

# Autumn



## INSIDE:

Alcohol Inks  
Bake & Take Cookies  
Chateaubriand  
Everything Instant Pot®  
Psychic Development  
Tai Chi for Health  
& much more!

'21

Sept-Dec

OSSEO AREA SCHOOLS  
*Adult & Youth Enrichment*

Community Education  
11200 93rd Ave N · Maple Grove

# Welcome from Community Education

Star Tribune columnist James Lileks brilliantly wrote in the September 25, 2017 variety section:

“We feel industrious when Fall comes. We want the return of order and detail and routine. It’s baked in our code: the lean times are coming. Get ready. Sheaf the wheat and put up the beets! Fall might be the only season where our desire to do things is exceeded only by our total indifference toward doing them. The reason is simple: the days are rare. It starts with the first fatal tint at the top of the trees. The seasonal aisle in the stores has shifted to orange and brown. We need jackets in the morning, but the sun is strong at noon. Day by day the trees ignite until the full palette paints the city - and then, if we’re lucky, comes the perfect Fall day. Autumn has the warmth of summer and the portents of winter. It makes spring look like the trivial overture for an operetta. It’s no small accomplishment to make Minnesotans feel at ease with summer’s end, but it is something else entirely to make them love its replacement. Autumn is a bonfire. It can snow hard the day before the embers are cold, but we’ll still smell the smoke in our sweaters.”

And, because we couldn’t have said it better if we tried...we simply didn’t attempt to. However, what we can offer to you is over 40 new adult enrichment classes and 25 youth classes. We spent time gathering your feedback and reaching out to our surrounding communities to find out “what’s hot and what’s not”. Our Fall 2021 class selections are our best yet! Pull out your Fall sweaters, heat up a cup of tea, and spend some time looking through this publication to find a class that sparks your interest. *Note: masks are currently required in all district buildings at all times.*

Community Education creates opportunities that positively impact our whole community through innovative and responsive programs and services. If you are not fully satisfied with your enrichment experience, please contact us so we can make it right.

We look forward to the crisp, colorful days ahead and hope to see you soon.

## Melissa Henderson

Marketing & Enrichment Coordinator  
HendersonM@district279.org  
(763) 391-7117

## Sarah Heyer

Program Manager  
HeyerS@district279.org  
(763) 391-7122

## Marlene Dean

Educational Support Professional  
DeanM@district279.org  
(763) 391-7223

## Enrollment & Connection Information



Phone (763) 391-7223



Online [osseo.ce.eleyo.com](https://osseo.ce.eleyo.com)



Community Education Enrichment  
Facebook Page



Osseo Area Schools Twitter Account  
[@ISD279](https://twitter.com/ISD279)



Osseo Area Schools YouTube Channel

# Adult & Youth Classes

Fall 2021 Publication

## TABLE OF CONTENTS

4-15	Culinary Creations Mind & Body
16-21	Artful Living Family & Finance Get Wired
22-26	Global Experiences Global Languages Health & Safety On the Go
27-28	Enrollment Information
29	Youth Class Policies
30-47	Youth Afterschool Classes
48-51	Horse Camp 279 Racing Series Guitar Lessons Piano & Voice Lessons ACT Prep Cell Phone Permit
52-55	Teen Driver's Ed Individual Tutoring Small Group Tutoring District 279 Map



NEW! Oktoberfest  
with Jeff Sandino  
Page 4



NEW! Mind & Body  
Health with Janice  
Novak  
Page 13



NEW! Glass Mosaic  
Art with Lindsey  
Guetter  
Page 16

[osseo.ce.eleyo.com](https://osseo.ce.eleyo.com)

## Decadent & Delicious Dishes

with Chef Jeff Sandino

Instructor Jeff Sandino is the founder of “*Flavors from the Home*”. Jeff’s love of food began at the Lincoln Del. He sought formal training at L’Hotel Sofitel in Bloomington, MN and Houston, TX. His 40+ year professional career has brought him to such spots as Buca Di Beppo, Figlio, Sunsets on the Bay, My Pie Pizza and Sunshine Factory to name a few. He’s appeared on several cooking shows demonstrating his wizardry but his passion is demystifying the process of gourmet cooking.



*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223

### Pasta! Pasta! Pasta!

Make basil pesto, and practice it’s versatility, creating an appetizer used in combination with fresh bread, roma tomatoes, and mozzarella cheese. Toss it with vermicelli and cream and top it with diced tomatoes and roasted pine nuts. Next, toss cappellini with olive oil, garlic, fresh basil, tomatoes, and sauteed baby shrimp. Create fettuccine alfredo primavera, a divine combination of fresh veggies, Parmesan cheese and cream. Complete your night with a tartlet sugar dough layered with pastry cream and fruit with a sweet apricot glaze.

Wed, Sep 15 6-9 pm Jeff Sandino  
MGMS \$49/person

### Oktoberfest

Celebrate German Fall traditions with sauerbraten tender pot roast in a tangy sweet & sour sauce, beef rouladen stuffed with pickles, bacon and some onion in red wine sauce, pork ribs braised in sauerkraut and wiener schnitzel, chicken tenders lightly breaded and sauteed with fresh squeezed lemon and herbs. Also learn to make spaetzle (German pasta), potato pancakes with sour cream, kartoffelkloesse (German dumplings) and braised red cabbage. Finish with a classic black forest cake that is sublime.

Thu, Oct 7 6-9 pm Jeff Sandino  
MGMS \$49/person

### Italian Pizza & More

Create a perfect dough and a gluten-free option. Delicious stromboli stuffed with tender chicken, broccoli, sundried tomatoes, romano, mozzarella and boursin cheese with a zippy tomato sauce for dipping. The pies include both a BBQ and a tasty buffalo chicken, yummy basil pesto, a margarita, reuben-style, pepperoni, sausage, mushrooms, some peppers and onions and also a gluten-free option. You’ll pair your pies with pasta Napolitana prepared with Roma tomatoes, garlic, basil, and parmesan and romano cheeses. Finish off with zuppa inglese, layers of triple sec and kirsch soaked pound cake, rich Italian custard, chocolate ganache and sweet cherry preserves.

Wed, Oct 20 6-9 pm Jeff Sandino  
MGMS \$49/person

### Traditional Italian Cuisine

Enjoy the marvelous flavors of traditional Italian cuisine starting with panzanella, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. Prepare a chicken saltimbocca using thin sliced prosciutto ham and sage in a lemon, caper, and artichoke butter sauce. You’ll also make potato gnocchi (Italian dumplings) then toss them in a medley of sauces including basil pesto, marinara and brown butter with sage and walnuts. End with cannoli, a delicious fried pastry filled with sweet ricotta and mascarpone cheeses, served on a chocolate sauce, garnished with pistachios.

Wed, Nov 10 6-9 pm Jeff Sandino  
MGMS \$49/person

### Chateaubriand

Start with a delightful autumn salad tossed with crispy granny apples, candied walnuts, feta cheese and dried cranberries in a super delicious raspberry vinaigrette. Featuring chateaubriand beef tenderloin seared, roasted and served with amazing sauces including bordelaise and pepper sauce. Accompaniments include creamy potatoes au gratin, tomatoes provencal and fresh steamed asparagus tossed with olive oil and fresh squeezed lemon. Complete your cooking experience with creme caramel, an exquisite homemade custard served in a pool of caramel.

Thu, Dec 2 6-9 pm Jeff Sandino  
MGMS \$49/person

**Decadent Truffle Candies**

You've tried the rest. Now try the best truffles of all that you can make yourself. This is one of Nancy's most popular classes. She has shown thousands of people how to make rich, chocolaty delicacies. In just one 3-hour class, you'll be making truffles for all those special occasions - from graduations to weddings to gifts and more. Make five different recipes in class, and each student will take home a nice box of truffles. Candy boxes will be provided. A \$12 supply fee is collected in class. An optional \$18 truffle/candy kit will be available for purchase for future candy making.

Wed, Oct 6      6-9 pm              Nancy Burgeson  
 OMS              \$35/person

**Holiday Bake & Take Cookies**

Take home ten dozen kinds of cookies including: Lemon Crinkles, M & M, Peanut Blossoms, Cherry Poppysseed, Molasses, Peanut Butter Balls, Holiday Bells, Peppermint Meltaways and more. Also, two new cookies being featured this year! Work in pairs to form, trim, and decorate the cookies baked by the elves. Hairnets/gloves are provided. Bring an apron and containers to carry home your treats. Arrive on time and stay the full 3 hrs to assist with clean-up. For safety, no children are allowed in class. If you are unable to attend, you may send someone in your place. Cookies are not provided for no-shows. \$15 food supply fee payable to instructor at class. We're unable to accommodate nut allergies in class.

Fri, Nov 19      6-9 pm              Nancy Burgeson  
 MGMS              \$45/person  
 Sat, Nov 20      9 am-12 pm        Nancy Burgeson  
 MGMS              \$45/person  
 Sat, Nov 20      1-4 pm              Nancy Burgeson  
 MGMS              \$45/person

*Sweet Treats and More*  
 with Meeghan Burnevik

Instructor Meeghan Burnevik started baking when she was young, but not decorating until 10 years ago when a friend suggested they needed a 'hobby' during a cold MN winter. After completing the Wilton Method classes at a local craft store, she was hooked. What started out as a hobby making cupcakes for friends and family grew into a business creating custom cakes, cupcakes, cookies and candy. Meeghan loves to think outside of the box and experiment with flavors, tools and materials to create whimsical sugar creations. Meeghan owns Swan Lake Cakes in Cedar, MN and teaches cake decorating classes to adults and children. When she isn't holding a piping bag, she spends her time playing golf, traveling the world and improving her sommelier skills.

**Cocoa Bombs**

Cooler weather is heading our way. Enjoy a fun evening making and decorating cocoa bombs. Learn about the best type of chocolate to use and experiment with a variety of fillings. To make this class even sweeter, you will leave class with at least 4 completed cocoa bombs, your own 3-piece mold for home use and amazing recipes.

Wed, Sep 22      6-8 pm              Meeghan Burnevik  
 OSH              \$49/person

**Pate de Choux**

5 simple ingredients combine to make a light pastry dough used in many European treats. Pate de Choux can be filled with sweet or savory fillings and while yours bake, you'll create several options to sample and then fill your pastries. Leave class with recipes, a tray of delicious Pate de Choux pastries and decorating tips used to fill your next batch of Pate de Choux at home.

Tue, Oct 12      6-8:30 pm        Meeghan Burnevik  
 OSH              \$45/person

**Pigs in the Mud Cake**

You've seen this cake on NAILED IT - now you'll get to create it! This class is a chocolate lovers dream. Learn to level, tort, fill and frost a chocolate cake then add to your creation using chocolate lattice and fondant pigs. Leave class with a completed cake and basic supplies to take home.

Wed, Nov 17      6-8:30 pm        Meeghan Burnevik  
 OSH              \$49/person

**Candy Melts: Holiday-Style Drizzle, Drip & Mold**

Learn how to use candy melts and chocolates to create tasty treats. Discover basic dip, drizzle, and molding techniques that can be applied to a variety of different treats including filled chocolates, pretzels, fruit, nuts and popcorn. Leave class with a sample of sweets to share.

Wed, Dec 8      6-8:30 pm        Meeghan Burnevik  
 OSH              \$45/person

## Parent/Child French Baking: Crepes

Bring your child and join Alliance Française to make delicious crepes you can make at home. Learn master chef skills in a class led by a dynamic French instructor. No French experience required. This class is taught in English and in French.

Thu, Oct 7 5:30-7:30 pm Alliance Francaise OSH \$75/pair

## Chicken & More Chicken

Enjoy dishes that are both healthy and delicious. Some classic, some quick, some spectacular for company but ALL healthy and delicious. Work with whole chicken, parts and skinless-boneless chicken breasts. You'll use skillet and an oven to prepare and enjoy chicken: cordon blue, marsala with sage, Philippine-style adobo, strips with spicy honey sauce, delicious white wine and mushroom sauce, crab-stuffed breasts, crispy parmesan chicken strips, Italian lemon kebabs, pineapple-raspberry nibbles, raspberry lime and roasted mushrooms and apples. Three recipes are great as appetizers, and the entrees will quickly become your favorites for family and friends. Fee includes supply costs.

Mon, Sep 27 6-9 pm Laurel Severson OMS \$45/person

## Lefse, Lefse, Lefse

This tasty Norwegian delicacy is made for special holidays, weddings and other special occasions. If you're Norwegian and missed recording grandma's recipe, tips and techniques then enroll now! Note: other nationalities find lefse delicious too. Learn the fine points in making dough, baking, storing and, of course, how to serve lefse. You'll also receive a bonus of some humor mixed in as well. Begin with real potatoes using a number of authentic recipes as well as a modern version using instant potatoes. You'll sample fresh, warm creations with traditional fillings, plus take home finished lefse and dough to bake and share with family and friends.

Wed, Oct 20 6-9 pm Laurel Severson OMS \$45/person

## Krumkake, Pizzelle, Sandbakkelse & Rosettes

Create four delicious and famous heritage cookies: Norwegian krumkakes, Italian pizzelles, Swedish sandbakkelse and Scandinavian rosettes. Make rolled krumkakes by combining cream, butter and cinnamon or vanilla and bake them with a special iron. Bake the flat, anise or vanilla flavored pizzelles on top of the stove using a different iron. You will use tiny tins resembling tarts to bake the chewy, almond sandbakkelse to a golden brown. Finally, master the deep-fried rosette, the fragile and paper-thin delicacy dusted with confectioners' sugar. You will get great recipes plus many tips and techniques to make your baking a success. Bring containers to safely carry your creations home.

Sat, Nov 6 9 am-12 pm Laurel Severson OMS \$45/person



*Enroll Now!*  
[osseo.ce.eleyo.com](https://osseo.ce.eleyo.com)  
 763-391-7223

## Basic Tips About Your Instant Pot®

1. It's a slow cooker and a pressure cooker all in one. It is also a rice cooker as well as a yogurt-maker.
2. The minutes you enter on the control panel indicate cooking time. The clock doesn't start until pressure has built up inside the cooker (like preheating) and it doesn't end until the pressure is released.
3. Cooking time depends on the quantity of food and temperature. Cold foods take longer to come to pressure. Expect it to take 5 to 20 min. and up to 30 min. to release pressure naturally.
4. Sauté option: caramelize onions or toast spices. Also used to reduce soups/sauces at a brisk simmer.
5. You must have liquid (broth, water or juices) in your recipe to build up pressure for cooking.
6. You cannot smell or sight-check your food as the lid needs to remain shut and sealed.
7. Always buy a 2nd sealing ring as they absorb flavor and odor. Use one for sweet recipes and one for savory.
8. When you use the pressure cook setting, fill the pot no more than two-thirds full. If you're cooking beans, rice or any other dehydrated food that expands, only fill halfway.

# Online Instant Pot® Cooking

with Tess Georgakopoulos

Instructor Tess Georgakopoulos has been cooking for well over 40 years since she was roughly 6 years old. Born into a Greek family, the art of cooking traditional meals using your senses rather than recipes was passed on from one generation to the next. Her father was also a trained chef who brought the magic of food to life in another form on the weekends as they cooked elaborate family meals together. Food prepared from the heart, with ones own hands and creativity was, and continues to be an expression of love in her home. As a skilled home cook and baker, Tess enjoys creating original recipes for her family and friends. Sweet, savory, or doughy, she enjoys experimenting and creating in the kitchen daily. Pressure-cooking with a stovetop cooker has been a part of her culinary repertoire for over 25 years. Tess is creating new recipes and reinventing traditional ones using the Instant Pot®, which is taking her pressure-cooking to another level. Tess recently started writing her first cookbook, and her food blog is also in the works.

## Online: Back to School Survival Instant Pot® Freezer Meal Bootcamp

Learn the basic foundations of preparing nourishing make-ahead meals that can go straight from your freezer to your Instant Pot®. Tess demonstrates how to prepare four or five make-ahead meals for the freezer, and you're invited to prepare one of the meals along with her. Two of the demo meals are sweet and zesty meatballs (served warm over rice/noodles), and Greek lemon garlic and herbed chicken. You'll have the option to prepare cheesy stuffed shells for your freezer also. Ingredient and supply list is sent a week in advance to allow time for shopping/prep. You'll receive a handout of Tess's personal recipes which includes labels that can be printed out for cooking instructions. Tess created a private Facebook group for adults in her classes. Fee includes participants from the same household.  
Sat, Sep 18 4:30-6 pm T. Georgakopoulos  
Online \$35/person

## Online: Back to School Survival Make-Ahead Grab & Go Breakfast Bootcamp

Your family can choose their own breakfast, reheat it in a couple of minutes, and be ready to go. Save money and cook your own make-ahead breakfasts. Participate in this virtual demonstration-style class with the option to prep-along one of the breakfasts. Learn to make, store, and then reheat homemade breakfast sandwiches, wraps, waffles, cinnamon French toast sticks and more for the freezer. Tess demonstrates all of the items listed here and more. You'll also be invited to prep-along some wonderful homemade breakfast sandwiches. You'll receive a list of ingredients/supplies needed in advance and a handout of Tess's personal recipes which includes printable labels for cooking instructions. Tess also created a Facebook group for adults in her classes. Fee includes participants from the same household.  
Sat, Sep 25 4:30-6 pm T. Georgakopoulos  
Online \$35/person

## Online: Back to School Survival Chicken Fried Rice Cook-Along

Full meals seem impossible during a busy week. No need for frozen processed food when you're in a rush. Master quick 30-40 min. home-cooked meals by enrolling in classes by Tess. The **Week 1** menu includes: chicken thighs or breasts, cooked with vegetables and rice, with an added boost of protein in the form of eggs and then seasoned with oriental spices/homemade prepared sauce.  
Wed, Sep 22 5:30-6:30 pm T. Georgakopoulos  
Online \$29/person

## Online: Back to School Survival Chicken Parmesan Cook-Along

Full meals seem impossible during a busy week. No need for frozen processed food when you're in a rush. Master quick 30-40 min. home-cooked meals by enrolling in classes by Tess. The **Week 2** menu includes: chicken breasts, seasoned and breaded with Italian flavors, then pan-seared and oven-baked. Serve over any pasta, with sauce and sprinkling of cheese. It's mouthwatering.  
Wed, Sep 29 5:30-6:30 pm T. Georgakopoulos  
Online \$29/person

## Online: Back to School Survival Homemade Chicken Tenders Cook-Along

Full meals seem impossible during a busy week. No need for frozen processed food when you're in a rush. Master quick 30-40 min. home-cooked meals by enrolling in classes by Tess. The **Week 3** menu includes: fresh chicken, seasoned and breaded with a blend of flavors, oven-baked (mock-fried), and homemade creamy kid-friendly slaw. Tenders can be "dressed-up" for adults and turned into buffalo chicken wraps with a homemade ranch dressing.  
Wed, Oct 6 5:30-6:30 pm T. Georgakopoulos  
Online \$29/person

**Online: Back to School Survival Savory Chicken-Sweet Potato Stew**

Full meals seem impossible during a busy week. No need for frozen processed food when you're in a rush. Master quick 30-40 min. home-cooked meals by enrolling in classes by Tess. The **Week 4** menu includes: fresh tender chicken, sweet potatoes, and a wonderful array of vegetables.

Wed, Oct 13 5:30-6:30 pm T. Georgakopoulos  
Online \$29/person

**Online: Back to School Survival Burgers & Loaded Baked Chili-Seasoned Fries**

Full meals seem impossible during a busy week. No need for frozen processed food when you're in a rush. Master quick 30-40 min. home-cooked meals by enrolling in classes by Tess. The **Week 5** menu includes: delicious all-American hamburgers, served with a side of baked chili-seasoned fries made from scratch. Fries will be "loaded" with optional toppings once they have been cooked.

Wed, Oct 27 5:30-6:30 pm T. Georgakopoulos  
Online \$29/person

**Online: Instant Pot® 101 Live Cook-Along & Demonstration-Style Class**

Learn the foundations of cooking, care, and how to make amazing dishes in the Instant Pot®. Breakfast, lunch, dinner, and dessert items are demonstrated. In addition to a yogurt tutorial, menu items include: steel-cut oatmeal or egg bites, creamy and cheesy Tuscan chicken with penne, and lava cakes or dreamy banana bread. Menu items dependant on ingredients on hand. A Q&A is built into class. A PDF of Tess's original recipes is provided. Tess provides an ingredient list/station prep guide for the creamy-cheesy Tuscan chicken with penne dish in advance if you wish to join the cook-along portion. She also created a Facebook group for adults in class. Note: fee includes people from the same household.

Wed, Sep 15 5-7 pm T. Georgakopoulos  
Online \$35/person

**Online: Hands-On Knife Skills**

Whether you cook occasionally or every day, great knife skills are a time and finger saver. Learn the basics starting with proper grip and then practice at least fifteen basic cuts including: dice, slice, mince, chiffonade, julienne, supreme and zest...all while prepping a cucumber, tomato and herb salad with citrus vinaigrette and a fruit cobbler. Pre-class prep and supply list can be found online at osseo.ce.eleyo.com.

Wed, Sep 22 6-8 pm Laura Scheck  
Online \$35/person

**Online: Escape to the Mediterranean Cook-Along**

Escape to the Mediterranean with the flavors of Greece in this live cook-along class. Create a full-flavored Greek meal for your family/significant other in your kitchen. Menu includes: Greek grilled chicken souvlaki (skewers), tzatziki (Greek yogurt dipping sauce), Greek veggie rice (prepared in the Instant Pot or on the stovetop), and homemade pita bread. Time permitting, a Greek dressing will also be shared. You'll get an ingredient list and station prep packet a week before class. You'll also receive a copy of Tess's personal recipes. Tess created a Facebook group for participants. Note: fee includes people from the same household.

Sat, Oct 9 4:30-6:30 pm T. Georgakopoulos  
Online \$35/person

**Online: Air Fryer Hype! Copycat KFC & Recipes for All Ages**

Have you ever wondered what the air fryer hype is about? Want ideas about what to make in it besides fries or crisping up frozen processed foods? Dive into the world of air frying. Tess will demonstrate family favorite recipes including: homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers. The cook-along recipe will be copycat KFC chicken. Make leftovers a thing of the past. While cooking-along is loads of fun, it is optional. You'll get a list of ingredients for the cook-along recipe a week ahead to allow time for shopping and prep. If Tess's personal recipes are used, they'll be shared as a PDF. If recipes used are online, links will be shared. Tess created a Facebook group for adults in her class; joining is optional. Note: fee includes people from same household.

Sat, Oct 16 4:30-6:30 pm T. Georgakopoulos  
Online \$35/person

**Online: Instant Pot® Fall-Off-the-Bone BBQ Ribs, Potato Salad & Sweet Creamed Corn**

Make and enjoy fall-off-the-bone BBQ ribs in less time. In addition to the ribs, you'll make Instant Pot® potato salad, and sweet creamed corn (on the stovetop). Choose one for your cook-along, and watch a demonstration of the other. Or, if you have a second Instant Pot® on hand, and want to make both the ribs and the potato salad, please do. All recipes are made with ingredients that are probably already on hand. Questions are answered by Tess while you interact with others. The cook-along is loads of fun, but it is optional. Tess created a Facebook group for adults in her classes. Note: fee includes people from the same household.

Sat, Nov 6 4:30-6:30 pm T. Georgakopoulos  
Online \$35/person

**Online: Carrot Cake with Cream Cheese Buttercream Frosting**

When it comes to celebrations, desserts are often the star-of-the-show. Bake along with Tess and create a showstopper 3-tiered carrot cake with cream cheese buttercream frosting that leaves family and friends talking for years to come. You'll bake the cake and prepare the frosting together. Tess will also demonstrate how to construct the layers and frost. You'll do the same once your cake layers have cooled. A list of ingredients will be sent a week in advance to shop. You'll also receive a copy of Tess's personal recipe in a PDF. Note: one registration fee for this class includes participants from the same household only. If children participate, adult supervision is required. \*Note: three round 8" or 9" non-stick cake pans and stand/hand mixer needed.  
 Sat, Nov 13 4:30-6 pm T. Georgakopoulos  
 Online \$29/person

**Online: Instant Pot® Holiday Menu Demonstration-Partial Cook-Along Class**

Looking for simple options for a holiday menu? Create full-flavored traditional dishes in a fraction of the time using the Instant Pot® during a live virtual demonstration-style class with partial cook-along option. The holiday menu includes: faux roasted chicken (turkey can be made the same way, but class only allows for chicken), mashed potatoes, spiced glazed carrots, and pumpkin cheesecake. Optional cook-along for the Pumpkin Cheesecake portion of class. If Tess's personal recipes are used, they will be shared as a PDF. If recipes used are online, links to the recipes will be shared. Tess created a Facebook group for her classes. Note: fee includes people from the same household.  
 Sat, Nov 20 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

**Online: Instant Pot® Creamy Chicken & Wild Rice Soup and Chicken & White Bean Soup**

Create two delicious dishes and choose one for your cook-along, and watch a demonstration of the other. If you have a second Instant Pot® on hand, make both. The recipe options for this class are a MN classic creamy chicken & wild rice soup, and chicken & white bean chili. You'll also make rolls from scratch. Recipes are made with ingredients on hand. Cooking along is loads of fun but is optional. A list of supplies is sent a week ahead to allow time for shopping/prep. You'll receive a handout of Tess's recipes which includes labels that can be printed out for cooking instructions. She created a Facebook group for adults in her classes. Note: fee includes people from the same household.  
 Sat, Dec 4 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

**Online: Detroit-Style Pizza & Pizza Madness**

Make a pizza with homemade dough in a variety of ways. Pizza dishes include: Detroit-style pan pizza with sauce, baked pizza bombs, and pinwheels. If time permits, a classic pan pizza will also be made. Choose which ones you want to make and watch a demonstration of the others. A list of ingredients and dough recipe is sent in advance to allow time for shopping and prep. While cooking-along is fun, it is optional. Tess created a Facebook group for adults in her classes; joining is optional. Note: fee includes people from the same household. \*A Detroit-style pizza pan is highly recommended, as it is a pizza pan with or without holes in it. You will also need round or square cake-pans, and sheet pans.  
 Sat, Dec 11 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

**Online: Bake & Build Gingerbread House - Family Fun Bake-Along**

Establish a new tradition and create an edible work of art with family. Combine gingerbread flavors and use the dough to create pieces used to "build" a home. Make royal icing that will be used as "glue" to decorate your houses with candies and treats. You'll receive a list of ingredients in advance for shopping and prep. You'll also get a template to print and cut out before class to use as a "pattern" to cut the gingerbread before it is baked. Tess made a Facebook group for adults in her class; joining is optional. Note: fee includes people from the same household. \*Large sheet pan, parchment paper or non-stick baking mat, rolling pin, and mixer needed along with other items listed in the handout.  
 Sat, Dec 18 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person



*Enroll Now!*  
[osse.ce.eleyo.com](http://osse.ce.eleyo.com)  
 763-391-7223

**Surprisingly Simple Ways to Improve Whole Body Health**

No exercise or extra time needed. Improve the way your body feels by subtly changing how you move and what decisions you make throughout the day. Discover how to create more strength and mobility, decrease pain and injury, and how to extend the function and longevity of your body by simply becoming aware of, and gradually adjusting, how you perform your regular day-to-day activities. Change the way you move; change the way you feel.

Mon, Sep 13 6-8 pm Kristie Walker  
 ESC \$39/person

**Preparing Body for Baby**

Discover ways to have a pain-free pregnancy. Blending alignment with lifestyle adjustments (changing how you sit, stand and make choices) can result in avoiding the most common prenatal aches and pains. This workshop combines education and exercises to create optimal movement that will help prevent foot, back and neck pain, core weakness/distasis recti and pelvic floor issues. While this workshop is appropriate for everyone, if you are trying to get pregnant, are currently pregnant, or have been pregnant, you will gain the most benefit from this workshop created just for you.

Mon, Oct 11 6-8 pm Kristie Walker  
 ESC \$39/person

**Release, Roll & Flow**

Take control of how your body feels. Alleviate aches and pains, reduce muscle tension, increase circulation, promote relaxation, and improve posture and joint range of motion. Muscle and tissue release techniques are easy to learn and a must to improve function, mobility, performance and overall well-being. Please bring a mat and a foam roller (if you own one), tennis balls and a few sample foam rollers will be provided.

Mon, Oct 18 6-8 pm Kristie Walker  
 ESC \$39/person

**Keep “Moving” in Place**

Don't just sit there. Learn how to be stationary without being sedentary. Improve your overall health, even if you sit at a desk most of the day, through simple and somewhat challenging adjustments and exercises to help with how you sit, stand, and move your body. Explore how to consistently use your muscles to support and strengthen your body, limit wear & tear, and prevent aches and pains. Prepare yourself to strengthen and stretch - physically and mentally.

Mon, Nov 15 6-8 pm Kristie Walker  
 ESC \$39/person

**Foot Pain Relief: What Your Podiatrist May Not Tell You**

Feet are your foundation. Give them the attention they deserve. Discover how simple adjustments in alignment can create foot strength/mobility while relieving pain and discomfort. Discover: alignment points to help alleviate your foot pressure (plantar fasciitis, bunions, neuromas, arthritis, etc.), how shoe choice effects the entire body (not just foot health), five main components to look for in shoes/footwear, the ideal role of orthotics, and exercises to move, stretch, and strengthen the muscles of the feet and lower legs. You'll have the opportunity to actively participate in the gentle exercises while standing in socks or bare feet.

Mon, Nov 8 6-8 pm Kristie Walker  
 ESC \$39/person

**Reclaim Your Life Force**

Experience more energy, better health, and skills to reduce stress and anxiety both immediately and long-term. A higher quality of breath results in a higher quality of life. Aware breathing can result in benefits that include: reducing anxiety and stress; improving memory, focus and concentration; increasing energy and decreasing fatigue; improving sleep; and improving conditions such as headaches, high blood pressure, stomach issues, metabolism and mood. Better breathing is the first step towards better quality of life.

Mon, Sep 27 6-8 pm Kristie Walker  
 ESC \$39/person

**Online: Restorative Yoga with Betty Christensen**

Restore, renew and revitalize your mind, body and spirit through the use of various props, (blankets, bolsters, blocks and straps). Poses are held for a longer period of time, which helps to elicit a feeling of being cradled and protected. Benefits include balancing the nervous system through breath work, quieting the mind through stillness and meditation, as well as releasing tension and fatigue in the mind and body. Experience these passive poses for several minutes to rest in awareness and for your body to surrender. This is a more passive style of yoga and also complement to a more demanding yoga practice or workout. (No prior yoga experience is necessary). Practicing these poses creates a sense of mental renewal - setting the stage for a 10 minute guided meditation practice before resting in final Savasana. Props you'll need: 1 bolster, 2-3 blankets, 2 blocks, and a strap.

Wed, Sep 15-Nov 3 5:30-6:30 pm  
 Online \$115/person

Wed, Nov 10-Dec 22 5:30-6:30 pm (skip 11/24)  
 Online \$95/person

**Online: The Art of De-Aging**

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological age is measured by how well your organs and body systems work. You have more control over how your body ages than you think. Research says that you can peel years off your bio age. Learn scientifically proven things you can do to decrease your body age. Learn facial acupressure points to help erase years from your face naturally by increasing your muscle tone, and decrease puffy eye bags. Reduce lines and prevent new ones from forming. Look better, feel younger.

Thu, Sep 23 6-7:30 pm Janice Novak  
 Online \$35/person  
 Wed, Nov 10 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Avoid the Pitfalls of Perimenopause/ Menopause**

Perimenopause begins around age 35 for most women and can last 10-15 years. Some common symptoms include: fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand what is causing the symptoms, they are easier to correct. Learn how you can get your hormone levels measured (blood vs. saliva test) and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist with symptom relief and nutritional musts.

Mon, Sep 27 6-7:30 pm Janice Novak  
 Online \$35/person  
 Tue, Nov 30 6-7:30 pm Janice Novak  
 Online \$35/person

**Tai Chi for Health, Wellness & Balance**

Improves mental and physical capacity as well as relaxation, balance and vitality. Scientific studies show this gentle exercise relieves pain, increases range of motion and improves your quality of life. Arthritis foundations around the world, and also the CDC, are recommending it for arthritis and for fall prevention. This form is suitable for most physical conditions and can be done sitting or standing. Wear flat shoes and loose, comfortable clothing. Sandals are not recommended.

Tue, Sep 21-Nov 9 (skip 10/5, 11/2) 6-7 pm  
 ESC \$59/person Christine Morgan

**Tai Chi Ruler Form**

This is an ancient, gentle and powerful, exercise of Taoist origin. It is a unique method of cultivating Qi (internal energy) because it uses an external object to aid in its development. The system can be used for self-healing, as well as calming the mind and moving energy throughout the body. In addition, it is a lot of fun! You will need a Tai Chi Ruler for this class which can be found on Amazon.

Wed, Oct 13-Nov 17 6-7 pm ESC  
 \$59/person Christine Morgan

*Tai Chi for Health*  
 with Christine Morgan

Christine has been practicing Tai Chi since the mid 80's and teaching for over 16 years. She was certified in the Chen Synthetic style in the past and now teaches Yang Short Form and SUN Forms. Christine currently is a certified Tai Chi Instructor through the Tai Chi for Health Institute, a certified Qigong Instructor through Tai Chi Healthways, and a Level III instructor with American Tai Chi and Qigong Association (over 2,000 hours of teaching students). Christine is also a member of the Tai Chi for Health Community.



*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
 763-391-7223

**Online: Thyroid Things You Must Know**

If you currently take thyroid medication but are still gaining weight with a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss: how thyroid function can make any illness worse; 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how/when to take thyroid meds; environmental triggers and information you need to discuss with your doctor. This workshop is a source only and should by no means be considered a substitute for the advice of a qualified medical professional.

Tue, Sep 28	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Nov 2	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Waistband Tight? Battle the Bulge**

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon the waistband squeezes you like a tourniquet? Getting rid of a potbelly is much more than just doing abdominal exercises. Learn the main causes and 6 strategies for getting rid of belly bloat. You'll do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline and supporting your lower back. And you'll do this without getting on the floor!

Wed, Sep 29	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, Nov 4	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, Dec 2	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Metabolism Boosters & Busters**

In the past, you could probably drop weight by cutting calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. The good news, you could lose up to 20 lbs. in a year, without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 simple things you can do every day to boost your metabolism and burn more calories every day.

Thu, Sep 30	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, Nov 11	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Overcome Your Carb Cravings**

Do you crave starches, snack foods, and sweets? Is your snacking out of control? Create a two week plan that will stop your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. stop the vicious cycle of food craving and weight gain.

Tue, Oct 5	6-7:30 pm	Janice Novak
Online	\$35/person	
Wed, Dec 1	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Ancient Art of Hand Yoga**

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple, effective healing tool. In ancient India, Mudras were believed to be the key to spiritual, mental and physical wellbeing and that regular practice of hand positions can rejuvenate body and mind. They're easy to do, take minutes and can be done anywhere, any time. It can be used to relieve conditions such as anxiety, stress, weight loss, bloating, insomnia and so many more.

Wed, Oct 6	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Nov 16	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: No Floor Ab Strengtheners**

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of your abdominals, without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on these areas of your body. Learn a series of exercises to strengthen those abs.

Thu, Oct 7	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Dec 7	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Acupressure to Relieve Stress, Anxiety, Insomnia & More**

Acupressure is an ancient healing art and self-help tool. It offers relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn 9 Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

Tue, Oct 12	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Nov 9	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, Dec 9	6-7:30 pm	Janice Novak



**Online: Acupressure Face Lift**

This is a facelift you can do at home. Acupressure is an ancient Eastern healing method that works with the energy that flows through your body. Just by stimulating facial acupressure points, you can erase years from your face naturally, bring a healthy glow to your skin; increase muscle tone; decrease puffiness and eye bags; reduce lines and prevent new lines from forming; even decrease headaches, relieve eye strain, soothe nerves and relax. Make your skin as healthy as possible from the inside out.

Tue, Oct 19 6-7:30 pm Janice Novak  
 Online \$35/person

*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
 763-391-7223

*Mind & Body Health*  
 with Janice Novak

As seen on Oprah! Treasured instructor Janice Novak regularly presents on television and radio. She has her Master's in Health Education and is an internationally acclaimed author, speaker and consultant.

**Online: Just Breathe to Calm, Center & Balance**

Breathing in specific ways can have amazing and powerful healing benefits for health. Breath work is the single most powerful thing you can practice for improving energy levels, health and well-being. Learn ancient breathing exercises that neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. A simple and powerful technique for optimum health is free and right under your nose.

Mon, Oct 18 6-7:30 pm Janice Novak  
 Online \$35/person  
 Mon, Dec 6 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Posture & Osteoporosis - Build Better Bones**

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or have you noticed that your shoulders and upper back are rounded forward? Learn techniques to improve posture and stand straighter. You'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. You'll talk about how to reduce the risk of osteoporosis and related injuries and how to re-gain your bone mass. Uncover the latest research findings on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose clothing.

Thu, Oct 21 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Vitamins & Herbs - Facts & Fallacies**

Confusion abounds regarding vitamin supplements. Do you need them? Which ones are best? How do you choose? Learn the 7 guidelines that determine if a supplement is worth it or a waste. (Instructor doesn't sell supplements). You'll also discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wart, Ginkgo, Ginseng, Echinacea & DHEA.

Mon, Nov 1 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Women, Weight & Hormones**

Is fat collecting around your mid-section and no matter how well you watch what you eat or how much you exercise the weight isn't budging? Your inability to lose weight probably has more to do with your hormone levels than anything. Until you discover and correct imbalances, trying to lose weight is like shoveling sand against the tide. Learn key strategies for fighting fat including: concrete solutions (no tricks) for controlling appetite and cravings; boosters to keep your metabolism high; how to tell if your thyroid is creating weight problems and what to do about it; hormone mimicking chemicals; what HRT or birth control pills have to do with weight gain; hormone levels checked reliably; steps needed to break the vicious cycle of hormone related weight gain to help your body begin to lose weight again.

Tue, Oct 26 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Accupressure to Assist Weight Loss**

Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight seems like an impossible task. Learn the main pressure points that strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the digestive system.

Mon, Oct 4	6-7:30 pm	Janice Novak
Online	\$35/person	
Wed, Dec 8	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Alzheimer’s Series - Understanding Alzheimer’s & Dementia**

Alzheimer’s disease is not a normal part of aging. Learn the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, stages and risk factors, current research and treatments available for symptoms, and Alzheimer’s Assoc. resources. Class is listed in several districts and includes participants across the Twin Cities.

Thu, Oct 7	6-7 pm	Joint Offering
Online	\$9/person	

**Online: Alzheimer’s Series - 10 Warning Signs**

Alzheimer’s and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Learn to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests/assessments for the diagnostic process, and Alzheimer’s Assoc. resources. Class is listed in several districts and includes participants across the Twin Cities.

Tue, Oct 26	6-7 pm	Joint Offering
Online	\$9/person	

**Online: Alzheimer’s Series - Communication Strategies**

Communication is about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer’s, learn to decode verbal/behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage. Class is listed in several districts and includes participants across the Twin Cities.

Thu, Dec 2	6-7 pm	Joint Offering
Online	\$9/person	

**Online: Feldenkrais Awareness Through Movement**

Move better, feel better! Everything you do in life involves sensation and movement, and the Feldenkrais Method® harnesses both, using your brain’s deepest means of improvement (scientists call it “neuroplasticity”) to create change. This class uses exploratory movement and guided attention to evoke new, more efficient neuro-muscular patterns, reducing pain, tension, and fatigue, and improving your coordination, flexibility, balance, strength and focus. During each class, you will be verbally guided through a sequence of movements which can improve every area of the body. Learn to use your whole self more pleasurably in all you do.

Thu, Sep 16-Oct 28	5-6 pm	\$75/person
Online	Maggie Vogle-Martin	
Thu, Nov 4-Dec 23	5-6 pm	\$79/person
Online	Maggie Vogle-Martin	

**Online: Women’s Personal Success Plan**

Dress for Success Twin Cities empowers women through employment. Join them for a Personal Success Plan session to help you define, design, and envision your own 90 day success plan and learn about all of Dress for Success services to support your career advancement. After attending, write out your detailed personal success plan and receive a confidence kit (clothing package and more).

Wed, Sep 22	7-8 pm	Joint Offering
Online	\$9/person	

**Being Mortal**

Based on the best-selling book by Dr. Atul Gawande, this class provides a platform for discussing how to live a good life in the face of your mortality, and what will matter to you in the end. Consider how you may want to live at the end of your life. The roles that medicine and communication play will also be discussed. View the PBS special, “Being Mortal” with a short debrief to follow. Second class focuses on the issues raised in the special as well as issues addressed in the book.

Mon, Dec 13, 20	6-7:30 pm	Mary O’Brien
ESC	\$59/person	

**The Day After Retirement**

What will life look like once you don’t answer an alarm clock? What can you do in advance to plan for a positive transition into retirement? Having a sense of purpose is key to satisfaction. How you wrap your arms around the changes and growth in retirement is the focus. Explore a variety of ways to identify what is significant to you, then establish a purpose-filled life in retirement.

Thu, Nov 11	6-7:30 pm	Mary O’Brien
ESC	\$29/person	

**Fearless Aging**

You may not have a choice about aging but you have a choice about how you approach growing older. What better way than fearlessly? Fearless aging is the power to positively impact your future. Explore the normal, natural processes of aging (physical and lifestyle) and how you can improve the quality of your life. Dig deeper into what you can expect and lifestyle choices that help you make the most of what you've got as you age. Explore the inevitable forces of change in your life. Be fearless.  
 Thu, Nov 4 6-7:30 pm Mary O'Brien  
 ESC \$29/person

**Online: Emotional Release for Inner Peace**

Inner peace is impossible to maintain while you still hold on to the very feelings and beliefs that keep you from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in your body and sabotage your inner peace. Learn simple and yet effective techniques for understanding, accepting and releasing emotions that keep you...from you. Nobody wishes to suffer. Rest in the peaceful state of loving acceptance that is your true nature.  
 Mon, Sep 27 5:30-8 pm Jesse Wicher  
 Online \$45/person

**Online: Secrets of Happiness**

Believe in the happiness you want for your life, all over again. Take a joyous journey of self-discovery. Through the practice of time-honored techniques, experience your life-transforming power to choose happiness, reconnect with the spontaneity and the wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and cultivate a lifestyle that honors and supports your truth. Learn to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy.  
 Tue, Sep 28-Oct 26 6-8 pm Jesse Wicher  
 Online \$145/person

**Online: Meditation for Relaxation & Personal Healing**

Suffer from stress, anxiety or sleeplessness, or even high blood-pressure or hypertension? Does your mind never stop moving? Meditation can help. It is a simple and easy practice that focuses your thoughts and your breathing to help you relax in the present moment. Studies show that meditation can help promote mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. Learn the empowering concepts and techniques for personal meditation and find support in crafting your own meditation regimen. Experience for yourself the abundance of spiritual connection that comes with meditation.  
 Wed, Sep 29-Oct 27 6-8 pm Jesse Wicher  
 Online \$145/person

**Online: Psychic Development & Mediumship**

Think you are not psychic? You are born with an innate sensitivity to the world of energy within and around you. By learning how to pay attention to and trust the subtle impressions you get, you can gain amazingly accurate insights into the questions of your life and the lives of others. Build confidence in your abilities through engaging exercises and practice exchanging healing and empowering messages with others. Experience the freedom and fun as you grow in your spiritual connection.  
 Thu, Sep 30-Oct 28 6-8 pm Jesse Wicher  
 Online \$145/person

**Online: Practical Compassion**

Each of us is seeking the goodness we need for our lives in the best way we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through painful lessons of life. Apply the universal principals of compassion to your relationships with yourself, others and the world. Discover practical tools you need to create sustainable personal boundaries to help you live and love more open-heartedly in your life. Expand beyond the barriers that separate us and become the healing change you wish to see in the world.  
 Tue, Nov 2-30 6-8 pm Jesse Wicher  
 Online \$145/person



*Living Your Best Life*  
 with Mary O'Brien

Mary O'Brien is a retired Director of Community Education. In her presentations, she utilizes both research and her life experiences to create meaningful and connected learning environments. She is passionate about helping others live a very good life to the very end.

**Online: Exploring Digital Storytelling**

Explore a creative process that teaches people with little to no technology experience how to create a first-person digital story. Watch first-person digital stories made by people in storytelling workshops. and learn about upcoming workshops.

Wed, Sep 15	7-8 pm	Nan Toskey
Online	\$15/person	
Wed, Oct 13	7-8 pm	Nan Toskey
Online	\$15/person	
Wed, Nov 10	7-8 pm	Nan Toskey
Online	\$15/person	

**Online: Intro to Voiceovers LIVE Chat**

Explore the rewarding possibilities of the voiceover industry. Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and tools for success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a script in this 1:1 video chat setting, and offer coaching to improve your delivery. You'll receive a professional voiceover evaluation later. One-time, 90-minute, intro class. Learn more at <http://www.voicesforall.com/ooo>.

Dates TBD	90 min. sessions	Voices for All
Online	\$49/person	

**Alcohol Inks: 3D Surfaces**

Work with alcohol inks while creating functional items such as planters, tumblers, and mugs. Your instructor will introduce you to alcohol inks and practice on Yupo paper and tile before you design your own functional item of your choice. Choose from 12 oz. mug, 12 oz. tumbler, 4-in. succulent planter, or 20 oz. skinny tumbler. The instructor will also have extra items available for purchase the night of class for \$10 each. Please bring cash if you're interested. Indicate in your enrollment which item you would like to design.

Wed, Nov 10	6:30-8:30 pm	Lisa Van Wyk
OMS	\$45/person	

**Glass Mosaic Table Lamp or Candle Holder**

Create a custom, colorful table lamp or candle holder using pre-cut glass and some creativity. You will cover a 4x9 or 8x8 in. lamp or 3x3 in. square candle holder. Stencils are available or you can use your creativity to make beautiful art. The first night is for working on your project and getting creative. Second night is using grout, so bring old towels. After your project is complete, you'll learn about glass cutting, mosaic resources, other types of mosaics. Materials fee of \$35 includes 1 lamp or 3 candle holders and is payable to instructor at first class.

Tue, Dec 7, 14	6-9 pm	Lindsey Guetter
MGMS	\$35/person	

**Handmade Cord Rugs**

Craft a beautiful rug from macramé cord. These 18 in. x 30 in. rugs are durable, washable and can last a lifetime. This rug uses only simple crochet stitches and can easily be done even if you do not crochet or have not crocheted for a while.

Thu, Nov 4	6-9 pm	Peggy Decker
ESC	\$55/person	

**Beautiful Mosaic Photo Frame or Sign**

Make a beautiful mosaic photo frame or a fabulous sign. Ideas include: welcome, house numbers, state of MN, flowers. Cutting is pre-done. Use your creativity (or patterns). Both are wonderful for home decorations or gifts. First night is for working on your project. Second night is grout. After your project is complete, learn about cutting, mosaic resources, and other types of mosaics. Materials fee is payable to the instructor the first night. Frames are \$10. Make one or many. Signs available in different sizes starting at just \$14.

Tue, Sep 21, 28	6-9 pm	Lindsey Guetter
MGMS	\$35/person	

**Easy Access to Your Photos**

Imagine you have a system to access any photo in seconds for a lifetime of enjoyment. Create your system to get printed and digital photos and all your memorabilia organized - finally! Learn about scanning/digitizing old slides, movies, prints, etc. Touch on editing and repairing old photos. Learn about back up, and your cloud storage options. You'll leave with a plan for a system that is fast and easy.

Tue, Oct 5	6:30-8:30 pm	Kathy Povolny
MGS	\$25/person	

*Glass Mosaic Art*

with Lindsey Guetter

Lindsey has been teaching glass mosaics for over 5 years. She enjoys all of the different creations people can make using the same materials; no two are the same. Her favorite part of doing mosaics is teaching others how much fun it can truly be.

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223



# Art Movements & History

with Selen Ozakhun

Selen is a Minneapolis based art and craft historian, independent curator of public programs, and Community Education instructor. She is currently a doctoral candidate at MSGU's Dept of Art History, Istanbul, Turkey. Her study focuses on contemporary cross-over art and craft practices. She is a member of International Assoc. of Art Critics (AICA-Turkey) since 2009. She explores how to empower communities, support interactions, and foster creative thinking through non-formal education with an emphasis on art and craft.

## Online: Modern Art - Movements, Masterpieces & Artists

Learn about the major art movements including Impressionism, Cubism, Surrealism, Dada, and Abstract Impressionism. Explore and discuss some of the key works of Claude Monet, Salvador Dali, Van Gogh, Henri Matisse, Picasso and Jackson Pollock.  
Sat, Oct 16 10 am-12pm Selen Ozakhun  
Online \$25/person

## Online: Contemporary Art - Styles, Ideas & Artists

Explore the contemporary art practices starting in the 1950's and continuing today by studying the iconic works of artists such as Andy Warhol, Cindy Sherman, Jeff Koons, Damien Hirst, Grayson Perry and many others. Art styles for consideration will include Pop Art, Minimal Art, Environmental Art, Conceptual Art, Performance Art, Appropriation Art, and Video Art.

Sat, Nov 6 10 am-12pm Selen Ozakhun  
Online \$25/person

## Online: Modern Sculpture - Impressionism to Mid-20th Century

Learn about the most influential and famous sculptors from Impressionism to mid-20th century such as Auguste Rodin, Umberto Boccioni, Henry Moore, Man Ray and Alexander Calder. Explore the major art movements associated with unique styles and sculptures of these artists.

Wed, Oct 27 6-8 pm Selen Ozakhun  
Online \$25/person

## Online: Contemporary Sculpture - Mid-20th Century to Present Day

Explore the innovative and experimental contemporary sculpture practices starting in the 1950's and continuing today by studying the works of artists such as Claes Oldenburg, Jasper Johns, Eva Hesse, Maurizio Cattelan, Ron Mueck and Katharina Fritsch. Learn about the contemporary art styles associated with unique styles and approaches of these artists.

Wed, Nov 17 6-8 pm Selen Ozakhun  
Online \$25/person

## Online: Adult Composition Seminars

Learn the basics of written music, concepts, and secrets and techniques to create your own songs. Includes: using and spelling chords, developing motives, voice leading, melodic development, exploration of harmonic textures, and more. Each class covers different compositional techniques. You'll use a free online software called "Flat". You may also use physical staff paper at your leisure, as long as the assignment is eventually notated in "Flat". A PDF of terms and the week's assignment will be provided to you before each class except the first. You'll also receive a packet summarizing terms and techniques learned at the end. Ask questions, share experiences, and support fellow composers on their musical journey. A great family activity! Fee includes members from the same household only.

Tue, Sep 21-Oct 19 6-7 pm Online  
\$139/person Constantine Georgakopoulos

## Online: Adult Piano Seminars

Learn an approachable method for playing the piano. Class relies heavily on material in a method book. Constantine supplements with performance/theoretical knowledge. You need a copy of Alfred's Basic Adult Piano Course: Book 1 for this course. You're encouraged to ask questions freely. A PDF of terms and the week's assignment will be provided to you at the end of the series. Share your experiences and support others on their musical journey. \$10 for book included in class fee. Please have your method book, piano or digital keyboard at each class. Great family activity! Fee includes members from the same household only.

Thu, Sep 23-Oct 21 6-7 pm Online  
\$139/person Constantine Georgakopoulos

## Online: Creative Cool Weather Containers

Michelle Mero Riedel shows you how to reflect the rich texture of Fall in your container combinations. Add seasonal favorites like mums, kale and pansies to existing containers or start new with perennials, annuals and seasonal grasses. Detailed, color handout provided. Zoom class. More details will be emailed before class.

Tue, Sep 28 7-8:30 pm Michelle Mero Riedel  
Online \$25/person

**Online: Backyard Photography**

Nature is continually changing. Are you ready to create images? Join professional photographer, Jay Grammond, as he leads you on a photographic journey of possibilities that will get you out of the house and into your own yard or local park. Learn to see and compose creatively, how to create or look for great backgrounds, what subjects to focus on, and helpful apps and resources that could help you produce your best images yet.

Tue, Oct 12 6:30-7:30 pm Jay Grammond  
 Online \$19/person

**Online: Take Your Photography from Good to Great**

Are you a photographer that wants to take your images to the next level? Or are you someone that is looking to just get started? Do you want to be a photographer that just TAKES snapshots; or one that CREATES images? Leave class with ideas and concepts that you can put into practice right away. Cover compositional basics that will surely improve your images if you are not already using them. You will also uncover concepts of building your photographic vision to take your images from good to great.

Thu, Oct 14 6:30-7:30 pm Jay Grammond  
 Online \$19/person

**Online: Barn Storming - A Tour of MN Barns & Barn Quilts**

MN is filled with countless numbers of barns, most from a bygone era. However, there are still several in operation as well. Professional Photographer and Amateur Historian, Jay Grammond has traveled the state capturing images of barns of all shapes, sizes, and conditions. There is just something about a barn! There are some areas of the state where the barns are adorned with something called a barn quilt. Barn quilts are pieces of art on the side of a barn, shed, or house that usually tell some sort of a story. These places are all visible from the roadways, so once you know about them, you can go and check them out.

Tue, Oct 19 6:30-7:30 pm Jay Grammond  
 Online \$19/person



*Past, Present & Future*  
 with Jay Grammond

Jay is a Professional Photographer living in East Central MN. He has seen all regions of MN and loves to explore rural areas in search of barns and rural scenes. He grew up in Central MN's lakes and farm country,. He loves to travel the state and is excited to share this passion with you.

**Online: Instant Piano for Busy People**

Learn enough secrets of the trade to give you years of musical enjoyment. Play the way professionals do-using chords. Since class is held online with Zoom, you'll be able to sit at your piano or keyboard at home with no pressure. This course includes an online book and follow-up video lessons so you can continue to practice and study independently. An optional periodic online Q&A session is included. You will also receive a recording of the class for your review whenever needed. The course is partly lecture/demonstration and partly hands on instruction. Learn how: chords work in a song, to get more out of sheet music by reading less of it, to form the three main types of chords, to handle different keys and time signatures, to avoid "counting", to simplify over 12,000 complex chords.

Mon, Oct 4 6:30-9:30 pm Craig Coffman  
 Online \$59/person

**Online: Instant Guitar for Busy People**

Want to learn the guitar but simply find it difficult to make the time? Learn enough about playing to give yourself years of enjoyment, and you won't have to take private lessons to do it. This crash course teaches you basic chords so you can play along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to sit at home with your guitar and take this class without performance pressure. Class includes an online book and online follow-up video lessons. You will be able to continue your practice and study on your own. An optional weekly online question and answer session is also included. Learn how: chords work in a song, to form the three main types of chords, to tune your guitar, strumming patterns, to buy a good guitar (things to avoid) and to play along with simple tunes.

Tue, Oct 5 6:30-9 pm Craig Coffman  
 Online \$59/person



*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
 763-391-7223

**Online: Understanding A, B, C & D of Medicare**

Learn about the different parts of Medicare A, B, C and D and why each part is important. You will also review the similarities and differences between Medicare supplements, Medicare Advantage plans and Medicare prescription drug plans. Learn the “Alphabet Soup” of Medicare today!

Tue, Sep 14	9:30-10:30 am	Guy Milbert
Online	\$15/person	
Tue, Oct 12	1:30-2:30 pm	Guy Milbert
Online	\$15/person	
Tue, Nov 16	6-7 pm	Guy Milbert
Online	\$15/person	
Thu, Dec 2	9:30-10:30 am	Guy Milbert
Online	\$15/person	

**Online: Estate Planning for Second Marriages & Split Families**

A second marriage following the death of a spouse or a divorce makes it imperative that you have an estate plan in place. A home, cabin, business, investments, children, stepchildren and family heirlooms all need to be considered and addressed or the wrong people will get your stuff. Learn how to position your assets and minimize disputes or hurt feelings. Please bring your questions.

Thu, Sep 16	6:30-8pm	Steve Ledin
Online	\$15/person	

**How to Buy a Home in a “No Inventory” Market**

The lack of home inventory has caused buyers to feel incredibly frustrated. They are making offer after offer and constantly losing out. There are things you can do to help dramatically increase the odds in your favor and win the day and the bidding war! This class will give you great ideas to implement and help you get the home you want.

Mon, Sep 27	6:30-8 pm	Michael Vanderheyden
MGMS	\$19/person	

**Buying Non-Contingent Even When You Own a Home**

You need to buy another home, but you know that you need to sell your home because you need the equity to qualify, and in today’s market where contingent offers are not being considered by seller’s you feel caught. Or, you just hate living through the experience of dozens of showings on your place while you are still trying to live there. Now there is a solution that allows you to buy before you sell, with money provided for your down payment, and no qualifying for two mortgages, and no two house payments. Find out about this unique and creative method of buying and selling.

Tue, Sep 28	6:30-8 pm	Michael Vanderheyden
MGMS	\$19/person	

**(Can You Avoid) Parenting Your Parents**

As you and your parents age, it’s inevitable that you will assume a caregiving role. Many people find themselves in a situation where they feel as if they are acting as parents to their parents. Advance communication and conversation can keep you from parenting your parents. Discover suggestions to open discussions about age-related topics with your parents, as well as what information you will need to have from your parents in order to assist them through the later stages of their lives.

Thu, Sep 23	6-7:30 pm	Mary O’Brien
ESC	\$29/person	

**Legacy Letter Writing**

Capture your life’s treasures on paper. Grounded in the Biblical tradition of the ethical will, legacy letters are an expression of what matters most in your life and can be used to inform your estate planning. Share your life lessons, values, faith, and love with those you hold dear in a legacy letter.

Wed, Oct 13	6:30-8:30 pm	Bill Marsella
ESC	\$35/person	

**Guided Autobiography**

Write your memoir 2 pages at a time. Build your life’s story through 2-page writing assignments that explore rich life themes to prompt memories and reflection. The collaborative workshop setting of this course strengthens your writing and helps you find new meaning in significant life events.

Wed, Oct 27-Dec 15	6:30-8:30 pm	Bill Marsella
ESC	\$95/person	

**Staying Connected After Retirement**

Your job offered social relationships just because you showed up. Research says that good relationships are critical to healthy aging. How do you rebuild relationships that may not have been given much attention while you were working? Where do you look to develop new relationships and social communities? This class will discuss a variety of ways that retirees can stay socially connected, including seeking volunteer opportunities.

Wed, Nov 17	6-7:30 pm	Mary O’Brien
ESC	\$29/person	

**“Win the Lottery” When Selling Your Home**

Good news - it’s a seller’s market. And you could “supercharge” the amount of money you receive when selling if you follow a few simple tricks. This class gives you everything you need to know so you can “take it to the bank” when you sell.

Wed, Sep 29	6:30-8:30 pm	\$19/person
Michael Vanderheyden		ESC

**Online: Rejuvenate Your Retirement**

How is retirement different than previous generations? Quite different! The method to the retirement planning process must change. Explore an updated approach to retirement planning that accounts for challenges and pitfalls that are unique to now. Determine if you have enough money for retirement, maximize cash flow with various types of accounts, avoid pitfalls of planning your distributions, assess the benefits of Roth conversions, determine if your assets are diversified, protect your assets against market loss during retirement, guard your assets in an environment with rising taxes, review options for Social Security benefit filing and reduce inefficiencies, expenses, and delays with your estate.

Tue, Oct 5 & 12 1-3 pm Daniel Goldsmith  
 Online \$25/person  
 Wed, Oct 13 & 20 9-11 am Daniel Goldsmith  
 Online \$25/person

**Online: College Planning Process Changes**

This past year resulted in significant changes to the college planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Recent legislation included substantial changes to FAFSA and college financial aid, and behind-the-scenes rules have changed how colleges recruit and award scholarships. Learn how these changes may impact your family, and new strategies to maximize admittance, scholarships and financial aid.

Wed, Oct 13 7-8pm College Inside Track  
 Online \$15/person

**Prepare Your Own Will**

Without a will, the laws of MN determine to whom your estate goes and who should be the guardian of minor children. Learn about wills and the probate process, prepare and complete a legally binding will that evening. Receive a professionally prepared form, witnesses & notary public and everything needed to complete your will. Generally for those people with estates under \$1 million and don't own a business. This class is taught by an attorney.

Wed, Nov 3 7-9 pm Adam Altman  
 MGSB \$35/person

**Online: Planning Your Kitchen Remodel**

Looking for ideas on improving your kitchen but don't know where to start? Discover what to consider when updating your kitchen: how to make selections on cabinetry, layout, countertops, and the task of pulling it all together. Get new ideas to bring beauty to your home for years to come. Held via Zoom. Login info. will be emailed prior to class.

Mon, Oct 4 6:30-8:30 pm Anne-Marie Klobe  
 Online \$15/person

**Online: Design Your Dream Kitchen (No Expensive Designers)**

Looking for ideas on improving your kitchen but don't know where to start? Discover what to consider when updating your kitchen: how to make selections on cabinetry, layout, countertops, and the task of pulling it all together. Get new ideas to bring beauty to your home for years to come. Held via Zoom. Login info. will be emailed prior to class.

Mon, Oct 25-Nov 29 6:30-8pm Anne-Marie Klobe  
 Online \$145/person

*Preparation is "Key"*

with Adam Altman

Adam is an associate at Altman & Izek. He focuses on the firm's transactional and corporate law. He specializes in helping guide entrepreneurs through the lifecycle of a business, from incorporation to sale. Adam graduated from Yeshiva University in 2007, where he was the CEO of \$1.3 million book sale that funded many student life activities at the University. After graduation, he did a fellowship at the University where he focused on real estate transactions that facilitated the improvement of the campus. He graduated from the William Mitchell College of Law in 2012, and was admitted to the Bar of the State of MN the same year.

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223



**How to Cut the Cable Cord**

Cable (or satellite) television is the single most expensive utility for many households. This class will show you many viewing options that are free or much lower cost than cable. You'll discuss the pros and cons of cable, how to get internet without cable, how to get tv from your computer to your television without cable, how to access free and paid subscription services and much, much more. Find out why and how millions of tv watchers are ditching cable forever!

Tue, Oct 12            7-8:30 pm            Ron Timm  
MGSB                    \$25/person

**Online: Excel 101**

Establish essential skills in Microsoft Excel. Enter data, manage ranges, columns and rows. Change number and date setting, font colors, add borders/shading. Learn to incorporate formulas with various projects, applying the sum, average, count, and min and max functions. Prerequisite: Computer basics or strong equivalent to topics covered.

Tue, Oct 5 & 12    6:30-8:30 pm    Margo Mills  
Online                    \$65/person

**Online: Excel 102**

Graduate from simple worksheets to managing large lists of data. Learn sort commands and methods to apply drop-down filters to include or to extract specific data, plus ways to use the subtotal versus sum function to recalculate any filter applied. Introduce headers and footers plus repeating column headings for printed worksheets. Prerequisite: Excel 101 or strong equivalent to topics covered.

Tue, Oct 19 & 26   6:30-8:30 pm    Margo Mills  
Online                    \$65/person

**Online: Excel 103**

Take your formula skills to the next level. Work with absolute references and settings to link cells and workbooks together. Learn logical, date/time, text and lookup functions as well as what-if analysis. Use templates to create an amortization schedule and begin other projects with re-designed templates in Excel. They'll help you jumpstart any project quickly and professionally. Prerequisite: Excel 102.

Tue, Nov 16 & 23   6:30-8:30 pm    Margo Mills  
Online                    \$65/person

**Online: Excel 104**

Discover how to use pivot tables to better organize, summarize and calculate lists of data in seconds! Learn to group dates, insert additional calculated fields and calculate percentages of growth using pivot tables. Use charts and pivot chart features to display data visually and professionally, including pie, bar, area, stock, pie-in-pie and more custom chart settings. Prerequisite: Excel 103

Tue, Dec 7 & 14    6:30-8:30 pm    Margo Mills  
Online                    \$65/person

**Online: Computer File Management**

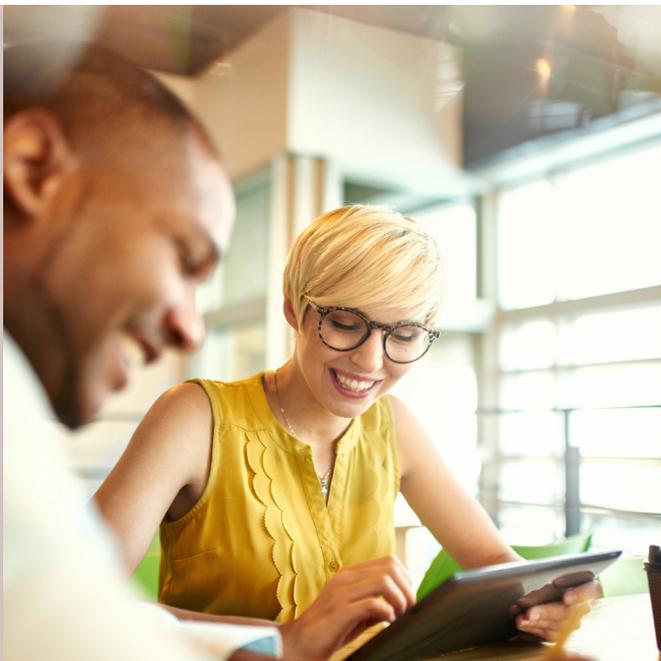
Do you need help with where to save that picture, document or file so you can easily find it? Uncertain of how and when to create folders? Feel like your computer files are a mess or you never really know how to keep things organized in the first place? Gain an understanding of basic file management so you never again have to wonder where your saved file, document or photo went. Learn how to create folders; move, delete, sort and find files; create shortcuts; discuss file naming; and back-up files.

Mon, Oct 18            6:30-8:30 pm    Margo Mills  
Online                    \$35/person

*“Excel”lent Skills*

with Margo Mills

Margo is a Microsoft Office User Specialist with over 15 years of experience teaching computer software. She's originally from New York but has lived in Minnesota for quite some time. Her diverse background includes professional theater, office management, and administrative office work. Her ultimate goal is to create a lively, fun atmosphere where students feel comfortable asking questions and learning.





*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223

**Online: So, You Want to Be Anti-Racist?**

This six week virtual course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. You will be given tools to engage in uncomfortable conversations, develop your racial literacy and begin to unpack how race operates in your everyday life, often without consent and/or acknowledgement, while building the muscles to move into action.

Wed, Nov 3-Dec 15 7-8:30 pm Multi-City Offering  
 Online \$69/person

**Online: Beyond Book Clubs & Podcasts - Change for Liberation & Healing**

Do you racially identify as white? Are you ready to confront white supremacy? Using Layla Saad's book *Me & White Supremacy*, you'll be guided through creating personal and collective change in ways that leave a legacy of healing. Explore race, identity, leadership, personal transformation and how to move into action for social change. You'll need a copy of Layla Saad's book. Her work guides you to understand your whiteness and role in white supremacy so you can stop (often unconsciously) inflicting damage on People of Color.

Thu, Sep 23-Nov 1 7-8:30 pm Multi-City Offering  
 Online \$69/person

**Online: Showing Up for Social Justice - Values & Beliefs**

It is impossible to ignore the current injustices in our neighborhoods, cities, and nation. Do you want to learn more about social justice? Are you struggling to figure out what you can do to support change? Explore terminology and discuss your role as a community member in the quest for justice. Learn social justice terminology, analyze ways you contribute to upholding social hierarchies, identify a stance grounded in your values and beliefs.

Sat, Oct 9 9:30-11 am Multi-City Offering  
 Online \$19/person

**Online: Native American Storytelling - History of the Ojibewa-Anishanabe**

Join Ojibewa-Anishanabe storyteller, Bud Johnston of Pipestone, as he shares the history and traditions of his own American Indian tribe and breaks down cultural stereotypes.

Mon, Oct 11 7-8 pm Multi-City Offering  
 Online \$19/person

**Online: Hmong Communities & Culture**

Listen to, and experience, a comprehensive and interactive multicultural presentation about the Hmong groups in Minnesota, the Upper Midwest and the entire United States. Offered in partnership with the Hmong Cultural Center.

Thu, Oct 14 7-8:30 pm Multi-City Offering  
 Online \$19/person

**Online: Celebrating MN's African American Community**

Members of MN's Black Community Project discuss the making of *MN's Black Community in the 21st Century* book contributes to history of MN African Americans professions pre/post-Civil Rights.

Tue, Oct 26 6-7:30 pm Multi-City Offering  
 Online \$19/person

**Online: A Road Trip Around MN - Lakes & Waterfalls**

Ready to take one more day or weekend road trip around the state before winter? Join Professional Photographer, Jay Grammond as he takes you on a virtual road trip around the state to learn about some of MN's largest in-land lakes; and fantastic waterfalls - which are so vitally important to travel and trade in bygone days. In today's world, these same waterways are vital to state/local community economies, as well as to the citizen as a form of recreation and relaxation. Walk away with seeds to plant for your own road trip.

Thu, Nov 18 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: A Look Back - Stories from the Attic**

Did you know that people used to use stacks of newspaper as insulation in their walls? Several years ago a friend of your instructor knew some remodeling was being done at a family member's house. During the project, they found newspapers from 1941 tucked in the walls of the attic. This class features a virtual walk back in time. Examine the headlines of the day, what was being advertised back then, and what the popular "comics" section looked like. Take a walk back in time.

Thu, Oct 7 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: Armchair Travels - The Mighty Five**

Did you know that Utah is home to five national parks? Not only that, but they also have amazing state parks., national monuments, and recreation areas. Join Jay as he highlights his images from a recent summer road trip. Learn about the Mighty Five plus some other bonus information. This is a great time to plan your road trip for next summer.

Thu, Dec 9 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: An American Love Affair - Cars of the 1950's**

Have a favorite classic car? Jay's is the 1957 Chevy Belair. Growing up while watching "Happy Days", and attending car shows as a young kid, started his lifelong affair with cars and trucks from the 1950's. World War II was over, manufacturing went back to normal, and the economy was starting to blossom. Highways were becoming the thing that allowed people to travel the country, and vehicle production took an amazing turn in the 1950's. You'll take a look at the details that made these cars so special.

Tue, Dec 14 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: One Last Time - World War II Veteran Stories Part 1**

Members of the "Greatest Generation" are leaving us at an alarming rate. Photographer and Amateur Historian, Jay Grammond planned and facilitated a WWII History Series in Elk River for 13 years. In that time, he got to know numerous people that lived during that time in history. Holocaust, and Japanese-American Internment Camp Survivors; Homefront Workers; Allied POW's; Veterans from all branches//theatres, and in one case, even a German Soldier who fought the war on the Eastern Front. Jay tells you about the folks who participated in his series and, sadly, are no longer here. One veteran even stated, "This will probably be my last time telling this story."

Thu, Nov 11 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: U.S.-Dakota War of 1862 - Pieces of the Puzzle**

Join Jay Grammond as he shares what he has learned about this event through 11 years of study. The goal of his presentation is three-fold: 1. to bring awareness to an epic event in MN's history; 2. to provide a balanced examination; 3. to encourage you to explore a piece of this event on your own.

Tue, Oct 5 6:30-7:30 pm Jay Grammond  
Online \$25/person

**Online: One Last Time - World War II Veteran Stories Part 2**

Discover more veteran stories. Photographer and Amateur Historian, Jay Grammond planned and facilitated a WWII History Series in Elk River for 13 years. In that time, he got to know numerous people that lived during that time in history. Jay will tell you about some of these people and who participated in his history series and, sadly, are no longer here. One Veteran even stated, "This will probably be my last time telling this story." Don't miss this unique insight into the lives of these amazing people. Jay is currently working on a video and portrait project featuring those from the WWII era.

Tue, Nov 16 6:30-7:30 pm Jay Grammond  
Online \$25/person

## French for Travelers

Need a crash course in survival French? Learn basic communication skills and vocabulary in a class focused on traveling to French-speaking countries. Reserved for those who have never studied French before with no French language experience.

Tue, Sep 14-Oct 12 6-8 pm Alliance Francaise OSH \$189/person

## Traditions and Celebrations of the French-Speaking World

Learn about traditions from around the Francophone world. Learn about music, cuisine and stories from a variety of countries. This course does not require French knowledge, but will allow students to discover some materials and vocabulary in French.

Mon, Nov 29-Dec 20 6-8 pm Alliance Francaise OSH \$189/person (*skip 12/6*)

## Online: Adult Conversational Spanish (LIVE) Beginner Part 1

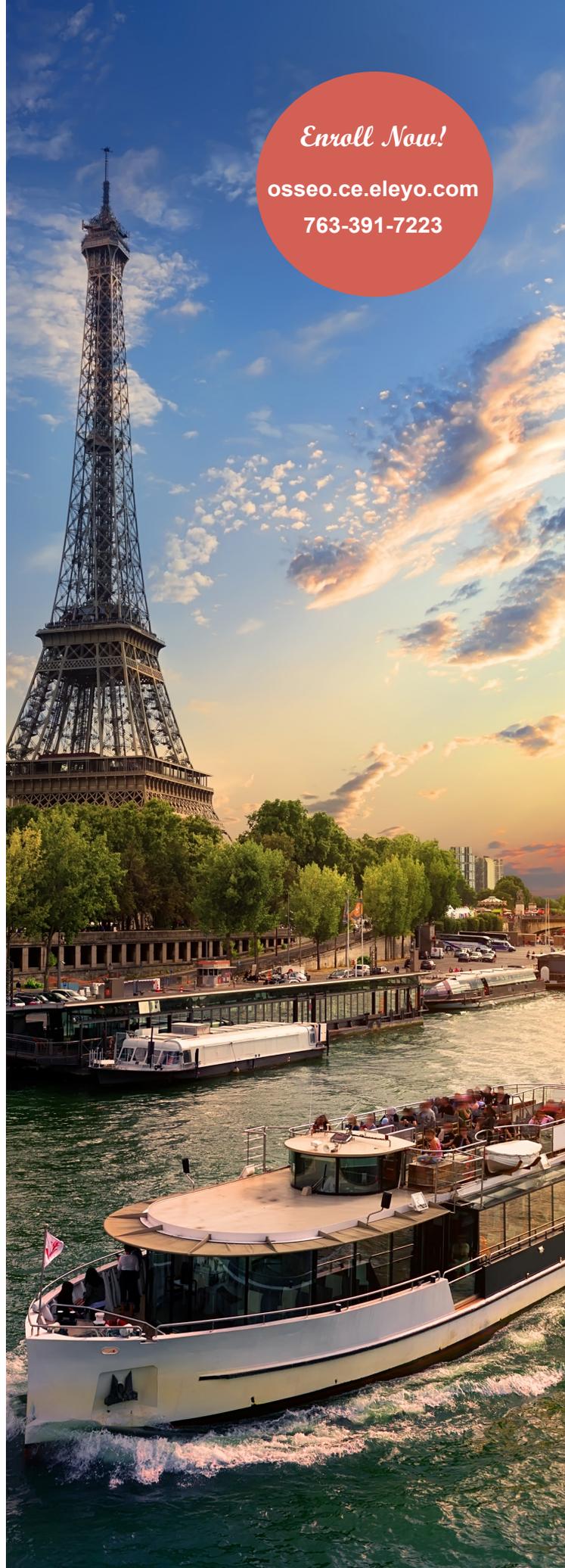
Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb *estar* conjugation, gender of nouns, and plurality. You'll learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Applicable to new students and previous Spanish Conversation participants.

Tue, Oct 5-Nov 16 6-7 pm Futura Online \$119/person (*skip 11/2*)

## Online: Adult Conversational Spanish (LIVE) Intermediate Part 1

Specifically designed for the adult learner who has taken some Spanish in the past, but wants improved conversational skills. Grammar and vocabulary concepts include: present tense AR verb conjugation, infinitive verbs, future tense with verb IR, adverbs of frequency, useful prepositions, and more. You'll practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries. A dynamic interactive approach is used to keep class fun and exciting. Applicable to new students and previous Spanish conversation participants.

Wed, Oct 6-Nov 10 6-7 pm Futura Online \$119/person



*Enroll Now!*

[osseo.ce.eleyo.com](https://osseo.ce.eleyo.com)

763-391-7223

**Lose Weight Without Dieting**

Lose weight without going on a diet or giving up all your favorite foods. Time restricted eating could be your answer. By restricting your food and beverage intake to an 8 or 10 hour window each day, with exceptions for special occasions, it works great. You can lower blood pressure and blood sugar, reverse type 2 diabetes, lose belly fat, and more.

Tue, Sep 21 7-8 pm Ron Timm  
MGSB \$15/person

**Healing Power of Plants**

The presenter, age 85, eats a plant-based diet and has excellent health, while his siblings eating the standard American diet experienced cancer, heart disease and dementia. Watch how a plant-based diet heals and reverses many common American diseases. You'll receive Press Release 240 (meats carcinogenic ratings), a list of plant-based proteins and a list of food the presenter eats.

Wed, Oct 6 6-7:30 pm Dick Ogren  
ESC \$25/person

**Road Next Taken**

Based on the best-selling book by Dr. Atul Gawande, this class provides a platform for discussing how to live a very good life in the face of our own mortality - and what will matter to us in the end. You'll have an opportunity to consider how you may want to live at the end of your life. The roles that medicine and communication play will also be discussed. The first class is about viewing the PBS Frontline Special, "Being Mortal". A debrief of the viewing to follow. The second class will focus on the issues raised in the special as well as other issues addressed in the book.

Tue, Sep 14 6-7:30 pm Mary O'Brien  
ESC \$29/person

**Hypnosis: Weight Loss and/or Eliminating Tobacco Use**

Weight Loss: stop your cravings for sweets, greasy foods and soda and begin to desire more fruits, veggies, and salads. It's time to stop overeating and snacking. Become motivated to walk and exercise. Tobacco: stop smoking and/or chewing tobacco today. Hypnosis helps stop the cravings. You could save \$20,000 in the next 5-8 years. Smokers will have a 45 min. smoking break off the school grounds. Bring your cigarettes. Class also includes: reinforcement CD and lifetime membership card to attend future classes for free. You may sit or lay down during hypnosis. Feel free to bring blankets, pillows, mats, or sleeping bag for added comfort.

Tue, Nov 9 5:45-8:45 pm Dr. Mary Fischer  
MGMS \$55/person (1 session)  
\$99/person (both sessions)

**Develop Your Health Care Directive**

Who would speak for you if you couldn't speak for yourself? That's the concept behind Advanced Care Planning, a guided conversation about your end of life wishes and preferences. It is a process that identifies what is the most important to you concerning quality of life and living. This class will prepare you to make a Health Care Directive, a document which describes your choices. An excellent review for those who already have a health care directive. Mary O'Brien is a Certified First Steps Advanced Care Planning Facilitator.

Mon, Oct 25 6-7:30 pm Mary O'Brien  
ESC \$29/person

**Online: Sustainable Alternatives to Plastics**

What are plastics and how did they become such an integral part of our daily lives? This presentation will examine the hidden costs of convenience and offer sustainable alternatives to plastics. You will also uncover actions steps you can take to lessen your everyday plastic use.

Wed, Oct 20 6:30-8 pm Mary Kosuth  
Online \$19/person

**10 Strategies for Parenting Kids with ADHD and/or Executive Function Challenges**

This presentation provides an overview of ADHD beyond diagnosis as well as the essential steps, tools, skills, and perspectives needed to help your child thrive. Learn about the best supports you really need, the facts about ADHD beyond diagnosis that you may not know, and how to best prepare yourselves for the journey ahead. The last 30 minutes of class will include a presentation by a special education teacher that is able to provide information on the IEP/504 plan process.

Tue, Sep 21 6:30-8:30 pm MGSB  
\$19/person Academic All Star Services

*Parenting Strategies & Tools*  
with Molly Perry

Academic All Star Services has been an Osseo Community Education partner supporting students and families of the Twin Cities since 2010. AASS offers in-depth academic support services through in-person and online tutoring, ACT prep classes, study skills courses, cognitive mapping, and more. Director Molly Perry is an ADHD parent coach, licensed teacher, member of CHADD, and also has a child with ADHD.



**Night Club Dancing**

Learn 3 fun dances: Night Club 2 Step, Swing Hustle, and Slow Dance. These are perfect for your “social dance outing” and a crowded dance floor. Learn partnership connection, some fun patterns and turns. Gain the confidence to get out, dance and practice your moves. No rubber sole shoes please. Partners encouraged.

Fri, Oct 15 7-9 pm Carol Brecht-Wiles  
 OMS \$29/person

**Thriller Line Dancing**

Become thrilled by the moves in Thriller. This fun line dance is a great, easy version of the classic moves that inspired us all. By the end of the class you’ll be dancing the night away. Use this class as a great family fun night.

Fri, Oct 8 6-7 pm Monica Mohn  
 OSH \$15/person

**Line Dance: Tribute to Aretha Franklin**

Enjoy a night of moving and grooving to Aretha’s classic “Think”. Learn to dance to this energetic song and catchy tune with awesome moves. Be prepared for a fun night! Monica is a USA Dance national champion. No partner required.

Fri, Nov 12 6-7 pm Monica Mohn  
 OSH \$15/person

**Two Left Feet Dance Workshop**

Convinced that you have two left feet and that dancing is not meant for you? Wouldn’t it would be helpful to know a few basic steps? This workshop is easy and only a one session commitment. Geared for beginners and guided by a dance champion, you’ll have basic patterns plus a couple of turns by the end of the night, which is more than enough to provide a full night of dancing. Couples only please.

Fri, Oct 8 7-9 pm Monica Mohn  
 OSH \$35/person

**Romantic Dance**

Start out the weekend with a little romance. Take your old “swing and sway” and really spice it up with simple, yet easy romantic moves. You’ll spin, turn and twirl together before you know it and you’ll feel comfortable in any setting. By the end, you won’t want to let go. Couples only please.

Fri, Nov 12 7-9 pm Monica Mohn  
 OSH \$35/person

**Spicy Salsa Dancing**

Spice up the dance floor and feel more confident with this popular social dance. Learn fun and basic patterns, footwork, and partnership connection of lead and follows in the “vibrant” Salsa. This class makes for a great “date night”. If possible, please wear shoes without rubber soles.

Fri, Oct 8 7-9 pm Carol Brecht-Wiles  
 OMS \$29/person

**Online: A Year in the Wilderness**

Dave and Amy embarked on a year-long adventure in the Boundary Waters Canoe Area Wilderness on 9/23/15. That’s exactly 365 days of exploring the wilderness with the goal of keeping our most beloved area in people’s consciousness throughout the entire year. The Freemans traveled over 2,000 miles by canoe and ski with sled dogs, visiting over 500 lakes, rivers and streams. Experience images, video and stories from their award winning book, *A Year in the Wilderness: Bearing Witness in the Boundary Waters*, that share the wilderness with you and prove why we must protect our public lands.

Thu, Oct 7 7-8 pm Multi-City Offering  
 Online \$19/person

## Easy Enrollment Options

Mail: Educational Service Center (ESC-Enrichment)  
11200 93rd Ave N, Maple Grove, MN 55369

Drop Box: Located left of the front entrance at ESC

Online: [osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

Phone: (763) 391-7223  
Mon-Thu, 8 am-4:30 pm & Fri, 8 am-2:30 pm

In Person: Visit our office at the ESC  
Mon-Thu, 8 am-4:30 pm & Fri, 8 am-2:30 pm

Fax: (763) 391-7082 (24 hours)

ESC Educational Service Ctr 11200 93rd Ave N Maple Grove, MN 55369 Enter main door - Door 1	OSH Osseo Senior 317 Second Ave NW Osseo, MN 55369 Enter main door - Door 1
PCSH Park Center Sr 7300 Brooklyn Blvd Brooklyn Park, MN 55443 Enter off Noble Ave, Door L	MGMS Maple Grove Middle 7000 Hemlock Ln Maple Grove, MN 55369 Enter West side - Door 12
OMS Osseo Middle 10223 93rd Ave N Osseo, MN 55369 Enter East side - Door 17	MGSB Maple Grove Sr 9800 Fernbrook Ln Maple Grove, MN 55369 Enter main door - Door A
BMS Brooklyn Middle 7377 Noble Ave N Brooklyn Park, MN 55443 Enter North side - Door L	NVMS North View Middle 5869 69th Ave N Brooklyn Park, MN 55429 Enter East side - Door 6

### Enroll Early

We recommend enrolling at least one week prior to class start. You must include an email address for a class confirmation.

### Cancellation & Refund Policy

- More than 5 days before 1st class: 100% less \$5 processing.
- Less than 5 days before 1st class: 50% less \$5 processing.
- Day of class or after: no refunds given.
- Cooking classes require at least 8 day advance cancellation.

### Building Entrances

Signs will direct you to the Comm Ed entrance or the front door.

### Weather

Check WCCO 830 AM radio or TV stations for cancellations.

### District Map

To map a site location, go online to: [osseo.ce.eleyo.com](http://osseo.ce.eleyo.com). Click on your class registration to view the site map.

### Room Numbers

Follow the signs to your classroom. For assistance, please see the building supervisor located near the entrance.

NOTE: ISD 279 is tobacco and alcohol-free per Policy 921.

### Department Directors

*Executive Director*  
Brian Siverson-Hall (763) 391-7115

*Assistant Director*  
Carrie Cabe (763) 391-7142

### Adult Basic Education

Annie Xiong (763) 585-7328  
*Coordinator*

Emily Watts (763) 585-7321

### Adult & Youth Enrichment

Marlene Dean (763) 391-7223  
*Program Manager*

Sarah Heyer (763) 391-7122  
*Coordinator*

Melissa Henderson (763) 391-7117

### Early Childhood Education

EC&FE (763) 391-8777

EChildhood Screening (763) 391-8776

Preschool for 3's (763) 391-8764

Pre-K for 4's (763) 391-8764

*Coordinator*  
Sally Nault-Maurer (763) 391-8765

### Osseo Area Schools Enrollment Center

Main Number (763) 585-7350  
*Coordinator*  
Jim Greeley (763) 585-7351

### Facility Scheduling

Main Number (763) 391-7123  
*Coordinator*  
Carrie Larson (763) 391-7112

### Four Star Express, Spot & Kidstop

Mary Aydt (763) 585-7281  
*Coordinator*  
Kristy Johnson (763) 585-7280

### Targeted Services Programming

Main Number (763) 391-7220  
*Assistant Director*  
Carrie Cabe (763) 391-7142

### The District 279 Foundation

*Executive Director*  
Brian Siverson-Hall (763) 391-7115  
Susan Wineland (763) 391-7116

Participant Name \_\_\_\_\_

Student Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ 21/22 grade \_\_\_\_\_ (students only)

Email Address: (for registration confirmation) \_\_\_\_\_

Address: \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

Phones: (\_\_\_\_\_) \_\_\_\_\_ work (\_\_\_\_\_) \_\_\_\_\_ cell/home \_\_\_\_\_

METHOD OF PAYMENT

Cash  Check # \_\_\_\_\_ Payable to ISD 279 (ACH - auto payment taken out immediately)

Visa  Discover  MasterCard Name on card: \_\_\_\_\_

Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

CLASS INFORMATION

Class/Event Title: \_\_\_\_\_

Start Date: \_\_\_\_\_ / \_\_\_\_\_ /21 Fee \$ \_\_\_\_\_

Class/Event Title: \_\_\_\_\_

Start Date: \_\_\_\_\_ / \_\_\_\_\_ /21 Fee \$ \_\_\_\_\_

Class/Event Title: \_\_\_\_\_

Start Date: \_\_\_\_\_ / \_\_\_\_\_ /21 Fee \$ \_\_\_\_\_

Class/Event Title: \_\_\_\_\_

Start Date: \_\_\_\_\_ / \_\_\_\_\_ /21 Fee \$ \_\_\_\_\_

TOTAL DUE \$ \_\_\_\_\_

**Check-In & Snack**

Students should report directly to the cafeteria for attendance and snack before class begins. Snack is included in your class fee.

**Class Confirmation**

Email confirmations are sent if you provide an email address when you enroll.

**School Notification - IMPORTANT!**

Please write a note to your child's teacher informing them that he/she is taking a class after school.

**Absence**

If your child is absent from school, notify us of their absence at (763) 391-7223.

**Behavior**

Review expectations with your child. All students must act respectful, be cooperative and safe. Those behaving in disrespectful ways may not be able to attend future enrichment programs.

**Late Fees**

Late fee of \$10 for the first 10 min. and \$1 per min. thereafter is charged. We'll contact you to collect your payment in full. Please make a plan for bad weather and send someone in your place if needed.

**Cancellations/Refunds**

- Cancel more than 5 days before 1st day of class: *100% refund less \$10 processing fee*
- Cancel less than 5 days before 1st day of class: *50% refund less \$10 processing fee*
- Cancel on 1st day of class: *no refund*
- Cancel after class starts: *no refund*

**Pick-up**

Enter building and let instructor know who you're picking up. Please be timely. Use the assigned door (*typically Kidstop door*) and have ID ready. Only adults listed as emergency contacts may pick up your child. If we don't have enough contact information or cannot reach anyone, we'll keep your child with us until we do.

**Scholarships**

Unfortunately, we do not have class or program scholarships available at this time as we continue to recover from the financial impacts of COVID. We are hoping to be able to offer qualifying families a discount in the future. Stay tuned for opportunities.

**Important to Know!**

We look at enrollment numbers 3 business days prior to the start of each class. If we do not meet our minimum requirements to run the class, we'll cancel and refund you. We often receive calls, after a class is cancelled, from families who are excited to register. Please call to register at least 3 business days prior to the class start so we are able to run our classes and make our students smile.



*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
763-391-7223

**Amazing Athletes Training Academy**

Amazing Athletes Training Academy is a cross-training, game-based sports program designed to engage you in active wellness through physical fitness and interactive sports lessons. Four areas covered: progressive skill-based sports lessons in volleyball, basketball, soccer, and football. You'll participate in collaborative teamwork activities, fitness challenges, and introductory strength training. Get movin' and join us for some after school fitness fun.

Thu, Sep 16-Oct 7 3:30-4:30 pm  
 \$55/person Gr K-3 Amazing Athletes

**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active during the Fall months. Kickers Soccer Club soccer coaches will lead this program. For more info. contact Gordon Ferguson at [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Mon, Sep 13-Oct 11 (skip 10/4) 3:30-4:30 pm  
 \$35/person Gr K-5 Kickers

**Skyhawks Basketball**

This super fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player-teaching sportsmanship and teamwork. You will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Thu, Nov 18-Dec 16 (skip 11/25) 3:30-4:30 pm  
 \$79/person Gr K-5 Skyhawks

**TGA Premier Golf**

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can come out and play with TGA!

Tue, Sep 21-Oct 26 (Skip 10/19) 3:30-4:30 pm  
 \$105/person Gr K-5 TGA

**Holiday Gift Making**

Get a jump start on your holiday gift list. Make three adorable gifts that make perfect holiday gifts for loved ones. Gifts go home gift wrapped and ready!

Wed, Dec 1-15 3:30-4:30 pm \$49/person  
 Gr K-5 Abrakadoodle



*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
 763-391-7223

**For Love of Art**

Painting, collage, and clay - you will no doubt love it all. Experiment with many different types of art while you make Van Gogh globes, dot-to-dot like Seurat and more. Learn about famous artists such as Matisse, Seurat and Van Gogh. What a great way for you to explore the incredible world of art.

Mon, Sep 27-Nov 8 (*Skip 10/18, 11/1*)

3:30-4:30 pm \$65/person Gr K-5 Kidcreate

**Claylicious**

Roll up your sleeves to sculpt, slab, coil, and carve everything clay. You will sculpt silly puppies, fuzzy, hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally clayicious time.

Thu, Nov 4-Dec 2 (*Skip 11/25*) 3:30-4:30 pm

\$65/person Gr K-5 Kidcreate

**Spanish**

Swing back into Spanish! This “everyday” fun class will get you excited about learning Spanish. In our ‘Vamos a Jugar’(Let’s Play!) and ‘Vamos a Acampar’(Let’s Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, you start speaking small sentences and phrases in class right from day one. Whether on the field, at the lake, or on the playground, you will be able to use your new Spanish skills.

Wed, Oct 13-Apr 6 (*Skip 12/8-29, 1/5-26, 2/2, 3/30*)

3:30-4:30 pm \$265/person

Gr K-5 Futura

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Wed, Dec 8 3:30-4:30 pm \$25/person

Gr K-5 Kidcreate

**Family Paint on Canvas: Stacked Pumpkins**

Join KidzArt for a fun family night out. Use acrylic paint to create custom patterns on a wood cut out design of pumpkins stacked on top of each other. Everyone creates your own festive stack of pumpkins. Fee is per person; register each attending.

Tue, Oct 12 6-7:30 pm \$35/person

Ages 6+ KidzArt

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). You’ll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you stay home alone.

Wed, Sep 22 3:30-5 pm \$29/person

Ages 7-11 yrs Lorna Larson

**TGA Tennis**

TGA (Teach. Grow. Achieve) provides group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Kid-friendly instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, and rally games and activities. Top-notch equipment and training materials are provided, all skill levels can play with TGA!

Tue, Nov 2-Dec 14 (*Skip 11/16*) 3:30-4:30 pm

\$125/person Gr K-5 TGA

**Flag Football**

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL’s Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety & sportsmanship are emphasized! Focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the 2 minute warning.

Wed, Sep 29-Oct 20 3:30-4:30 pm

\$55/person Gr K-5 {YEL!}

**Grandmasters of Chess**

Learn, Practice and Play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps you on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today. Visit YELKids.com for more info.

Wed, Oct 26-Dec 14 3:30-4:30 pm

\$119/person Gr K-5 {YEL!}



**Robotics 2.1**

Build a spy-bot, satellite or even design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to... be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Sign up today! Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Mon, Nov 8-Dec 20 (*Skip 12/6*) 3:30-4:30 pm  
 \$89/person Gr 1-5 {YEL!}

**Very Merry Art**

Paint a winter tree with acrylic paints on canvas, draw three festive gnomes using markers and Art-Stix, and use watercolors to create a picture of a reindeer. No previous art experience necessary. All high-quality materials are included in this workshop. It's filled to the brim with artistic fun!

Fri, Dec 3-17 3:30-4:30 pm \$45/person  
 Gr K-5 KidzArt

**Coding Club**

Calling all future game developers! Watch your game world come to life as you create and animate play spaces, characters and objects because you are the artist, game designer, storyteller, programmer, publisher and player! Using BloxelsEdu, create a digital video game that you can play on a mobile device or tablet. The Engineering For Kids Coding Club helps you develop creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way though fun and practical challenges. Each session introduces you to a different coding activity.

Wed, Nov 24-Dec 15 3:30-5 pm \$119/person  
 Gr 3-5 Engineering for Kids

**Animal Extravaganza Art**

It is all about animals in this special session of KidzArt! KidzArt classes are multi-age groups. Our teachers simplify for the youngest and expand or challenge the oldest. You will use colorful tissue paper to create a collage of horses. You will also learn how to draw a silly puppy playing with pillows and use watercolors to paint cartoon frogs.

Wed, Oct 6-Nov 10 3:30-4:30 pm \$89/person  
 Gr K-5 KidzArt

**Jr. STEM Club Classes: Session 1**

Experience a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges so you can succeed in almost anything. Engineering for Kids has a library of 300+ individual lessons which continues to grow so you never have to repeat lessons. Sign up for one or all. Includes: mechanical engineering (catapult), aerospace engineering (rocket), coding unplugged (earthworm), acoustic engineering (flute).

Fri, Oct 1-29 (*Skip 10/22*) 3:30-4:30 pm  
 \$99/person Gr K-3 Engineering for Kids

**Jr. STEM Club Classes: Session 2**

Engineering For Kids Jr. STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges so you can succeed in almost anything. Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons. Sign up for one or all sessions. Includes: mechanical engineering (star spinner), civil engineering (zoo), environmental engineering (windmill), industrial engineering (levers).

Fri, Nov 5-Dec 3 (*Skip 11/26*) 3:30-4:30 pm  
 \$99/person Gr K-3 Engineering for Kids

**Family Paint on Canvas: Winter Gnome**

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own painting of a gnome with acrylic paints on an 11x14" stretched canvas. Enjoy a cupcake dessert while we wait for our paintings to dry. Fee is per person; register each person attending.

Thu, Dec 9 6-7:30 pm \$29/person  
 Ages 6+ KidzArt

**Claylicious**

Roll up your sleeves to sculpt, slab, coil, and carve everything clay. Sculpt silly puppies, fuzzy, hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and more as you have a totally claylicious time.

Wed, Nov 3-24 4:10-5:10 pm  
\$65/person Gr K-5 Kidcreate

**Spanish**

This “everyday” fun class will get you excited about learning Spanish. In ‘Vamos a Jgar’(Let’s Play!) and ‘Vamos a Acampar’ (Let’s Camp!), explore sports, games, hobbies and the outdoors. Use builder phrases to start speaking small sentences and phrases on day one. Whether on the field, at the lake, or on the playground, you’ll use your new skills.

Thu, Oct 7-Apr 7 (*Skip 10/14-21, 11/25, 12/23-30, 1/6-27, 3/17, 31*) 4:10-5:10 pm \$265/person  
Gr K-5 Futura

**Kickers Soccer**

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Tue, Sep 14-Oct 5 4:10-5:10 pm \$35/person  
Gr K-5 Kickers

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). Focus on building independence and awareness to keep yourself safe as you prepare to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s).

Wed, Oct 6 4:10-5:40 pm \$29/person  
Ages 7-11 yrs Lorna Larson

**Disney’s 101 Dalmations Kids for Grades 3-5**

Based on the classic animated film, Disney’s 101 Dalmations KIDS is a fur-raising adventure featuring Cruella de Vil, Disney’s most outrageous villain, and 101 of the most adorable heroes to set their paws onstage. With a high-spirited score and lovable characters, this stage adaptation is certain to charm and delight all audiences. This is a great show for students who enjoy singing, dancing, creating characters and is a great opportunity for those who want to create something special. Auditions are held on first day of rehearsals. There are two performances for friends/family. \$25 costume fee included in fee. There is a tech rehearsal at the performance site the last week of rehearsals. NOTE: Stages requires masks this fall during all rehearsals and performances.

Rehearsals: Sep 20, 22, 27, 29; Oct 6, 11, 13, 18, 20, 25, 27; Nov 1, 3, 8, 10, 11 4:10-5:40 pm  
Performances: Fri, Nov 12 at 7 pm; Sat, Nov 13 at 2 pm \$199/person

**Robotics 2.1**

Build a spy-bot, satellite or even design your own earthquake alarm. Program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century skills like STEM, teamwork, and problem solving. Visit [YELKids.com](http://YELKids.com) for more info. LEGO® is a trademark of LEGO Group and does not sponsor, authorize or endorse this site or program.

Fri, Nov 5-Dec 17 (*Skip 11/26*) 4:10-5:10 pm  
\$89/person Gr 1-5 {YEL!}

**Twin Cities Chess Club**

Impress your opponents and increase your IQ. Compete for prizes, certificates and chess sets. All playing levels are welcome, whether you’re just learning the game or want to improve your strategy. Practice good sportsmanship through both instruction and practice play.

Mon, Oct 25-Dec 20 (*Skip 12/6*) 4:10-5:10 pm  
\$95/person Gr K-5 Twin Cities Chess

**Skyhawks Flag Football**

Dash to the end zone! Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week you do skill-building exercises followed by action-packed games to cement your skills.

Thu, Oct 7-Nov 11 (*skip 10/14-21, 11/4*)  
4:10-5:10 pm \$65/person Gr K-3 Skyhawks

**How To Draw Animals**

Learn step-by-step methods to create super silly animals. From cute cuddly puppy dogs to happy hedgehogs, you’ll love how great your drawings turn out. “How to Draw Cartoon Animals” book included.

Tue, Sep 28-Oct 26 (*Skip 10/12*) 4:10-5:10 pm  
\$65/person Gr K-5 Kidcreate

**Meet the Masters**

Learn about the Masters while you create your own masterpieces. Focus on a famous artist each week to learn about their life and draw, paint, and sculpt in their style. Display your artwork proudly at home.

Tue, Nov 9-30 4:10-5:10 pm \$65/person  
Gr K-5 Abrakadoodle

**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Wed, Sep 15-Oct 13 3:30-4:30 pm \$45/person  
Gr K-5 Kickers

**Skyhawks Flag Football**

Get ready to dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills.

Mon, Oct 11-Nov 1 (*skip 10/18*) 3:30-4:30 pm  
\$65/person Gr K-3 Skyhawks

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). You'll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Thu, Sep 23 3:30-5 pm \$29/person  
Ages 7-11 yrs Lorna Larson

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Tue, Nov 30 3:30-4:30 pm \$25/person  
Gr K-5 Kidcreate

**Twin Cities Chess Club**

Impress your opponents and increase your IQ. Compete for prizes, certificates and chess sets. All playing levels are welcome, whether you're just learning the game or want to improve your strategy. Practice good sportsmanship through 30 dynamic, interactive minutes of chess instruction and 30 minutes of practice play.

Tue, Oct 19-Dec 7 (*Skip 12/6*) 3:30-4:30 pm \$95/person Gr K-5 Twin Cities Chess

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223



### Kickers Soccer

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Thu, Sep 16-Oct 7 3:30-4:30 pm \$35/person  
Gr K-5 Kickers

### Twin Cities Chess Club

Impress your opponents and increase your IQ. Compete for prizes, certificates and chess sets. All playing levels are welcome, whether you're just learning the game or want to improve your strategy. Practice good sportsmanship through 30 interactive min. of chess instruction and 30 min. of practice.

Thu, Oct 28-Dec 16 (*Skip 11/25*) 3:30-4:30 pm  
\$85/person Gr K-5 Twin Cities Chess

### Skyhawks Flag Football

Get ready to dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills.

Wed, Oct 13-Nov 3 3:30-4:30 pm \$79/person  
Gr K-3 Skyhawks

### Home Alone

This class is structured in content and delivery for younger students (7-11 years old). You'll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Wed, Sep 29 3:30-4:30 pm \$29/person  
Ages 7-11 yrs Lorna Larson

### For Love of Art

Painting, collage, and clay - you name it, you will love it. Experiment with many different types of art while you make Van Gogh globes, dot-to-dot like Seurat and more. Learn about famous artists such as Henri Matisse, Georges Seurat and Vincent Van Gogh. What a great way for you to explore the incredible world of art.

Thu, Sep 30-Nov 4 (*Skip 10/14, 10/21*)  
3:30-4:30 pm \$65/person Gr K-5 Kidcreate

### TGA Premier Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can come out and play with TGA!

Mon, Sep 20-Oct 25 (*Skip 10/4, 10/18*)  
3:30-4:30 pm \$85/person Gr K-5  
TGA

### Skyhawks Lacrosse

Lacrosse is one of the oldest team sports in America. Suit up and come find out why it is one of the fastest growing sports in the U.S. Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast paced, high scoring games. Learn all the fundamentals of stick handling, cradling, passing and shooting, all in a fun, non-checking environment. Develop an understanding of the game and traditions. Wear appropriate athletic attire. Equipment provided or bring your own.

Tue, Sep 14-Oct 5 3:30-4:30 pm \$79/person  
Gr K-3 Skyhawks

### Spanish

This "everyday" fun class will get you excited about learning Spanish. In our 'Vamos a Jugar' (Let's Play!) and 'Vamos a Acampar' (Let's Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, start speaking small sentences and phrases in class on day one. Whether on the field, at the lake, or on the playground, you will be able to use your new skills.

Wed, Oct 13-Apr 20 (*Skip 12/8-29, 1/5-26, 2/2-16, 3/6, 3/30*) 3:30-4:30 pm \$265/person  
Gr K-5 Futura

### Paint on Canvas: Reindeer Games

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Thu, Dec 2 3:30-4:30 pm \$25/person  
Gr K-5 Kidcreate

### Meet the Masters

Learn about the Masters as you have fun creating your own masterpieces. Each week focuses on a famous artist so you learn about their life and style as you draw, paint, and sculpt in their style. Make room at home to display your artwork.

Fri, Nov 5-Dec 3 (*Skip 11/26*) 3:30-4:30 pm  
\$65/person Gr K-5 Abrakadoodle

**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Fri, Nov 5-Dec 10 (*Skip 11/19, 11/26*)

3:30-4:30 pm \$35/person Gr K-5 Kickers

**Amazing Athletes Training Academy**

This is a dynamic cross-training, game-based sports program designed to engage you in active wellness through physical fitness and sports lessons. Areas covered: skill-based lessons in volleyball, basketball, soccer, and football. Participate in collaborative teamwork activities, fitness challenges, and introductory strength training.

Tue, Nov 2-30 3:30-4:30 pm \$65/person

Gr K-3 Amazing Athletes

**Skyhawks Basketball**

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, you'll focus on the whole sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and tough defense through skill-based instruction and small-sided scrimmages.

Wed, Nov 10-Dec 1 3:30-4:30 pm \$79/person

Gr K-3 Skyhawks

**TGA Premier Golf**

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can play with TGA!

Thu, Nov 4-Oct 26 (*Skip 11/25*) 3:30-4:30 pm

\$105/person Gr K-5 TGA

**For Love of Art**

Painting, collage, and clay - you name it, you will love it. Experiment with many different types of art while you make Van Gogh globes, dot-to-dot like Seurat and more. Learn about famous artists such as Matisse, GSeurat and Van Gogh. What a great way for you to explore the incredible world of art.

Tue, Sep 28-Oct 26 (*Skip 10/12*) 3:30-4:30 pm

\$65/person Gr K-5 Kidcreate

**Claylicious**

Roll up your sleeves to sculpt, slab, coil, and carve everything clay. You will sculpt silly puppies, fuzzy, hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally clayicious time.

Mon, Nov 1-22 3:30-4:30 pm \$65/person

Gr K-5 Kidcreate

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). You'll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Thu, Sep 30 3:30-5 pm \$29/person

Ages 7-11 yrs Lorna Larson

**TGA Tennis**

TGA (Teach. Grow. Achieve) provides group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Kid-friendly instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, and rally games and activities. Top-notch equipment and training materials are provided, all skill levels can play with TGA!

Mon, Sep 20-Oct 25 (*Skip 10/4, 10/18*)

3:30-4:30 pm \$85/person Gr K-5 TGA

**Spanish**

Swing back into Spanish! This "everyday" fun class will get you excited about learning Spanish. In our 'Vamos a Jugar' (Let's Play!) and 'Vamos a Acampar' (Let's Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, you start speaking small sentences and phrases in class right from day one. Whether on the field, at the lake, or on the playground, you will be able to use your new Spanish skills.

Thu, Oct 7-Apr 14 (*Skip 10/21, 11/25, 12/16-30, 1/6-27, 2/10-17, 3/31*) 3:30-4:30 pm \$265/person

Gr K-5 Futura

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Tue, Dec 7 3:30-4:30 pm \$25/person

Gr K-5 Kidcreate

**Jr. STEM Club Classes: Session 1**

Experience a new, hands-on lesson every week from various engineering disciplines. Lessons focus on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges. Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons. Sign up for one or all sessions. Includes: mechanical engineering (catapult), aerospace engineering (rocket), coding unplugged (earthworm), acoustic engineering (flute).

Mon, Sep 27-Nov 1 (Skip 10/4, 10/18)

3:30-4:30 pm \$99/person Gr K-3

Engineering for Kids

**Jr. STEM Club Classes: Session 2**

Experience a new, hands-on lesson every week from various engineering disciplines. Lessons focus on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges. Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons. Sign up for one or all sessions. Includes: mechanical engineering (star spinner), civil engineering (zoo), environmental engineering (windmill), industrial engineering (levers).

Mon, Nov 8-29 3:30-4:30 pm \$99/person

Gr K-3 Engineering for Kids

**Coding Club**

Calling all future game developers! Watch your game world come to life as you create and animate play spaces, characters and objects because you are the artist, game designer, storyteller, programmer, publisher and player! Using BloxelsEdu, create a digital video game that you can play on a mobile device or tablet. The Engineering For Kids Coding Club helps you develop creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way though fun and practical challenges. Each session introduces you to a different coding activity.

Tue, Nov 23-Dec 14 3:30-5pm \$119/person

Gr 3-5 Engineering for Kids

**Holiday Gift Making**

Get a jump start on your holiday gift list. Make three adorable gifts that make perfect holiday gifts for loved ones. Gifts go home gift wrapped and ready!

Mon, Nov 29-Dec 20 (Skip 12/6) 3:30-4:30 pm

\$49/person Gr K-5 Abrakadoodle

**Flag Football**

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety & sportsmanship are emphasized! Focus on skill development in passing, catching, defending, and teamwork. Sign up before the 2 minute warning.

Tue, Sep 21-Oct 19 (Skip 10/12) 3:30-4:30 pm

\$55/person Gr K-5 {YEL!}

**Grandmasters of Chess**

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps you on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today. Visit YELKids.com for more info.

Fri, Oct 15-Dec 17 (Skip 10/22, 11/26)

3:30-4:30 pm \$119/person Gr K-5 {YEL!}

**Meet the Masters**

Learn about the Masters as you have fun creating your own masterpieces. Each week focuses on a famous artist so you learn about their life and style as you draw, paint, and sculpt in their style. Make room at home to display your artwork.

Wed, Nov 3-24 3:30-4:30 pm \$65/person

Gr K-5 Abrakadoodle

**Robotics 2.1**

Build a spy-bot, satellite or even design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to... be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Sign up today! Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Thu, Nov 4-Dec 16 (Skip 11/25) 3:30-4:30 pm

\$89/person Gr 1-5 {YEL!}



*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223

**Disney's 101 Dalmations Kids for Grades 3-5**

Based on the classic animated film, Disney's 101 Dalmations KIDS is a fur-raising adventure featuring Cruella de Vil, Disney's most outrageous villain, and 101 of the most adorable heroes to set their paws onstage. With a high-spirited score and lovable characters, this stage adaptation is certain to charm and delight all audiences. 101 Dalmatians Kids is a great show for students who enjoy singing, dancing, and creating different characters. It's a great opportunity for anyone who wants to create something special. Auditions are held the first day of rehearsals. There are two performances for friends & family. \$25 costume fee included in registration fee. There will be a tech rehearsal at the performance site the last week of rehearsals. **IMPORTANT NOTE:** Stages Theatre Company is requiring masks this fall during all rehearsals and performances.

Rehearsals: Sep 20, 22, 27, 29; Oct 6, 11, 13, 18, 20, 25, 27; Nov 1, 3, 8, 10, 11

4:10-5:40 pm

Performances: Fri, Nov 12 at 7 pm; Sat, Nov 13 at 2 pm

\$199/person

**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Tue, Oct 26-Nov 16 4:10-5:10 pm \$35/person  
Gr K-5 Kickers

**Holiday Gift Making**

Get a jump start on your holiday gift list. Make three adorable gifts that make perfect holiday gifts for loved ones. Gifts go home gift wrapped and ready!

Fri, Dec 3-17 4:10-5:10 pm \$49/person  
Gr K-5 Abrakadoodle

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). Focus on building independence to keep yourself safe as you prepare to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s).

Thu, Oct 7 4:10-5:40 pm \$29/person  
Ages 7-11 yrs Lorna Larson

**Skills Boost: Reading Rocket**

Give your reading skills a boost! Your child will be provided group instruction in key focus areas like prediction, questions, clarification, summarizing, phonics and more to assure reading at each level. Skills Boost offers the reinforcement needed to review skills, build new skills, and gain confidence in reading. Curriculum aligns with District 279 standards. Taught by district teachers, this is the perfect way to receive small group instruction.

Tue, Oct 26-Dec 14 5:30-6:30 pm \$109/person  
Gr 1-2 Rebecca Lee

Tue, Oct 26-Dec 14 5:30-6:30 pm \$109/person  
Gr 3-4 Kenyata Norful

**Skills Boost: Second Scoop of Math**

Enjoy a Second Scoop of hands-on math! Boost your skills and math confidence. Math curriculum aligns with District 279 standards with a focus on skills (number sense & operations, fact fluency, equations, place value) required for math success at each level. Taught by district teachers, this is the perfect way for you to stay on top of your math skills.

Tue, Oct 26-Dec 14 6:30-7:30 pm \$109/person  
Gr 1-2 Rebecca Lee

Tue, Oct 26-Dec 14 6:30-7:30 pm \$109/person  
Gr 3-4 Kenyata Norful

**Kickers Soccer**

Join a player-centered and fun afterschool program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For Kickers info. email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Wed, Oct 20-Nov 17 (*Skip 11/3*) 3:30-4:30 pm  
\$35/person Gr K-5 Kickers

**Twin Cities Chess Club**

Impress your opponents and increase your IQ. Compete for prizes, certificates and chess sets. All playing levels are welcome, whether you want to learn the game or improve your strategy. Practice good sportsmanship through 30 interactive minutes of chess instruction and 30 minutes of practice play.

Wed, Oct 13-Dec 8 (*Skip 11/3*) 3:30-4:30 pm  
\$95/person Gr K-5 Twin Cities Chess

**Skyhawks Flag Football**

Dash to the end zone with our high-octane course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Do basic skill-building exercises followed by action-packed games to cement those skills each week.

Tue, Oct 12-Nov 2 3:30-4:30 pm \$79/person  
Gr K-3 Skyhawks

**Skyhawks Basketball**

A skill-intensive program designed for beginning to intermediate players. Using our progression curriculum, you'll focus on sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and defense through instruction and small-sided scrimmages.

Tue, Nov 16-Dec 7 3:30-4:30 pm \$79/person  
Gr K-3 Skyhawks

**Skyhawks Lacrosse**

Suit up and find out why it is one of the fastest growing sports in the U.S. Lacrosse combines basic skills used in soccer, basketball and hockey into fast paced, high scoring games. Learn the fundamentals of stick handling, cradling, passing and shooting, in a fun, non-checking environment. Begin to understand the game and traditions. Wear appropriate attire. Equipment provided or bring yours.

Thu, Sep 16-Oct 7 3:30-4:30 pm \$79/person  
Gr K-3 Skyhawks

**TGA Premier Golf**

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can come out and play with TGA!

Mon, Nov 1-29 3:30-4:30 pm \$105/person  
Gr K-5 TGA

**How To Draw Animals**

Wish you were better at drawing cartoons animals? Learn step-by-step methods to create super silly animals. From cute cuddly puppy dogs to happy hedgehogs, you'll love how great your drawings turn out. "How to Draw Cartoon Animals" book included.

Mon, Sep 27-Nov 8 (*Skip 10/4, 10/18, 11/1*)  
3:30-4:30 pm \$65/person Gr K-5  
Kidcreate

**Claylicious**

Roll up your sleeves to sculpt, slab, coil, and carve everything clay. You will sculpt silly puppies, fuzzy, hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally claylicious time.

Fri, Nov 5-Dec 3 (*Skip 11/26*) 3:30-4:30 pm  
\$65/person Gr K-5 Kidcreate

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). Focus on building independence and awareness to keep yourself safe and prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s).

Tue, Sep 28 3:30-5 pm \$29/person  
Ages 7-11 yrs Lorna Larson

**Spanish**

Swing back into Spanish! This "everyday" fun class will get you excited about learning Spanish. In our 'Vamos a Jugar' (Let's Play!) and 'Vamos a Acampar' (Let's Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, you start speaking small sentences and phrases in class right from day one. Whether on the field, at the lake, or on the playground, you will be able to use your new Spanish skills.

Tue, Oct 12-Apr 5 (*Skip 11/9, 12/14-28, 1/4-25, 2/15, 3/29*) 3:30-4:30 pm \$265/person  
Gr K-5 Futura



*Enroll Now!*  
[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)  
 763-391-7223

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Thu, Dec 9 3:30-4:30 pm \$25/person  
 Gr K-5 Kidcreate

**Jr. STEM Club Classes: Session 1**

Engineering For Kids introduces you to a new, hands-on lesson each week from various engineering disciplines. Lessons focus on developing 21st Century skills such as problem solving, critical thinking and peer collaboration which will provide you with the confidence to approach challenges so you can succeed in most anything. Engineering for Kids has a library of 300+ lessons which continues to grow so you never have to repeat lessons. Includes: mechanical engineering (catapult), aerospace engineering (rocket), coding unplugged (earthworm), acoustic engineering (flute).

Thu, Oct 7-Nov 4 (*Skip 10/21*) 3:30-4:30 pm  
 \$99/person Gr K-3 Engineering for Kids

**Jr. STEM Club Classes: Session 2**

Engineering For Kids introduces you to a new, hands-on lesson each week from various engineering disciplines. Lessons focus on developing 21st Century skills such as problem solving, critical thinking and peer collaboration which will provide you with the confidence to approach challenges so you can succeed in most anything. Engineering for Kids has a library of 300+ lessons which continues to grow so you never have to repeat lessons. Includes: mechanical engineering (star spinner), civil engineering (zoo), environmental engineering (windmill), industrial engineering (levers).

Thu, Nov 18-Dec16 (*Skip 11/25*) 3:30-4:30 pm  
 \$99/person Gr K-3 Engineering for Kids

**Coding Club**

Calling all future game developers! Watch your game world come to life as you create and animate play spaces, characters and objects because you are the artist, game designer, storyteller, programmer, publisher and player! Using BloxelsEdu, create a digital video game that you can play on a mobile device or tablet. The Engineering For Kids Coding Club helps you develop creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way though fun and practical challenges. Each session introduces you to a different coding activity.

Mon, Nov 22-Dec 20 (*Skip 12/6*) 3:30-4:30 pm  
 \$119/person Gr 3-5 Engineering for Kids



### Amazing Athletes Training Academy

This is a cross-training, game-based sports program designed to engage you in active wellness through fitness and interactive sports lessons. Four areas covered: skill-based lessons in volleyball, basketball, soccer, and football. Participate in teamwork activities, fitness challenges, and strength training. Get movin' and join us for some after school fitness fun.

Tue, Sep 14-Oct 5 4:10-5:10 pm \$55/person  
Gr K-3 Amazing Athletes

### Skyhawks Lacrosse

Suit up and find out why it is one of the fastest growing sports in the U.S. Lacrosse combines basic skills used in soccer, basketball and hockey into fast paced, high scoring games. Learn the fundamentals of stick handling, cradling, passing and shooting, in a fun, non-checking environment. Begin to understand the game and traditions. Wear appropriate attire. Equipment provided or bring yours.

Wed, Sep 15-Oct 6 4:10-5:10 pm \$65/person  
Gr K-3 Skyhawks

### TGA Premier Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can come out and play with TGA!

Thu, Sep 23-Oct 28 (Skip 10/14, 10/21)  
4:10-5:10 pm \$85/person Gr K-5 TGA

### Claylicious

Roll up your sleeves to sculpt, slab, coil, and carve everything clay. You will sculpt silly puppies, fuzzy, hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally clayicious time.

Tue, Nov 2-23 4:10-5:10 pm \$65/person  
Gr K-5 Kidcreate

### Spanish

Swing back into Spanish! This "everyday" fun class will get you excited about learning Spanish. In our 'Vamos a Jugar'(Let's Play!) and 'Vamos a Acampar' (Let's Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, you start speaking small sentences and phrases in class right from day one. Whether on the field, at the lake, or on the playground, you will be able to use your new Spanish skills.

Mon, Oct 11-Apr 11 (Skip 12/6-1/31, 2/21, 3/28)  
4:10-5:10 pm \$265/person Gr K-5 Futura

### Home Alone

This class is structured in content and delivery for younger students (7-11 years old). You'll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Wed, Oct 13 4:10-5:40 pm \$29/person  
Ages 7-11 yrs Lorna Larson

### Flag Football

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety & sportsmanship are emphasized! Focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the 2 minute warning.

Fri, Sep 24-Oct 15 4:10-5:10 pm \$65/person  
Gr K-5 {YEL!}

### Holiday Gift Making

Get a jump start on your holiday gift list. Make three adorable gifts that make perfect holiday gifts for loved ones. Gifts go home gift wrapped and ready!

Tue, Dec 7-21 4:10-5:10 pm \$49/person  
Gr K-5 Abrakadoodle

## Grandmasters of Chess

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps you on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today. Visit YELKids.com for more info.

Mon, Oct 18-Dec 13 (*Skip 12/6*) 4:10-5:10 pm  
 \$119/person Gr K-5 {YEL!}

## Paint on Canvas: Reindeer Games

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Tue, Dec 14 4:10-5:10 pm \$25/person  
 Gr K-5 Kidcreate

## Meet the Masters

Learn about the Masters as you have fun creating your own masterpieces. Each week focuses on a famous artist so you learn about their life and style as you draw, paint, and sculpt in their style. Make room at home to display your artwork.

Thu, Oct 28-Nov 18 4:10-5:10 pm \$65/person  
 Gr K-5 Abrakadoodle

## Robotics 2.1

Build a spy-bot, satellite or even design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to... be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Sign up today! Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Wed, Nov 10-Dec 15 4:10-5:10 pm \$89/person  
 Gr 1-5 {YEL!}

## Family Paint on Canvas: Winter Gnome

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own painting of a gnome with acrylic paints on an 11x14" stretched canvas. Enjoy a cupcake dessert while we wait for our paintings to dry. Fee is per person; register each person attending.

Wed, Dec 1 6-7:30 pm \$29/person  
 Ages 6+ KidzArt

## Animal Extravaganza Art

It is all about animals in this special session of KidzArt! KidzArt classes are multi-age groups. Our teachers simplify for the youngest and expand or challenge the oldest. You will use colorful tissue paper to create a collage of horses. You will also learn how to draw a silly puppy playing with pillows and use watercolors to paint cartoon frogs.

Mon, Oct 11-Nov 15 4:10-5:10 pm \$89/person  
 Gr K-5 KidzArt

## Family Paint on Canvas: Stacked Pumpkins

Join KidzArt for a fun family night out. Use acrylic paint to create custom patterns on a wood cut out design of pumpkins stacked on top of each other. Everyone creates your own festive stack of pumpkins. Fee is per person; register each attending.

Tue, Oct 5 6-7:30 pm \$35/person  
 Ages 6+ KidzArt

## Very Merry Art

Paint a winter tree with acrylic paints on canvas, draw three festive gnomes using markers and Art-Stix, and use watercolors to create a picture of a reindeer. No previous art experience necessary. All high-quality materials are included in this workshop. It's filled to the brim with artistic fun!

Mon, Nov 29-Dec 20 (*Skip 12/6*) 4:10-5:10 pm  
 \$45/person Gr K-5 Kidcreate

## Coding Club

Watch your game world come to life as you create and animate play spaces, characters and objects because you are the artist, game designer, storyteller, programmer, publisher and player! Using BloxelsEdu, create a digital video game that you can play on a mobile device or tablet. The Coding Club helps you develop creativity, problem solving skills, teamwork and technology knowledge in a collaborative way though fun and practical challenges. Each session introduces you to a different coding activity.

Fri, Nov 19-Dec 17 4:10-5:10 pm \$119/person  
 Gr 3-5 Engineering for Kids



**Jr. STEM Club Classes: Session 1**

Engineering For Kids Jr. STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges so you can succeed in almost anything. Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons. Sign up for one or all sessions. Includes: mechanical engineering (catapult), aerospace engineering (rocket), coding unplugged (earthworm), acoustic engineering (flute). Tue, Sep 28-Nov 2 (*Skip 10/12, 10/19*)

4:10-5:10 pm \$99/person Gr K-3  
Engineering for Kids

**Jr. STEM Club Classes: Session 2**

Engineering For Kids Jr. STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills will provide you with the confidence to approach challenges so you can succeed in almost anything. Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons. Sign up for one or all sessions. Includes: mechanical engineering (star spinner), civil engineering (zoo), environmental engineering (windmill), industrial engineering (levers).

Tue, Nov 9-30 4:10-5:10 pm \$99/person  
Gr K-3 Engineering for Kids

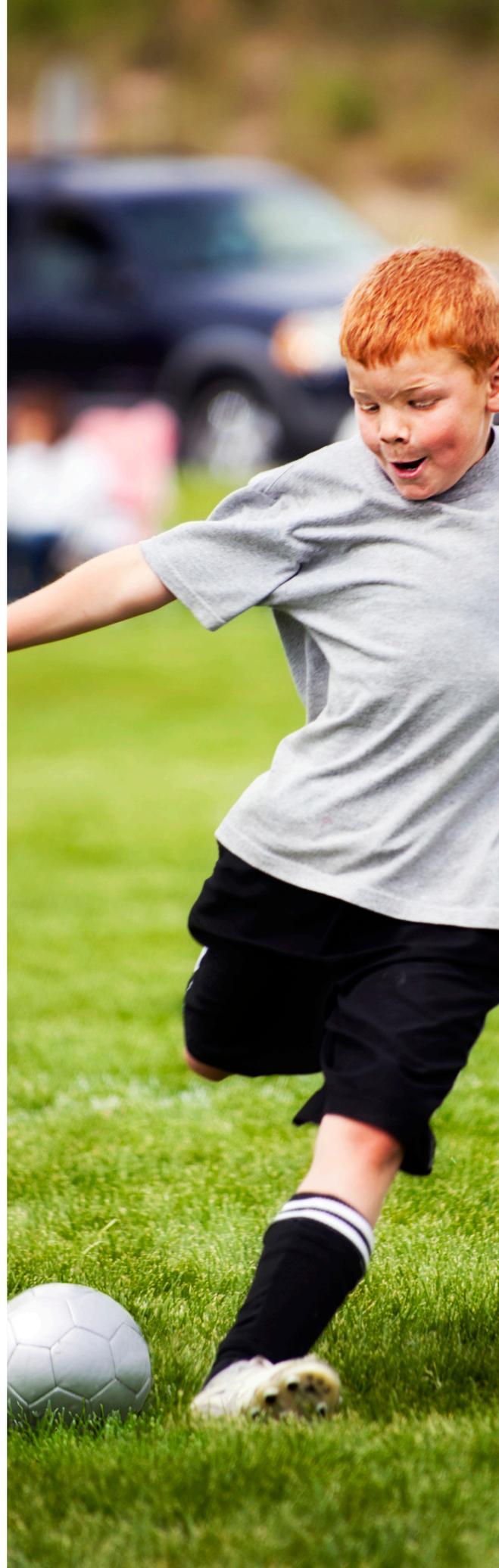
**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Mon, Oct 18-Nov 15 4:10-5:10 pm \$35/person  
Gr K-5 Kickers

*“The more difficult the victory,  
the greater the happiness in  
winning.”*

*~Pele*



**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Thu, Oct 28-Dec 2 (*Skip 11/18, 11/25*)  
4:10-5:10 pm \$35/person Gr K-5 Kickers

**Skyhawks Lacrosse**

Suit up and find out why it is one of the fastest growing sports in the U.S. Lacrosse combines basic skills used in soccer, basketball and hockey into fast paced, high scoring games. Learn the fundamentals of stick handling, cradling, passing and shooting, in a fun, non-checking environment. Begin to understand the game and traditions. Wear appropriate attire. Equipment provided or bring yours.

Mon, Sep 13-27 4:10-5:10 pm \$65/person  
Gr K-3 Skyhawks

**Skyhawks Basketball**

This super fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player-teaching sportsmanship and teamwork. You will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Mon, Nov 8-29 4:10-5:10 pm \$79/person  
Gr K-3 Skyhawks

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). You'll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Tue, Oct 5 4:10-5:40 pm \$29/person  
Ages 7-11 yrs Lorna Larson

**How To Draw Animals**

Learn step-by-step methods to create super silly animals. From cute cuddly puppy dogs to happy hedgehogs, you'll love how great your drawings turn out. "How to Draw Cartoon Animals" book included.

Wed, Sep 29-Oct 20 4:10-5:10 pm \$65/person  
Gr K-5 Kidcreate

**TGA Tennis**

TGA (Teach. Grow. Achieve) provides group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Kid-friendly instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, and rally games and activities. Top-notch equipment and training materials are provided, all skill levels can play with TGA!

Wed, Nov 3-Dec 15 (*Skip 11/24*) 4:10-5:10 pm  
\$125/person Gr K-5 TGA

**Spanish**

This "everyday" fun class will get you excited about learning Spanish. In our 'Vamos a Jugar'(Let's Play!) and 'Vamos a Acampar' (Let's Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, start speaking small sentences and phrases in class on day one. Whether on the field, at the lake, or on the playground, you will be able to use your new skills.

Tue, Oct 26-Apr 12 (*Skip 12/21-28, 1/4-25, 3/1-8 3/29*) 4:10-5:10 pm \$265/person  
Gr K-5 Futura

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. You will learn to draw a cool cartoon reindeer, then paint him/her on a real canvas board. Perfect for your walls at home or a gift for someone special.

Wed, Nov 1 4:10-5:10 pm \$25/person  
Gr K-5 Kidcreate

**Flag Football**

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety & sportsmanship are emphasized! Focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the 2 minute warning.

Thu, Sep 23-Oct 7 4:10-5:10 pm \$39/person  
Gr K-5 {YEL!}

**Meet the Masters**

Learn about the Masters as you have fun creating your own masterpieces. Each week focuses on a famous artist so you learn about their life and style as you draw, paint, and sculpt in their style. Make room at home to display your artwork.

Mon, Nov 1-22 4:10-5:10 pm \$65/person  
Gr K-5 Abrakadoodle

**Robotics 2.1**

Build a spy-bot, satellite or even design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to... be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Sign up today! Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Tue, Nov 9-Dec 14 4:10-5:10 pm \$89/person  
Gr 1-5 {YEL!}

**Jr. STEM Club Classes: Session 1**

Engineering For Kids introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills provide you with confidence to approach challenges so you can succeed in most anything. We have a library of 300+ individual lessons which continues to grow so you never have to repeat lessons. Includes: mechanical engineering (catapult), aerospace engineering (rocket), coding unplugged (earthworm), acoustic engineering (flute).

Wed, Oct 6-27 4:10-5:10 pm \$99/person  
Gr K-3 Engineering for Kids

**Jr. STEM Club Classes: Session 2**

Engineering For Kids introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills provide you with confidence to approach challenges so you can succeed in most anything. We have a library of 300+ individual lessons which continues to grow so you never have to repeat lessons. Includes: mechanical engineering (star spinner), civil engineering (zoo), environmental engineering (windmill), industrial engineering (levers).

Wed, Nov 3-24 4:10-5:10 pm \$99/person  
Gr K-3 Engineering for Kids

**Jr. STEM Club Classes: Session 3**

Engineering For Kids introduces you to a new, hands-on lesson every week from various engineering disciplines. Each lesson focuses on developing 21st Century skills such as problem solving, critical thinking and peer collaboration. These skills provide you with confidence to approach challenges so you can succeed in most anything. We have a library of 300+ individual lessons which continues to grow so you never have to repeat lessons. Includes: electrical engineering (dancing dolls), mechanical engineering (invent a toy), aerospace engineering (parachutes), mechanical engineering (robot hand).

Wed, Dec 1-22 4:10-5:10 pm \$99/person  
Gr K-3 Engineering for Kids

**Grandmasters of Chess**

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps you on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today. Visit YELKids.com for more info.

Thu, Oct 7-Dec 16 (Skip 10/14-21, 11/18-25) 4:10-5:10 pm \$105/person Gr K-5 {YEL!}



*Enroll Now!*  
osseo.ce.eleyo.com  
763-391-7223

**Kickers Soccer**

Join a player-centered and fun afterschool soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active. Kickers Soccer Club coaches lead this program. For info. about Kickers, email [fergie@kickersfc.org](mailto:fergie@kickersfc.org).

Fri, Sep 17-Oct 15 4:10-5:10 pm \$45/person  
Gr K-5 Kickers

**TGA Premier Golf**

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided. All skill levels can come out and play with TGA!

Wed, Nov 3-Dec 15 (Skip 11/24) 4:10-5:10 pm  
\$125/person Gr K-5 TGA

**Spanish**

This “everyday” fun class will get you excited about learning Spanish. In our ‘Vamos a Jugar’(Let’s Play!) and ‘Vamos a Acampar’ (Let’s Camp!) classes, you will explore sports, games, hobbies and the great outdoors. Using builder phrases, start speaking small sentences and phrases in class on day one. Whether on the field, at the lake, or on the playground, you will be able to use your new skills.

Thu, Oct 7-Mar 24 (Skip 10/14, 10/21, 11/25, 12/23-30, 1/6-27) 4:10-5:10 pm \$265/person  
Gr K-5 Futura

**Home Alone**

This class is structured in content and delivery for younger students (7-11 years old). You’ll focus on building independence and awareness in keeping yourself safe, and to help prepare you to stay home alone. Includes at-home materials that need to be done with your parent/guardian(s) before you begin to stay home alone.

Mon, Oct 11 4:10-5:40 pm \$29/person  
Ages 7-11 yrs Lorna Larson

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223



**Disney’s 101 Dalmations Kids for Grades 3-5**

Based on the classic animated film, Disney’s 101 Dalmations KIDS is a fur-raising adventure featuring Cruella de Vil, Disney’s most outrageous villain, and 101 of the most adorable heroes to set their paws onstage. With a high-spirited score and lovable characters, this stage adaptation is certain to charm and delight all audiences. 101 Dalmations Kids is a great show for students who enjoy singing, dancing, and creating different characters. It’s a great opportunity for anyone who wants to create something special. Auditions are held the first day of rehearsals. There are two performances for friends & family. \$25 costume fee included in registration fee. There will be a tech rehearsal at the performance site the last week of rehearsals. IMPORTANT NOTE: Stages Theatre Company is requiring masks this fall during all rehearsals and performances.

Rehearsals: Sep 28, 30, Oct 5, 7, 12, 14, 19, 26, 28; Nov 2, 4, 9, 11, 16, 18

Performances: Fri, Nov 19 at 7 pm; Sat, Nov 20 at 2 pm

4:10-5:40 pm  
\$199/person

**Paint on Canvas: Reindeer Games**

Paint a beautiful holiday-themed canvas. Learn to draw a cool cartoon reindeer, then paint him/her on a canvas board. Perfect as a gift or for home.

Mon, Dec 13 4:10-5:10 pm \$25/person  
Gr K-5 Kidcreate

**Flag Football**

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety & sportsmanship are emphasized! Focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the 2 minute warning.

Mon, Sep 20-Oct 25 (Skip 10/4, 10/18)  
4:10-5:10 pm \$55/person Gr K-5 {YEL!}

**Grandmasters of Chess**

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps you on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today. Visit YELKids.com for more info.

Wed, Oct 20-Dec 8 4:10-5:10 pm \$119/person  
Gr K-5 {YEL!}

**Family Paint on Canvas: Stacked Pumpkins**

Join us for a fun family night out. Use acrylic paint to create custom patterns on a wood cut out design of pumpkins stacked on top of each other. Everyone creates your own festive piece. Fee is per person; register each attending.

Thu, Oct 7 6-7:30 pm \$35/person  
Ages 6+ KidzArt

**Family Paint on Canvas: Winter Gnome**

Grab the whole family for a fun painting event. Everyone will create your own painting of a gnome with acrylic paints on an 11x14" stretched canvas. Enjoy a cupcake dessert while you wait for your painting to dry. Fee is per person; register each person attending.

Tue, Dec 7 6-7:30 pm \$29/person  
Ages 6+ KidzArt

**Holiday Gift Making**

Get a jump start on your holiday gift list. Make three adorable gifts that make perfect holiday gifts for loved ones. Gifts go home gift wrapped and ready!

Thu, Dec 2-16 4:10-5:10 pm \$49/person  
Gr K-5 Abrakadoodle



## Horse Camp for Youth and/or Adults

Experience three, 1-day camp opportunities to connect with horses for an entire day throughout the Fall. Join us 1 day or all 3 days. Care for the horses by distributing grain, hay & water. Safe handling, grooming, ground work, horsemanship, basic riding and horse farm operations skills are taught. One riding lesson, a second in-hand or riding lesson may be offered. Horse, tack, grooming supplies, safety helmet & instructions are provided. Some physical requirements along with height and weight restrictions may apply.

Thu, Oct 21 8 am-3 pm \$140/person

Fri, Oct 22 8 am-3 pm \$140/person

Fri, Nov 26 8 am-3 pm \$140/person

Regent Arabians: 26125 Tucker Rd, Rogers 55374

## District 279 Racing Series

District 279 cross country programs will sponsor the District 279 Racing Series which is a one mile long (may be shorter for some kids) run for boys and girls between kindergarten and 6th grade. This is a great opportunity for you to get in a competitive workout/ race and all skill levels are welcome! Questions? Coach Rundquist at [rundquistj@district279.org](mailto:rundquistj@district279.org). Pre-registration is required. Limited walk-up registration will start 30 minutes before each race. You may participate in any/all of the races. FREE!

Mon, Sep 13 6 pm @ Fernbrook Elementary  
Hosted by MG Cross Country

Mon, Sep 27 6 pm @ Elm Creek Elementary  
Hosted by Osseo Cross Country

Mon, Oct 4 6 pm @ Central Park in Brooklyn Pk  
Hosted by Park Ctr Cross Country

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223



## Monday & Friday Individual Guitar Lessons (Ages 5+)

### In-Person or Online

Fall guitar lessons will be offered in-person (or online by request). Come and learn how to play the guitar or continue learning and taking lessons. Instructor Brandon Wells has over thirty years of experience playing guitar and bass. He teaches all styles of music - rock, classical, jazz, metal, blues, country, folk, praise and worship, and pop as well as just a basic approach that is applicable for any style of music. Music theory, note reading, music interpretation, composition, music appreciation and music therapy are all a part of his teaching program, which gives his students the tools they need to play guitar, learn the music they love and express their creativity.

Monthly lesson fee includes lesson dates listed below and include the 2021-22 school year (September 2021-May 2022). January-May 2022 lesson dates will be listed in the Winter/Spring 2022 Community Education catalog and online. After the first month, registration for the next month is automatically charged to the credit/debit card used for the initial month. Fees will be charged the 1st of each month. Cancellations must be made by the 15th for lessons the next month. Once you enroll, you are registered for the entire school year.

Mondays, September 13, 20, 27	Fee: \$75
Mondays, October 11, 18, 25	Fee: \$75
Mondays, November 1, 8, 15, 22, 29	Fee: \$125
Mondays, December 13, 20	Fee: \$49

Location: Rush Creek Elementary School

Fridays, September 10, 17, 24	Fee: \$75
Fridays, October 1, 8, 15, 29	Fee: \$99
Fridays, November 5, 12, 19	Fee: \$75
Fridays, December 3, 10, 17	Fee: \$75

Location: Rush Creek Elementary School

## Tuesday Individual Guitar Lessons (Ages 5+) Online Only

Tuesday guitar lessons will be offered in an online format only. Learn how to play the guitar or continue learning and taking lessons. Instructor Brandon Wells has over thirty years of experience playing guitar and bass. He teaches all styles of music - rock, classical, jazz, metal, blues, country, folk, praise and worship, and pop as well as just a basic approach that is applicable for any style of music. Music theory, note reading, music interpretation, composition, music appreciation and music therapy are all a part of his teaching program, which gives his students the tools they need to play guitar, learn the music they love and express their creativity. Online platform will be FaceTime (Apple users) and Google Duo (non-Apple users).

Monthly lesson fee includes lesson dates listed below and include the 2021-22 school year (September 2021-May 2022). January-May 2022 lesson dates will be listed in the Winter/Spring 2022 Community Education catalog and online. After the first month, registration for the next month is automatically charged to the credit/debit card used for the initial month. Fees will be charged the 1st of each month. Cancellations must be made by the 15th for lessons the next month. Once you enroll, you are registered for the entire school year.

Tuesdays, September 7, 14, 21, 28	Fee: \$99
Tuesdays, October 5, 12, 19, 26	Fee: \$99
Tuesdays, November 2, 9, 16, 23,	Fee: \$99
Tuesdays, December 7, 14, 21, 28	Fee: \$99

Location: Online Only





## Individual Piano Lessons

It's never too late to learn how to play the piano, or to revisit your faithful instrument after a long break. Learn by an approachable method for playing the piano, whether it be for the first time or if one is aching to return to playing. Lessons will include material in a method book and instructors will supplement this information with practical performance and theoretical knowledge. Lessons will be in person at Cedar Island, Rice Lake and Woodland Elementary Schools. Online (via Zoom) lessons are available upon request. Your instructor will let you know what book(s) to purchase prior to the start of your lessons. You will need access to a piano or keyboard for lessons and daily practice outside of lessons. *\*Difference in per person cost is based on the number of sessions available within the 4 month timeframe.*

Tuesdays at Rice Lake Elementary  
3:30-6 pm (lessons run every 30 minutes)  
September-December \$350/person  
Instructor: Tony Omodt-Lopez, Opus Music Academy

Wednesdays at Woodland Elementary  
4:15-6:15 pm (lessons run every 30 minutes)  
September-December \$350/person  
Instructor: Tony Omodt-Lopez, Opus Music Academy

Thursdays at Cedar Island  
4:15-6:15 pm (lessons run every 30 minutes)  
September-December \$315/person  
Instructor: Zach Studdiford, Opus Music Academy

## Individual Voice Lessons

Private voice lessons will be offered both in-person (at Maple Grove High School) and online (by request) this Fall. Email our instructor, Ben Dutcher, at [benjamindutcher@gmail.com](mailto:benjamindutcher@gmail.com) before enrolling to schedule a day and time. After setting your schedule with Ben, please register immediately to secure your spot - 763-391-7223 or online - [osseo.ce.eleyo.com](http://osseo.ce.eleyo.com). Lessons are \$240 for 6, 30 minute lessons. Lessons must be pre-paid prior to attending lessons. Fee (\$240) is for 6, 30 minute lessons.

*Enroll Now!*

[osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)

763-391-7223

### PrepStar Blast ACT Class

The ACT test is still a strong element considered for college admissions and scholarships. An ACT expert will cover the test format, essential strategies and content review. The final step in the process will be having students take a fully proctored practice ACT test. Students will score their test in the online scoring system for immediate results and will receive a detailed score report. It is recommended that students register for the next available ACT exam. 3 total sessions.

Testimonial Quotes: *“The ability to see and grade your own test is valuable.” - BHS student; “I now know how to attack the problems, so I can be most efficient.” - BHS student*

Tue/Thu, Oct 5 & 7	5:30-8:30 pm
Sat, Oct 9	9 am-1 pm
\$149/each	MGSB Trish Van Horn

### PrepStar Premium ACT Class

There has been much discussion about the relevancy of college admissions tests, such as the ACT over the past year. For most students, getting a strong ACT score is only going to benefit them for admissions and scholarship opportunities. PrepStar Premium is a 24-hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective. Class includes: extensive content review, effective strategies, outstanding teachers, 3 full ACT practice tests, detailed score reports from practice tests, online scoring for practice tests for immediate results, make-up content available via video and, it offers guaranteed results for students who have already taken the ACT test. 7 total sessions.

Testimonial Quotes: *“I learned many strategies and tips to help get a better score.” - student; “After my daughter took the class, her score went up 4 points and the college recruiting letters came rapidly!” - Parent*

Thu, Nov 4-Dec 2 (Skip 11/25)	5:30-8:30 pm
Sat, Nov 6, 20, Dec 4	9 am-1 pm
\$369/each	MGSB Trish Van Horn

### Babysitting Safety

Participants will learn the responsibilities of being a prepared, safe, responsible and professional babysitter. Topics include supervision, behavior guidance, proper feeding and diapering techniques, personal safety, basic first aid, medical emergencies, and kitchen safety. Dolls, bottles, and diaper supplies will be provided at class for fun hands-on participation. This class is developed by the American Safety and Health Institute and approved by the American Pediatrics Association. Class participants receive a manual and certification card. Participants may bring a nut free snack and beverage to class.

Sat, Oct 2	9 am-12:30 pm	\$59/each
Ages 10.5+	MGSB	Amy Timm

### Cell Phone Permit

Cell Phone Permit is here to demonstrate healthy digital citizenship which promotes anti-addictive behavior, understanding of helpful vs. harmful online practices, and adherence to high standards when conducting yourself on mobile devices. This is a special 20-hour course designed for teenagers who have never had a cell phone or are new to using cell phones. Get specialized training on how to handle mobile devices, and avoid some pitfalls that many students fall into when using phones. For more information go to: [cellphonepermit.com](http://cellphonepermit.com)

Nov 1-5 & Nov 8-12	5-7 pm	\$225/each
Ages 10-16	MGSB	Naomi Dahl



## Teen Driver's Education

Safeway Driving School is under new ownership and is the largest driving school in MN, instructing over 9,000 teens this year alone. It has an A+ rating with the Better Business Bureau and is a BBB Accredited Business. Safeway has 80 experienced instructors background checked by the MN Dept. of Public Safety. Their website is comprehensive and includes a list of tools and calendars for families to make the process seamless.

Classroom Training - can be taken by students who are 14-1/2 years or older and consists of 10 three-hour lessons. Each lesson is independent and can be taken in any order. If a lesson is missed, the student can sign up for make-up lesson on their Safeway account at [www.safewaydrivingschool.com](http://www.safewaydrivingschool.com). If you miss a lesson, you need to make up the exact lesson you miss. Lesson calendars are all available on Safeway's website at [www.safewaydrivingschool.com](http://www.safewaydrivingschool.com).

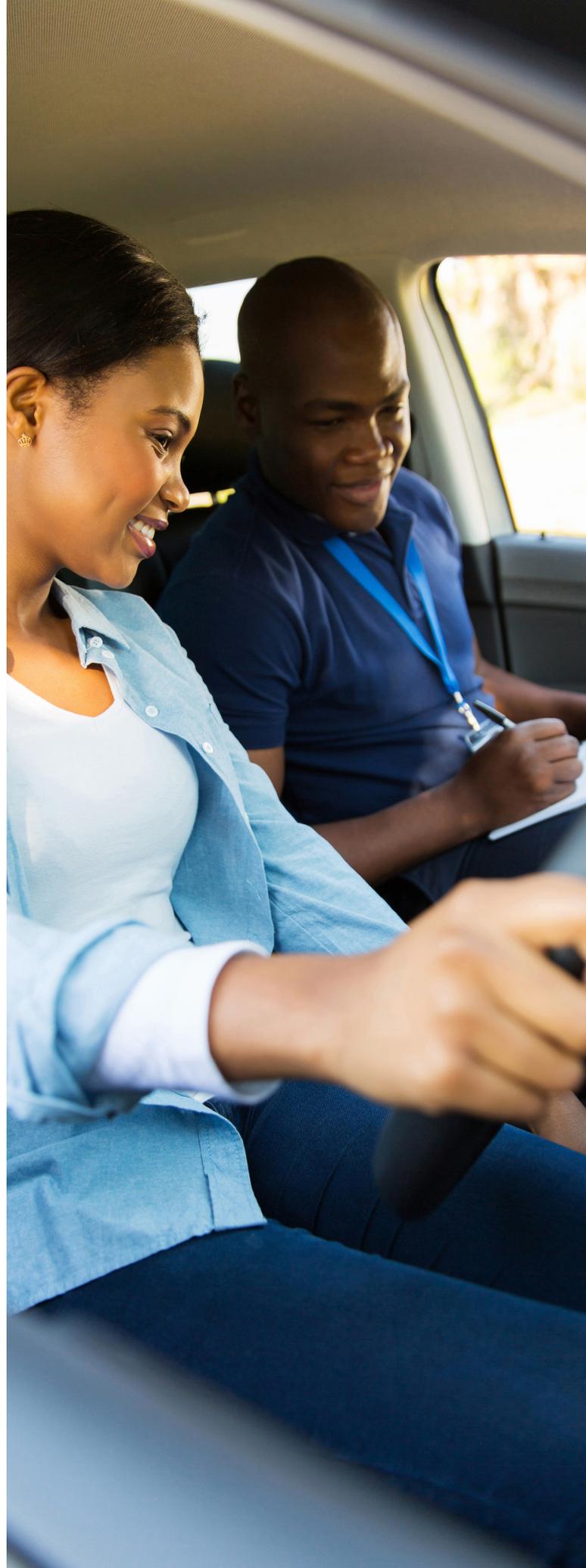
Behind-the-Wheel Training - consists of three, two-hour private lessons that can be scheduled online or by calling Safeway at 651-351-9150. Pick-up and drop-off is at home, school or work. Training is done in a white late-model car with Safeway's "Student Driver" graphics.

You may either pay the full \$395 upfront or you can pay \$245 at registration with \$75 due at your 1st behind-the-wheel and \$75 at the 2nd behind-the-wheel. Program includes classroom and behind-the-wheel lessons and all class materials. Classroom instruction is 30 hours and behind-the-wheel training is 6 hours.

### Additional Class Information

- Register: 763-391-7223 or [osseo.ce.eleyo.com](http://osseo.ce.eleyo.com)
- Classes run 2:20-5:20 pm at each high school
- Questions for Safeway? Call (651) 351-9150 or email [safewaydrivingschool.com](mailto:safewaydrivingschool.com)

NOTE: If your child is more than 5 minutes late to class they will not be allowed to participate in that day's lesson. This is a MN State standard that Safeway follows closely and can be found under the frequently asked questions on their website.



**Skills Boost Small Group Tutoring**

Robust reading and math curriculum recommended and reviewed by district specialists to compliment and enhance your child’s school day curriculum. Scholarships are available on a limited basis. Please call Community Education at 763-391-7223 to register or go online to [osseo.ce.eleyo.com](http://osseo.ce.eleyo.com) for additional information. **All classes are held at Oak View Elementary - 6710 E Fish Lake Rd, Maple Grove, MN 55369. Please enter through the front door.**

**Reading Rocket**

Give your reading skills a boost! Your child will be provided group instruction in key focus areas like prediction, questions, clarification, summarizing, phonics and more to assure reading at each level. Skills Boost offers the reinforcement needed to review skills, build new skills, and gain confidence in reading. Curriculum aligns with District 279 standards. Taught by district teachers, this is the perfect way to receive small group instruction.

Tue, Oct 26-Dec 14 5:30-6:30 pm  
 \$109/person Gr 1-2 Rebecca Lee

Tue, Oct 26-Dec 14 5:30-6:30 pm  
 \$109/person Gr 3-4 Kenyata Norful

**Second Scoop of Math**

Enjoy a Second Scoop of hands-on math! Boost your skills and math confidence. Math curriculum aligns with District 279 standards with a focus on skills (number sense & operations, fact fluency, equations, place value) required for math success at each level. Taught by district teachers, this is the perfect way for you to stay on top of your math skills.

Tue, Oct 26-Dec 14 6:30-7:30 pm  
 \$109/person Gr 1-2 Rebecca Lee

Tue, Oct 26-Dec 14 6:30-7:30 pm  
 \$109/person Gr 3-4 Kenyata Norful



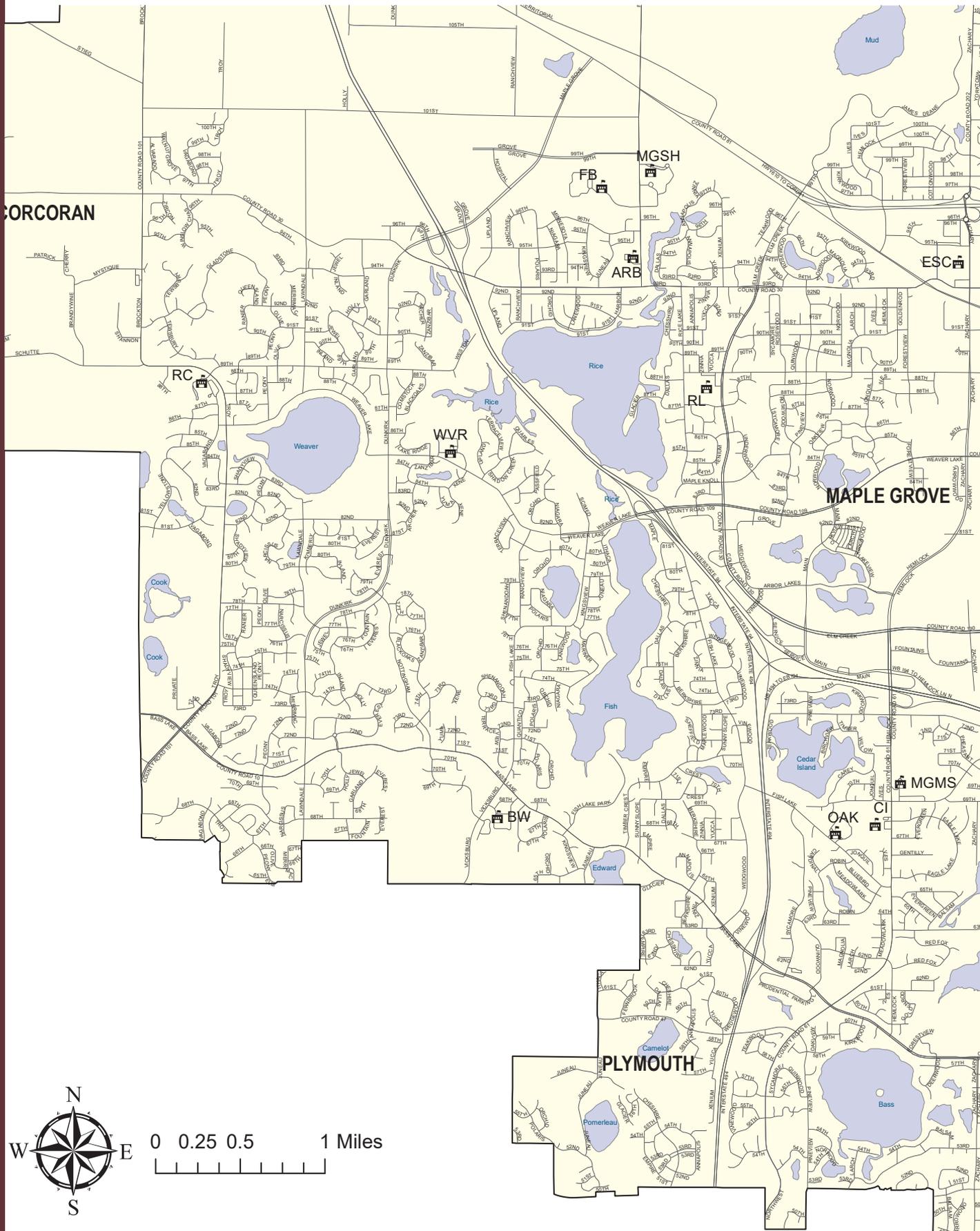
**Individual Tutoring**

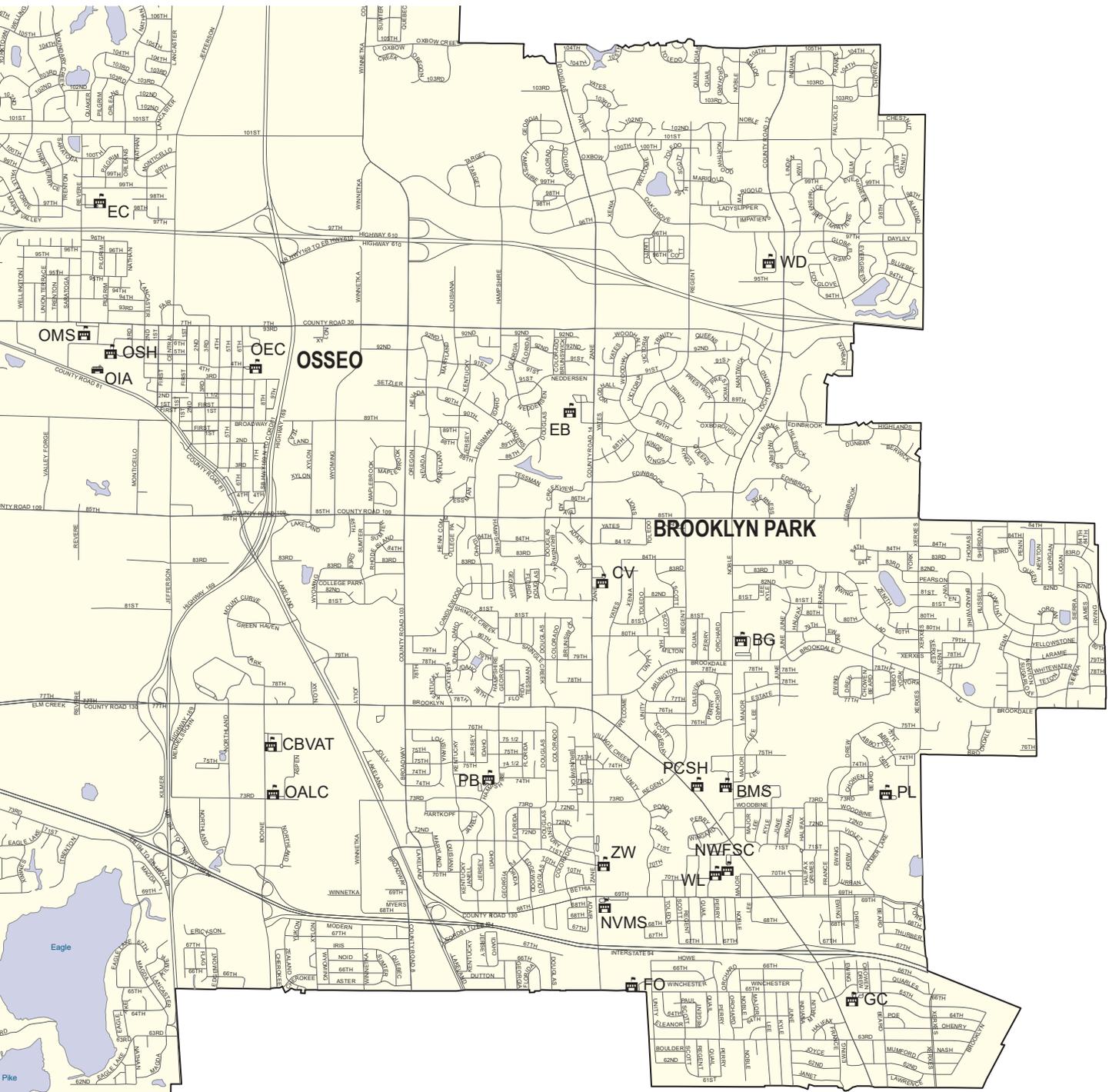
Available for grades K-12  
 Does your child need extra academic support? We’re here to help you. Community Education and Academic All Star Tutoring work together to customize a schedule and services that work for your child. Tutoring takes place after school in the safety and convenience of your child’s school. Our goal is to provide your child with the confidence, courage and competence to succeed in school. Our tutors are licensed experts in your child’s required subject area. We work with you individually to identify your child’s needs, work to contact the school day teacher and plan a schedule around all of those extra-curriculars that can feel like a barrier to studying. If you’re interested in receiving a packet with our policies pricing and procedures, please call us at 763-391-7223. *Online options available also.*

Tutoring is a partnership between Osseo Area Schools Community Education and Academic All Star Services.



# District Map





### ISD 279 - Osseo Area Schools - Key to School Locations

#### Early Childhood

- ARB Arbor View Early Childhood Center
- WL Willow Lane Early Childhood Center

#### Elementary Schools

- BG Birch Grove Elementary School for the Arts
- BW Basswood Elementary
- CI Cedar Island Elementary
- CV Crest View Elementary
- EB Edinbrook Elementary
- EC Elm Creek Elementary
- FB Fernbrook Elementary
- FO Fair Oaks Elementary
- GC Garden City Elementary
- OAK Oak View Elementary
- PB Park Brook Elementary
- PL Palmer Lake Elementary

#### Elementary Schools (Continued)

- RC Rush Creek Elementary
- RL Rice Lake Elementary
- WD Woodland Elementary
- WVR Weaver Lake Elementary: A Science, Math & Technology School
- ZW Zanewood Community School

#### Secondary Schools

- BMS Brooklyn Middle School: A Science, Technology, Engineering, Arts & Math School
- MGMS Maple Grove Middle School
- MGSH Maple Grove Senior High
- NVMS North View Middle School: An International Baccalaureate World School
- OALC Osseo Area Learning Center
- OMS Osseo Middle School
- OSH Osseo Senior High
- PCSH Park Center Senior High: An International Baccalaureate World School

#### Other Sites

- CBVAT Community-Based Vocational Assessment & Training Program
- ESC Educational Service Center
- NWFSC Northwest Family Service Center (Enrollment Center, Kidstop, & Adult Basic Education Center)
- OEC Osseo Education Center (ACHIEVE & Osseo Secondary Transition Center)
- OIA Osseo Ice Arena

Osseo Area Schools Community Education  
11200 93rd Avenue N  
Maple Grove, MN 55369

Nonprofit Org.  
U.S. Postage  
PAID  
Permit #3  
Osseo, Minnesota

## ECRWSS RESIDENTIAL POSTAL PATRON



OSSEO AREA SCHOOLS  
**Community Ed**  
Adult & Youth Enrichment



### *New Youth Classes* Check them out inside!

Page 33, 38 & 46: 101 Dalmations Kids  
Page 51: Babysitting Safety, Cell Phone Permit

**AND SO MUCH MORE!**