

*Winter-Spring '22*

## **LOOK INSIDE!**

Mosaic Creations  
Acrylic Pouring  
Paint Like Bob Ross  
Tex Mex Fiesta  
Gravity Defying Cakes  
Cut the Cable Cord  
Excel 101-104  
Medicare Basics  
Journey to Hawai'i  
& more!



Osseo Area Schools  
**Community Education**

11200 93rd Ave N · Maple Grove · 55369

## Community Ed Directory

### 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

### District Enrollment Center

Main Number (763) 585-7350

#### *Coordinator*

Jim Greeley (763) 585-7351

### Facility Scheduling

DeAnn Hill (763) 391-7123

#### *Program Manager*

Nancy Johnson (763) 391-7214

#### *Coordinator*

Carrie Larson (763) 391-7112

### Four Star Express, Spot & Kidstop

Mary Ayd (763) 585-7281

#### *Coordinator*

Kristy Johnson (763) 585-7280

### Targeted Services Programming

Beth Rudolph (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

## Welcome Lifelong Learners!

For many of us, the past 20 months have been a bit of a blur. It has often felt like a never-ending roller coaster ride of chaos and unpredictability...a time when there were more questions than answers. We sincerely hope that you have begun to reconnect with friends, family, and your community.

Osseo Community Education has been here through it all, from the closing of buildings and cancellation of special programs to the rebuilding we are doing today. Our role in this amazing community is more important now than ever before and our commitment to you and your loved ones is ironclad.

Our hope remains the same - that you find something inside that brings you happiness, joy and a newfound love for lifelong learning. If you do not see what you are looking for, please reach out to us. Not all programs and classes will be found in this publication, however, we are more than happy to assist you. For example, many of our elementary schools offer fun and engaging programs after school that are supported by different funding streams. So, we encourage you to reach out to your school if you do not find what you need here.

The Community Education team has worked diligently to schedule unique and captivating classes taught by qualified instructors during our Winter and Spring 2022 seasons. In fact, in my 23 years here I cannot recall ever offering this many new opportunities in ISD 279. We hope you will find some time to grab a cup of cocoa, curl up under a blanket and search for your next "night out".

As always, our commitment to you remains steadfast: if you are not satisfied with your experience for any reason, please contact us so that we can make it right. Osseo Community Education is here to provide you with innovative and responsive opportunities, programs and services.

Thank you so much for being a loyal and valued customer. If you are new to our programs, we welcome you to your new lifelong learning adventure! And don't forget - if you have a hobby, skill, or talent that you would like to share with others...there's always a place for you in Osseo Area Schools Community Education.

With sincere gratitude,

Melissa Henderson  
Enrichment Coordinator  
HendersonM@district279.org

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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  
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)



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## Decadent & Delicious Dishes with Chef Jeff Sandino

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. However, his passion is demystifying the gourmet cooking process.

### Asian Favorites

Begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with hot mustard and sweet and sour sauces for dipping. Then prepare fried rice using chicken, shrimp, vegetables and secret sauce. Classic pork chow mein follows served with crispy egg noodles along with chicken and shrimp egg foo young. Class includes demonstration and hands-on instruction. Many food items are prepped by Chef in advance in order to get through the amazing recipes.

Wed, Jan 19      6-9 pm      Jeff Sandino  
 MGMS              \$49/person

### Southern Italian Cuisine

Experience the robust flavors of Italian cuisine. Begin with tender baby greens in tangy balsamic vinaigrette, followed by bruschetta, toasted Italian bread topped with a fresh tomato relish. Then use the same relish to create classic Eggplant Parmesan. Learn to prepare manicotti filled with a variety of cheeses and served with a robust marinara sauce. Next, prepare tiramisu with layers of mascarpone cheese, rum soaked genoise, zabaglione and chocolate biscotti. The class includes demonstration and hands-on instruction. Many food items are prepped by Chef in advance in order to get through these amazing recipes.

Thu, Feb 10      6-9 pm      Jeff Sandino  
 MGMS              \$49/person

### Fabulous Fish Dishes

Learn to create delicious fish dishes using a few basic techniques. This menu starts with a mixed greens and garden salad with a homemade creamy garlic dressing. Grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta tossed with garlic in olive oil. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tarter sauce and mashed potatoes. Key lime pie finishes topped with fresh whipped cream. This is a demonstration class.

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



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### Tex Mex Fiesta

Begin with “Empanadas”, pastries filled with beef, tomatoes, potatoes and herbs. Flautas are next with chicken in a jalapeno/garlic paste and fried crisp in a corn tortillas. Prepare authentic Mexican rice with onions, garlic, tomatoes and cilantro paired nicely with Mexican-style corn with lime aioli, cayenne pepper and savory Cotija cheese. Fajitas follow with tender strips of marinated beef and chicken with fresh sauteed bell peppers and onions wrapped in a warm tortilla shell. You’ll finish this fiesta with a Yucatecan-style delight, fresh coconut blended with rich custard in a wonderful nutty crust, baked to a caramelly brown, and served with crème fraîche. Class includes demonstration and hands-on instruction. Many food items are prepped by Chef in advance in order to get through these amazing recipes.

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

### Tantalizing Thai Cuisine

Prepare Vietnamese summer rolls served with both hoisin and peanut sauce for dipping. Spring rolls follow with savory pork, shrimp, and glass noodles stuffed in rice paper and fried to a golden brown and served with the classic nuoc cham dipping sauce. Then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using shrimp, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, Thai lime custard topped with fresh whipped cream. Class is demonstration and hands-on instruction. Many food items are prepped by Chef in advance in order to get through these amazing recipes.

Wed, Apr 27      6-9 pm      Jeff Sandino  
 MGMS              \$49/person

### Art of Sushi

Explore and create this wonderful Japanese delicacy yourself. Begin by preparing sushi rice then learn the art of “nigiri-sushi” (hand molded rice) topped with shrimp, unagi, and ahi tuna. Next, learn to prepare “maki-sushi” using a bamboo mat to roll the rice with various fillings in and around Nori (seaweed sheets). Your accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce. The class includes demonstration and hands-on instruction. Many food items are prepped by Chef in advance in order to get through these amazing recipes.

Thu, May 19      6-9 pm      Jeff Sandino  
 MGMS              \$49/person

**Sweet Treats & More** with Meeghan Burnevik

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 experiment with flavors, tools and materials to create whimsical sugar creations. She owns Swan Lake Cakes in Cedar, MN and teaches cake decorating classes to adults and children.

**Gravity Defying Candy Cakes**

Do you ever see cakes that appear to defy gravity and wonder ‘how did they do that’? It’s easier than you think! Learn the tricks of creating a gravity defying cake that can be applied to a variety of applications (cereal, tea/soda, candy). Leave class with a completed cake, written instructions and tools to take home.

Thu, Jan 27 6-8 pm Meeghan Burnevik  
OSH \$45/person

**Ice Cream Cone Drip Cake**

Learn to tort, level and fill a two-layer chocolate drip cake. You’ll be making your own delicious chocolate buttercream and ganache and decorating your cake with a ‘melting’ ice cream cone on top. Leave class with a completed cake and recipes.

Mon, Apr 11 6-8 pm Meeghan Burnevik  
OSH \$45/person

**Rose Cake Pops**

Ahhh, February; love is in the air! Learn how to make a lovely bouquet of edible roses by creating cake pops wrapped with delicate gum paste petals to produce a lovely, edible masterpiece. Leave class with your very own bouquet and tools to recreate cake pop roses at home for your loved ones. A \$7 supply fee is payable to instructor at class. Please bring a frosting of your choice to class.

Mon, Feb 7 6-8 pm Margarita Boyd  
OMS \$49/person

**Bold Breakfast & Brunch Ideas**

For that special family weekend brunch or as a great alternative to evening entertaining...try a spectacular brunch. Learn all of the great tips and techniques for a perfect meal from cheese souffle using ham, strata (crunchy bread cubes in a cheesy casserole), frittata (that “open faced” omelet), an exceedingly simple puffy pancake traditionally served with lemon and confectioner’s sugar. Enjoy those accompaniments of unique breads and beverage ideas too.

Tue, Mar 22 6-9 pm Laurel Severson  
OMS \$49/person

**French Gourmet Dinner**

Send your taste buds on a trip to France. Prepare a five-course French dinner so delicious, it would make Marie Antoinette lose her head. Provence, the region home to Marseille, Nice and the Riviera, bases its cuisine on garlic, olive oil, tomatoes, saffron and herbs. Experience Vichyssoise, Potato Galettes, Saffron Rice, Coquille St. Jacques a la Provencale, and Creme Caramel. You’ll also learn something of the history and culture of the French Provence region. \$15 food fee payable to instructor at class.

Fri, Feb 18 6-9 pm Laurel Severson  
OMS \$49/person

**The Art of Phyllo Pastry**

Did you know you could do so much with phyllo? Don’t be terrified of this paper-thin, frozen pastry. Prepare an assortment of appetizers, main dishes and desserts all made with this amazing dough. You’ll begin with preparing phyllo kisses, a fast, 5-minute appetizer. Then hot feta cheese triangles create a party atmosphere. And they can be made in advance, then frozen to be baked as guests arrive. Main dishes can use chicken and vegetable highlight, such as fresh broccoli with a cheese sauce, rolled in this golden, crisp pastry. Of course, no class on phyllo would be complete without Baklava, loaded with nuts and saturated with a honey syrup! After this evening, you’ll have conquered your fear plus you will receive an easy tip sheet to create perfect results every time for other phyllo recipes too. \$13 supply fee payable to instructor at class.

Mon, Apr 11 6-9 pm Laurel Severson  
OMS \$49/person

**Festive Spring Salads**

Head into spring with a wild rice and chicken breast salad or wild rice with fresh mushrooms and cashews. Discover a vegetarian main dish using multi-colored peppers and the unique grain, quinoa. What could be more refreshing than fruit? A fresh salad combination of cantaloupe and strawberries with an orange sauce. Equally as pretty is a raspberry and spinach salad with glazed pecans. Round out your evening with three easy dressings for topping your favorite assorted garden greens - feta cheese, creamy blue cheese and orange dressing. \$13 food fee payable to instructor at class.

Mon, May 9 6-9 pm Laurel Severson  
OMS \$49/person



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**Online: Air Fryer & Instant Pot® Cooking** with Tess Georgakopoulos

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. *Important class notes: Tess has created a private Facebook page for her class participants but it is optional. If children participate, they must be supervised by an adult. One registration fee includes people from the same household.*

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

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/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 own 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.

Sat, Jan 8      4:30-6:30 pm      T. Georgakopoulos  
Online      \$35/person

**Online: Instant Pot® Freezer Meal Boot Camp**

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 also have the option to prepare cheesy stuffed shells for the freezer. 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.

Sat, Jan 15      4:30-6 pm      T. Georgakopoulos  
Online      \$35/person

**Online: Homemade Pierogies**

Learn how to make homemade Pierogies with dough and filling that will make your taste buds dance for joy. Also learn to cook and freeze these little dumplings that you can make ahead and store for a rainy day. You will receive a list of ingredients a week in advance to allow time for shopping and prep as well as a detailed and professionally created handout of Tess's personal recipes shared during class.

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

**Online: Air Fryer Hype? Copycat KFC & Other Recipes**

Wonder what the air fryer hype is about? Do you need ideas about what to make in it besides fries or crisping up frozen foods? Let Tess answer your questions as you dive into the world of air frying. Tess will demonstrate some family favorite recipes and invite you to join in for one of them. Recipes include: Homemade Eggroll Wraps, Pizza Bites, Potato Wedges, and juicy Burgers. The cook-along recipe will be copycat KFC Chicken. All healthy, delicious recipes that will have your family begging for more, making leftovers a thing of the past. Have your questions answered by Tess, interact with others, and increase your confidence in using your air fryer. While cooking-along is fun, it is optional. You'll receive a list of ingredients for the cook-along recipe a week in advance of the class to allow time for shopping and prep. If the instructor's personal recipes are used in class, they'll be shared as a PDF. If recipes used are online, links will be shared.

Sat, Jan 22      4:30-6:30 pm      T. Georgakopoulos  
Online      \$35/person

**Online: Instant Pot® Classic Chili & Soup**

Experience two types of warm, soothing, satisfying Instant Pot® "soups" during this class. Choose one for your cook-along, and watch a demonstration of the other or, if you have a second Instant Pot® on hand, make both. On the menu: classic chili, loaded baked potato soup, and wonderful homemade rolls (baked in the oven). Both recipes that will become your family favorites guaranteed! Experience how many flavors are enhanced and infused by using your Instant Pot®. Have your questions answered by Tess, interact with others as you cook-along, and increase your confidence using your electric pressure cooker. While cooking along is loads of fun, it is optional. You'll receive a list of all the ingredients a week in advance to allow time to shop.

Sat, Feb 5      4:30-6:30 pm      T. Georgakopoulos  
Online      \$35/person



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**Online: A Taste of Mediterranean Pt 1**

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 items include: Greek chicken souvlaki (skewers), tzatziki (Greek yogurt dipping sauce), Greek veggie rice (prepared in the Instant Pot or on the stovetop), and homemade pita bread. If time permits, a creamy Greek dressing will also be shared. You'll receive an ingredient list and station prep packet a week before class. You'll also receive a copy of Tess's personal recipes.

Sat, Feb 26 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

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**Online: A Taste of Mediterranean Pt 2**

Learn how to create a classic Greek meal served on the tables of all Greek families around the world. On the menu: Sheet Pan, Oven Roasted Lemon Chicken and Potatoes, with a side of Tzatziki (savory yogurt dip), and Greek Orzo Pasta Salad. This is healthy Mediterranean diet deliciousness made simple. Have your questions answered by the instructor, and interact with other participants as you cook-along. You will receive a list of ingredients at least a week in advance of the class to allow time for shopping. You'll also receive a copy of the instructor's personal recipes in PDF format.

Sat, Mar 12 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

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**Online: Instant Pot® Endless Pastabilities**

Have dinner ready in no time on a busy day. Discover the wonders of cooking and enjoy deliciously nutritious pasta dishes using the Instant Pot®. Two dishes will be created during class. Choose one for your cook-along and watch a demo of the other. If you have a second Instant Pot®, and want to make both, please do! On the menu: Lasagna, and Creamy Broccoli Cheddar Chicken with Pasta No-Bake. You'll also make some wonderful rolls to go along with your meals. Delicious recipes are made with ingredients that are probably already on hand. Experience how these culinary creations are made in a fraction of the time, and how they are taken to another level using the Instant Pot®. You will receive a list of ingredients a week in advance to allow time for shopping and prep. You'll also get a handout of Tess's personal recipes shared during class.

Sat, May 14 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

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**Online: Instant Pot® Gyros & Carnitas with Pita Bread**

Have some fun participating in this virtual Instant Pot® cook-along class. Discover the wonders of enjoying the warmth of savory Greek and Latin American wraps throughout the year in a fraction of the time using an Instant Pot®. Two dishes will be created during this class. Choose one for your cook-along, and watch a demonstration of the other. If you have another Instant Pot® on hand and want to make both, please do! On the menu: Greek Gyros wraps and Carnitas, a Mexican/Latin American-style taco with a smoky BBQ flavor. You'll also make homemade pita bread, in addition to tzatziki sauce (Savory Greek Yogurt Sauce) and, time permitting, you'll learn how to pickle some red onions to be used in wrapping up the carnitas. You will receive a list of ingredients a week in advance to allow time for shopping and prep. You'll also receive a detailed professionally created PDF handout of your instructor's personal recipes shared during class.

Sat, Mar 26 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

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**Online: Pizza Madness**

Learn how to make your own homemade pizza with homemade dough in a variety of ways. Pizza dishes for this class include: the very popular Detroit-Style Pan Pizza with sauce, Baked Pizza Bombs, and Pinwheels. If there is time, classic pan pizza will also be made. Choose which ones you'd like to make and watch a demo of the others. You'll receive Tess's own recipe for one of the dough recipes in advance, as it will need to be made before class, and a list of ingredients a week in advance to allow time for shopping and prep. While cooking-along is loads of fun, it is optional. \*Equipment needs: although optional, a Detroit-style pizza pan is highly recommended, as is a pizza pan with or without holes in it. You'll also need round or square cake-pans, and sheet pans.

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

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**Online: Instant Pot® Chicken, Potatoes, Rolls & Slaw**

Share the wonders of BBQ. On the menu: BBQ Pulled Chicken, Quick Homemade Potato Rolls (baked in the oven), and a side of Twice-Baked Potatoes (IP and Oven). You'll also make a delicious quick slaw that pairs perfectly with the meal. Your questions will be answered by the instructor as you interact with other participants and increase your confidence using your electric pressure cooker. While cooking along is loads of fun, it is optional. You'll receive a list of ingredients a week in advance of the class. If Tess's own recipes are used for class, they will be shared as a PDF. If recipes used are online, links to these recipes will be shared.

Sat, Feb 12 4:30-6:30 pm T. Georgakopoulos  
 Online \$35/person

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**Makeup Boot Camp for Women 40+**

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Update your look with tips and techniques for ageless beauty. Discover a variety of products that may be new to you, application, and the latest trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold! This class is essential for busy, beautiful women who could use a little updating.

Wed, Feb 2	6:30-8:30 pm	Julie Sherman
ESC	\$35/person	
Wed, Apr 6	6:30-8:30 pm	Julie Sherman
ESC	\$35/person	

**Creating Balance**

Finding balance in all areas is an essential part of life - and that includes keeping physical balance. Unlike typical fall prevention programs that focus on balance exercises and removing fall hazards from the home, this workshop focuses on exercises for whole-body health that improve balance and stability. Develop techniques to regain balance that can be easily added into everyday life without taking time away from a busy schedule.

Wed, Mar 9	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, improve posture and joint range of motion, increase circulation and promote relaxation through massage. Muscle and tissue release techniques are easy to learn and a must for everyone 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.

Wed, Mar 16	6-8 pm	Kristie Walker
ESC	\$39/person	

**Reclaim Your Life Force**

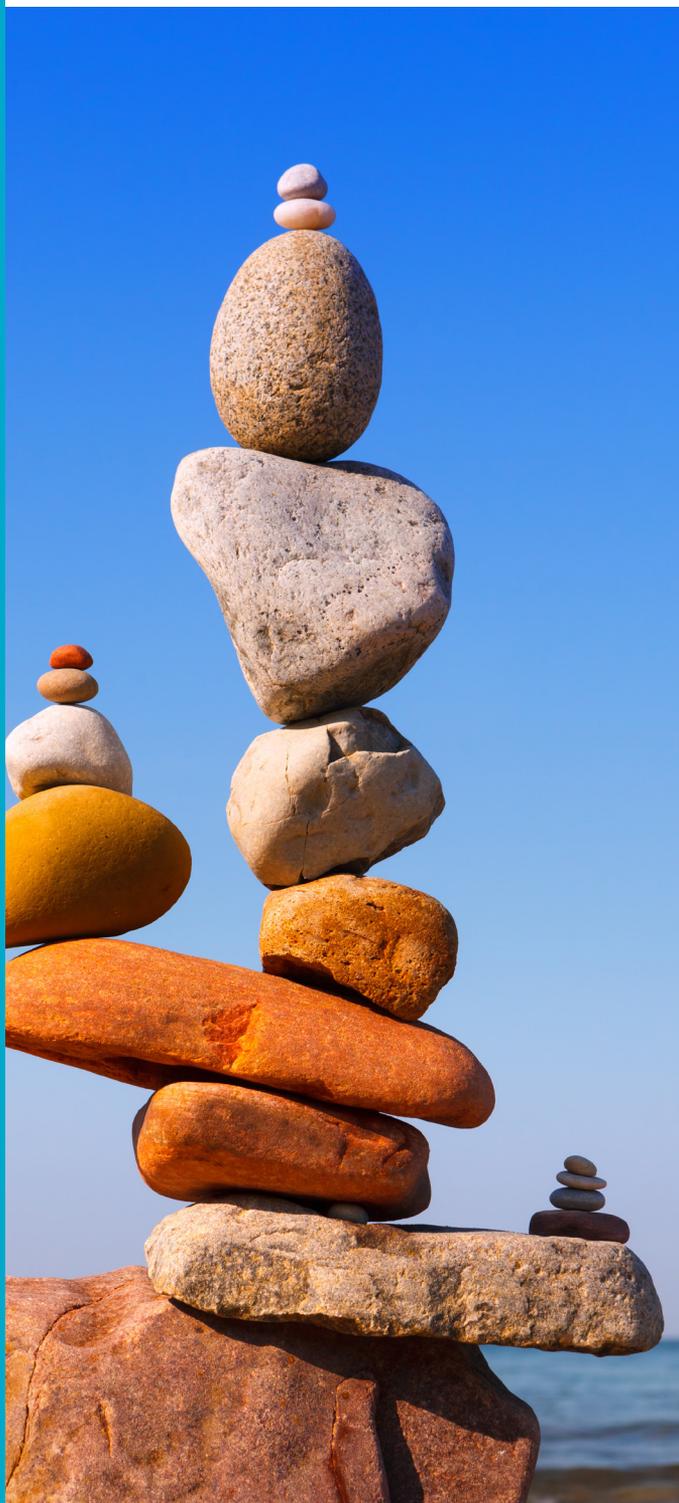
Experience more energy, better health, and acquire the skills to reduce stress and anxiety both immediately and long-term. A higher quality of breath results in a higher quality of life. After a short discussion about the anatomy and science of the breath, experience several breathing techniques that you can immediately use in your daily life.

Wed, Apr 13	6-8 pm	Kristie Walker
ESC	\$39/person	

**Simple Ways to Improve Your Whole-Body Health**

No exercise or extra time needed. Dramatically improve the way your body feels by subtly changing how you move and what decisions you make throughout the day. Discover how to create strength and mobility, decrease pain and injury, and how to extend the longevity of your body by 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.

Wed, Jan 19	6-8 pm	Kristie Walker
ESC	\$39/person	



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**Tai Chi for Health** with Christine Morgan

Christine has been practicing Tai Chi since the mid 80's and teaching for over 17 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.



**Tai Chi for Arthritis, Chronic Pain & Balance**

This gentle SUN family form improves your mental and physical capacity and also your relaxation, balance and vitality! These postures are done in slow, gentle, and continuous sequences. Tai Chi has been proven, through numerous scientific studies, to relieve chronic pain, increase range of motion and improve quality of life. Arthritis foundations around the world and the CDC are recommending it for arthritis and fall prevention. This form is suitable for most physical conditions and can be done sitting or standing.

Tue, Feb 8-Mar 15 6:30-7:30 pm Christine Morgan  
OMS \$69/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 our bodies and actually sabotage our inner peace. Learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the deep inner emotions that keep you from yourself. Nobody wants to suffer. Learn to rest in the peaceful state of loving acceptance that is your nature.

Mon, Jan 31 5:30-8 pm Jesse Wicher  
Online \$49/person

**Tai Chi Stick (Bang) Exercises**

The Tai Chi Bang (Stick) Exercises were believed to have been created in the 8th Century to strengthen grip, as well as condition the arms and back. These exercises strengthen the muscles, joints and improve range of motion. They also improve awareness, focus and reduce stress. Appropriate for most physical conditions. Takes very little space and movements can be done sitting or standing. Comfy, loose clothes and flat shoes preferred. No sandals please. *(Skip May 2)*

Mon, Apr 11-May 23 6:30-7:30 pm Christine Morgan  
OMS \$69/person

**Online: Secrets of Happiness**

Learn to believe in the happiness you want for your life. Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness, reconnect with the spontaneity and wisdom of your inner-child, overcome fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

Wed, Feb 2-Mar 2 6-8 pm Jesse Wicher  
Online \$159/person

## Online: Thyroid Things You Must Know

If you currently take thyroid meds 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; the 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.

Mon, Jan 31	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Apr 5	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 deep layers of abdominal muscle, the layer that is responsible for a flat stomach, shaping your waist and supporting your lower back. And you'll do this without getting on the floor!

Tue, Feb 1	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. Rev up your metabolism and learn 20 things you can do to burn more calories, lose fat, boost energy, feel stronger and more fit.

Thu, Feb 3	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.

Thu, Feb 10	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 more.

Tue, Feb 15	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 helps 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 most helpful and prescribed to help and assist every system in your body.

Wed, Feb 16	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Jun 21	6-7:30 pm	Janice Novak
Online	\$35/person	

## Online: Acupressure Face Lift

This is a facelift you can do at home. Acupressure is an ancient Eastern healing method that works with 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 healthy from the inside out.

Tue, Feb 8	6-7:30 pm	Janice Novak
Online	\$35/person	

## Online: Acupressure To Assist Weight Loss

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

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



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Phone (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: 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, Feb 17	6-7:30 pm	Janice Novak
Online	\$35/person	

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

Breathing in very specific ways can have amazing and powerful healing benefits for health. Breath work is the most powerful thing you can practice to improve your energy levels, your health, and well-being. Learn ancient breathing exercises to neutralize your 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 abdominals from the inside out. A simple and powerful technique for optimum health is right under your nose.

Wed, Mar 9	6-7:30 pm	Janice Novak
Online	\$35/person	
Wed, May 4	6-7:30 pm	Janice Novak
Online	\$35/person	

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**Online: Women, Weight & Hormones**

Is fat collecting around your mid-section and even though you watch what you eat or you exercise that weight is not budging? If this is you, your inability to lose weight likely has more to do with hormone levels than anything else. Until you correct any imbalances, trying to lose weight will be like shoveling sand against the tide. Learn key strategies for fighting fat and losing weight including: concrete solutions (not tricks or using your will power) for controlling appetite and cravings; boosters to keep metabolism burning brightly; how to tell if your thyroid is creating weight problems and what to do; hormone mimicking chemicals; what HRT or birth control pills have to do with weight gain; hormone levels checked reliably; steps needed to safely break the cycle of hormone related weight gain to help your body begin to lose weight again.

Thu, Mar 10	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, May 12	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Posture, Get it Straight - Look Younger, Thinner & Feel Better**

Ever caught your own reflection to see that your head hangs too far forward, your shoulders are rounded, or you slump too much? Learn how to correct common posture problems and an 'Instant Alignment Technique' that will have you standing straighter. You will discuss easy to implement tips when at a computer, in a car or working out. There are endless benefits to improving posture. The good news is no matter how long you may have had poor posture. Your clothes will fit and look better, too.

Tue, Feb 22	6-7:30 pm	Janice Novak
Online	\$35/person	

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

Have you ever caught your reflection in a window or mirror to see that your head leads the way? Or have you noticed that both 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.

Tue, Mar 8	6-7:30 pm	Janice Novak
Online	\$35/person	

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

Confused about vitamin supplements? Which ones are best? How do you choose? Learn 7 guidelines that determine if a supplement is well balanced or a waste of money. (Instructor DOES NOT sell any supplements). Discover research on: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wart, Ginseng, DHEA, Ginko, Echinacea & more.

Wed, Mar 16	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, May 17	6-7:30 pm	Janice Novak
Online	\$35/person	

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**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 or body age, is measured by how well all of your organs and body systems work. You have more control over how your body ages than you may think. Research shows that you can peel years off your bio age. Learn scientifically proven things you can do right now to decrease your body age. Discover facial acupressure points to help erase years from your face by increasing muscle tone, and decrease puffy eye bags. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

Tue, Jan 25	6-7:30 pm	Janice Novak
Online	\$35/person	

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

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, depression, water retention, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. Discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. Leave with tools and techniques for restoring health.

Thu, Jan 27	6-7:30 pm	Janice Novak
Online	\$35/person	

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**Online: Soothe Those Achy Joints**

Do you have joints that ache - a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are simple and easy to do yet produce remarkable results by helping to free your joints of pain. You'll also discuss which nutrients are needed to help keep your joints healthy. Wear loose, comfortable clothing.

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

**Online: Acupressure to Relieve Sinus Problems, Headaches & More**

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Tue, Apr 12	6-7:30 pm	Janice Novak
Online	\$35/person	

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**Online: Fast Fixes for Belly Bloat**

Have you ever found that in the morning your pants fit just fine but by mid-afternoon the waistband is squeezing you like a tourniquet? Or, that no matter how many crunches or ab exercises you do, some days your belly will hang out like you're 5 months pregnant? In this workshop, you will learn the causes of belly bloat as well as concrete solutions and fast fixes to rid you of it .

Tue, Mar 22	6-7:30 pm	Janice Novak
Online	\$35/person	
Thu, Jun 2	6-7:30 pm	Janice Novak
Online	\$35/person	

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**Online: De-Age Your Brain**

Research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively your brain cells communicate with each other. Discover which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are benefit your memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

Thu, Mar 24	6-7:30 pm	Janice Novak
Online	\$35/person	
Tue, Jun 7	6-7:30 pm	Janice Novak
Online	\$35/person	

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**Online: Feet, Knees & Ankles**

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? Walk away with the knowledge you need to help correct these common problems.

Thu, Jun 9	6-7:30 pm	Janice Novak
Online	\$35/person	

**Online: Improve Your Health At Any Age**

Every day, your body makes about 330 billion new cells, which means 3.8 million of your cells are replaced every second. This means every second is an opportunity to make your body healthier. The quality of cells your body can produce is dependent on what raw materials you have floating around your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old, (and vice versa), depending on how well you take care of yourself. What you do now affects your health and well-being in the future. Nothing beats good health. Discover simple steps you can take to help make your body as healthy as possible.

Mon, Mar 14 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Stress Busting Strategies for Busy People**

Have too much stress in your life? It causes a multitude of physical and emotional problems and it will age you quicker and more efficiently than time itself. Discover the damaging effects of stress on your nervous system; how to keep stress from ageing you; one minute stress busting techniques that can easily fit into your busy day; breathing techniques to calm the nervous system; ways to decrease stress hormone levels; how different types of foods, colors, surroundings, and music can increase or decrease stress.

Wed, Apr 13 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Psychic Development & Mediumship**

Think you're not psychic? Think again! You are born with an innate sensitivity to the world of energy in and around you. By learning how to pay attention to, and trust the subtle impressions you get, you gain amazingly accurate insight into the questions of your life and the lives of others. Build confidence in your abilities through engaging exercises, then practice exchanging healing and empowering messages with others. Experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection.

Tue, Feb 1-Mar 1 6-8 pm Jesse Wicher  
 Online \$159/person

**Living Your Best Life** with Jesse Wicher

Jesse Wicher is a holistic health educator, as well as a professional singing teacher. Jesse has been teaching privately, as well as offering Community Ed classes, for nearly 20 years and is excited to offer a variety of online classes in the community.

 Phone (763) 391-7223

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

**Online: Breathworks to Help Calm, Center & Focus Your Children**

We all live in a hectic world. Getting through those very early years thru college today is more stressful than ever.. Whether your children are toddlers or 20-somethings, you can teach them simple breathing patterns that will calm and balance the nervous system, clear their mind, help them focus attention and tap into their creativity. It is never too early or too late for your kids to learn these techniques. They will provide lifelong benefits.

Tue, Jun 14 6-7:30 pm Janice Novak  
 Online \$35/person

**Online: Help Your Teens, Tweens or 20-Somethings Clear Their Skin Naturally**

Is your child battling skin problems such as acne, sun damage, breakouts, dryness or irritation? Learn how to help your child clear up acne and blemishes quickly and effectively without medications; natural materials they need to build healthy skin cells and delicious shakes and smoothies that provide what's needed; how to protect skin from the inside; the key importance of fatty acids; acupressure points to improve health of skin; what to look for with SPF; how to make their skin glow with health and vitality.

Thu, Jun 23 6-7:30 pm Janice Novak  
 Online \$35/person



## Online: Practical Compassion

Each of you is seeking the goodness you need for your lives in the best way you know how. Realizing you don't do this perfectly, and nobody truly wants to suffer, can help you increase understanding and compassion through some painful lessons of life. Learn to apply the universal principals of compassion to bring acceptance, forgiveness and wisdom into your relationships with yourself, others, and the world. Discover tools you need to create sustainable personal boundaries to help you live and love more open-heartedly in your life. Learn how to expand beyond the barriers that separate us and become the healing change you wish to see in the world.

Wed, Mar 9-Apr 6 6-8 pm Jesse Wicher  
 Online \$159/person

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## Online: Meditation for Relaxation & Personal Healing

Do you suffer from stress, anxiety, sleeplessness, or high blood-pressure? Meditation can help. It's a practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show regular meditation helps mental clarity and emotional balance, reduces the effects of stress, and can create a greater sense of well-being. Learn some techniques for personal meditation and find support in crafting your own meditation regimen.

Thu, Feb 3-Mar 3 6-8 pm Jesse Wicher  
 Online \$159/person

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## Online: Reiki Certification Class - Level 1 Certification

Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn how to channel and direct Universal Life Force Energy to help reduce your stress, increase vitality and correct your physical, mental and emotional imbalances. Each course level includes the training, course manual, attunement and experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Sat, Feb 5 9 am-4 pm Jesse Wicher  
 Online \$199/person

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## Online: Reiki Certification Class - Level 2 Certification

Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn how to channel and direct Universal Life Force Energy to help reduce your stress, increase vitality and correct your physical, mental and emotional imbalances. Each course level includes the training, course manual, attunement and experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Sat, Feb 26 9 am-4 pm Jesse Wicher  
 Online \$249/person

## Online: Reiki Certification Class - Advanced Training

Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn how to channel and direct Universal Life Force Energy to help reduce your stress, increase vitality and correct your physical, mental and emotional imbalances. Each course level includes the training, course manual, attunement and experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Mar 19 9 am-4 pm Jesse Wicher  
 Online \$195/person

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## Online: Reiki Certification Class - Multi-Dimensional Reiki

Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn how to channel and direct Universal Life Force Energy to help reduce your stress, increase vitality and correct your physical, mental and emotional imbalances. Each course level includes the training, course manual, attunement and experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Sat, Apr 2 9 am-4 pm Jesse Wicher  
 Online \$195/person

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## Online: Reiki Certification Class - Level 3 Master & Teacher Certification

Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn how to channel and direct Universal Life Force Energy to help reduce your stress, increase vitality and correct your physical, mental and emotional imbalances. Each course level includes the training, course manual, attunement and experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Sat, Apr 9 9 am-5 pm Jesse Wicher  
 Online \$309/person

THE **SOUL** ALWAYS KNOWS WHAT TO  
 DO TO HEAL ITSELF.  
 THE CHALLENGE IS TO SILENCE THE  
**MIND.**  
 - *Caroline Myss*



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**Glass Mosaic Trivet or Sign**

Create a beautiful trivet or custom sign. All the cutting is already done and stencils are provided. Popular signs include "Welcome", house numbers, State of MN, last names. Both projects are wonderful as decorations or to give as gifts. The first night is dedicated to working on the project and finding your creativity. Your second night uses grout, so bring old towels. Upon completion, learn about glass cutting, mosaic resources, and other types of mosaics. Materials fees payable to instructor the first night of class. Each trivet is \$15 and you can make as many as you like. A variety of signs are available in different sizes/prices ranging from \$15-30.

Tue, Feb 8 & 15 6-9 pm Lindsey Guetter  
MGMS \$35/person

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**Mosaic Stepping Stones**

Using precut glass, design and create a gorgeous stone for your garden. Patterns will be available if desired or you can also bring an outline of a child's hand to make a unique keepsake. 8" round and square molds available. Supply fee of \$12 (payable to instructor at class) includes all supplies for 1 stepping stone. There will be time to make multiple.

Sat, Apr 23 9 am-1 pm Lindsey Guetter  
MGMS \$29/person

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**Dalette Up! Monarch Butterfly**

Socialize, relax and recharge with some friends during an amazing Art Soiree. No art experience necessary to have fun and enjoy. Join us for a night of unrestrained imagination with step-by-step instruction. Complete a painting of a Monarch Butterfly with acrylic paints on a 12x16" stretched canvas. Take home an original art piece you will want to hang on your wall.

Mon, Mar 14 6-8 pm Lisa Van Wyk  
OMS \$45/person

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**Watercolor Poppies**

Looking for a fun night out? Learn basic watercolor techniques. Our step-by-step approach will help you create this beautiful watercolor painting. No previous experience is necessary. Complete a painting of poppies on 11x15 watercolor paper. All supplies provided.

Wed, Apr 27 7-8:30 pm Lisa Van Wyk  
OMS \$39/person

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**Acrylic Pouring: MN State Love**

Discover the magical world of fluid acrylics & pouring medium! Have fun and don't worry about the mess. No experience is required to learn how to create the same beautiful abstract artwork you see on Pinterest. Create an acrylic pour on top of a 12" wood cut out of the State of MN. We'll provide a tray to bring your painting home along with vinyl stickers you can apply later for detail.

Wed, Jan 19 6:30-8:30 pm Lisa Van Wyk  
OMS \$49/person

**Paint Like Bob Ross: Red Trees on Canvas**

Your instructor, Jay Rupp, prefers to paint with people who have no experience painting, don't want to paint, and who cannot draw stick people. If you are one of the "anti-artist" types, you will have the most fun and be the most amazed. If your painting turns out really nice, as we're sure it will, you may want to create more paintings similar to your original masterpiece. If you are an experienced artist, we will also welcome you. There is always so much to learn. The joy of painting Red Trees may be the highlight of your year. The painting will be in oil, which is quite easy to work with. All materials will be included from paints, 16X20 in. canvas and painting tools. Your painting will be ready for you to frame and put on your wall at home when you finish. Note: The oil painting will take 3+ weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall.

Sat, Jan 22 10 am-2 pm Jay Rupp  
OMS \$65/person

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**Paint Like Bob Ross: Sunflowers on Canvas**

Your instructor, Jay Rupp, prefers to paint with people who have no experience painting, don't want to paint, and who cannot draw stick people. If you are one of the "anti-artist" types, you will have the most fun and be the most amazed. If your painting turns out really nice, as Jay is sure it will, you may want to create more that are similar to your original masterpiece. If you are an experienced artist, we will also welcome you. There is always so much to learn. The joy of painting Sunflowers may be the highlight of your year. The painting will be in oil, which is quite easy to work with. All materials are included from paints, 16X20 in. canvas and tools. Your painting will be ready to frame and put on your wall at home when you finish. Note: The oil painting will take 3+ weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall.

Sat, Apr 9 10 am-2 pm Jay Rupp  
OMS \$65/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. Uncover some unique concepts of building your photographic vision to take your images from good to great.

Thu, Mar 24      6:30-7:30 pm      Jay Grammond  
 Online              \$19/person

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## 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 several in operation to this day. Your instructor, 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 check them out.

Thu, Jan 27      6:30-7:30 pm      Jay Grammond  
 Online              \$19/person

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## Online: A “Cure” for Cabin Fever – Backyard Photography

Are you feeling like you have had enough of winter? Need to get out of the house? Join photographer and instructor, Jay Grammond, as he leads you on a wildly creative, photographic journey of possibilities that will get you out of the house and into your own yard, or local park this spring and summer. Learn to see and compose creatively; how to create or look for great backgrounds; what subjects to focus on; and Resources that could help you create your best images yet!

Thu, Jan 20      6:30-7:30 pm      Jay Grammond  
 Online              \$19/person

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## Online: Fading Ads of the Twin Cities

Remember seeing those old painted ads on the sides of buildings for Coca-Cola, Grain Belt Beer, grocery stores, warehouses, etc. Instructor, Jay Grammond has been drawn to Fading Ads, or “Ghost Signs” for quite some time. In the summer of 2020, that interest became so much more when he signed a deal to publish a book about the topic. Join Jay as he takes you on a virtual walk around the Twin Cities to view this “Art Gallery” that surrounds you. You’ll also learn about the history of some of these companies that date back into the 1800’s.

Tue, May 17      6:30-7:30 pm      Jay Grammond  
 Online              \$19/person

## Online: Instant Piano for Busy People

Learn enough secrets of the trade to give you years of musical enjoyment. Play the way professionals do - by 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’ll also get 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, Feb 7      6:30-9:30 pm      Craig Coffman  
 Online              \$59/person

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## Online: Instant Guitar for Busy People

Want to learn guitar but find it difficult to make the time? Learn enough about playing to give yourself years of enjoyment. 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 3 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, Feb 8      6:30-9 pm      Craig Coffman  
 Online              \$59/person





**Online: Intro to Voiceovers LIVE Chat (1:1)**

“Wow, you have a great voice!” Have you heard that more times than you can count? Maybe you listen to your favorite audiobooks, commercials, or characters and think, “I could do that!” Earn extra income using your talents from the comfort of your home. You could have just what it takes to become a professional artist. Explore this industry with your instructor, a professional working voice actor from Voices For All, in a one-on-one, personalized, video chat setting. Discover current trends and how affordable it is to learn, set up and work from home. In this one-time, 90-min, introductory class, you’ll also learn about the different types of voiceovers and tools you need to find success. Your instructor records you reading a script, then coaches you to improve your delivery. They’ll take notes and create a professional evaluation to share in a follow-up call. Explore this fun and rewarding field. Once enrolled, you’ll be contacted by VFA to schedule a class at a day/time of convenience. TBD - Schedule Determined Upon Enrollment

Voices for All      Online      \$49/person

**Online: Self-Growth & the Art of Singing**

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: “Singing with your voice,” “Getting out of the way,” and “Letting go of judgments.” This engaging one-evening course is perfect for singers, artists, and anyone who wants to create more freedom and joy in their life - NO SINGING REQUIRED! Come learn what good singing can teach you about good living!

Mon, Mar 21      5:30-8 pm      Jesse Wicher  
 Online      \$49/person

**Art & Craft History** with Selen Ozakhun

Selen Ozakhun is a Mpls based art and craft historian, independent curator of public programs, and a Community Education instructor. She is a doctoral candidate at MSGU’s Department of Art History, Istanbul, Turkey. Her study focuses on contemporary cross-over art and craft practices. She is a member of International Association 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: Conceptual Craft**

Learn about contemporary art practices that often use traditional craft media/techniques in unconventional ways. Explore hybrid approaches to art making such as Craftivism, performative craft, dysfunctional craft, ephemeral art, and wearable art.

Sat, Apr 30      10 am-12 pm      Selen Ozukhan  
 Online      \$25/person

**Pottery Creations for Empty Bowls**

Participate and create beautiful bowls that you donate to the Empty Bowls event, which raises money for the CROSS food shelf. Your participation is free, because the bowl you lovingly create will be your donation to the project. Please bring the following supplies with you to each class: sponges and pottery tools (only if you prefer to use your own), otherwise they are provided. Dress to get messy. *(skip 2/19, 2/26)*

Sat, Feb 5-Mar 5      9:30 am-11:30 am      FREE  
 MGSB      Jeannette Barriero

**Online: Explore Digital Storytelling**

Digital Storytelling merges traditional storytelling with digital tools and is practiced worldwide in education, public health, and the arts. Explore a creative process that teaches you how to compose a first person digital story. Watch first person digital stories made by people in past workshops and learn about upcoming workshops.

Mon, Jan 10      7-8 pm      Nan Toskey  
 Online      \$19/person  
 Wed, Feb 9      7-8 pm      Nan Toskey  
 Online      \$19/person  
 Wed, Mar 9      7-8 pm      Nan Toskey  
 Online      \$19/person

**ADHD Parenting Path: Tactical Hacks for School**

School can be more of a challenge for students with ADHD which often becomes a great source of stress for parents. Class includes information on handling those many homework challenges, communicating with teachers, 504/IEP plans, study skills and much more! This presentation is led by Molly Perry, a certified ADHD parent coach.

Tue, Jan 18	5-6:30 pm	Molly Perry
MGSH	\$39/person	

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**ADHD Parenting Path: ADHD & Emotional Dysregulation Connection**

Does your child often have emotional outbursts? Are your child’s explosions impacting the stress level of your family? Young people with ADHD can often experience disproportionate problems with irritability, anger and managing emotions in general. This dysregulation can impact self-esteem, relationships and so much more. Intervention and understanding are key to aiding this misunderstood aspect of ADHD. This presentation is led by Molly Perry, a certified ADHD parent coach.

Tue, Mar 15	5-6:30 pm	Molly Perry
MGSH	\$39/person	

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**ADHD Parenting Path: Tactical Hacks for Home**

From messy rooms to messy friendships and more, ADHD can impact life at home. This seminar discusses the impact of ADHD on siblings, ways to provide much needed structure in everyday life, creating improved routines and more. This presentation is led by Molly Perry, a certified ADHD parent coach.

Tue, Apr 12	5-6:30 pm	Molly Perry
MGSH	\$39/person	

**Want to Downsize? Get Started Now!**

Is the thought of downsizing overwhelming? If you’re thinking of downsizing in the next five years or less, join us. Learn tips and tricks to simplify and minimize your “stuff” while discussing the next steps of preparing your home for sale to maximize profits. Explore the latest in housing trends which will help you decide what is best for you. Learn from a local “5 star” rated real estate agent agent, licensed since 2003, and long-term Maple Grove resident.

Tue, Feb 8	7-8 pm	Steve Hoem
MGSH	\$19/person	

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**What Can I Do Now to Maximize My Home’s Value?**

Considering selling your home? Don’t waste money on home repairs before taking this class. Discover the best places to focus your home preparation efforts while spending the least amount of money. Take this class to ensure your home appeals to today’s home buyers by taking simple steps that won’t cost much!

Wed, Feb 9	7-8 pm	Steve Hoem
MGSH	\$19/person	

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**Simple Steps to Buying Your First Home**

Rent costs are rising and landlords don’t always respond to requests for repairs/updates. Home ownership isn’t for everyone, but is it right for you? Learn the pluses and minuses of homeownership and explore strategies to determine if owning a home is right for you and the simple steps to obtaining one. Leave with a plan.

Thu, Feb 10	7-8 pm	Steve Hoem
MGSH	\$19/person	

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**Online: Discovering Our Past - Lost & Found**

Ever dream of discovering lost treasure? Your instructor sure did. As a young child, he dreamed of becoming an Archaeologist after seeing King Tuts Tomb! The fact is, we all walk over lost items, and maybe even “treasures” every day. Jay will share some of the items he has found through his hobby of metal detecting that had been lost to time. Discuss how it’s done, and take a virtual walk back in time through viewing interesting finds.

Tue, Mar 15	6:30-7:30 pm	Jay Grammond
Online	\$19/person	

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**Social Security & Retirement Planning**

When should I apply for Social Security and how can I maximize my benefits? How will this affect my spouse? Will I have enough to retire? Will my retirement income last? How will taxes affect my retirement? You have a lot of questions to answer and mistakes can be costly. Learn how to sort through retirement options to help ensure the choices you make are tailored to your needs.

Tue, Mar 15	6-7 pm	Michelle Nisbet
MGSH	\$15/person	



**How to Cut the Cable Cord**

Cable (or satellite) TV is the most expensive utility for many households. Uncover viewing options that are free or much lower cost than cable. Discuss the pros and cons of cable, how to get internet without it, how to get tv from your computer without cable, how to access free and paid subscription services and more.

Tue, May 3	7-8:30 pm	Ron Timm
MGSB	\$25/person	

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**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 the min/max functions. Prerequisite: Computer basics or equivalent.

Tue, Jan 25 & Feb 8	6:30-8:30 pm	Margo Mills
Online	\$65/person	(Skip 2/1)
Tue, Apr 5 & 12	6:30-8:30 pm	Margo Mills
Online	\$65/person	

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**Online: Excel 102**

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

Tue, Feb 15 & 22	6:30-8:30 pm	Margo Mills
Online	\$65/person	
Tue, Apr 19 & 26	6:30-8:30 pm	Margo Mills
Online	\$65/person	

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**Online: Excel 103**

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

Tue, May 10 & 17	6:30-8:30 pm	Margo Mills
Online	\$65/person	

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**Online: Excel 104**

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

Tue, May 31 & Jun 7	6:30-8:30 pm	Margo Mills
Online	\$65/person	

**Online: Search for Practically Anything Through Google (LIVE)**

Understand how to use and get the best out of a search engine such as Google for looking up information and doing research. Find out how to search for practically anything online and limit your searching for accuracy. Great class to open the power of Google search! Enter this instructor-led class in 3 clicks from your e-mail.

Thu, Mar 3	2-3 pm	Mike Wilson
Online	\$29/person	
Mon, Apr 25	6-7 pm	Mike Wilson
Online	\$29/person	

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**Online: Learn All About Emailing (LIVE)**

Learn to e-mail, forward, reply, and send attachments. You will see how e-mails are organized and deleted. Work with other features, such as starred, drafts and sent. Become acquainted with the writing tools, e-mail folders, and creating links to direct others to your area of interest and websites you have visited. In addition, you will look at contacts and how to use them. Enter this instructor-led class in 3 clicks from your e-mail.

Fri, Feb 18	11 am-12 pm	Mike Wilson
Online	\$29/person	
Sun, Mar 27	6-7 pm	Mike Wilson
Online	\$29/person	

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**Online: Computer Scams & What Not to Click On (LIVE)**

Don't let your computer control you. Find out what you should and should NOT click on. Instructor will discuss scams to know about; the frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Class not meant for Apple/Mac users or tablets) Enter this instructor-led class in 3 clicks from your e-mail.

Wed, Feb 16	7-8 pm	Mike Wilson
Online	\$29/person	
Wed, Apr 6	7-8 pm	Mike Wilson
Online	\$29/person	

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**Online: Learn to Use PowerPoint for ZOOM and Other Presentations (LIVE)**

Create eye-catching presentations with PowerPoint. Explore the interface and see presentations from simple stock designs. Learn to apply themes, animate text, and insert images. See how you can create text boxes and manipulate slides for printing. You will enhance a presentation by adding animations and also transitions. View the actual presentation as seen by your audience and get a few tips and tricks to design presentations for maximum impact. (You will not learn how to share your PowerPoint in Zoom during this class. Not for Apple/Mac users.) Enter this instructor-led class in 3 clicks from your e-mail.

Fri, Feb 25	11 am-12 pm	Mike Wilson
Online	\$29/person	
Tue, Apr 12	2-3 pm	Mike Wilson
Online	\$29/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, Apr 12 6:30-7:30 pm Jay Grammond  
 Online \$19/person

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**Online: The “Call of Paradise” - Spiritual Journey to Hawai’i**

Ever dreamed of traveling to Hawai’i with those sun-kissed beaches, fiery volcanoes and lu’au feasts? Or imagine the gracious beauty of a hula dancer. Hawai’i is all of this and more. Spend an evening luxuriating in the aloha of the islands as you look more deeply into the history, culture, and spirituality of this remarkable part of America. Explore the rich heritage and traditions that make Hawai’i one of the most beautiful, healing and life-giving places on Earth. This journey will take you to the lush islands of Maui and Kaua’i. Drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. Tour the “Grand Canyon of the Pacific” and experience Kaua’i’s mystical Na Pali Coast, all while surrounded by the song of wintering humpback whales. Meet with native kahuna shamans, experience a very spiritual ceremony at sacred sites, and visit the temples of many of the world’s beliefs that call Hawai’i home. For those interested, there is an opportunity after the presentation to discuss the details of our upcoming 10-day spiritual tour to Hawai’i in May 2022. Join Jesse for an evening of inspiration and let the magic of Hawai’i “call you home” to Paradise.

Mon, Feb 21 5:30-8 pm Jesse Wicher  
 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 headlines of the day, what was being advertised back then, and what the popular “comics” section looked like. Take a walk back in time.

Tue, Jan 25 6:30-7:30 pm Jay Grammond  
 Online \$19/person

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**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 yrs. In that time, he got to know numerous people that lived during that time. Holocaust, and Japanese-American Internment Camp Survivors; Homefront Workers; Allied POW’s; Veterans from all branches//theatres, and in one case, 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, Feb 3 6:30-7:30 pm Jay Grammond  
 Online \$19/person

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

Discover even more Veteran stories. Jay will tell you about some of these people and who participated in his history series project and, sadly, are no longer here. One Veteran even stated, “This will probably be my last time telling this story.” Don’t miss this insight into the lives of these amazing people. Jay is also currently working on a video/portrait project featuring those from WWII.

Thu, Feb 17 6:30-7:30 pm Jay Grammond  
 Online \$19/person

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

Ready to take one more day or weekend road trip around the state before winter? Join your instructor and 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.

Tue, Feb 22 6:30-7:30 pm Jay Grammond  
 Online \$19/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. *(skip 4/26)*

Thu, Feb 17-Mar 17	6-8 pm	Alliance Francaise OSH
		\$189/person
Tue, Apr 5-May 10	6-8 pm	Alliance Francaise OSH
		\$189/person

**Parent/Child French Baking: Making Madeleines et Biscuits**

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 French instructor. No French experience required. The class is taught in English and French as appropriate for students. Ages 6+

Tue, Jan 25	5:30-7:30 pm	Alliance Francaise OSH
		\$75/pair

**Parent/Child French Baking: Cakes Salés**

Bring your child and join Alliance Française to create delicious cakes salés (savory loaf breads) you can make again at home. Learn baking skills in a class led by a French instructor. No French experience required. The class is taught in English and French as appropriate for students. Ages 6+

Thu, May 26	5:30-7:30 pm	Alliance Francaise OSH
		\$75/pair

**Online: Adult Conversational Spanish (LIVE) - Beginner Part 2**

Learning a language is a lifelong journey and you are on your way. Keep the momentum going. Continue with conversational components and builder phrases enabling you to carry on small conversations related to giving/asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs ser and tener conjugations. You'll also discuss the importance of food, family, and friendships in Spanish speaking countries. New and previous Spanish participants welcome.

Tue, Feb 8-Mar 15	6-7 pm	Futura
Online		\$129/person

**Online: Adult Conversational Spanish (LIVE) - Intermediate Part 2**

¿Quieres hablar más Español? Then this course is for you. Continue to build on previous skills to develop conversational abilities in Spanish which include expressing recommendations and comparisons. Real life scenarios will be introduced and role-played to ensure a dynamic and interactive learning environment. You will also dive into complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with ER & IR verbs, hobbies, sports, and workplace vocabulary in Spanish. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. New and previous Spanish participants welcome.

Wed, Feb 9-Mar 16	6-7 pm	Futura
Online		\$129/person

**Spanish** with Futura Language Professionals

Futura, a community-based Spanish school since 2001, provides engaging and fun Spanish classes throughout the metro area. All Spanish instructors are either native or are proficient in the language and have spent significant time abroad. Classes are taught using Futura's unique Building Block Method of learning and focus on building conversation skills through dynamic activities.



## Medicare Parts A-D

Will you be eligible for Medicare coverage within the next year? Find out how to enroll, Medicare costs, what it covers, and what type of extra coverage you may need.

Thu, Feb 10	6:30-8 pm	Dan Pfeifer
ESC	\$15/person	
Thu, Apr 21	6:30-8 pm	Dan Pfeifer
ESC	\$15/person	

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

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

Wed, Feb 2	5:45-8:45 pm	Dr. Mary Fischer
MGMS	\$55/person (1 session)	
	\$99/person (both sessions)	
Thu, Apr 28	5:45-8:45 pm	Dr. Mary Fischer
MGMS	\$55/person (1 session)	
	\$99/person (both sessions)	

## Online: Women's Heart Health

Heart disease is the #1 killer of women and kills ten times more women each year than breast cancer. The symptoms are different for women than men so many are ignored or go unrecognized. You have the power to control, prevent and, in some cases, reverse your heart disease. In this workshop, you'll discuss all the things you need to know: signs, symptoms and risk factors of a heart attack; hormones and your heart; foods that can help prevent and reverse heart disease; nutrients that are particularly helpful for heart health; exercise and the 4 numbers you need to know that could save your life.

Wed, Feb 2	6-7:30 pm	Janice Novak
Online	\$35/person	

## Dog-gone Good Advice with Dr. Amanda Young

Dr. Young is a 2011 graduate of Iowa State University College of Veterinary Medicine. She spent 4 yrs in a small animal general practice in a suburb of Chicago before completing a year-long internship in specialty dermatology at the University of Illinois. She completed a residency in veterinary dermatology at the University of MN Veterinary Medical Center and passed boards in 2019. Amanda enjoys spending time with her partner Nick and their pets (2 cats, 1 dog). Her most passionate hobby is cheering on the NE Cornhuskers football team. She also loves camping, fishing and hiking.

## Foot Pain Relief

Feet are your foundation - so give them the attention they deserve. Discover how simple movements and adjustments in alignment can create foot strength and mobility while relieving pain and discomfort. Learn alignment points to alleviate foot pressure (plantar fasciitis, bunions, neuromas, arthritis, etc.), how shoe choice affects 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 will have the opportunity to actively participate in the gentle exercises while standing in socks or bare feet.

Mon, Jan 24	6-8 pm	Kristie Walker
ESC	\$39/person	

## Itchy Dogs

Wonder why is your dog licking its feet and scratching? Dr. Amanda Young is a local board-certified veterinary dermatologist from Pet Dermatology Clinic in Maple Grove who will discuss causes of itching in dogs and what can be done to help them. Sorry no pets allowed in this class.

Tue, Feb 8	6-7:30 pm	Dr. Amanda Young
ESC	\$19/person	



**Prepare Your Own Will**

Without a will, the laws of MN determine to whom your estate goes and even who should be the guardian of your minor children. Learn about wills and the probate process and prepare and complete a legally binding will that evening. You'll be provided with a professionally prepared will form, witnesses and notary public, everything necessary to complete this important document. This class is for generally people with estates under \$1 million who do not own a business. This class is taught by a MN attorney.

Mon, Mar 14	7-9 pm	Adam Altman
MGSH	\$35/person	

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**ADHD Parenting Path: Tactical Hacks for School**

School can be more of a challenge for students with ADHD which often becomes a great source of stress for parents. Class includes information on handling those many homework challenges, communicating with teachers, 504/IEP plans, study skills and much more! This presentation is led by Molly Perry, a certified ADHD parent coach.

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Tue, Apr 12	5-6:30 pm	Molly Perry
MGSH	\$39/person	

**Online: Alzheimer's Series - Understanding & Responding to Dementia-Related Behavior**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Wed, Feb 9	6-7 pm	Alzheimer's Assoc.
Online	\$9/person	

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**Online: Alzheimer's Series - Healthy Living for Your Brain & Body**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Mon, Mar 14	6-7 pm	Alzheimer's Assoc.
Online	\$9/person	

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**Online: Alzheimer's Series - Driving, Dr. Visits, Legal & Financial Planning**

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Mon, Apr 11	6-7 pm	Alzheimer's Assoc.
Online	\$9/person	

**ADHD Parenting Path with Molly Perry**

Academic All Star Services (AASS) 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, a licensed teacher, member of CHADD, and also has a child with ADHD.



Phone (763) 391-7223



Online osseo.ce.eleyo.com

**Swing Sampler Workshop**

Two dances. One price. It's a win-win! Learn beginner steps of the timeless American dance called Swing. This energetic and versatile dance form can be performed to a variety of music styles including big band, rock and roll, disco and pop. Cover basic footwork patterns and some "cool turns to two dances: The four count swing hustle and single-time swing. If you're looking for a fun activity for your social night out on the "town", swing dancing has it all. Wear shoes without rubber soles.

Fri, Mar 18 7-9 pm Carol Brecht-Wiles  
 OMS \$35/person

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**West Coast Swing Workshop**

Empower your dancing with this fun member of the "Swing" family. West Coast Swing is usually done to slower Swing music. It's a very smooth feel as you learn basic patterns, good "partner connections" and some fun turns. This is a beginner class and is for everyone. Couples only please. Wear shoes without rubber shoes.

Fri, Apr 8 7-9 pm Carol Brecht-Wiles  
 OMS \$35/person

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**Wedding Dance Workshop**

Experience dance favorites including waltz, swing, slow dance. It doesn't mater if you're a beginner or want to brush up on your steps for an upcoming wedding. All wedding couples, family and friends are welcome to join. Please wear shoes without rubber soles.

Fri, May 6 7-9 pm Carol Brecht-Wiles  
 OMS \$35/person

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**Line Dance: Mama Mia**

Grab some friends and turn Friday night into a delightful line dancing night with this toe tapping song. What a fun way to start the weekend. No partner needed.

Fri, Feb 4 6-7 pm Monica Mohn  
 OSH \$15/person

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**Romantic Dance**

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

Fri, Feb 4 7-9 pm Monica Mohn  
 OSH \$39/couple

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**Darty Line Dance**

No need to sit and watch any more: step into the party with this workshop of the popular lines dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No Partner needed for an entire evening of fun!

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

**Two Left Feet Dance Workshop**

Convinced that you have 2-left feet and that dancing is not meant for you? But still...it would be helpful to know a few steps. This workshop is easy and only one session. Geared to beginners and guided by a dance champion, you'll have basic patterns plus a couple of turns by the end of the night! More than enough to provide a full night of dancing. Couples only please.

Fri, Apr 8 7-9 pm Monica Mohn  
 OSH \$39/couple

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**Online: Armchair Travels - The Mighty 5**

Did you know that Utah is home to 5 National Parks? Not only that, they also have some 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 5 plus other bonus information. This is a great time to plan your next road trip.

Thu, Mar 3 6-7 pm Jay Grammond  
 Online \$25/person

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

What is your favorite classic car? Jay's favorite is the 1957 Chevy Belair. Growing up watching "Happy Days", and having parents take him and his siblings to car shows started a lifelong affair with cars and trucks, especially from the 1950's. World War II was over, manufacturing went back to normal, and the economy was starting to blossom. Highways were becoming a thing that allowed you to travel the country; and vehicle production really took an amazing turn in the 1950's. Take a look at the details that made these cars so special.

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

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**Online: A Road Trip Around MN - Veteran Memorials**

MN is home to a fantastic variety of Veteran Memorials. Everything from street names; to granite monuments, to statues, and other ways to honor our Veterans. Join your instructor as he guides you around the state to see some of these memorials that he has discovered through his travels. Why not make a plan to go see some of these?

Thu, Apr 21 6:30-7:30 pm Jay Grammond  
 Online \$25/person

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**Online: Armchair Travels - Theodore Roosevelt National Park**

Theodore Roosevelt National Park is unique because it preserves not only the stunning landscape of the area, but also the memory of an extraordinary person. He visited the area in 1883 to hunt Bison, and went on to have a ranch there. Join Jay as he shows you some of the landscapes in the park as well as the wildlife you might find such as wild horses, buffalo, antelope, and more.

Thu, May 19 6:30-7:30 pm Jay Grammond  
 Online \$25/person

**Online: Maximize Your Home Equity When Selling in a Shifting Market**

The market is slowly shifting away from the seller’s market we’ve seen for so many years. So, how can you ensure you will still enjoy receiving a record sale price like last year? Discover exactly how social media and online exposure methods are attracting record interest and prices. Learn the best things you can do to position your home to stand out from the competition as well as hidden landmines that can erase big chunks of equity if you aren’t careful. You are guaranteed to leave with an armful of ideas you’ll so your bank account will thank you.

Tue, Jan 18 6:30-8:30 pm Michael Vanderheyden  
 Online \$25/person

**Online: Avoid the Competition! Sell Before You Buy**

You want to buy your next home but you need to sell your current home to do it. But that makes you not very competitive in today’s market because you’d have to buy subject to selling your home first. Now there is a way to buy before you sell. Become a very attractive non-contingent buyer using this brand new program. Learn all of the details that may be just what you need to find that dream home you’ve always wanted.

Wed, Jan 19 6:30-8 pm Michael Vanderheyden  
 Online \$19/person

**Update Your Home to Sell: Tips from the Pros**

Planning on selling your home? Learn current trends & money-saving techniques that will transform your home on a budget. Sean & Blanca will show you design ideas, before/after pictures & case studies on how some home sellers are making an additional \$20k-\$50k more when they follow these strategies.

Wed, Feb 9 6:30-8 pm Sean & Blanca Schellsmidt  
 ESC \$19/person  
 Wed, Mar 16 6:30-8 pm Sean & Blanca Schellsmidt  
 ESC \$19/person  
 Wed, Apr 20 6:30-8 pm Sean & Blanca Schellsmidt  
 ESC \$19/person

**Mosaic Butterfly or Dragonfly**

Create a beautiful stained glass mosaic butterfly, lizard, or dragonfly and add a piece of custom artwork to your home or garden. This is a thoughtful, handmade gift or a beautiful addition to your own home. Please bring an old towel, rubber gloves and dress to get messy. \$25 supply fee payable to instructor at class.

Thu, Apr 7 6-9 pm Peggy Decker  
 OMS \$29/person

**Mosaic Birdbath**

Create a colorful birdbath to entice birds to your yard. Decorate a terracotta saucer with mosaic tiles to suit your taste. It can then be placed on a wrought iron stand which can be purchased locally and is beautiful when completed. Please bring rubber gloves, an old towel for grouting and wear clothing that can get messy. A \$25 supply fee is payable to instructor at class.

Tue, May 3 6-9 pm Peggy Decker  
 OMS \$29/person



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

 Phone (763) 391-7223

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  Am Ex Name on card: \_\_\_\_\_

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

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

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

### CLASS INFORMATION

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

Start Date: \_\_\_\_\_/\_\_\_\_\_/22 Fee \$\_\_\_\_\_

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

Start Date: \_\_\_\_\_/\_\_\_\_\_/22 Fee \$\_\_\_\_\_

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

Start Date: \_\_\_\_\_/\_\_\_\_\_/22 Fee \$\_\_\_\_\_

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

Start Date: \_\_\_\_\_/\_\_\_\_\_/22 Fee \$\_\_\_\_\_ **TOTAL DUE** \$\_\_\_\_\_

## ADULT CLASS POLICIES

### Class Confirmation - Enroll Early

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

### Cancellation & Refund Policy

- If more than 5 days before 1st class: full refund less \$5 processing fee.
- If less than 5 days before 1st class: 50% refund less \$5 processing fee.
- Day of class or after: no refunds given.
- Cooking classes **require** 8+ day advance cancellation.
- Refunds are not given for missed classes or COVID-19 exposure.

### Building Entrances

Please use the entrance information from your class confirmation or listed in blue to your right.

### Weather

Check WCCO 830 AM radio or TV 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 posted signs to your classroom or ask the building supervisor located near the entrance.

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

### ESC Educational Service Center

11200 93rd Ave N  
Maple Grove, MN 55369  
Enter main door - Door 1

### PCSH Park Center Senior High

7300 Brooklyn Blvd  
Brooklyn Park, MN 55443  
Enter off Noble Ave, Door L

### OMS Osseo Middle School

10223 93rd Ave N  
Osseo, MN 55369  
Enter East side - Door 17

### OSH Osseo Senior High

317 Second Ave NW  
Osseo, MN 55369  
Enter main door - Door 1

### MGMS Maple Grove Middle School

7000 Hemlock Ln  
Maple Grove, MN 55369  
Enter East side - Door 2

### MGSH Maple Grove Senior High

9800 Fernbrook Ln  
Maple Grove, MN 55369  
Enter main door - Door A

## YOUTH CLASS POLICIES

### Check-In & Snack

Students should report directly to the cafeteria for attendance and a snack before class begins. Snack is included in your fee. If you're coming from another location, go through the main office and tell them you are there for an after school class.

### Class Confirmation - Enroll Early

We recommend enrolling at least one week prior to class start. You must include an email address to receive a class confirmation and/or receipt.

### School Notification - IMPORTANT!

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

### Behavior

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

### Weather

Check WCCO 830 AM radio or TV for cancellations.

### 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.

### Cancellation & Refund Policy

- More than 5 days before 1st class: full refund less \$10 processing fee.
- Less than 5 days before 1st class: 50% refund less \$10 processing fee.
- Day of class or after: no refunds given.
- Cooking classes **require** 8+ day advance cancellation.
- Refunds are not given for missed classes or sessions missed due to COVID-19 exposure.

### Dick-up

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

### Absence

If your student is absent from school, please notify us at (763) 391-7223 or [DeanM@district279.org](mailto:DeanM@district279.org).

### Attendance

Parents/guardians are unable to attend class with their child. We encourage enrichment students to participate independently. Please contact us if you have a specific need.

## Australian Art Adventure

Travel to Australia to learn about their animals, architecture, and aboriginal art forms. Use colored pencils to draw a platypus swimming underwater, create a watercolor crayon resist painting of a kangaroo, draw the Sydney Opera House, and more. Projects never repeat. If you can dream...you can draw. *(skip 4/15)*

Fri, Apr 8-May 13 3:30-4:30 pm \$75/person  
Gr K-5 KidzArt

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## After School Soccer

Come join a very 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 spring months. Coach Gordon Ferguson will lead this program.

Tue, Jan 11-Feb 1 3:30-4:30 pm \$35/person  
Gr K-5 Gordon Ferguson

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## Awesome Art

Explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You will even create a beach scene out of real candy.

Wed, Jan 19-Feb 16 3:30-4:30 pm \$85/person  
Gr K-5 Kidcreate Studio

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## Canvas Fun: Heart Tree

Join KidzArt for a one-day painting workshop. Create your own painting of a tree with hearts on a 9x12" stretched canvas. Let your creativity soar and build your self-confidence with art.

Fri, Jan 28 3:30-4:30 pm \$25/person  
Gr K-5 KidzArt

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## Coding Club

App development has increased manifold in the past 5 years due to lower costs and easier access to essential tools. In this after school class you will get to code, test, and create your own apps in real-time using the easy-to-understand Bitsbox format. You will create different parts of your board game - the board, tokens, and dice and then put them all together to create your own game that you can share/play with others on a mobile device.

Thu, Feb 24-Mar 17 3:30-5 pm \$119/person  
Gr 3-5 Fun Engineerz, LLC

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## Sweet Treats & Other Artsy Eats

Ice cream sundaes, hamburgers, candy castles, and picnics! Let's get your hands messy with your very own Great Artsy Bake Off! In this special 5-week KidzArt session, explore different mediums like air dry clay, watercolors, and scratch art. This will be a whole new level of fun with art! *(skip 2/21)*

Fri, Feb 4-Mar 4 3:30-4:30 pm \$75/person  
Gr K-5 KidzArt

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## Grandmasters of Chess

Learn, Practice and Play chess at 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 to THINK, LEARN and PLAY WELL with {YEL!}. *(skip 2/15)*

Tue, Jan 25-Mar 22 3:30-4:30 pm \$119/person  
Gr K-5 {YEL!}

Tue, Apr 5-May 24 3:30-4:30 pm \$119/person  
Gr K-5 {YEL!}

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## Daint a Portrait of Your Pet

Dog, cat, hamster, horse - no matter your pet or favorite animal, you will paint a portrait of your furry friend. Once you sign up for the painting, email [nwmp@kidzart.com](mailto:nwmp@kidzart.com) a high quality digital phot of your pet (one pet per canvas). KidzArt will transfer each photo to a 11x14" canvas then walk you through the steps to creating your final masterpiece.

Fri, Mar 18 3:30-5:30 pm \$35/person  
Gr K-5 KidzArt

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## Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit [YELKids.com](http://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. *(skip 1/17, 1/31, 2/21)*

Mon, Jan 10-Mar 7 3:30-4:30 pm \$89/person  
Gr 1-5 {YEL!}

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## Robotics 2.3

Build a better, safer world. This session you will focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine, and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit [YELKids.com](http://YELKids.com) for more information. LEGO® is a trademark of the LEGO Group which does not sponsor, authorize or endorse this site. *(skip 3/28)*

Mon, Mar 14-Apr 25 3:30-4:30 pm \$89/person  
Gr 1-5 {YEL!}

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## Track & Field Decathlon

Fast-paced, everyone participates! YEL's Teach It, Practice It, Play It® approach teaches you new skills. Use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials.

Wed, May 4-25 3:30-4:30 pm \$55/person  
Gr 1-4 {YEL!}

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**Jr. STEM Club: Session 1**

Discover a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem- solving, critical thinking and peer collaboration. These life skills provide you with the confidence to approach challenges so you can succeed in anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so they never have to repeat lessons. Sign up for one or all sessions. Session I: Chemical Engineering (Polar Slime), Civil Engineering (If the Shoe Fits), Mechanical Engineering (Zipline), Acoustic Engineering (Pitch)

Fri, Jan 21-Feb 11 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

**Jr. STEM Club: Session 2**

Discover a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem- solving, critical thinking and peer collaboration. These life skills provide you with the confidence to approach challenges so you can succeed in anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so they never have to repeat lessons. Sign up for one or all sessions. Session II: Mechanical Engineering (Box Car), Electrical Engineering (Light Stick), Industrial Engineering (Pullys), Marine Engineering (Floating Transport) *(skip 3/11)*

Fri, Feb 18-Mar 18 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

**Jr. STEM Club: Session 3**

Discover a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem- solving, critical thinking and peer collaboration. These life skills provide you with the confidence to approach challenges so you can succeed in anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so they never have to repeat lessons. Sign up for one or all sessions. Session III: Mechanical Engineering (Launcher), Acoustic Engineering (Castanets), Aerospace Engineering (Whirling Wonders), Electrical Engineering (Bristlebot) *(skip 4/15)*

Fri, Apr 8-May 6 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

**Family Paint Night: Cupcakes & Canvas**

Grab your whole family for a fun painting event. Create your own painting of bunnies and springtime flowers with acrylic paints on a 8x20" stretched canvas. Enjoy a cupcake dessert while you wait for your painting to dry.

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

**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 have the chance to come out and play with TGA.

Wed, Apr 6-27 3:30-4:30 pm \$85/person  
Gr K-5 TGA Tennis

**TGA 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 your child develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided, all skill levels have the chance to come out and play with TGA. *(skip 1/31, 5/2)*

Mon, Jan 24-Mar 14 3:30-4:30 pm \$125/person  
Gr K-5 TGA Golf  
Mon, Apr 11-May 23 3:30-4:30 pm \$125/person  
Gr K-5 TGA Golf

**Disney's 101 Dalmatians KIDS w/ Stages Theater Co.**

Based on the classic animated film, Disney's 101 Dalmatians 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 also a great opportunity for any student who wants to work together to make something special! Auditions will be held the first day of rehearsals. There will be 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. Tuesday & Thursday. \$199/person. Gr 3-5.

Mar 22, 24 3:30-5 pm  
Apr 5, 7, 12, 14, 19, 21, 26, 28 3:30-5 pm  
May 3, 5, 10, 12, 17 3:30-5 pm  
May 16 (Tech Rehearsal) 4-6 pm/PCSH  
May 20 (Performance) 7 pm/PCSH  
May 21 (Performance) 7 pm/PCSH

 Online osseo.ce.eleyo.com

 Phone (763) 391-7223



### 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. *(skip 1/31, 2/21, 5/2)*

Mon, Jan 24-Mar 14	4:10-5:10 pm	\$69/person
Gr K-5	Twin Cities Chess	
Mon, Apr 4-May 23	4:10-5:10 pm	\$85/person
Gr K-5	Twin Cities Chess	

### After School Soccer

Come join a very 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 spring months. Coach Gordon Ferguson will lead this program.

Thu, Jan 13-Feb 3	4:10-5:10 pm	\$35/person
Gr K-5	Gordon Ferguson	

### Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. 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.

Fri, Jan 21-Feb 25	4:10-5:10 pm	\$89/person
Gr 1-5	{YEL!}	

### Robotics 2.3

Build a better, safer world. This session you will focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine, and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group which does not sponsor, authorize or endorse this site. *(skip 3/11, 4/15)*

Fri, Mar 4-Apr 29	4:10-5:10 pm	\$89/person
Gr 1-5	{YEL!}	

### Canvas & Clay

Creating with clay and painting on canvas - it just doesn't get better than that! You will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. You will make 3D bears, owls, that glow-in-the-dark, a scratch board painting of a cat and so much more! Explore the incredible world of art after school with us. *(skip 3/17, 3/31)*

Thu, Mar 10-Apr 21	4:10-5:10 pm	\$85/person
Gr K-5	KidzArt	

**Twin Cities Chess Club (Edinbrook)**

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.

Tue, Jan 18-Mar 22	3:30-4:30 pm	\$119/person
Gr K-5	Twin Cities Chess	
Tue, Apr 5-May 31	3:30-4:30 pm	\$109/person
Gr K-5	Twin Cities Chess	

**Twin Cities Chess Club (Elm Creek)**

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. *(skip 2/24)*

Thu, Jan 20-Mar 24	3:30-4:30 pm	\$109/person
Gr K-5	Twin Cities Chess	
Thu, Apr 7-May 26	3:30-4:30 pm	\$95/person
Gr K-5	Twin Cities Chess	

**After School Soccer (Edinbrook)**

Come join a very 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 spring months. Coach Gordon Ferguson will lead this program.

Wed, Jan 12-Feb 2	3:30-4:30 pm	\$35/person
Gr K-5	Gordon Ferguson	

**After School Soccer (Elm Creek)**

Come join a very 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 spring months. Coach Gordon Ferguson will lead this program. *(skip 2/22)*

Tue, Feb 8-Mar 15	3:30-4:30 pm	\$35/person
Gr K-5	Gordon Ferguson	

**TGA Golf (Elm Creek)**

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 your child develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided, all skill levels have the chance to come out and play with TGA. *(skip 2/3, 2/24)*

Thu, Jan 27-Mar 10	3:30-4:30 pm	\$105/person
Gr K-5	TGA Golf	

**Disney's 101 Dalmatians KIDS w/ Stages Theater Co. (Elm Creek)**

Based on the classic animated film, Disney's 101 Dalmatians 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 also a great opportunity for any student who wants to work together to make something special! Auditions will be held the first day of rehearsals. There will be 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. Monday & Wednesday. \$199/person. Gr 2-5.

Jan 10, 12, 19, 24, 26	3:30-5 pm
Feb 2, 7, 9, 14, 16, 23, 28	3:30-5 pm
Mar 2, 7, 9	3:30-5 pm
Mar 10 (Tech Rehearsal)	5-7 pm/MGMS
Mar 11 (Performance)	7 pm/MGMS
Mar 12 (Performance)	7 pm/MGMS



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



Phone (763) 391-7223

## After School Soccer

Join a very 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 spring months. Coach Gordon Ferguson will lead this program. *(skip 3/21, 3/28)*  
 Mon, Mar 14-Apr 18 3:30-4:30 pm \$35/person  
 Gr K-5 Gordon Ferguson

## Track & Field Decathlon

Fast-paced, everyone participates! YEL's Teach It, Practice It, Play It® approach teaches you new skills. Use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials.  
 Tue, May 3-24 3:30-4:30 pm \$55/person  
 Gr 1-4 {YEL!}

## Grandmasters of Chess

Learn, Practice and Play chess at 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. Fee includes ChessKid.com membership (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. *(skip 3/11, 4/15)*  
 Fri, Jan 28-Mar 25 3:30-4:30 pm \$119/person  
 Gr K-5 {YEL!}  
 Fri, Apr 8-May 27 3:30-4:30 pm \$105/person  
 Gr K-5 {YEL!}

## 5 Reasons Why Kids Should Know Robotics

1. Robotics can be a fun introduction to programming.
2. It's an excellent skill for future career development.
3. Robotics teaches problem-solving skills.
4. It encourages curiosity and creativity.
5. Robotics prepares them for a technological future.

## Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. 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. *(skip 2/10, 2/17)*  
 Thu, Jan 27-Mar 17 3:30-4:30 pm \$89/person  
 Gr 1-5 {YEL!}

## Robotics 2.3

Build a better, safer world. This session you will focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine, and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group which does not sponsor, authorize or endorse this site.  
 Thu, Apr 7-May 12 3:30-4:30 pm \$89/person  
 Gr 1-5 {YEL!}

## Canvas & Clay

Creating with clay and painting on canvas - it just doesn't get better than that. You will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. You will make 3D bears, owls, that glow-in-the-dark, a scratch board painting of a cat and so much more! Explore the incredible world of art after school. *(skip 3/30)*  
 Wed, Mar 16-Apr 20 3:30-4:30 pm \$85/person  
 Gr K-5 Kidcreate Studio



**Jr. STEM Club: Session 1**

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session I: Chemical Engineering (Polar Slime), Civil Engineering (If the Shoe Fits), Mechanical Engineering (Zipline), Acoustic Engineering (Pitch) *(skip 1/31, 2/21)*

Mon, Jan 24-Feb 28 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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**Jr. STEM Club: Session 2**

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session II: Mechanical Engineering (Box Car), Electrical Engineering (Light Stick), Industrial Engineering (Pullys), Marine Engineering (Floating Transport) *(skip 3/28)*

Mon, Mar 7-Apr 4 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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**Jr. STEM Club: Session 3**

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session III: Mechanical Engineering (Launcher), Acoustic Engineering (Castanets), Aerospace Engineering (Whirling Wonders), Electrical Engineering (Bristlebot) *(skip 5/2)*

Mon, Apr 11-May 9 3:30-4:30 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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**Coding Club**

App development has increased in the past 5 years due to lower costs and easier access to essential tools. Code, test, and create your own apps in real-time using the easy-to-understand Bitsbox format. Create different parts of your board game - board, tokens, and dice and then put them together to create a game you can share/play with others on a mobile device. *(skip 2/15)*

Tue, Feb 8-Mar 8 3:30-5 pm \$119/person  
Gr 3-5 Fun Engineerz, LLC

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**Awesome Art**

If you think art is awesome, this is the class for you! You will get to explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You will even create a beach scene out of candy. *(skip 1/31, 2/21)*

Mon, Jan 24-Mar 7 3:30-4:30 pm \$85/person  
Gr K-5 Kidcreate Studio

**Disney's Aristocats Kids**

Based on the beloved Disney animated film, and featuring a jazzy, upbeat score, Disney's The Aristocats Kids is a non-stop thrill ride of feline fun, complete with unbelievable twists and turns. IN the hear of Paris, a kind and eccentric millionaires wills her entire estate to Duchess, her high-soceity cat, and her three little kittens. Laughs and adventure ensue as the greedy, bumbling butler pulls off the ultimate catnap caper. Now it's up to the rough-and-tumble alley cat, Thomas O'Malley, and his band of swinging jazz cats to the save the day. Artcotats Kids is a great show for students who enjoy singing, dancing, and creating different characters. It's also a wonderful opportunity for any student who wants to work together to make something special. All students receive a part in the musical. Costumes are provided, students provide base layer (details to come). Space is limited to 45 students. You must be pre-registered to audition on the first day. The BEAT (Bunce Educational Aventure Theater) will provide trained theater staff to lead the musical ([bunceperformingarts.com](http://bunceperformingarts.com)).

Grades 2-5 \$159/person  
Tue-Thu, Jan 25-27, Feb 1-3 & 8-10 3:30-5:30 pm  
Fri, Feb 11 - Tech Rehearsal 5-7 pm @ MGMS  
Sat, Feb 12 - FREE Performance 2 pm @ MGMS

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**TGA 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 your child develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided, all skill levels have the chance to come out and play with TGA.

Wed, Apr 13-May 18 3:30-4:30 pm \$125/person  
Gr K-5 TGA Golf

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**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 have the chance to come out and play with TGA. *(skip 4/27, 5/11)*

Thu, Apr 14-May 19 3:30-4:30 pm \$105/person  
Gr K-5 TGA Tennis



## After School Soccer (Oak View)

Join a very 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 spring months. *(skip 3/29)*  
 Tue, Mar 15-Apr 12 4:10-5:10 pm \$35/person  
 Gr K-5 Gordon Ferguson

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## Twin Cities Chess (Rice Lake)

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. *(skip 2/23)*  
 Wed, Jan 19-Mar 23 3:30-4:30 pm \$109/person  
 Gr K-5 Twin Cities Chess  
 Wed, Apr 6-May 25 3:30-4:30 pm \$95/person  
 Gr K-5 Twin Cities Chess

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## After School Soccer (Rice Lake)

Join a very 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 spring months. *(skip 3/23, 3/30)*  
 Wed, Mar 16-Apr 20 3:30-4:30 pm \$35/person  
 Gr K-5 Gordon Ferguson

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## Jr. STEM Club: Session 1 (Rice Lake)

Discover a new lesson each week. Lessons focus on developing 21st Century skills such as problem-solving, critical thinking and peer collaboration. These life skills provide you with the confidence to approach challenges. Session I: Chemical Engineering (Polar Slime), Civil Engineering (If the Shoe Fits), Mechanical Engineering (Zipline), Acoustic Engineering (Pitch)  
 Wed, Jan 19-Feb 10 3:30-4:30 pm \$99/person  
 Gr K-3 Fun Engineerz, LLC

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## Awesome Art (Rice Lake)

Explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You'll even create a beach scene out of candy.  
 Fri, Jan 21-Feb 18 3:30-4:30 pm \$85/person  
 Gr K-5 Kidcreate Studio

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## TGA Tennis (Rice Lake)

TGA (Teach. Grow. Achieve) provides group tennis, that is convenient and affordable, in a fun and safe environment. Our instructors help your child develop skills and knowledge through groundstroke, volley, serve, and rally games. Equipment and training materials provided and all levels are welcome. *(skip 2/15)*  
 Tue, Jan 25-Mar 1 3:30-4:30 pm \$105/person  
 Gr K-5 TGA Tennis

## Jr. STEM Club: Session 2 (Rice Lake)

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session II: Mechanical Engineering (Box Car), Electrical Engineering (Light Stick), Industrial Engineering (Pullys), Marine Engineering (Floating Transport)  
 Thu, Feb 24-Mar 17 3:30-4:30 pm \$99/person  
 Gr K-3 Fun Engineerz, LLC

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## Jr. STEM Club: Session 3 (Rice Lake)

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session III: Mechanical Engineering (Launcher), Acoustic Engineering (Castanets), Aerospace Engineering (Whirling Wonders), Electrical Engineering (Bristlebot)  
 Thu, Apr 7-28 3:30-4:30 pm \$99/person  
 Gr K-3 Fun Engineerz, LLC

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## Coding Club (Rice Lake)

App development has increased in the past 5 years due to lower costs and easier access to essential tools. Code, test, and create your own apps in real-time using the easy-to-understand Bitsbox format. Create different parts of your board game - board, tokens, and dice and then put them together to create a game you can share/play with others on a mobile device. *(skip 2/21)*  
 Mon, Feb 7-Mar 7 3:30-5 pm \$119/person  
 Gr 3-5 Fun Engineerz, LLC

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## Canvas & Clay (Rice Lake)

Creating with clay and painting on canvas - it just doesn't get better than that. You'll get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. You will make 3D bears, owls, that glow-in-the-dark, a scratch board painting of a cat and so much more! Explore the incredible world of art after school. *(skip 3/11, 4/1, 4/15)*  
 Fri, Mar 4-Apr 22 3:30-4:30 pm \$85/person  
 Gr K-5 Kidcreate Studio

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## TGA Golf (Rice Lake)

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 your child develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials are provided, all skill levels have the chance to come out and play with TGA.  
 Tue, Apr 12-May 17 3:30-4:30 pm \$125/person  
 Gr K-5 TGA Golf

**After School Soccer**

Join a very 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 spring months. Coach Gordon Ferguson will lead this program.

Thu, Feb 17-Mar 10 4:10-5:10 pm \$35/person  
Gr K-5 Gordon Ferguson

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**Canvas Fun: Heart Tree**

Join KidzArt for a one-day painting workshop. Create your own painting of a tree with hearts on a 9x12" stretched canvas. Let your creativity soar and build your self-confidence with art!

Mon, Jan 24 4:10-5:10 pm \$25/person  
Gr K-5 KidzArt

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**Sweet Treats & Other Artsy Eats**

Ice cream sundaes, hamburgers, candy castles, and picnics! Let's get your hands messy with your very own Great Artsy Bake Off! In this special 5-week KidzArt session, explore different mediums like air dry clay, watercolors, and scratch art. This will be a whole new level of fun with art! *(skip 2/21)*

Mon, Feb 7-Mar 14 4:10-5:10 pm \$75/person  
Gr K-5 KidzArt

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**Australian Art Adventure**

Travel to Australia to learn about their animals, architecture, and aboriginal art forms. Use colored pencils to draw a platypus swimming underwater, create a watercolor crayon resist painting of a kangaroo, draw the Sydney Opera House, and more. Projects never repeat. If you can dream...you can draw. *(skip 5/2)*

Mon, Apr 4-May 9 4:10-5:10 pm \$75/person  
Gr K-5 KidzArt

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**Paint a Portrait of Your Pet**

Dog, cat, hamster, horse - no matter your pet or favorite animal, you will paint a portrait of your furry friend. Once you sign up for the painting, email [nwmppls@kidzart.com](mailto:nwmppls@kidzart.com) a high quality digital phot of your pet (one pet per canvas). KidzArt will transfer each photo to a 11x14" canvas then walk you through the steps to creating your final masterpiece.

Mon, Mar 21 4:10-6 pm \$35/person  
Gr K-5 KidzArt

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**Family Paint Night: Cupcakes & Canvas**

Grab your whole family for a fun painting event. Create your own painting of bunnies and springtime flowers with acrylic paints on a 8x20" stretched canvas. Enjoy a cupcake dessert while you wait for your painting to dry.

Wed, Mar 23 6-7:30 pm \$29/person  
Ages 6+ KidzArt

**Track & Field Decathlon**

Fast-paced, everyone participates! YEL's Teach It, Practice It, Play It® approach teaches you new skills. Use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials.

Fri, May 6-27 4:10-5:10 pm \$55/person  
Gr 1-4 {YEL!}

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**Grandmasters of Chess**

Learn, Practice and Play chess at 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. Fee includes ChessKid.com membership (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. *(skip 1/17, 1/31, 2/21, 5/2)*

Mon, Jan 10-Mar 21 4:10-5:10 pm \$119/person  
Gr K-5 {YEL!}

Mon, Apr 4-May 23 4:10-5:10 pm \$105/person  
Gr K-5 {YEL!}

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**Robotics 2.2**

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit [YELKids.com](http://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. *(skip 2/9)*

Wed, Jan 26-Mar 9 4:10-5:10 pm \$89/person  
Gr 1-5 {YEL!}

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**Robotics 2.3**

Build a better, safer world. This session you will focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine, and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit [YELKids.com](http://YELKids.com) for more information. LEGO® is a trademark of the LEGO Group which does not sponsor, authorize or endorse this site. *(skip 3/30)*

Wed, Mar 16-Apr 27 4:10-5:10 pm \$89/person  
Gr 1-5 {YEL!}



## Awesome Art

If you think art is awesome, this is the class for you! You will get to explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You will even create a beach scene out of candy. *(skip 2/1)*

Tue, Jan 18-Feb 22 4:10-5:10 pm \$85/person  
Gr K-5 Kidcreate Studio

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## Jr. STEM Club: Session 1

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session I: Chemical Engineering (Polar Slime), Civil Engineering (If the Shoe Fits), Mechanical Engineering (Zipline), Acoustic Engineering (Pitch) *(skip 2/1)*

Tue, Jan 18-Feb 15 4:10-5:10 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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## Jr. STEM Club: Session 2

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session II: Mechanical Engineering (Box Car), Electrical Engineering (Light Stick), Industrial Engineering (Pullys), Marine Engineering (Floating Transport)

Tue, Feb 22-Mar 15 4:10-5:10 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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## Disney's 101 Dalmatians KIDS w/ Stages Theater Co.

Based on the classic animated film, Disney's 101 Dalmatians 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 also a great opportunity for any student who wants to work together to make something special! Auditions will be held the first day of rehearsals. There will be 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. Monday & Wednesday. \$199/person. Gr 3-5.

Mar 23	4:10-5:40 pm
Apr 4, 6, 11, 13, 18, 20, 25, 27	4:10-5:40 pm
May 4, 9, 11, 16, 18, 23	4:10-5:40 pm
May 25 (Tech Rehearsal)	4-6 pm/MGMS
May 26 (Performance)	7 pm/MGMS
May 27 (Performance)	7 pm/MGMS

## Canvas & Clay

Creating with clay and painting on canvas - it just doesn't get better than that! You will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. You will make 3D bears, owls, that glow-in-the-dark, a scratch board painting of a cat and so much more! Explore the incredible world of art after school. *(skip 3/29)*

Tue, Mar 8-Apr 12 4:10-5:10 pm \$85/person  
Gr K-5 Kidcreate Studio

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## Jr. STEM Club: Session 3

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session III: Mechanical Engineering (Launcher), Acoustic Engineering (Castanets), Aerospace Engineering (Whirling Wonders), Electrical Engineering (Bristlebot)

Tue, Apr 5-26 4:10-5:10 pm \$99/person  
Gr K-3 Fun Engineerz, LLC

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## Coding Club

App development has increased in the past 5 years due to lower costs and easier access to essential tools. Code, test, and create your own apps in real-time using the easy-to-understand Bitsbox format. Create different parts of your board game - board, tokens, and dice and then put them together to create a game you can share/play with others on a mobile device.

Thu, Apr 7-28 4:10-5:40 pm \$119/person  
Gr 3-5 Fun Engineerz, LLC

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## TGA 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 your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA. *(skip 2/1)*

Tue, Jan 25-Mar 1	4:10-5:10 pm	\$105/person
Gr K-5	TGA Golf	
Tue, Apr 14-May 19	4:10-5:10 pm	\$125/person
Gr K-5	TGA Golf	

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## TGA Tennis

TGA (Teach. Grow. Achieve) provides group tennis instruction that is convenient and affordable to learn in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, and rally games and more. Equipment and training materials provided. All skill levels can play with TGA. *(skip 2/23)*

Wed, Jan 26-Mar 9 4:10-5:10 pm \$105/person  
Gr K-5 TGA Golf

**After School Soccer**

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Thu, Mar 17-Apr 14	4:10-5:10 pm	\$35/person
Gr K-5	Gordon Ferguson	

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**Track & Field Decathlon**

Fast-paced, everyone participates! YEL's Teach It, Practice It, Play It® approach teaches you new skills. Use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials.

Thu, May 5-26	4:10-5:10 pm	\$55/person
Gr 1-4	{YEL!}	

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**Grandmasters of Chess**

Learn, Practice and Play chess at 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. Fee includes ChessKid.com membership (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. *(skip 3/3)*

Thu, Jan 27-Mar 24	4:10-5:10 pm	\$119/person
Gr K-5	{YEL!}	
Thu, Apr 7-May 26	4:10-5:10 pm	\$119/person
Gr K-5	{YEL!}	

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**Robotics 2.2**

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. 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, Jan 25-Feb 22	4:10-5:10 pm	\$75/person
Gr 1-5	{YEL!}	

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Tue, Mar 15-Apr 26	4:10-5:10 pm	\$89/person
Gr 1-5	{YEL!}	

**Jr. STEM Club: Session 1**

Discover 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 life skills provide you with the confidence to approach challenges. Session I: Chemical Engineering (Polar Slime), Civil Engineering (If the Shoe Fits), Mechanical Engineering (Zipline), Acoustic Engineering (Pitch)

Wed, Jan 19-Feb 9	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz, LLC	

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**Jr. STEM Club: Session 2**

Discover 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 life skills provide you with the confidence to approach challenges. Session II: Mechanical Engineering (Box Car), Electrical Engineering (Light Stick), Industrial Engineering (Pullys), Marine Engineering (Floating Transport)

Wed, Feb 16-Mar 9	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz, LLC	

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**Jr. STEM Club: Session 3**

Discover 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 life skills provide you with the confidence to approach challenges. Engineering for Kids has a 300+ lessons so they never have to repeat. Sign up for one or all. Session III: Mechanical Engineering (Launcher), Acoustic Engineering (Castanets), Aerospace Engineering (Whirling Wonders), Electrical Engineering (Bristlebot)

Wed, Apr 6-27	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz, LLC	

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Mon, Mar 14-Apr 11	4:10-5:40 pm	\$119/person
Gr 3-5	Fun Engineerz, LLC	

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**TGA Tennis**

TGA (Teach. Grow. Achieve) provides group tennis instruction that is convenient and affordable to learn in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, and rally games and more. Equipment and training materials provided. All skill levels can play with TGA. *(skip 5/2)*

Mon, Apr 11-May 23	4:10-5:10 pm	\$125/person
Gr K-5	TGA Golf	

**Family Paint Night: Cupcakes & Canvas**

Grab your whole family for a fun painting event. Create your own painting of bunnies and springtime flowers with acrylic paints on a 8x20" stretched canvas. Enjoy a cupcake dessert while you wait for your painting to dry.

Tue, Apr 5 6-7:30 pm \$29/person  
Ages 6+ KidzArt

**Paint a Portrait of Your Pet**

Dog, cat, hamster, horse - no matter your pet or favorite animal, you will paint a portrait of your furry friend. Once you sign up for the painting, email [nwmp@kidzart.com](mailto:nwmp@kidzart.com) a high quality digital photo of your pet (one pet per canvas). KidzArt will transfer each photo to a 11x14" canvas then walk you through the steps to creating your final masterpiece.

Thu, Mar 24 4:10-6 pm \$35/person  
Gr K-5 KidzArt

**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 have the chance to come out and play with TGA. *(skip 1/31, 2/21)*

Mon, Jan 24-Mar 14 4:10-5:10 pm \$125/person  
Gr K-5 TGA Tennis

**After School Soccer**

Join a very 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 spring months. Coach Gordon Ferguson will lead this program.

Wed, Feb 9-Mar 9 4:10-5:10 pm \$45/person  
Gr K-5 Gordon Ferguson

**Track & Field Decathlon**

Fast-paced, everyone participates! YEL's Teach It, Practice It, Play It® approach teaches you new skills. Use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials.

Mon, May 9-23 4:10-5:10 pm \$45/person  
Gr 1-4 {YEL!}

**Grandmasters of Chess**

Learn, Practice and Play chess at 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. Fee includes ChessKid.com membership (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. *(skip 2/2)*

Wed, Jan 26-Mar 23 4:10-5:10 pm \$119/person  
Gr K-5 {YEL!}

Wed, Apr 6-May 25 4:10-5:10 pm \$119/person  
Gr K-5 {YEL!}

**Awesome Art**

If you think art is awesome, this is the class for you! You will get to explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You will even create a beach scene out of candy. *(skip 1/27)*

Thu, Jan 20-Feb 24 4:10-5:10 pm \$85/person  
Gr K-5 Kidcreate Studio

**Canvas & Clay**

Creating with clay and painting on canvas – it just doesn't get better than that! You will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. You will make 3D bears, owls, that glow-in-the-dark, a scratch board painting of a cat and so much more! Explore the incredible world of art after school. *(skip 3/28)*

Mon, Mar 14-Apr 18 4:10-5:10 pm \$85/person  
Gr K-5 Kidcreate Studio



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



Phone (763) 391-7223

## Mon, Tue, Fri Individual Guitar Lessons: In-Person & 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. Ages 5+ only.

Monthly lesson fee includes lesson dates listed below and include the 2021-22 school year (Jan-May 2022). 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 remainder of the school year.

**Location: Rush Creek Elementary**

### IN-PERSON OR ONLINE

Mon, Jan 3, 10, 24	\$75/person
Mon, Feb 7, 14, 28	\$75/person
Mon, Mar 7, 14, 21	\$75/person
Mon, Apr 4, 11, 18, 25	\$99/person
Mon, May 9, 16, 12	\$75/person

### TUESDAYS - ONLINE ONLY

Tue, Jan 4, 11, 18, 25	\$99/person
Tue, Feb 1, 8, 15, 22	\$99/person
Tue, Mar 1, 8, 15, 22	\$99/person
Tue, Apr 5, 12, 19, 26	\$99/person
Tue, May 3, 10, 17, 24	\$99/person

### IN-PERSON OR ONLINE

Fri, Jan 7, 14, 21, 28	\$99/person
Fri, Feb 4, 11, 18, 25	\$99/person
Fri, Mar 4, 18, 25	\$75/person
Fri, Apr 8, 22, 29	\$75/person
Fri, May 6, 13, 20, 27	\$99/person

## Individual Voice Lessons: In-Person & Online

Private voice lessons will be offered both in-person (at Maple Grove High School) and online (by request) this Winter and Spring. Email your instructor, Ben Dutcher, at [benjamindutcher@gmail.com](mailto:benjamindutcher@gmail.com) before you enroll to schedule a day and time. Upon scheduling, please register immediately to secure your spot. Lessons are \$320 for 8, 30 minute lessons. Lessons must be pre-paid prior to attending lessons. Ben's lessons fill quickly!

## Individual Piano Lessons: In-Person & Online

It's never too late to learn how to play the piano, or to re visit 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. Online (via Zoom) lessons are available upon request. Your instructor will let you know what book(s) to purchase prior to the start of the lessons. You will need access to a piano or keyboard and daily practice outside of lessons.

### RICE LAKE - lessons start at 3:30 pm

*Opus Music Academy*

Tue, Jan 18, 25, Feb 1, 8, 22, Mar 1, 8, 15, 22	\$315/person
Tue, Apr 5, 12, 19, 26, May 3, 10, 17, 24	\$279/person

### WOODLAND - lessons start at 4:15 pm

*Opus Music Academy*

Wed, Jan 19, 26, Feb 9, 16, 23, Mar 2, 9, 16, 23	\$315/person
Wed, Apr 6, 13, 20, 27, May 4, 11, 18, 25	\$279/person

### OAK VIEW - lessons start at 3:30 pm

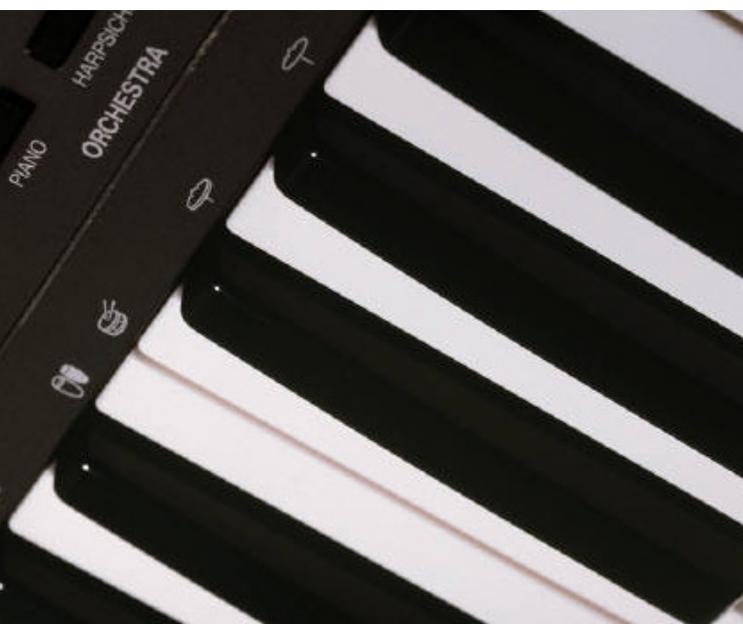
*Opus Music Academy*

Thu, Jan 20, 27, Feb 3, 17, 24, Mar 3, 10, 17, 24	\$315/person
Thu, Apr 7, 14, 21, 28, May 5, 12, 19, 26	\$279/person

### CEDAR ISLAND - lessons start at 3:30 pm

*Opus Music Academy*

Thu, Jan 20, 27, Feb 3, 17, 24, Mar 3, 10, 17, 24	\$315/person
Thu, Apr 7, 14, 21, 28, May 5, 12, 19, 26	\$279/person



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



Phone (763) 391-7223

## 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 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.

**Payment** - You may either pay the full \$425 upfront or you can pay \$275 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.

### Maple Grove Sr.

- Session 1 - Jan 5, 6, 10, 11, 12, 13, 18, 20, 24, 25
- Session 2 - Feb 7, 8, 9, 10, 14, 15, 16, 17, 22, 23
- Session 3 - Mar 7, 8, 9, 10, 14, 15, 16, 17, 21, 22
- Session 4 - Apr 4, 5, 6, 7, 11, 12, 13, 14, 18, 19
- Session 5 - May 3, 4, 5, 9, 10, 11, 12, 16, 17, 18

### Osseo Sr.

- Session 1 - Jan 10, 11, 12, 13, 18, 19, 20, 24, 25, 27
- Session 2 - Feb 22, 23, 24, 28, Mar 1, 2, 3, 4, 7, 8
- Session 3 - Apr 4, 5, 6, 7, 11, 12, 13, 14, 18, 19
- Session 4 - May 11, 12, 16, 17, 18, 19, 23, 24, 25, 26

### Park Center Sr.

- Session 1 - Feb 2, 3, 7, 8, 9, 10, 14, 15, 16, 17
- Session 2 - Mar 9, 10, 14, 15, 16, 17, 21, 22, 23, 24
- Session 3 - Apr 20, 21, 25, 26, 28, May 3, 4, 5, 9, 10



**DrepStar Blast ACT Class @ MGSJH**

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 sessions - \$149/person.

Tue, Apr 5 5:30-8:30 pm  
 Thu, Apr 7 5:30-8:30 pm  
 Sat, Apr 9 9 am-1 pm  
 Trish Van Horn

**DrepStar Premium ACT Class @ MGSJH**

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 sessions - \$369/person.

Tue, Mar 8 5:30-8:30 pm  
 Thu, Mar 3, 17, Apr 7 5:30-8:30 pm  
 Sat, Mar 5, 19 Apr 9 9 am-1 pm  
 Trish Van Horn

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

**Skills Boost: Small Group Tutoring**

Robust reading and math curriculum recommended and reviewed by district teachers and specialists to enhance your child's school day curriculum. Please call Community Education at 763-391-7223 to register or go online to osseo.ce.eleyo.com for additional information.

**Classes are held at Oak View Elementary School - 6710 E Fish Lake Rd, Maple Grove, MN 55369. Please enter through Door 4 for 5:30 class and Door 1 for 6:30 class.**

**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, Feb 22, Mar 1, 8, 15, 22, Apr 5, 12, 19 Gr 1-2  
 5:30-6:30 pm \$109/person Rebecca Lee  
 Tue, Feb 22, Mar 1, 8, 15, 22, Apr 5, 12, 19 Gr 3-4  
 5:30-6:30 pm \$109/person 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, Feb 22, Mar 1, 8, 15, 22, Apr 5, 12, 19 Gr 1-2  
 6:30-7:30 pm \$109/person Rebecca Lee  
 Tue, Feb 22, Mar 1, 8, 15, 22, Apr 5, 12, 19 Gr 3-4  
 6:30-7:30 pm \$109/person Kenyata Norful





## Child & Babysitting Safety (CABS)

You 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. Bring a nut free snack to class. *For ages 10+.*

Sat, Apr 23	9 am-12:30 pm	\$59/person
MGMS	Amy Timm	
Sat, May 21	9 am-12:30 pm	\$59/person
MGMS	Amy Timm	

## Home Alone Safety

You will learn the important responsibilities of being safe alone-at-home. Topics include basic first aid, fire safety, kitchen safety, internet safety, small and large emergencies, stranger danger, sibling arguments, and more. You will receive a handout to take home. *For ages 9-13 yrs.*

Mon, Apr 4	3:30-5:15 pm	\$29/person
BW	Amy Timm	
Tue, Apr 5	4:10-5:55 pm	\$29/person
CI	Amy Timm	
Mon, Apr 11	3:30-5:15 pm	\$29/person
RL	Amy Timm	
Mon, Apr 18	4:10-5:55 pm	\$29/person
WVR	Amy Timm	
Tue, Apr 26	4:10-5:55 pm	\$29/person
RC	Amy Timm	
Tue, May 3	3:30-5:15 pm	\$29/person
FB	Amy Timm	

## 5 Benefits of Training For & Becoming a Babysitter

Kids can learn how to conduct themselves during the interview process for the job.

They learn how to communicate with various age groups and how to have fun with and support them.

Kids discover how to survey a new home and how to ask the family about special circumstances they should know before watching the child/ren.

They also learn how to give direction to others and to be confident when dealing with challenging issues like mealtime, bedtime, etc.

Kids can learn the value of earning money, a budget, and spending. They learn what it's like to participate in the economy for the first time.



## Camp ROCKS! Academic Adventures & Mini Camps

### Academic Adventures

Designed for current K-4th grade students who want to develop their academic skills, make friends and continue their love for learning. It's FUN! You'll be busy, actively learning with a focus on standards in reading, math, science and more. This is top-quality summer education is taught by the very best Osseo Area Schools teachers and support staff. You'll have computer time, reading & math lessons, science experiments, time to read, daily phy-ed and more.

### What's Included?

Breakfast and lunch, books to take home, on-site fun day, and a bus to and from camp if you live in or have a daycare address within the district boundaries. Our camp also provides nurse support as needed and able. All transportation is provided using only large buses.

### Additional Camp Information

- Enrollment is sent out in February to each school
- Camp dates: July 5-August 3, 2022 (22 days)
- 8:15 am-2:45 pm or 9:15 am-3:45 pm (depending on site)

Your transportation address determines the site you attend. You'll receive a postcard in early June with your program location and time. All sites offer the same types of activities and services. **Enrollment deadline is Wednesday, April 6, 2022.**

Community Education will work with elementary schools to identify students who qualify for Camp ROCKS! Academic Adventures based on academic, social and/or emotional needs. Families are encouraged to reach out to your child's classroom teacher during conferences, or at any time, if you feel your child may qualify. Watch for details coming in early February 2022.

### Camp ROCKS! Mini Enrichment Camps

Experience camps and enriching opportunities that enhance your child's summer experience. We offer classes designed for every type of learner from PreK-middle school. Camps are conveniently located at one summer site but are also offered at Kidstop sites during special weeks throughout the summer.

### Additional Camp Information

- Main camp site located at Cedar Island Elementary
- Catalog will be mailed out mid-March 2022
- Camps go online in early February
- Dates: June 21-August 11, 2022
- PreK camps are for children 3-6 yrs (must be potty trained)
- School age camps are for students K-8th grade



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



Phone (763) 391-7223

## Disney's Aristocats Kids

Based on the beloved Disney animated film, and featuring a jazzy, upbeat score, Disney's The Aristocats Kids is a non-stop thrill ride of feline fun, complete with unbelievable twists and turns. IN the hear of Paris, a kind and eccentric millionaires wills her entire estate to Duchess, her high-soceity cat, and her three little kittens. Laughs and adventure ensue as the greedy, bumbling butler pulls off the ultimate catnap caper. Now it's up to the rough-and-tumble alley cat, Thomas O'Malley, and his band of swinging jazz cats to the save the day. Articotats Kids is a great show for students who enjoy singing, dancing, and creating different characters. It's also a wonderful opportunity for any student who wants to work together to make something special. All students receive a part in the musical. Costumes provided, students need to provide base layer (details to come). Space is limited to 45 students. All students must be pre-registered to audition on the first day. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff to lead the musical (bunceperformingarts.com). \$159/person

### FERNBROOK ELEMENTARY - Grades 2-5

Tue-Thu, Jan 25-27, Feb 1-3, Feb 8-10 3:30-5:30 pm  
 Fri, Feb 11 - Tech Rehearsal 5-7 pm @ MGMS  
 Sat, Feb 12 - FREE Performance 2 pm @ MGMS

### OSSEO MIDDLE SCHOOL - Grades 6-8

Tue-Thu, Feb 15-17, Feb 22-24, Feb 28-Mar 3 (skip 3/2) 2:45-4:45 pm  
 Fri, Mar 11 - Tech Rehearsal 6-8 pm @ OSH  
 Sat, Mar 12 - FREE Performance 2 pm @ OSH



### Did You Know?

Musical theater can have many positive impacts on your child.

**Increases** creativity & academic achievement

**Builds** self-esteem

**Enhances** collaborative skills

**Improves** time management skills

**Teaches** patience

**Helps** mental well-being

Promotes empathy

## Disney's 101 Dalmatians KIDS with Stages Theater Company

Based on the classic animated film, Disney's 101 Dalmatians 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 also a great opportunity for any student who wants to work together to make something special! Auditions will be held the first day of rehearsals. There will be 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. \$199/person. Gr 3-5.

### BASSWOOD LOCATION - Tue & Thu

Mar 22, 24 3:30-5 pm  
 Apr 5, 7, 12, 14, 19, 21, 26, 28 3:30-5 pm  
 May 3, 5, 10, 12, 17 3:30-5 pm  
 May 16 (Tech Rehearsal) Time/PCSH  
 May 20 (Performance) 7 pm/PCSH  
 May 21 (Performance) 7 pm/PCSH

### ELM CREEK LOCATION - Mon & Wed

Jan 10, 12, 19, 24, 26 3:30-5 pm  
 Feb 2, 7, 9, 14, 16, 23, 28 3:30-5 pm  
 Mar 2, 7, 9 3:30-5 pm  
 Mar 10 (Tech Rehearsal) 5-7 pm/MGMS  
 Mar 11 (Performance) 7 pm/MGMS  
 Mar 12 (Performance) 7 pm/MGMS

### RUSH CREEK LOCATION - Mon & Wed

Mar 23 4:10-5:40 pm  
 Apr 4, 6, 11, 13, 18, 20, 25, 27 4:10-5:40 pm  
 May 4, 9, 11, 16, 18, 23 4:10-5:40 pm  
 May 24 (Tech Rehearsal) 4-6 pm/MGMS  
 May 26 (Performance) 7 pm/MGMS  
 May 27 (Performance) 7 pm/MGMS



Online osseo.ce.eleyo.com



Phone (763) 391-7223

**My7on7 Touch Football**

Welcome to the future of football! This co-ed, minimal contact (touch) league is for youth in K- 8th grade. Players will have the opportunity to focus on offensive and defensive skills during high repetition and fast pace games, while enjoying the sport of football in the spring. Dates: Sat, Apr 2 & Sun, Apr 3, 10, 24, May 1

- HOURS** Between 2 pm-7 pm (sessions will run 1-1.5 hrs)
- LOCATION** Maple Grove Senior High - Football Stadium
- GRADES** Kindergarten - \$55  
 1-8th - \$99/person (early bird rate thru Dec 31 at 11:59 pm)  
 1-8th - \$115/person (Jan 1-Mar 4, 2022)
- ENROLLMENT** Accepted after the deadline based on availability and a minimum \$50 late fee.
- EQUIPMENT** Soft shell helmets are required and are available for purchase or rent.
- VOLUNTEERS** Coaches are needed. For more information visit: [My7on7.com](http://My7on7.com) or email [info@my7on7.com](mailto:info@my7on7.com).

**ONE MORE STEP!**

Thanks for signing up for the My7on7 Passing League. Since Osseo Community Education is partnering with My7on7 to bring the league to our community, we will need you to provide some additional information via [my7on7.com](http://my7on7.com). During this process you will sign waivers, select t-shirt size, enter coach/team name (if you have a specific one), and purchase OR rent the mandatory soft shell helmet.

Please complete this step no later than Friday, March 4, 2022, or contact us to make other arrangements. Please visit the Northwest Metro 7on7 website to complete this step and find further details on the league.



## 2021-2022 Parent/Teacher Conferences Elementary Schools

### 279Online

<b>Tue., Oct. 12, 2021</b> 7:15-8:15 a.m. 3:30-8:00 p.m.	<b>Tue., Feb. 1, 2022</b> 7:15-8:15 a.m. 3:30-8:00 p.m.
<b>Tue., Oct. 19, 2021</b> 7:15-8:15 a.m. 3:30-8:00 p.m.	<b>Tue., Feb. 8, 2022</b> 7:15-8:15 a.m. 3:30-8:00 p.m.

### Basswood

<b>Thur., Oct. 14, 2021</b> 3:40-6:40 p.m.	<b>Thur., Feb. 10, 2022</b> 3:40-6:40 p.m.
<b>Mon., Oct. 18, 2021</b> 3:40-6:40 p.m.	<b>Tue., Feb. 15, 2022</b> 3:40-6:40 p.m.
<b>Tue., Oct. 19, 2021</b> 3:40-6:40 p.m.	<b>Thur., Feb. 17, 2022</b> 3:40-6:40 p.m.

### Birch Grove

<b>Tue., Oct. 12, 2021</b> 4:30-8:30 p.m.	<b>Tue., Feb. 8, 2022</b> 4:30-8:30 p.m.
<b>Thur., Oct. 14, 2021</b> 4:30-8:30 p.m.	<b>Thur., Feb. 10, 2022</b> 4:30-8:30 p.m.
<b>Mon., Oct. 18, 2021</b> 4:30-8:30 p.m.	<b>Mon., Feb. 14, 2022</b> 4:30-8:30 p.m.

### Cedar Island

<b>Mon., Oct. 11, 2021</b> 8:00-9:00 a.m.	<b>Mon., March 14, 2022</b> 8:00-9:00 a.m.
<b>Tue., Oct. 12, 2021</b> 4:30-8:30 p.m.	<b>Tue., March 15, 2022</b> 4:30-8:30 p.m.
<b>Thur., Oct. 14, 2021</b> 4:30-7:30 p.m.	<b>Thur., March 17, 2022</b> 4:30-7:30 p.m.
<b>Mon., Oct. 18, 2021</b> 4:30-7:30 p.m.	<b>Mon., March 21, 2022</b> 4:30-7:30 p.m.
<b>Wed., Oct. 20, 2021</b> 8:00-9:00 a.m.	<b>Wed., March 23, 2022</b> 8:00-9:00 a.m.

### Crest View

<b>Tue., Nov. 9, 2021</b> 7:45-8:30 a.m. 3:45-7:45 p.m.	<b>Tue., March 1, 2022</b> 7:45-8:30 a.m. 3:45-7:45 p.m.
<b>Thur., Nov. 11, 2021</b> 7:45-8:30 a.m. 3:45-7:45 p.m.	<b>Thur., March 3, 2022</b> 7:45-8:30 a.m. 3:45-7:45 p.m.
<b>Wed., Nov. 17, 2021</b> 7:45-8:30 a.m. 3:45-7:45 p.m.	<b>Wed., March 9, 2022</b> 7:45-8:30 a.m. 3:45-7:45 p.m.

### Edinbrook

<b>Tue., Oct. 12, 2021</b> 7:30-8:30 a.m.   3:30-7:00 p.m.	<b>Wed., Feb. 23, 2022</b> 7:30-8:30 a.m.
<b>Wed., Oct. 13, 2021</b> 7:30-8:30 a.m.	<b>Thur., Feb. 24, 2022</b> 7:30-8:30 a.m.   3:30-7:00 p.m.
<b>Fri., Oct. 15, 2021</b> 7:30-8:30 a.m.	<b>Fri., Feb. 25, 2022</b> 7:30-8:30 a.m.
<b>Mon., Oct. 18, 2021</b> 7:30-8:30 a.m.   3:30-7:00 p.m.	<b>Mon., Feb. 28, 2022</b> 7:30-8:30 a.m.   3:30-7:00 p.m.
<b>Wed., Oct. 20, 2021</b> 7:30-8:30 a.m.	<b>Tue., March 1, 2022</b> 7:30-8:30 a.m.

### Elm Creek

<b>Tue., Oct. 12, 2021</b> 7:50-8:30 a.m.   3:40-7:00 p.m.	<b>Wed., Feb. 16, 2022</b> 7:50-8:30 a.m.   3:40-7:00 p.m.
<b>Thur., Oct. 14, 2021</b> 7:50-8:30 a.m.   3:40-7:00 p.m.	<b>Tue., Feb. 22, 2022</b> 7:50-8:30 a.m.   3:40-7:00 p.m.
<b>Mon., Oct. 18, 2021</b> 7:50-8:30 a.m.   3:40-7:00 p.m.	<b>Thur., Feb. 24, 2022</b> 7:50-8:30 a.m.   3:40-7:00 p.m.

### Fair Oaks

<b>Thur., Oct. 7, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Tue., Feb. 8, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.
<b>Tue., Oct. 12, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Thur., Feb. 10, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.
<b>Thur., Oct. 14, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Tue., Feb. 15, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.

### Fernbrook

<b>Tue., Oct. 12, 2021</b> 3:30-7:30 p.m.	<b>Thur., Feb. 10, 2022</b> 3:30-7:30 p.m.
<b>Wed., Oct. 13, 2021</b> 3:30-7:30 p.m.	<b>Tue., Feb. 15, 2022</b> 3:30-7:30 p.m.
<b>Mon., Oct. 18, 2021</b> 3:30-7:30 p.m.	<b>Thur., Feb. 17, 2022</b> 3:30-7:30 p.m.

### Garden City

<b>Tue., Oct. 19, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Tue., Feb. 8, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.
<b>Tue., Oct. 26, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Thur., Feb. 10, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.
<b>Thur., Oct. 28, 2021</b> 8:00-9:00 a.m.   4:30-7:30 p.m.	<b>Wed., Feb. 16, 2022</b> 8:00-9:00 a.m.   4:30-7:30 p.m.

### Oak View

<b>Tue., Oct. 12, 2021</b> 8:00-9:00 a.m.   4:45-7:45 p.m.	<b>Tue., Feb. 8, 2022</b> 8:00-9:00 a.m.   4:45-7:45 p.m.
<b>Thur., Oct. 14, 2021</b> 8:00-9:00 a.m.   4:45-7:45 p.m.	<b>Thur., Feb. 10, 2022</b> 8:00-9:00 a.m.   4:45-7:45 p.m.
<b>Tue., Oct. 19, 2021</b> 8:00-9:00 a.m.   4:45-7:45 p.m.	<b>Tue., Feb. 15, 2022</b> 8:00-9:00 a.m.   4:45-7:45 p.m.

### Palmer Lake

<b>Tue., Oct. 12, 2021</b> 3:30-7:30 p.m.	<b>Tue., Jan. 18, 2022</b> 3:30-7:30 p.m.
<b>Thur., Oct. 14, 2021</b> 3:30-7:30 p.m.	<b>Thur., Jan. 20, 2022</b> 3:30-7:30 p.m.
<b>Mon., Oct. 18, 2021</b> 3:30-7:30 p.m.	<b>Wed., Jan. 26, 2022</b> 3:30-7:30 p.m.

### Park Brook

<b>Mon., Sep. 20, 2021</b> 3:45-7:45 p.m.	<b>Mon., Feb. 7, 2022</b> 3:45-7:45 p.m.
<b>Thur., Sep. 23, 2021</b> 3:45-7:45 p.m.	<b>Thur., Feb. 3, 2022</b> 3:45-7:45 p.m.
<b>Tue., Sep. 28, 2021</b> 3:45-7:45 p.m.	<b>Wed., Feb. 9, 2022</b> 3:45-7:45 p.m.

### Rice Lake

<b>Wed., Nov. 3, 2021</b> 3:40-7:40 p.m.	<b>Tue., Feb. 15, 2022</b> 3:40-7:40 p.m.
<b>Tue., Nov. 9, 2021</b> 3:40-7:40 p.m.	<b>Thu., Feb. 17, 2022</b> 3:40-7:40 p.m.
<b>Thur., Nov. 11, 2021</b> 3:40-7:40 p.m.	<b>Wed., Feb. 23, 2022</b> 3:40-7:40 p.m.

### Rush Creek

<b>Tue., Oct. 12, 2021</b> 8:00-9:00 a.m. 4:20-7:20 p.m.	<b>Wed., Feb. 9, 2022</b> 8:00-9:00 a.m. 4:40-7:40 p.m.
<b>Thur., Oct. 14, 2021</b> 8:00-9:00 a.m. 4:20-7:20 p.m.	<b>Tue., Feb. 15, 2022</b> 8:00-9:00 a.m. 4:40-7:40 p.m.
<b>Tue., Oct. 19, 2021</b> 8:00-9:00 a.m. 4:20-7:20 p.m.	<b>Thur., Feb. 17, 2022</b> 8:00-9:00 a.m. 4:40-7:40 p.m.

### Weaver Lake

<b>Tue., Oct. 12, 2021</b> 7:50-9:00 a.m. 4:30-7:30 p.m.	<b>Tue., March 1, 2022</b> 7:50-9:00 a.m. 4:30-7:30 p.m.
<b>Thur., Oct. 14, 2021</b> 7:50-9:00 a.m. 4:30-7:30 p.m.	<b>Thur., March 3, 2022</b> 7:50-9:00 a.m. 4:30-7:30 p.m.
<b>Tue., Oct. 19, 2021</b> 7:50-9:00 a.m. 4:30-6:30 p.m.	<b>Tue., March 8, 2022</b> 7:50-9:00 a.m. 4:30-6:30 p.m.

### Woodland

<b>Tue., Oct. 12, 2021</b> 8:00-9:00 a.m. 4:30-7:30 p.m.	<b>Tue., Jan. 25, 2022</b> 8:00-9:00 a.m. 4:30-7:30 p.m.
<b>Thur., Oct. 14, 2021</b> 8:00-9:00 a.m. 4:30-7:30 p.m.	<b>Thur., Jan. 27, 2022</b> 8:00-9:00 a.m. 4:30-7:30 p.m.
<b>Mon., Oct. 18, 2021</b> 8:00-9:00 a.m. 4:30-7:30 p.m.	<b>Wed., Feb. 2, 2022</b> 8:00-9:00 a.m. 4:30-7:30 p.m.

### Zanewood

<b>Tue., Oct. 5, 2021</b> 8:00-9:00 a.m. 4:30-6:30 p.m.	<b>Tue., Feb. 22, 2022</b> 8:00-9:00 a.m. 4:30-6:30 p.m.
<b>Thur., Oct. 7, 2021</b> 8:00-9:00 a.m. 4:30-6:30 p.m.	<b>Thu., Feb. 24, 2022</b> 8:00-9:00 a.m. 4:30-6:30 p.m.
<b>Mon., Oct. 11, 2021</b> 8:00-9:00 a.m. 4:30-6:30 p.m.	<b>Mon., Feb. 28, 2022</b> 8:00-9:00 a.m. 4:30-6:30 p.m.

# 2021-22 SCHOOL CALENDAR

**ISD 279 - OSSEO AREA SCHOOLS**  
**11200 93rd Avenue North**  
**Maple Grove, MN 55369**  
**Ph: (763) 391-7000 Fx: (763) 391-7070**  
**district279.org**

## AUGUST

(23)	(24)	(25)	(26)	X
(30)	(31)			

## SEPTEMBER

		(1)	(2)	X
X	X	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

## OCTOBER

				1
(4)	5	6	7	8
11	12	13	14	15
18	19	20	(21)	(22)
25	26	27	28	29

## NOVEMBER

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	X	X
29	30			

## DECEMBER

		1	2	3
(6)	7	8	9	10
13	14	15	16	17
20	21	22	X	X
X	X	X	X	X

## JANUARY

3	4	5	6	7
10	11	12	13	14
X	18	19	20	21
24	25	26	27	28
(31)				

## FEBRUARY

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
(21)	22	23	24	25
28				

## MARCH

	1	2	3	4
7	8	9	10	(11)
14	15	16	17	18
21	22	23	24	25
X	X	X	X	

## APRIL

				X
4	5	6	7	8
11	12	13	14	(15)
18	19	20	21	22
25	26	27	28	29

## MAY

(2)	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
X	31			

## JUNE

		1	2	3
6	7	8	9	(10)
13	14	15	16	17

Tri I ...Sept. 8 -Dec 3 . . . . .58 days  
 Tri II . Dec. 7-March 10 . . . . .58 days  
 Tri III March 14-June 9. . . . .56 days  
 Spring Break - Mar 28-April 1

August 23-26 . . . . New Licensed Staff Workshop  
 Aug. 30-Sept. 2 . . . Licensed Staff Workshop  
 September 6 . . . . Labor Day (No School)  
 September 7 . . . . No School  
**September 8 . . . . First Day of School for Students**  
 October 4 . . . . . Licensed Staff Workshop  
 (No Regular Classes Scheduled for Students)  
 October 21- 22.....Conference Release Days for Pre-K-12  
 (No School for Students)  
 November 25-26 . . Thanksgiving Holiday (No School)  
 December 6 . . . . . Mark Reporting for Pre K-12  
 (No Regular Classes Scheduled for Students)  
 December 7 . . . . . Tri II Begins  
 December 22 . . . . Last Day of School Before Winter Break  
 January 3 . . . . . First Day of School After Winter Break  
 January 17 . . . . . Martin Luther King Jr. Day (No School)  
 January 31 . . . . . Licensed Staff Workshop  
 (No Regular Classes Scheduled for Students)  
 February 21 . . . . . Conference Release Days for Pre-K-12  
 (No School for Students)  
 March 11 . . . . . Mark Reporting for Pre K-12  
 (No Regular Classes Scheduled for Students)  
 March 14 . . . . . Tri III Begins  
 March 25. . . . . Last Day of School Before Spring Break  
 April 4 . . . . . First Day of School After Spring Break  
 April 15. . . . . Conference Release Days for Pre K-12  
 (No School for Students)  
 May 2 . . . . . Licensed Staff Workshop  
 (No Regular Classes Scheduled for Students)  
 May 30 . . . . . Memorial Day (No School)  
 June 9 . . . . . Last Day of School for Pre K-11 Students  
 June 10 . . . . . Mark Reporting for Pre K-12  
 (No Regular Classes Scheduled for Students)  
 June 12 . . . . . Commencement

- X - No school for students and licensed staff
- - No regular classes scheduled for students
- △ - Conference Release Days

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

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