Fawcett, Ph.D

Happiness: This program is all about finding happiness moments in everyday life. We will talk about "glimmers" (daily reminders of gratitude), mindful attention to positive events, and how to increase your positive thinking.

AE1081-1 Date: 1/8/25 & 1/15/25 (2W) Time: 2 - 4pm

Location: Online/Zoom

Fee: \$29

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. **You can join this class at any time. No class May 26.**

AE59-1 Date: 1/13/25 - 3/27/25 (M,Th)

Fee: \$56

AE59-2 Date: 4/3/25 - 6/5/25 (M,Th)

Fee: \$56

Time: 6:30pm - 8pm

Location: Jefferson Elementary School - Downstairs

NATURE IN THE NEIGHBORHOOD: AN URBAN EXPLORATION

Delaney Dahl

Join Delaney for a nature walk around the neighborhood! Discover nature that is all around us that we may not notice in a busy urban environment.

AE1239-1 Date: 5/15/25 (Th)

Time: 4:30 - 5:30pm

Location: Winona Senior High - Parking lot

Fee: \$10

ADULT ENRICHMENTS

NATURE AND FOREST BATHING WALKS

Gloria Alatorre

Guided nature walk to help reduce stress and promote wellness and relaxation. ***Tea service ceremony will be provided at the end of the walk and participants will be able to take home a medicinal pouch crafted with Mexican indigenous aromatic and herbal essences.***

AE1068-1	Date: 4/12/25 (Sa)	Fee: \$21
AE1068-2	Date: 4/26/25 (Sa)	Fee: \$21
AE1068-3	Date: 5/10/25 (Sa)	Fee: \$21
AE1068-4	Date: 5/24/25 (Sa)	Fee: \$21

Time: 8am – 10:30am

Location: Crooked Slough Trail (Old Deer park - Prairie Island)

NIA: MOVEMENT TO FEEL ALIVE

Mary Lee Eischen

A 45 minute class that participants move and dance to music that's fun! Students learn moves from martial arts, dance arts, and healing arts. MaryLee teaches how to move your body with more balance, strength, agility and ease in a safe environment. ***Bring a Yoga mat, water bottle, comfortable clothing to move, and inside shoes, if you have foot sensitivities - otherwise, Nia is done barefoot.***

No class Jan. 16, March 20 or April 17.

E165- 1	Date: 1/23/25 - 2/13/25 (4Th)	Fee: \$45
E165- 2	Date: 2/20/25 - 3/13/25 (4Th)	Fee: \$45
E165- 3	Date: 3/27/25 - 4/24/25 (4Th)	Fee: \$45
E165- 4	Date: 5/1/25 - 5/22/25 (4Th)	Fee: \$45

Time: 5:30 - 6:15pm

Location: Washington-Kosciusko Elementary-Gym

PILATES FOR EVERYONE (TUESDAYS)

Mary Lee Eischen

Pilates for Everyone strengthens muscles throughout the whole body particularly in the abdomen, back, arms, legs and neck. We use intentional breathing to bring oxygen to muscles and effectively build strength. Pilates is very beneficial for reducing back pain through exercises that strengthen the core abdominal muscles. Modifications are given to support all levels of movers. ***Bring a Yoga/Pilates mat and a water bottle. Wear easy to move in clothing.***

No class Feb.4, March 4, April 1, May 6.

AE671- 1	Date: 1/14/25 - 2/11/25 (4Tu)	Fee: \$45
AE671- 2	Date: 2/18/25 - 3/18/25 (4Tu)	Fee: \$45
AE671- 3	Date: 3/25/25 - 4/22/25 (4Tu)	Fee: \$45
AE671- 4	Date: 4/29/25 - 5/27/25 (4Tu)	Fee: \$45

Time: 5:30 - 6:15pm

Location: Washington-Kosciusko Elementary School-Gym

PSYCHOSPIRITUAL & EVOLUTIONARY TAROT

Gloria Alatorre

A three-class course on how to use art imagery to self reflect, meditate and create more compassionate self awareness through the use of Tarot. We'll be exploring history, and dynamics from an art perspective and meditative manner. ***Please bring a Tarot deck.***

AE1240-1	Date: 1/17/25 - 2/7/25 (3F)	Time: 5 - 6:30pm
		Location: Winona Senior High-Rm 158
		Fee: \$29

SPRING AWAKENING: EXPLORE THE SEASON'S WONDERS

Delaney Dahl

Join Delaney for a Spring nature walk to explore the blooming flora and returning fauna as the season comes alive!

AE1238-1	Date: 5/1/25 (Th)	Time: 4:30 - 5:30pm
		Location: Winona Senior High-Parking lot
		Fee: \$10

THE POWER OF SUPPLEMENTS: A CRITICAL STEP TOWARD ACHIEVING OPTIMAL HEALTH

Carol Ebert

This one-hour program will explain why taking the best supplements is a critical step in achieving optimal health. Participants will learn how to choose supplements wisely, understand the role of specific vitamins and minerals in health, and discover how to use supplementation effectively to complement their lifestyle and individual needs.

AE1236- 1	Date: 3/15/25 (Sa)	Time: 11:30am - 12:30pm
		Location: Winona Senior High-Rm 204
		Fee: \$20

WATER AEROBICS WITH KASI

Kasi Michaels

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 or water noodle if possible. *Water aerobics will meet once a week on Mondays unless otherwise specified.***

AE615-1	Date: Jan 13, 21*, 27 & Feb 3, 13*, 17, 24
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AE615-2	Date: March 3 - April 14 (7M)
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AE615-3	Date: April 21, 28, May 5, 12, 19, 27* & June 2
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Time: 6pm – 7pm

Fee: \$42 per session

Location: Winona Middle School - Pool



YOGA AT JEFFERSON ELEMENTARY

Muddy Waters

Enjoy a 45 minute yoga class to start your week. The class will be appropriate for all levels and will work on connecting breath & movement. ***Wear comfortable clothes & bring a yoga mat.***

AE54-1	Date: 1/7/25 - 2/11/25 (6Tu)
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Time: 2:45pm - 3:30pm

Location: Jefferson Elementary-play room	Fee: \$75
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HOME & PERSONAL GROWTH

INTRO TO ONLINE GENEALOGY

Jennifer Shaffer

There has never been a better time to start discovering your family's history. 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.

AE1080-1	Date: 6/3/25 (Tu)	Time: 6:30 - 7:30pm
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Location: Online/Zoom

Fee: \$29



SPANISH LANGUAGE LEARNING

Jami Severson

Did you take Spanish once upon a time and want to try it again? Just beginning? Are you heading to a Spanish speaking country and want some basics? Do you want to be able to speak some Spanish with someone in the community? The object of this class is to learn Spanish while using it. The take-away will be having useful core sentence structures that can be applied in just about any scenario.

AE1225-1	Date: 1/21/25 - 2/25/25 (6Tu)	Time: 6 - 7:30pm
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Location: Winona Senior High-Rm 204

Fee: \$39



ADULT ENRICHMENTS

BUILD A CUTTING BOARD

Jerry Benedict

Learn the basics of woodworking by making your own cutting board! Across two afternoons, you'll learn how to safely cut pieces of wood, glue and clamp, then how to sand and apply finish to the project. *All students will take home their own cutting board to keep or gift. **There is a \$30 material fee paid to the instructor at class.***

AE1230-1 Date: 4/24/25 & 4/25/25 (Th,F) Time: 4 – 6pm
Location: Winona Senior High- Industrial Arts Fee: \$40

CRICUT CUTTING FOR CRAFTS

Mark Zocher

Did you get a Cricut over the holidays, and want to learn how to use it? This introduction class covers the Cricut Design Space software, how to find designs, what settings to use, basics on the cutter, and more. *We'll create some custom vinyl stickers for everyone to take home. **There is a \$10 materials fee paid to the instructor at class.***

AE1229-1 Date: 1/27/25 (M) Time: 7 – 9pm
Location: Winona Senior High-Rm 158 Fee: \$30

INTRODUCTION TO LASER ENGRAVING

Jerry Benedict

Take your crafting or small business to the next level with laser engraving! You'll learn how to prepare your file, how to vary power levels for different effects, and what to look for if you want a laser cutter of your own. ***Bring a wood project or flat acrylic that you want to engrave.***

AE1231-1 Date: 5/15/25 (Th) Time: 4 – 6pm
Location: Winona Senior High-Industrial Arts Fee: \$20

INTRO TO BONSAI BASICS

David Frauenkron

Want to learn the basics of Bonsai? We will introduce you to Bonsai basics and local resources for Bonsai as well as show you how to shape a tree.

Note: 1 bareroot tree will be raffled off in class!

AE1227-1 Date: 4/22/25 (Tu) Time: 6pm – 9pm
Location: Winona Senior High-Ag Building 1 Fee: \$25

INTRO TO LANDSCAPING

David Frauenkron

Want to learn the basics of landscaping and what can work for you? We will discuss horticultural zones, landscaping materials, where to purchase materials, how to size the materials you need and more! Potted plants and hanging baskets will also be discussed.

Note: 1 bareroot tree will be raffled off in class!

AE1228-1 Date: 4/29/25 (Tu) Time: 6pm – 9pm
Location: Winona Senior High-Ag Building 1 Fee: \$25

HOME BUYING 101: YOUR GUIDE TO FINDING & OWNING YOUR DREAM HOME

Angela Thompson & Sydnee Thompson

Are you ready to take the exciting step of purchasing your first home? This workshop is designed for new home buyers who want to feel confident and informed throughout the process. We'll guide you through every stage, from dreaming to moving in, with practical tips and expert advice.

AE526 Date: 3/20/25 (Th) Time: 6pm - 7:30pm
Location: Winona Senior High-Rm 204 Fee: \$10



GOOGLE SHEETS FOR AWESOME BEGINNERS

Nickie Welsh

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 master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. Join us to build a solid foundation in Google Sheets and enhance your productivity and data management capabilities! **Zoom link will be sent to you prior to class.**

AE956-1 Date: 2/6/25 (Th) Time: 12pm - 1pm
Location: Online/Zoom Fee: \$29

POWER UP WITH GOOGLE SUITES:

ESSENTIAL TOOLS FOR EVERYDAY TASKS

Nickie Welsh

Unlock the full potential of Google Suites with our dynamic training session. This course is designed to help you master the essential tools within Google suites, empowering you to handle everyday tasks more efficiently. **Zoom link will be sent to you prior to class.**

AE1217-1 Date: 5/8/25 (Th) Time: 12pm - 1pm
Location: Online/Zoom Fee: \$29

POST LIKE A PRO: NAVIGATING FACEBOOK & INSTAGRAM WITH META BUSINESS SUITE

Nickie Welsh

Learn to efficiently manage your social media presence with this live, interactive online training class! You'll leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. By the end of the session, you'll feel confident navigating Meta Business Suite and ready to make your posts truly shine! **Zoom link will be sent to you prior to class.**

AE1218-1 Date: 5/29/25 (Th) Time: 12pm - 1pm
Location: Online/Zoom Fee: \$29

TECH-SAVVY SURVIVAL IN 60 MINUTES:

ESSENTIAL SKILLS FOR EVERYDAY LIFE

Nickie Welsh

In today's fast-paced, technology-driven world, being tech-savvy is no longer optional - it's essential. This class is designed to equip you with the critical tech skills needed for everyday life. Expand your practical knowledge and confidence to navigate the digital landscape with ease. **Zoom link will be sent to you prior to class.**

AE2116-1 Date: 5/6/25 (Tu) Time: 12pm - 1pm
Location: Online/Zoom Fee: \$29

PRACTICAL CHATGPT TRAINING FOR EVERYONE

Nickie Welsh

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works exactly and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and at home. **Zoom link will be sent to you prior to class.**

AE1060-1 Date: 6/10/25 (Tu) Time: 12pm - 1pm
Location: Online/Zoom Fee: \$29





ADULT ENRICHMENTS

PETS & WILDLIFE



PREREQUISITES FOR DOG TRAINING:

- 1) Flea and Tick Preventative
- 2) Proof of Rabies & Distemper Vaccines up to date by class date ([email: creaturecomfortswinona@gmail.com](mailto:creaturecomfortswinona@gmail.com))
- 3) Phone # and email where Kera can get a hold of you
- 4) Dog must not have shown fear or aggression around dogs or people, otherwise they should discuss other options (such as private lessons).

Dogs must be at least 5 months old.

DOG TRAINING BASICS: SMALL GROUP-3 WEEK CLASS

Kera Wilhelmsen

In a small group setting, we will work on basic skills of your choice in an encouraging and informative environment. Please bring a hands-free treat pouch as well as high value rewards to the session.

SE51- 1 Date: 3/16/25 - 4/6/25 (3Su) Time: 5 - 6pm
 SE51- 2 Date: 6/18/25 - 7/2/25 (3W) Time: 7 - 8pm
 SE51- 3 Date: 6/25/25 - 7/9/25 (3W) Time: 5:30 - 6:30pm
 Location: Goodview Elementary-Gym Fee: \$70

DOG TRAINING: 1-ON-1 HELP

Kera Wilhelmsen

In a one-on-one setting, we will work on the basic skill (of your choice) in an encouraging and informative environment. Bring a hands-free treat pouch & high value rewards to the session.

SE52-1 Date: 2/16/25 (Su) Time: 4 - 5pm
 SE52-2 Date: 3/9/25 (Su) Time: 5 - 6pm
 SE52-3 Date: 4/13/25 (Su) Time: 2 - 3pm
 SE52-4 Date: 5/20/25 (Tu) Time: 5:15 - 6:15pm
 SE52-5 Date: 6/22/25 (Su) Time: 12:45 - 1:45pm
 SE52-6 Date: 7/20/25 (Su) Time: 12:45 - 1:45pm
 Location: Goodview Elementary-Gym Fee: \$40

DOG TRAINING: BASIC SKILLS (MONDAYS)

Kera Wilhelmsen

All Basic Skills classes are 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.

NOTE: First class is ORIENTATION without dogs!

E28-1 Date: 6/9/25 - 7/7/25 (M) Time: 6:30 - 7:30pm
 Location: Goodview Elementary-Gym Fee: \$100

DOG TRAINING: BASIC SKILLS (TUESDAYS)

SE28- 1 Date: 3/25/25 - 4/22/25 (Tu) Time: 5:30 - 6:30pm
 SE28- 2 Date: 5/6/25 - 6/3/25 (Tu) Time: 6:30 - 7:30pm
 Location: Goodview Elementary-Gym Fee: \$100

DOG TRAINING: BASIC SKILLS (WEDNESDAYS)

SE50- 1 Date: 4/23/25 - 5/21/25 (W) Time: 6 - 7pm
 Location: Goodview Elementary-Gym Fee: \$100

DOG TRAINING: BASIC SKILLS (SUNDAY)

AE937-1 Date: 2/16/25 - 3/16/25 (5Su) Time: 2 - 3pm
 AE937-2 Date: 3/9/25 - 4/13/25 (5Su) Time: 3:30 - 4:30pm
 AE937-3 Date: 6/22/25 - 7/20/25 (5Su) Time: 2 - 3pm
 Location: Goodview Elementary-Gym Fee: \$100



PUPPY SOCIALIZATION EVENT NEW PUPPY CLASS!!

Kera Wilhelmsen

In a small group setting, we will work on puppy socialization in an encouraging and informative environment. Please bring a hands-free treat pouch as well as high value rewards to the session.

Prerequisite: Age range of puppy = 8 weeks - 5 months old.

SE53- 1 Date: 6/27/25 (F) Time: 6-7pm
 SE53- 2 Date: 6/27/25 (F) Time: 6:45-7:15pm
 Location: Goodview Elementary-Gym Fee: \$20

Trips & Travel



GREASE - AT THE CHANHASSEN

Grease is back at Chanhassen Dinner Theatres!

Experience the nostalgia of high school in the '50s - peer pressure, love, and teenage life set against the campy backdrop of Rydell High with songs like "Summer Nights," "We Go Together," "Grease Lightnin'" "Beauty School Dropout" and so many others. **Ticket includes bus, lunch and show!**

Reservations due by Feb. 19. No refunds after Feb. 20, 2025.

AE1250-1 Date: 3/22/2025 (Sa) Time: 8:30am - 6pm
 Location: Winona Middle School-parking lot Fee: \$149



FAMILY DAY TRIP TO TARGET FIELD

Take me out to the ball game!

Sign up your family and let's go cheer for the home team! The Minnesota Twins take on Los Angeles Angels 1:10pm at Target Field. Reserved seats in the Legends Landing which includes food and beverage. **This is a family fun event.**

All children must be accompanied by an adult. No adult beverages will be allowed on the bus. **Fee includes bus transportation and ticket reserved in Legends Landing.**

Registrations due by April 1. No refunds after April 6, 2025.

AE1050-1 Date: 4/27/2025 (Su) Time: 9:30am - 6:30pm
 Location: Winona Middle School-parking lot Fee: \$119

SPRING IN THE CITIES: BACHMAN'S & THE MN LANDSCAPE ARBORETUM



Community Education

Our annual Spring in the Cities trip is here! Join us on our trip to the Cities to see acres and acres of floral, gift, garden and home ideas. Enjoy Bachmans, one of the largest traditional floral and nursery operations in the world, lunch furnished by Patrick's Bakery and Cafe' Restaurant and the Minnesota Landscape Arboretum, a 1,137 acre horticultural garden featuring annual and perennial display gardens.

Reservations due by May 1. No refunds after May 2, 2025.

E332-1 Date: 5/15/2025 (Th) Time: 8am - 6pm
 Location: Winona Middle School-parking lot Fee: \$109

For more information & full descriptions:



SCAN ME

PROJECT COMPASS

SLOWER PACED CLASSES FOR ALL, CUSTOMIZED CLASSES FOR PEOPLE 18+ WITH DISABILITIES,
WORKSHOPS & SUPPORT GROUPS

Linda Jacobs, Adult Enrichments & Project COMPASS Coordinator

Email: Linda.jacobs@winona.k12.mn.us

903 Gilmore Avenue, Winona, MN 55987

507-494-0900 (office) • 507-494-0904 (direct) • 507-494-0807 (fax)

PARTICIPATION GUIDELINES:

- ▶ **Pre-registration is required for all classes.**
- ▶ **Participants requiring assistance for physical and/or behavioral needs MUST be accompanied by a caregiver.**

TO REGISTER:

- ▶ **See page 4 for registration information.**
- ▶ Register online at:
www.winonaschools.org/communityed
Click on *Adult Programs* then
Project COMPASS.



SCHOLARSHIPS & UCARE:

- ▶ \$15 scholarships are available.
- ▶ UCARE is available for those who qualify.
- ▶ Call (507) 494-0900 to ask about scholarships and to verify UCARE.



STAFF FEES:

- ▶ There are NO staff fees unless specified.
- ▶ If staff would like to participate in a Canvas Art class, please pre-register and pay the fee.

REGISTRATION IS EASY!

- ▶ Visit us online: 
- ▶ Call: 507-494-0900
- ▶ Email:
linda.jacobs@winona.k12.mn.us
- ▶ Stop by: Community Education
Project COMPASS Office
903 Gilmore Avenue, Winona

ARTS

CANVAS ART: MIDNIGHT LANTERNS

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening acrylic painting with friends! Our "Midnight Lanterns" painting will feature a cascade of glowing lanterns, floating across a starry night sky.

PC1201- 1 Date: 1/23/25 (Th) Time: 6pm - 7:15pm

Location: Winona Senior High School – Room 158

Fee: \$25

CANVAS ART: ABSTRACT BOUQUET

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening acrylic painting with friends! Our "Abstract Bouquet" painting will feature a bold and unique vase, bursting with colorful abstract flowers!

PC1202- 1 Date: 2/6/25 (Th) Time: 6pm - 7:15pm

Location: Winona Senior High School – Room 158

Fee: \$25

CANVAS ART: SNOWFLAKE SWIRL

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening acrylic painting with friends! Our "Snowflake Swirl" painting will feature a swirling background, covered in snowflakes - each as unique as the next!

PC1203- 1 Date: 3/13/25 (Th) Time: 6pm - 7:15pm

Location: Winona Senior High School – Room 158

Fee: \$25

CANVAS ART: DESERT SUNSET

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening acrylic painting with friends! Our "Desert Sunset" painting will feature earthy tones, a vivid sunset, and a row of flowering cacti.

PC1204- 1 Date: 4/10/25 (Th) Time: 6pm - 7:15pm

Location: Winona Senior High School – Room 158

Fee: \$25

CANVAS ART: JELLYFISH DREAM

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening acrylic painting with friends! Our "Jellyfish Dream" painting will feature a floating jellyfish, gentle water, and bubbles.

PC1205- 1 Date: 5/8/25 (Th) Time: 6pm - 7:15pm

Location: Winona Senior High School – Room 158

Fee: \$25



PROJECT COMPASS

EDUCATION

BOOK CLUB

- LISTEN & READ ALONG WITH US!

Kitty Steege-Coelin

Each week we will listen to the book on zoom as a group and then talk about our favorite parts. Everyone that joins will receive the book to read and a bookmark to keep your place. Our book this month will be:

- | | | |
|---------|--|-----------|
| Z205- 1 | Date: 2/3/25 - 2/17/25 (3M) | |
| | <i>Heartwood Hotel</i> | Fee: \$15 |
| Z205- 2 | Date: 3/3/25 - 3/17/25 (3M) | |
| | <i>Boxcar Children - Book 1</i> | Fee: \$15 |
| Z205- 3 | Date: 4/7/25 - 4/21/25 (3M) | |
| | <i>The Lemonade War</i> | Fee: \$15 |
| Z205- 4 | Date: 5/5/25 - 5/19/25 (3M) | |
| | <i>The World According to Humphrey</i> | Fee: \$15 |
| | Time: 6pm – 7:15pm | |
| | Location: Online/Zoom | |



ADAPTIVE BEAN BAG TOSS

Bill Jacobs, Charlie Schollmeier, Rod Schwarz

Bean Bag Toss is back! Grab your friends to play bean bag toss with us this summer!

PC29- 1 Date: 6/2/25 - 6/16/25 (3M)

Time: 5pm - 6pm

Fee: \$15

Location: Winona Senior High School - Gym



PROJECT COMPASS NIGHT - WSHS BASKETBALL GAME!

Join us at the Winona Senior High School to cheer on our WSHS girl's basketball team! We will meet in the concourse of the Winona Senior High School and enter as a group. Your fee includes entry into the game, popcorn and bottled water. Registration Deadline is one week before the game.

PC900- 1 Date: 1/31/25 (F)

Time: 7pm – 9pm

Fee: \$15

Location: Winona Senior High School - Concourse



RECREATION & LIFE SKILLS

~ COOK WITH KITTY! ~

IN THE KITCHEN WITH KITTY - TORTILLA PIZZA & PINWHEELS

Kitty Steege-Coelin

Learn how to make BBQ Chicken Tortilla Pizza & Peanut Butter pinwheels! **We will end class with time to eat what we have made.**

PC1220- 1 Date: 1/27/25 (M) Time: 5pm – 6:30pm
Location: Winona Middle School – Room 220 Fee: \$15



IN THE KITCHEN WITH KITTY - SAUSAGE SKILLET & APPLE DUMPLINGS

Kitty Steege-Coelin

Learn how to make a sausage skillet and apple pie dumplings! **We will end class with time to eat what we have made.**

PC1221- 1 Date: 2/24/25 (M) Time: 5pm – 6:30pm
Location: Winona Middle School – Room 220 Fee: \$15

IN THE KITCHEN WITH KITTY - MEATBALL BITES

Kitty Steege-Coelin

Together we will make meatball bites and Cinna-lemon cups. **We will end class with time to eat what we have made.**

PC1222- 1 Date: 3/26/25 (W) Time: 5pm -6:30pm
Location: Winona Middle School – Room 220 Fee: \$15

IN THE KITCHEN WITH KITTY - FIESTA NIGHT!

Kitty Steege-Coelin

In celebration of Cinco De Mayo we will make Taco Salads and Butterscotch Cheesecake! **We will end class with time to eat what we have made.**

PC1223- 1 Date: 5/9/25 (F) Time: 5pm - 6:30pm
Location: Winona Middle School – Room 220 Fee: \$15



COSMIC BOWLING

Kitty Steege-Coelin

Are you ready for some fun? 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. ***Remember to sign up for each class date you would like to attend.***

PC10- 1 Date: 2/18/25 (Tu) Fee: \$15
PC10- 2 Date: 3/25/25 (Tu) Fee: \$15
Time: 4:30pm - 5:30pm Location: Westgate Bowl



WESTGATE BOWL

Kitty Steege-Coelin

We invite you to join your friends for fitness and fun at Westgate Bowl. Bumpers and ramps are available. **We will end our semester with a party after bowling on May 20! *Remember to sign up for each session you would like to attend.***

PC09- 1 Date: 1/21/25 - 2/11/25 (4Tu) Fee: \$20
PC09- 2 Date: 2/25/25 - 3/18/25 (4Tu) Fee: \$20
PC09- 3 Date: 4/1/25 - 4/22/25 (4Tu) Fee: \$20
PC09- 4 Date: 4/29/25 - 5/20/25 (4Tu) Fee: \$20
Time: 4:30pm - 5:30pm Location: Westgate Bowl



FRIDAY NIGHT B-I-N-G-O

Kitty Steege-Coelin

Everyone loves BINGO! Join us on Friday nights for bingo fun and prizes!

Remember to register for each class!

PC11- 1 Date: 2/28/25 (F)
– Super Heros & Sweet Treats Fee: \$15
PC11- 2 Date: 3/28/25 – Movies & More Fee: \$15
PC11- 4 Date: 4/25/25(F) – Lemonade & Luau Fee: \$15
PC11- 3 Date: 5/30/25 (F) – Games & Gadgets Fee: \$15
Time: 6pm - 7pm

Location: Winona Middle School – Commons

PROJECT COMPASS

GOIN' FISHIN'

U.S. Fish & Wildlife

FISH WITH US! U.S. Fish & Wildlife will provide life jackets, fishing rods and bait. A HUGE thank you to our compass cosponsors, the Upper Mississippi River National Wildlife and Fish Refuge for sponsoring our fun fishing events!

CANCELED IF SEVERE WEATHER.

PC25- 1 Date: 5/28/25 (W)

Time: 5pm - 6pm

Location: Huff St. Fishing Dock

Fee: \$15



GOIN' FISHIN' AND PICNIC

U.S. Fish & Wildlife

A big thank you for the wonderful picnic meal served by the Friends of the Refuge Headwaters. U.S. Fish & Wildlife will provide life jackets, fishing poles and bait. Cosponsored by the Upper Mississippi River National Wildlife and Fish Refuge and the Friends of the Refuge Headwaters.

CANCELED IF SEVERE WEATHER.

C76- 1 Date: 6/25/25 (W)

Time: 5pm - 6:30pm

Location: Hiawatha Valley Marines Shelter - West Lake

Fee: \$15



PIZZA PARTY & CRAFT - PIECES OF MY HEART

Kitty Steege-Coelin

Grab your friends and join us for our "Pieces of my Heart" craft followed by a Pizza party!

PC18- 1 Date: 2/12/25 (W) Time: 5:30pm - 6:30pm

Location: Winona Senior High School - Concourse

Fee: \$15



PIZZA PARTY & CRAFT - LUCKY MCSTICK LEPRECHAUN MAGNETS

Kitty Steege-Coelin

Grab your friends and join us for our Leprechaun Magnet craft followed by a Pizza party!

PC18- 2 Date: 3/12/25 (W) Time: 5:30pm - 6:30pm

Location: Winona Senior High School - Concourse

Fee: \$15

PIZZA PARTY & WINTER CRAFT - TIE-DYE BUTTERFLY

Kitty Steege-Coelin

Grab your friends and join us for our tie-dye butterfly craft followed by a Pizza party!

PC18- 3 Date: 6/11/25 (W) Time: 5:30pm - 6:30pm

Location: Winona Senior High School - Concourse

Fee: \$15



POPCORN, POP AND A MOVIE

Kris Stevens

Saturday is Movie Day! Join us on Saturdays for popcorn, pop and a movie with friends!

PC12- 1 Date: 2/22/25 (Sa) Fee: \$15

PC12- 2 Date: 3/22/25 (Sa) Fee: \$15

Time: 10am - 12pm

Location: Winona Middle School - Media Center



SNACK & CRAFT: PAINT A POT & PLANT A SEED

Kitty Steege-Coelin & WSU

Join our Winona State Students for a fun night of crafts! We will first paint the pot and then we will plant a seed for you to take home and watch it grow.

PC1200- 1 Date: 4/16/25 (W) Time: 4:30pm - 5:30pm

Location: Winona Senior High School - Concourse

Fee: \$15

SNACK & CRAFT NIGHT: TIE DYING!

Kitty Steege-Coelin & WSU

Join our Winona State Students for a fun night of Tie Dying fun! **Bring a white cotton t-shirt, tank top, bag or any white cotton item you would like to tie dye.**

PC632- 2 Date: 4/23/25 (W) Time: 4:30pm - 5:30pm

Location: Winona Senior High School - Concourse

Fee: \$15

DINNER & DANCE: SUPERHEROES & SWEET TREATS

Kitty Steege-Coelin & Troy Fegre

Join us for our Superheros & Sweet treats dance. **Wear your favorite super hero cloths or red!** We will have pizza, sweet treats & music with our DJ man Troy!

PC1215- 1 Date: 2/7/25 (F) Time: 6pm - 8pm

Location: Winona Middle School - Commons Fee: \$15



DINNER & DANCE: LUCKY LEPRECHAUNS

Kitty Steege-Coelin & Troy Fegre

Wear your favorite green and dance the night away with our DJ man Troy! Pizza and green treats will be served.

PC1216- 1 Date: 3/7/25 (F) Time: 6pm - 8pm

Location: Winona Middle School - Commons

Fee: \$15



DINNER & DANCE: LEMONADE & LUAU

Kitty Steege-Coelin & Troy Fegre

Join us for our tropical luau dance!

We will have pizza, lemonade and music with our DJ man Troy.

PC1217- 1 Date: 4/11/25 (F) Time: 6pm - 8pm

Location: Winona Middle School - Commons

Fee: \$15



DINNER & DANCE: GAMES & GADGETS

Kitty Steege-Coelin & Troy Fegre

Join Kitty and our DJ man Troy for a night of fun!

Pizza and Ice cream treats will be served.

PC1218- 1 Date: 5/16/25 (F) Time: 6pm - 8pm

Location: Winona Middle School - Commons

Fee: \$15



~DANCE~DANCE~DANCE~

PROJECT COMPASS



SUPPORT/ADVOCACY

NAMI CONNECTION: A MENTAL ILLNESS SUPPORT GROUP

Minnesota NAMI

NAMI Connection is a recovery support group for adults with mental illnesses led by trained individuals who are also in recovery - people who understand the challenges you face. **It meets every Monday evening. For information call a facilitator, Ellen 608-732-7006 or Chuck 507-226-3079.** Cosponsored by NAMI, (National Alliance on Mental Illness) Winona Affiliate, Project COMPASS.

N04- 1 Date: 1/6/25 - 6/30/25 (M) Time: 7pm - 8:30pm
Location: VFW, 208 E. 3rd Street Fee: Free

NAMI: FAMILY MENTAL ILLNESS SUPPORT GROUP

Minnesota NAMI

NAMI Family Support Group is a monthly peer-led support group for any adult with a loved one who has experienced symptoms of mental illness. Gain insight from the challenges and successes of others facing similar experiences. **Meetings are the 2nd Wednesday of the month. For more information call facilitators Ellen at 608-732-7006 or Chuck at 507-226-3079.** Cosponsored by NAMI -Winona Affiliate and Project COMPASS.

N03-
Date: 1/8/25 - 6/11/25 (2nd W) Time: 7pm - 8:30pm
Location: VFW, 208 E. 3rd Street Fee: Free

WORKSHOPS

STEWARDS OF CHILDREN'S DARKNESS TO LIGHT ONLINE TRAINING

Vanessa Southworth, Winona Health

Stewards of Children is the only evidence-informed, adult-focused child sexual abuse prevention training proven to increase knowledge and child-protective behaviors. This 2.5-hour training teaches adults practical ways to prevent child sexual abuse or intervene if abuse is suspected, discovered, or disclosed. There is no fee for this training due to support from Winona county Primary Prevention Project. This is an online training that you can take at any time that is convenient for you. **Please register at:**

<https://d21.csod.com.selfreg/register.aspx?c=winona-health> or email: vsouthworth@winonahealth.org
NW105- 1

Location: Online

Time: Any time that is convenient for you

Fee: Free



TWO DECADES OF PREVENTING CHILD SEXUAL ABUSE

SAFE DATES **- AN EVIDENCE BASED PROGRAM TO PREVENT DATING VIOLENCE**

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.

YE101- 1 Date: 10/26/24 - 11/9/24 (3 Sa)

Time: 10am - 12pm

Location: Advocacy Center of Winona

Fee: Free



CRISIS RESPONSE

24/7 Mental Health Services

For Southeast Minnesota Crisis Response inspires hope in adults, children, youth and their families by delivering compassionate, person-centered, recovery-based mental health support during a crisis.

Help for you on the phone
or in your home:

1-844-CRISIS2 or 1-844-274-7472

<https://www.crisisresponsesoutheastmn.com>

988 SUICIDE & CRISIS
LIFELINE

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.

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)



2024-25 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.

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 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:

Margaret Trott, margaret.trott@winona.k12.mn.us

Chris Dahlke, chris.dahlke@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: **ged.com**.

MN residents may have access to reduced GED testing costs while funding lasts.

Questions? Call Community Education at 507-494-0924.



AFTER SCHOOL ACTIVITIES

GRADES 5-8 (PUBLIC AND NON-PUBLIC STUDENTS WELCOME)

Winona Middle School, 1570 Homer Road Winona, MN 55987
507-494-1060 (voice) • 507-494-1010 (fax)



REGISTRATION FORMS AND FEES:

- Use the registration form on page 4
Note: After School Activities does not have "course numbers".
- Mail or drop off registration form with payment to:
Winona Middle School, 1570 Homer Road
- Visit us online at:
www.winonaschools.org/communityed
to register with your credit card.



SPORTS PHYSICALS:

Every student in grades 5-8 who participates in a physical activity **MUST** have a sports physical on file. Each sports physical exam is good for three years. Sports physical forms are available online or in the After School Activities Office.

SCHOLARSHIPS:

Scholarship applications are available and are based on free and reduced guidelines. For more information, contact the **After School Activities Office** at **507-494-1060**.

CANCELLATIONS AND UPDATES:

Students will be notified via announcements by the end of the day if their activity is canceled. To find out if any activity has been canceled, please call our **cancellation line** at **507-494-0970**. If Winona Area Public Schools are **CLOSED** due to weather, Community Education After School Activities are **CANCELED** for the day. If inclement weather begins late in the day, please check the above cancellation line for updates.

7TH & 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 spring season:

SPORT	GRADE LEVEL	PRACTICE SITE	PRACTICE BEGINS	SPORTS REGISTRATION MEETING
Track (Girls/Boys)	7-8	WSHS	March 24	No meeting will be held
Golf (Girls/Boys)	7-12	WSHS/Bridges	March 17	February 24 - WSHS**
Tennis (Boys)	7-12	WMS	March 24	February 24 - WSHS**

~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 meetings listed above for high school sports will begin at 6:00 pm with a general session. At 7:00 pm there will be individual team meetings.

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

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

SPORTS

5TH/6TH GRADE BASEBALL

Athletes will work on their skills and play intramural games on Monday through Thursday. This year our program will align with the practice drills and skills that the Winhawk High School teams follow. Our goal is for the kids to have fun, but also prepare them for their upcoming competitive baseball season.

Dates: 4/7 - 5/22/2025 Days: M, T, W, TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Baseball Field

DODGE BALL

It's Dodge Ball time!! Grab a few friends, your tennis shoes, and get signed up now. Participants will learn several variations of the game of Dodge Ball and get some great exercise while doing it. This is for boys and girls of all levels. Students will be bused to Goodview Elementary right after school. Parents must pick up students at 5:15 p.m. at Goodview Elementary.

Dates: 2/11 - 3/27/2025 Days: T & TH Fee: \$32
Times: 3:30 - 5:15 PM Location: Goodview Elem Gym

5TH/6TH GRADE GOLF

Let's go golfing! This class is designed for students who possess basic golf skills. Participants will be transported to Cedar Valley Golf Course via a route bus. Students will practice on the driving range, putting green, and play holes on the Monster course. Parents MUST pick up their child at the golf course. Participants must provide their own clubs and golf balls (which can be stored at Cedar Valley during this session).

Dates: 4/7 - 5/22/2025 Days: M, T, TH Fee: \$60
Times: 3:30 - 5:30 PM Location: Cedar Valley Golf Course

5TH/6TH GRADE SOFTBALL

5th and 6th grade girls will work on skills and play intramural games on Monday through Thursday. This year our program will align with the practice drills and skills that the Winhawk High School teams follow. Our goal is to have fun, but also prepare our players for their upcoming competitive softball season.

Dates: 4/7 - 5/22/2025 Days: M, T, W, TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Softball Field

5TH/6TH GRADE SOCCER

5th and 6th grade girls and boys will learn about the game of soccer, build their skills, and play soccer-related games/scrimmages. All experience levels are welcome. If you have cleats and shin guards, you are encouraged to wear them. If not, tennis shoes will do.

Dates: 4/8 - 5/22/2025 Days: T & TH Fee: \$32
Times: 3:30 - 5:15 PM Location: WMS



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.

Dates: 2/10 - 3/27/2025 Days: M, T, W, TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Pool

5TH/6TH GRADE TENNIS

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. Grab your racket and let's hit the court!

Dates: 4/7 - 5/22/2025 Days: M, T, W, TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Tennis Courts

5TH/6TH GRADE TRACK

Are you good at running, jumping, and throwing? If so, track is the sport for you. There is an event for everyone in this sport. This sport is open to all 5th and 6th grade boys and girls who want to learn about the variety of events track has to offer. This is also a great way to get in shape. Grab your tennis shoes and join the fun!

Dates: 4/7 - 5/22/2025 Days: M, T, W, TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS

WINONA AREA YOUTH WRESTLING

This program is open to boys and girls in kindergarten through 8th grade. This is a chance to learn some basic wrestling skills, get some great exercise, and have FUN! Coaches for this program will be Nate Stumpf (advanced) and Bill Schmidt (beginners). If you need to register a family for the Beginner or Advanced Season, please call the After School Activities Office at 507-494-1060 to receive the family discount.

ADVANCED - REGULAR SEASON (Grades 4-8)

Dates: 11/18/2024 - 3/26/2025
Days: M & W Fee: \$75/\$125 per family
Times: 6:15 - 7:30 PM Location: WSHS Wrestling Room

BEGINNERS - REGULAR SEASON (Grades K-3)

Dates: 1/7 - 2/20/2025
Days: T & TH Fee: \$25/\$40 per family
Times: 6:15 - 7:30 PM Location: WSHS Wrestling Room

SKI TRIP

Monday, January 20, 2025

Winona Middle School After School Activities will be taking a ski trip to Mt La Crosse on Monday, January 20. This is a non-school day at Winona Area Public Schools. Look for more information on how to sign up in the After School Activities Office.



AFTER SCHOOL ACTIVITIES GRADES 5 - 8

CLUBS/ACTIVITIES

ARCHERY

This program is 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. Students may ride the bus to Ridgeway and **MUST** be picked up by parents when done. **You must pre-register.** For more information go to www.archeryintheschools.org. Additional volunteer assistants are welcome with or without archery experience. SPACE IS LIMITED to 20!
Dates: 1/8 - 2/26/2025 Days: W Fee: \$35
Times: 3:30 - 5:45 PM Location: Ridgeway Comm School

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.
Dates: 3/6 - 4/17/2025 Days: TH Fee: \$30
Times: 3:30 - 5:15 PM Location: WMS Room 250

COOKING CLUB BY WINONA COUNTY 4-H **Join Winona County 4-H in a six week cooking club for 5th-8th graders.**

You will cook, bake, and create recipes while learning proper techniques and skills. Students will have the opportunity for choice in your recipes. This club has a maximum of 15 participants so sign up early!
Dates: 1/22 - 2/26/2025 Days: W Fee: \$40
Times: 3:30 - 5:15 PM Location: WMS Room 220

CREATIVE WRITING CLUB

Are you interested in working on your creative writing skills? Are you looking for a group of imaginative and supportive individuals? Sign up for Creative Writing Club! Students in this club will meet once a week to work on a writing project of their choice. Writing materials will be provided, but students are able to bring their own if they want. Writers of all skill levels in grades 5-8 are welcome!
Dates: 3/26 - 5/7/2025 Days: W Fee: \$20
Times: 3:30 - 5:15 PM Location: WMS Media Center

DUNGEONS & DRAGONS (D & D) CLUB

THIS CLASS IS FOR STUDENTS IN 7TH & 8TH GRADE

Dungeons & Dragons 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.
Dates: 2/6 - 3/27/2025 Days: TH Fee: \$20
Times: 3:30 - 5:15 PM 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.
Dates: 1/21 - 5/8/2025 Days: M, T, W, TH Fee: FREE
Times: 3:30 - 5:00 PM Location: WMS Fitness Center

FENCING CAMP (GRADES 2-12)

Community Education is working with the Youth Enrichment League (YEL) to bring fencing classes to Winona. This class is for students entering grades 2-12. New and returning students invited. Your favorite instructors return with more knowledge, refined coaching skills, and of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates, and jackets, in a high-octane, inclusive environment. Visit YELKids.com for more information.

WINTER Dates: 1/9 - 2/13/2025 Days: TH Fee: \$88
Times: 5:30 - 6:30 PM Location: WMS Commons

SPRING Dates: 3/20 - 4/24/2025 Days: TH Fee: \$88
Times: 5:30 - 6:30 PM Location: Goodview Elem Gym

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.

Dates: 1/7 - 5/22/2025 Days: T & TH Fee: FREE
Times: 3:30 - 5:00 PM Location: WMS Media Center

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!

Dates: 1/8 - 2/19/2025 Days: W Fee: \$20
Times: 3:30 - 5:15 PM Location: WMS Media Center

ROBOTICS R/C CLUB

This club is open to all 6th-8th grade students and is an introduction into robotics using mechanical legos. Programming kits will be provided. We will also work on R/C vehicles; how they work, and how we can repair them when needed. Students will be bused to the Winona Senior High School for this club. Parents will need to pick up at the high school when the club ends.

Dates: 2/4 - 3/19/2025 Days: T & W Fee: \$40
Times: 3:30 - 5:15 PM Location: WSHS Room 151
Industrial Tech

SKATEBOARDING CLUB

Learn to skateboard or improve your skills at Anthem Skatepark (800 W 5th St), Winona's indoor skatepark. All skill levels are welcome. Helmets and skateboards are provided to those who need them. Students will be bused to the location after school and parents will need to pick up your student at the end of class.

Dates: 1/14 - 2/25/2025 Days: T Fee: \$55
Times: 3:30-5:30 PM Location: Anthem Skatepark

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!

Dates: 3/24 - 5/5/2025 Days: M Fee: \$20
Times: 3:30 - 5:15 PM Location: WMS Media Center

KEY KIDS/SUMMER KEY KIDS

School-aged Child Care

Office Location: 903 Gilmore Avenue, Winona, MN • In the WAPS District Office
(507) 494-0905 • keykids@winona.k12.mn.us

KEY KIDS

Key Kids is a school-aged childcare program open to children ages Pre-K 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.

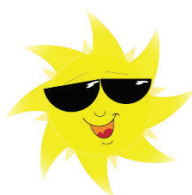


SUMMER KEY KIDS

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 **Returning Families** tab if you are not new to Key Kids.

QUESTIONS? Call the Key Kids Office at: (507) 494-0905

ELEMENTARY/FAMILY ENRICHMENT

Contact Casey Moger • 507-494-0905 (office) • casey.moger@winona.k12.mn.us (email)

BOOK CLUB (3RD & 4TH GRADES)

Join us for after school book club. We will read some of the book together and students will read some on their own. We will have discussions and do activities based off of the book. Note: Snack and book will be provided.

Must pre-register by March 27th.

Book Club Washington-Kosciusko Elem - Art room

EE18- 1 Date: 4/7/25 - 4/28/25 (4M)

Time: 2:15pm - 3:30pm

Fee: \$25

Book Club Jefferson Elementary - Art room

EE17- 1 Date: 4/8/25 - 4/29/25 (4Tu)

Time: 2:15pm - 3:30pm

Fee: \$25

Book Club Goodview Elementary - Media center

EE16- 1 Date: 4/9/25 - 4/30/25 (4W)

Time: 2:15pm - 3:30pm

Fee: \$25

CANVAS ART CLASSES (1ST-4TH GRADES)

Join Sunshine and Roses Traveling Art Studio to paint and create on canvas. This class is for students in Grades 1-4.

Canvas Art : Winter Wonderland

EE30- 1 Date: 2/11/25 (Tu)

Time: 2:15pm - 3:15pm

Location: Jefferson Elementary - Art room

Fee: \$25

Canvas Art: The Valentine Cow

EE31- 1 Date: 2/11/25 (Tu)

Time: 3:15pm - 4:15pm

Location: Jefferson Elementary - Art room

Fee: \$25

Canvas Art: The Spring Gnome

EE25- 1 Date: 3/11/25 (Tu)

Time: 2:15pm - 3:15pm

Location: Goodview Elem - Media center

Fee: \$25

Canvas Art: Dolly the Dolphin

EE26- 1 Date: 3/11/25 (Tu)

Time: 3:15pm - 4:15pm

Location: Goodview Elem - Media center

Fee: \$25

COOKING CAMP WITH WINONA 4H (3RD-5TH GRADES)

Join Community Education & Winona County 4-H for our 3rd - 5th grade Cooking Camp. In this camp, youth will cook, bake and create recipes while learning proper techniques and skills. Youth will have the opportunity to work in teams to create cuisines while trying new foods, making their own lunch, and taking leftovers home!

Questions? Contact Casey

Moger at: casey.moger@winona.k12.mn.us.

EE57- 1 Date: 3/22/25 (Sa) Time: 9am - 2pm

(Must pre-register by March 14th)

Fee: \$39

EE57- 2 Date: 5/3/25 (Sa) Time: 9am - 2pm

(Must pre-register by April 25th)

Fee: \$39

Location: Winona Middle School - 220 - FACS



BIRTHDAY PARTIES & SPECIAL EVENTS

Have your child's birthday party or special event with us. Whether you are looking for gym space, a pool, or the Herky Bus for your next party let Community Education be there for you!

For more information or to book call (507) 494-0905 or email: casey.moger@winona.k12.mn.us.

FAMILY OPEN GYM & PIZZA PARTY!

Let's Party! Join us for open gym, games & pizza.

This event is geared towards Pre-k thru 5th grade children and their families. **Pre-registration is required. Child must be accompanied by an adult. (Ages 3 & under are free)**

EE2- 1 Date: 2/15/25 (Sa) Time: 9am - 12pm

EE2- 2 Date: 3/29/25 (Sa) Time: 9am - 12pm

Location: Goodview Elem - Gym Fee: \$7 **per person**

FREE FAMILY MOVIE NIGHTS

Join us on Fridays at 5:30pm for a FREE movie night.

Pre-registration is not required.

Movie will be announced closer to start date.

Popcorn and bottle water will be available for purchase.

EE10-1 Date: 1/10/25 (F) Time: 5:30pm

EE10- 2 Date: 2/21/25 (F) Time: 5:30pm

EE10- 3 Date: 3/7/25 (F) Time: 5:30pm

EE10- 4 Date: 5/16/25 (F) Time: 5:30pm

Location: Winona Senior High School - Auditorium

LEGO CLUB (K-1ST GRADES)

Join us for after school Lego Club on Mondays.

Legos and snacks will be provided.

Washington-Kosciusko Elementary - Art room

EE09- 1 Date: 1/6/25 - 1/27/25 (3M, 1Tu)

Time: 2:15pm - 3:30pm

Fee: \$24

Jefferson Elementary - Art room

EE12- 1 Date: 2/3/25 - 3/3/25 (4M)

Time: 2:15pm - 3:30pm

Fee: \$24

Goodview Elementary - Media center

EE14- 1 Date: 3/10/25 - 3/31/25 (4M)

Time: 2:15pm - 3:30pm

Fee: \$24

LEGO CLUB (2ND-4TH GRADES)

Join us for after school Lego Club on Wednesdays.

Legos and snacks will be provided.

Washington-Kosciusko Elementary - Art room

EE11- 1 Date: 1/8/25 - 1/29/25 (4W)

Time: 2:15pm - 3:30pm

Fee: \$24

Jefferson Elementary - Art room

EE13- 1 Date: 2/5/25 - 2/26/25 (4W)

Time: 2:15pm - 3:30pm

Fee: \$24

Goodview Elementary - Media center

EE15- 1 Date: 3/5/25 - 3/26/25 (4W)

Time: 2:15pm - 3:30pm

Fee: \$24

SUMMER KICK OFF & FAMILY ACTIVITIES FAIR

Join us for this **FREE** community event to collect information on summer camps, activities, resources & more! Open swim, gym activities, crafts and resources available.

Saturday ~ April 5, 2025 ~ 9am - 12pm

Winona Middle School



Summer Kick off Vendor Table Rental

Interested in having a table at this event? Contact casey.moger@winona.k12.mn.us. for more information on how to rent a table.
Deadline March 29th~Rental Fee: \$125

HANGING WITH THE HERKY BUS

Join the **HERKY BUS** on **MONDAYS**
from 4:30 PM - 5:30 PM
at a neighborhood near you!
**We will have outdoor games,
crafts, books, and more.**



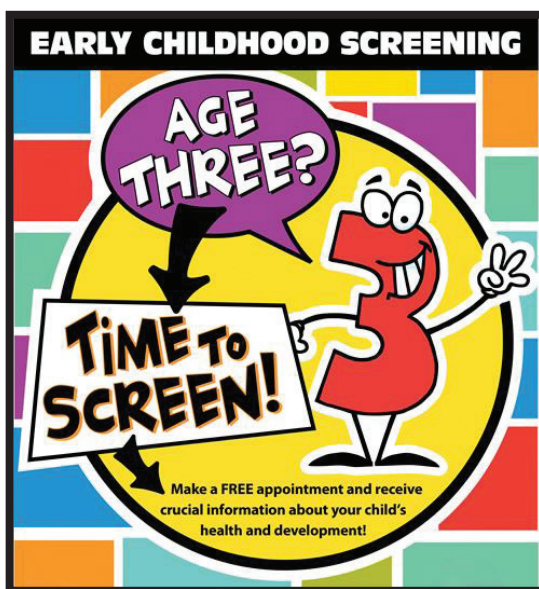
MAY DATES:

Date: 5/5/25 (M) Sinclair Park
Date: 5/12/25 (M) Valley Oaks
Date: 5/19/25 (M) Maplewood Townhomes

JUNE DATES:

Date: 6/2/25 (M) WE Valley Park
Date: 6/9/25 (M) Knopp Valley Park
Date: 6/16/25 (M) Gabrych Park
Date: 6/23/25 (M) Hinton Memorial Park-Stockton
Date: 6/30/25 (M) Goodview Memorial Park

EARLY CHILDHOOD SCREENING



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.

2025 SCREENING DATES:

Screenings will be scheduled on Thursdays and some Mondays(M)

January 9, 16, 23, 30

February 3(M), 6, 13, 20, 27

March 6, 20, 27

April 3, 7(M), 10, 17



REQUEST AN APPOINTMENT: winonaschools.org/screening

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

**Screenings are held in the Early Childhood Wing at ~
Goodview Elementary School ~ 5100 W 9th Street, Winona
Questions? CALL (507) 494-0913 or visit us online!**

EARLY CHILDHOOD PRESCHOOL

5100 West 9th Street , Winona, MN 55987 • 507-494-0913 (office) • 507-494-0932 (fax)

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 24-25 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 \$261
(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 \$355
(billed monthly)

\$30 registration fee

For children 4-5 years old

5 DAY ALL DAY

Monday - Friday

7:45am-2:15pm

18 payments of \$333.50
(billed bi-weekly)

\$30 registration fee

For children 4-5 years old

Classroom at WK location only
Transportation available only for those in WK busing zone

REGISTRATION FOR COMMUNITY KIDS PRESCHOOL

Registration for the 2025-26 school year will open in late winter/early spring.

Early registrations will not be accepted.

Please be on the lookout for the open enrollment dates to be announced soon!

EARLY CHILDHOOD FAMILY EDUCATION

5100 West 9th Street , Winona, MN 55987 • **Located at Goodview School**
507-494-0913 (office) • 507-494-0932 (fax)



WELCOME TO ECFE!

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children between the ages of birth to third grade. 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.

MN Statute 124D.13 states that ECFE Programs should emphasize programming for a child from birth to age three. Programming and services that are tailored to the needs of families and parents with children with the most risk factors in that age group. Due to a pre-k-3rd grade initiative ECFE can offer classes for children up to 3rd grade, but please note that the focus of the programming is for the birth to three age group. Also, as residents & taxpayers, Minnesota residents receive priority in enrollment; out of district or Wisconsin residents may enroll on a space available basis AFTER the initial enrollment process is complete.

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:

facebook

www.facebook.com/WinonaECFE

2024-2025 SLIDING CLASS FEES

Family's Yearly Gross Income	Fee Per Child Per Class	Max Per Family Per Class	Fee if Parent Only or Child Under 1yr/Not Walking Per Class
\$90,000 & up	\$95	\$190	\$95
\$80,000-\$89,999	\$81	\$162	\$81
\$70,000-\$79,999	\$71	\$142	\$71
\$60,000-\$69,999	\$59	\$118	\$59
\$50,000-\$59,999	\$45	\$90	\$45
\$40,000-\$49,999	\$37	\$74	\$37
\$30,000-\$39,999	\$32	\$64	\$32
\$20,000-\$29,999	\$26	\$52	\$26
\$0-19,999	\$11	\$22	\$11

EARLY CHILDHOOD FAMILY EDUCATION

~ 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**



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. Home base for this class will be the East End Recreation Center with classes often held at different locations with prior notice to families.

**Thursday late morning
10:30am-12:00pm**

**Location: East End Recreation Center
and other locations 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**



TUESDAY MORNINGS!

Monthly Themes!

PUPPETS & PLAY TUESDAYS IN FEBRUARY

Dive into the magical world of puppets! Together with your child, create simple puppets, enjoy interactive storytelling, and develop communication skills through imaginative play. This class fosters creativity and strengthens parent-child connections.

NATURE EXPLORERS TUESDAYS IN MARCH

Explore the wonders of the natural world! Through hands-on activities like rock painting, nature walks, and sensory discovery, you and your child will learn to observe and connect with the environment while building curiosity and outdoor skills.

TINY CHEFS: COOKING TOGETHER TUESDAYS IN APRIL

Whisk, mix, and create delicious memories with your little one! This class introduces simple, age-appropriate recipes that encourage teamwork, early math, and sensory exploration. Perfect for budding chefs and their parents!

SENSORY ADVENTURES TUESDAYS IN MAY

Engage your child's senses with a variety of tactile, visual, and auditory activities! From messy play to interactive crafts, this class supports sensory development while providing plenty of opportunities for parent-child bonding.

The cost for Tuesday Morning classes will be \$20 per child or \$30 per family for each MONTH.

Fees will be due on the first day of class.

**Tuesday mornings
8:30-10:00am**

**Early Childhood Room 106
Registration Required**



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.

January 3, 10, 17, 24 & 31

February 7, 14, 21, & 28

**Friday evenings at Goodview Elementary School
6:00-7:30pm**

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 Evenings ~ 5:00-7:00pm

Wednesday Evenings ~ 4:30-6:30pm

Parent Education Room 103

Early Childhood Room 106

Registration Required



LITTLE EXPLORERS

(birth to 3rd grade)

Join us for a unique class designed to inspire hands-on exploration through your child's perspective. Each session begins with dedicated parent-child interaction time, allowing children and families to engage in various learning activities and playful exploration in the classroom. Together, you'll enjoy circle time, where music, movement, and discovery foster connection and joy.

While children continue their activities, adults move to a separate space for a tailored parenting discussion based on the Parent Education Core Curriculum Framework.

These sessions draw from research-based resources, including Love and Logic, Conscious Discipline, and Incredible Years, as well as insights from podcasts, blogs, and video channels led by today's top specialists in early childhood development.

Monday Mornings ~ 8:30-10:30am

Parent Education Room 103

Early Childhood Room 106

Registration Required

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



MUSIC & ME

(birth to 3rd grade)

Join us for a class that highlights learning and bonding through music. Class will begin with parent and child interaction time, and activities created by an Early Childhood teacher. Parents will move to a separate space for a discussion that is planned by a Licensed Parent Educator, based on *YOUR* needs, and supported by the latest research on parenting and early childhood development. Children will be guided through various learning activities and play in the classroom. Children will rejoin their adults for the last half hour of class. Together, we will enjoy a playful, extended circle time that includes music and movement.

Monday Afternoons ~ 12:00-2:00pm

Parent Education Room 103

Early Childhood Room 106

Registration Required



PODCAST PARENTING

(birth to 3rd grade)

Through the exploration of various podcasts on varying topics, parents gain confidence in their problem solving and critical thinking. This helps continue to increase parenting skills as children advance through developmental stages. The primary procedure for the teaching of this class will be through the sharing, listening and discussion of various Podcasts. The teacher will share a podcast for the week for parents to listen to before class and then a discussion will be held on the podcast/topic during class. Small groups, round robins and individual discussion will also be used.

- Each week, prior to the start of class the teacher will send out an email to the parents in the class with the information about the podcast(s) that we will discuss.

Parents will be given a running list of all podcast episodes shared and discussed along with readings, notes, and hand-outs to keep.

Children will participate in learning activities with a licensed teacher that are tailored to meet their needs while parents are in discussion group.

***This class requires time on your own outside of class**

Thursday Mornings ~ 8:00-10:00am

Parent Education Room 103

Early Childhood Room 106

Registration Required



ITTY 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.

ECFE QUARTER 3 & 4 CALENDAR

QUARTER 3 (JANUARY 27-APRIL 3) & QUARTER 4 (APRIL 7-JUNE 5)

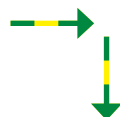
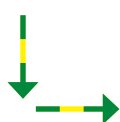
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Little Explorers 8:30-10:30am *FCL 8:00-8:30am	Tuesday Mornings! <i>Monthly Themes</i> 8:30-10:00am *FCL 10:00-10:30am	Drop-In 9:00-10:30am *FCL 10:30-11:00am	Podcast Parenting 8:00-10:00am *FCL 7:30-8:00am	
Afternoon	Music & Me 12:00pm-2:00pm *FCL 2:00-2:30pm		Baby & Me 12:00-1:30pm *FCL 11:30-12:00pm	ECFE Around Town 10:30am-12:00pm *FCL 12:00-12:30	
Evening	Early Childhood Screening 1 x per Quarter Mixed Ages 5:00-7:00pm *FCL 7:00-7:30pm		Mixed Ages 4:30-6:30pm *FCL 6:30-7:00pm	Early Childhood Screening	

*FCL=Family Consultation/Library

QUESTIONS?

Visit our website at:

winonaschools.org/communityed/early-childhood



NO School Days:

January 1, 20, 24
 February 17
 March 13&14
 April 4
 May 26, 2025



Or contact our Early Childhood Education Staff

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 | 494-1468 |
| • Classroom Educational Assistants: | | |
| | Nicole Fedor | 494-0913 |
| | Angie Bennick | 494-0913 |
| • ECFE Secretary: | Jen Slinkman | 494-0913 |



EARLY CHILDHOOD FAMILY EDUCATION

ECFE REGISTRATION & CLASS REQUEST INFORMATION

- ▶ All families must complete the online registration for ECFE once per year. If you wish to continue in your current class or change classes at the end of the quarter you can do so by contacting the **Early Childhood Secretary at (507) 494-0913**.
- ▶ **Deadline for Quarter 3 class determination is January 21st.** Any registration received after this date will not be considered in the lottery for the classes that have already filled.
- ▶ All registrations received by the deadline will be placed in a random drawing if class sizes have reached capacity. This drawing gives all families an equal opportunity to participate in ECFE classes. Every effort will be made to honor your class request.
- ▶ **Quarter 4 class requests and registrations will be due by April 1st to be considered in a lottery for the classes that have filled.**
- ▶ Class requests for existing families must be made by contacting Jen in the Early Childhood Office at **(507) 494-0913** or email jennifer.slinkman@winona.k12.mn.us.
- ▶ New families must complete the online ECFE registration by the above deadlines to request classes.
- ▶ Because classes can fill quickly, please list a 2nd choice so that we can ensure you have a spot in ECFE.
- ▶ Confirmation emails will be sent the week following the registration deadline.
- ▶ You must pay for your class by the SECOND WEEK of class to secure your spot.
- ▶ NO refunds will be made after the SECOND WEEK of class.



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.

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
and on the following radio stations:
KWNO (1230 AM), KAGE (1380 AM) and KHME (101 FM).

ECFE REGISTRATION

ONLINE ECFE REGISTRATIONS



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 **2024-2025 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 2024-2025.
- ▶ If you do not remember your Parent Portal access or if you have questions, email:
portal.help@winona.k12.mn.us or call **507-494-0870** 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 child's **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 or 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.*



The first step is exploring affordable, flexible educational options that meet your goals.

The next step is Southeast.



A member of the Minnesota State System



southeastmn.edu/visit
Winona Campus, 1250 Homer Rd.

Child and Teen Checkups



thriving inside and out

Nurturing healthy minds and bodies from birth to age 20



Free checkups for children, teens and young adults on Medical Assistance.

Visit www.ConnectWithCTC.com for help finding a clinic or dentist.



Public Health
Prevent. Promote. Protect.
Winona County
507.457.6500

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



NEW MINNESOTA CAR SEAT LAW as of AUG. 1, 2024

Every driver who transports a child under the age of 18 years in a motor vehicle, is required to have the child restrained in a car seat or seat belt.

The updated law is based on best practice recommendations that encourage caregivers and parents to get the full use out of your car seat by maxing it out in either the height limit or the weight limit, whichever your child reaches first. It's the safest thing you can do.

For the new guidelines go to: <https://dps.mn.gov>

Choose the right car seat.



One size doesn't fit all.



Supporting Confident Pregnancies and Stable Beginnings



Rental Assistance for New
and Expectant Parents



Free Diapers and Wipes
on a Monthly Basis



Baby Items for
Families in Need



Pregnancy Counseling
and Adoption Services



507-454-2270



We're here whenever you need us.

When you have a sore throat or earache, a stomach issue or a “funny feeling” and you don’t know what to do, where to go or who to call, it adds unnecessary stress.

Having a primary care provider means peace of mind.

Scan the QR code for info about our primary care providers and to schedule an appointment.



Winona Health

855 Mankato Avenue • Winona, Minn. • 507.454.3650



Did you know? We have clinics at Winona Senior High, Winona Middle School, Winona Area Learning Center and Jefferson Elementary. To learn more, visit winonahealth.org/schoolclinics.



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**Saturday
April 12, 2025**

2nd Annual Craft & Vendor Fair

**Join us for our 2nd Annual Craft and Vendor Fair!
Shop 50+ Local Vendors!**

**9am – 2pm
Winona Senior High School – Concourse
Admission is always FREE**

SPACE RENTAL

Would you like to rent a space at this Craft & Vendor Fair?

Sign up to reserve your spot today!

For an application and more information contact:

casey.moger@winona.k12.mn.us

(507) 494-0905

Rental Fee: \$40



Visit us at:
winonaschools.org/communityed
Scan to Learn More!