

WINTER/SPRING 2023



Roseville Area Schools

# COMMUNITY EDUCATION

*Quality Teaching & Learning for All... Equity in All We Do*



To register for adult or youth enrichment classes:

- 1) Visit [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com) to register online
- 2) Call us at 651.604.3770 to register by phone
- 3) Or scan this QR code with your phone!

Get started today. A lifetime of learning is waiting for you!

## CONTACT US!

**Roseville Community Education**  
1910 County Rd B W  
Roseville, MN 55113

[www.isd623.org/CommunityEd](http://www.isd623.org/CommunityEd)  
Main Phone: 651-604-3500

**Adult Enrichment**  
651.604.3770

**Aquatics**  
651.604.3770

**Early Childhood Family Education (ECFE)**  
651.487.4378

**Early Childhood Screening**  
651.487.4378

**Facility Use**  
651.604.3510

**Pre-K**  
651.604.3578

**Roseville Adult Learning Center (RALC)**  
651.604.3553

**School Age Care**  
651.604.3505

**Senior Program**  
651.604.3520

**Targeted Services**  
651.604.3508

**Youth Enrichment**  
651.604.3770

## LOCATIONS & KEY

**Anpétu Téça Education Center (ATEC)**  
1910 County Road B West  
Roseville, MN 55113

**Brimhall Elementary (BH)**  
1744 County Road B West  
Roseville, MN 55113

**Central Park Elementary (CP)**  
535 County Road B2 West  
Roseville, MN 55113

**Edgerton Elementary (EDG)**  
1929 Edgerton St  
Maplewood, MN 55117

**Emmet D. Williams Elementary (EDW)**  
955 County Road D West  
Shoreview, MN 55126

**Falcon Heights Elementary (FH)**  
1393 Garden Ave West  
Falcon Heights, MN 55113

**Harambee Elementary (HAR)**  
30 County Road B East  
Maplewood, MN 55117

**Little Canada Elementary (LC)**  
400 Eli Road  
Little Canada, MN 55117

**Parkview Center School (PCS)**  
701 County Road B West  
Roseville, MN 55113

**Roseville Area Middle School (RAMS)**  
15 County Road B2 East  
Little Canada, MN 55117

**Roseville Area High School (RAHS)**  
1240 County Road B2 West  
Roseville, MN 55113

**District Center (DC)**  
1251 County Road B2 West  
Roseville, MN 55113

**Stone Arch Glass Studio**  
316 Buchanan St NE  
Minneapolis, MN 55413

## OUR MISSION

Our mission at Roseville Community Education is to engage our ever-changing communities and partners in developing meaningful services, quality programs and lifelong learning opportunities for all!

## FACILITY USE

The Facilities Use Program coordinates the rental and schedule of all available district facilities for community activities. Requests are prioritized by category and coordinated with the schools to avoid interfering with district programs. For more information, call 651.604.3510

## NO PITCH GUARANTEE

Community Education works with a wide variety of professionals to generate interest and share knowledge, but does not promote or recommend any specific business, service, or product. While an instructor(s) may make information available about their business, service, or product, it will not be required in or beyond the class.

**Follow Roseville Area Schools Community Education on social media for fun updates and opportunities!**



**Facebook**  
[@CommunityEd](https://www.facebook.com/CommunityEd)



**Instagram**  
[@Roseville\\_CommunityEd](https://www.instagram.com/Roseville_CommunityEd)

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**Come get a fresh meal!  
All are welcome!**

**Monday-Friday, 11AM-12:15PM**

**1910 County Rd B W, Roseville  
651.604.3518**

**Monthly menus available online at  
[isd623.org/CommunityEd](http://isd623.org/CommunityEd)**

**Full Meal Deal: \$5.00 | Entrée Only: \$3.50**



# Have an idea? Want to teach a class?

**Share your knowledge and skills with youth and/or  
adults in our community!**

**For more information, visit us at [isd623.org/CommunityEd](http://isd623.org/CommunityEd)  
or email [Jennifer.Kostecki@isd623.org](mailto:Jennifer.Kostecki@isd623.org)**



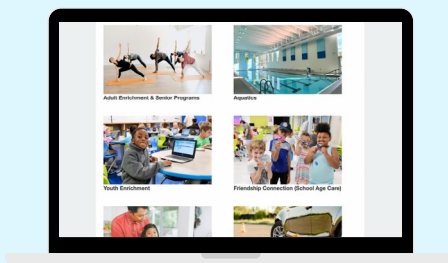
# REGISTER TODAY!

Scan here to see all class options and register!



You can also register at  
**isd623.ce.eleyo.com**  
or call **651.604.3770**

We're excited for  
you to join us!



## Community Education Office

The Roseville Community Education office is open Monday–Friday from 7:30am–4:00pm at 1910 County Rd B W in Roseville. Call 651.604.3770 during business hours to register by phone, or stop by our front desk!

## Register Early!

Registrations are on a first-come basis. Sessions will be canceled the week prior to the start date if sufficient enrollment is not received. Help us avoid the disappointment of a class cancellation by registering early!

## Class Confirmation

Assume you are in the class you registered for unless you hear from us. You will receive a confirmation email if you registered online or if you provided your email address on your registration form.

## Cancellation Policy

You will receive a phone call and/or email notification if Community Education cancels a class along with a full refund. If you need to cancel a class, in order to receive a refund, you must notify us one week prior to the start of class. We will issue a refund minus a \$5 service charge. Weather-related cancellations will be announced on local TV stations. If Roseville Area Schools are closed, all enrichment classes and activities are canceled for the day. Refunds are not issued for classes canceled due to weather.

## How to Join Online Classes

Many classes will be offered through Zoom, or another online video conferencing program. Prior to the class, you will be emailed a link to attend the class through your computer, tablet or smartphone.

## UCare MN

UCare MN members may take a discount of up to \$15 per year. Members must be on UCare at the time of registration and need to include their member ID number on the registration. Some limitations may apply.





## TRY THIS!

### Backyard Maple Syruping

Do you know how many gallons of sap it takes to make a gallon of pure maple syrup? Only Mother Nature can answer that question - but Amy Perkins of the Come On Over Sugar Bush can share her experiences setting up and running her own backyard maple syruping operation! This two-part class includes a two-hour session to learn the basics of making your own maple syrup, and a backyard visit to see Amy's evaporator operation in full swing (small group visits of 1- 1.5 hours). Note: Date of session two may be adjusted due to weather and sap flow

Wednesday • Jan 11 • 6:30-8:30PM (Basics)  
 Sunday • Mar 19 • 10AM-12PM (Backyard visit)  
 Instructor: Amy Elizabeth Perkins  
[Class ID # 2004 • ATEC • \\$29](#)

### Asian Favorites

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables and the secret sauce. Classic pork chow mein follows served with crispy egg noodles and egg foo young made with both chicken and shrimp!

Wednesday • Feb 1 • 6-9PM  
 Instructor: Jeff Sandino  
[Class ID # 2040 • \\$55 • RAHS](#)

### Air Fryer & Instant Pot Inspiration!

Instructor: Kirsten Madaus

#### Instant Pot Basic Series

Thursdays • Feb 2 - 23 • 6:30-8PM

▶ [Online Class ID # 2007 • \\$99](#)

#### Instant Pot Noodle Soups

Thursday • Mar 2 • 6:30-8PM

▶ [Online Class ID # 2006-1 • \\$29](#)

#### Air Fryer Veggies

Thursday • Apr 13 • 6:30-8PM

▶ [Online Class ID # 2006 • \\$29](#)

#### Breakfast Meal Prep

Thursday • Jan 26 • 6:30-8PM

▶ [Online Class ID # 1180 • \\$29](#)

### Tantalizing Thai Cuisine

You'll begin by preparing Vietnamese summer rolls served with both hoisin and peanut sauce. Vietnamese spring rolls follow with pork, shrimp, and glass noodles stuffed in rice paper and fried to a golden brown, served with the classic nuoc cham dipping sauce. Next, 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.

Wednesday • Apr 26 • 6-9PM

Instructor: Jeff Sandino

[Class ID # 2049 • \\$55 • RAHS](#)

### Appetizers - Quick, Easy, and Enticing

We'll create more than 20 appetizers that require less than 20 minutes from start to finish! You can serve these appetizers as a first course or a snack for family and friends. You could even create a complete buffet! Our selections will include recipes for spreads, hearty appetizers, dips, dippers, nibbles, hot appetizers, and more. Enjoy your creations during the class, or take your samples home.

Friday • Jan 20 • 6-9PM

Instructor: Laurel Severson

[Class ID # 1122 • \\$59 • RAHS](#)

All cooking classes are now held in the NEW instructional cooking classroom at Roseville Area High School! Register for a class and check out the new space!

### Czech Kolaches

Kolaches are one of Czechoslovakia's national pastries. Immigrants brought their passion (and recipes) for kolaches to the Midwest as early as the 1860's. Kolaches are egg-rich, slightly sweet yeast dough that are filled with fruit mixtures such as apricot, cottage cheese, prunes or poppy seeds; they can be shaped into small rounds, square "tied packages" or filled turnovers. Make variations in class and taste samples! Leave with many recipes and tips to master these Old World delicacies. Bring a container to take home an assortment to share or freeze.

Saturday • Feb 18 • 9AM-1PM

Instructor: Laurel Severson

[Class ID # 1113 • \\$59 • RAHS](#)



Click on  
a class to  
register  
online!

### Chicken en Croûte

Begin with a Caesar salad using fresh baked croutons, Romano cheese and sweet cherry tomatoes. Assemble the entree wrapping tender breast of chicken in flaky puff pastry with shallots and portobello mushrooms. Prepare an amazing sauce using sweet port wine. Sides will include asparagus with olive oil and fresh squeezed lemon along with a delicious Jasmine rice blend using toasted almonds and dried cranberries. Finish with chocolate decadence, a rich flourless chocolate torte served with an exquisite raspberry sauce!

Wednesday • Mar 1 • 6-9PM

Instructor: Jeff Sandino

[Class ID # 2021 • \\$55 • RAHS](#)

### Irish Dinner

Get the scoop on Irish food plus historical notes on St. Patrick's Day, and then swing into an extensive menu of terrific Irish fare. Smoked Fish Paté as an appetizer, Beef Braised in Guinness plus Beer-Braised Pork Tenderloin for main dishes. From the humble potato comes the famous Colcannon (Mashed Potatoes with Cabbage) and a delicious Cabbage with Bacon. Who doesn't adore homemade Irish Soda Bread? Wrap up your meal with splendid Jam Cake.

Friday • Mar 10 • 6-9PM

Instructor: Laurel Severson

[Class ID # 1108 • \\$59 • RAHS](#)

### Spring Macarons

Macarons are beautiful and so fun to make! Learn some simple tricks to make the process easy. Students will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies! Note: \$13 supply fee payable to the instructor the day of class.

Monday • March 20 • 6-9PM

Instructor: Nancy Burgeson

[Class ID # 2036-1 • \\$35 • RAHS](#)

### Herb Gardening

Get to know some of the herbs commonly used in cooking and learn how to harness those flavors year-round.

Monday • May 15 • 6:30-7:30PM

Instructor: Ramsey County Master Gardeners

▶ [Online Class ID # 2002 • \\$19](#)

### Traditional Italian Cuisine

Enjoy the marvelous flavors of traditional Italian cuisine starting with "Panzanella", a toasted bread salad with refreshing summer vegetables in a light vinaigrette. Prepare "chicken saltimbocca" using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You'll make potato gnocchi (Italian dumplings) and toss them in a medley of sauces, including basil pesto, marinara and brown butter with sage and walnuts. We'll finish with "Cannoli", fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios.

Wednesday • Mar 29 • 6-9PM

Instructor: Jeff Sandino

[Class ID # 1161 • \\$55 • RAHS](#)

### Art of Sushi

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing the coveted sushi rice then you'll learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, and ahi tuna. You'll then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options and accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.

Wednesday • May 24 • 6-9PM

Instructor: Jeff Sandino

[Class ID # 2050 • \\$55 • RAHS](#)



### Breakfast and Brunch

We'll begin with the Basic Cheese Soufflé, Easy Eggs Benedict Casserole, Cheese Strata, Italian Frittata with Zucchini, a Japanese-style Puffy Baked Pancake (traditionally served with lemon and confectioner's sugar), Quiche Lorraine, and the Greek Spanakopeta (Spinach Pie). Round out your class with accompaniments, which include: a Biscotti-like Anise Toast, Crunchy Bran-Corn Bread, traditional Cream Scones, Quick "Dropped Biscuit Scone Muffins", and a beautiful Pineapple Boat filled with assorted fresh fruits. And for drinks, a Strawberry Fruit Smoothie, plus the recipe for fresh Tangerine or Orange Mimosas. All lovely in appearance, but even better in taste!

Friday • March 31 • 6-9PM

Instructor: Laurel Severson

[Class ID # 1144 • \\$59 • RAHS](#)



## Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
- 3) Or scan this QR code!



## All About Seeds

Seeds are the foundation of a garden. This class is all about seeds and you will learn about choosing seeds, growing seeds, and saving seeds.

Saturday • Jan 28 • 10-11AM

Instructor: Ramsey County Master Gardeners

▶ [Online Class ID # 3503](#) • \$19

## Spring Into Summer

Learn about how to wake up your garden in this class, which provides information about what to do for your garden and landscape between March and August.

Saturday • Feb 11 • 10-11:30AM

Instructor: Ramsey County Master Gardeners

▶ [Online Class ID # 3064](#) • \$19

## Photo Organization - Print and Digital

Imagine, all your photos organized & being able to find any photo in seconds! Learn about scanning old media; slides, photos, movies etc. We will explore cloud organization systems for your photos as well as editing and repairing old movies and damaged photos. By the end of this class you will have a plan for a system in place so you can find any photo instantly!

Instructor: Kathy Povolny

Wednesday • Mar 8 • 6:30-8:30PM

[Class ID # 3505-1](#) • \$19 • ATEC

Monday • May 22 • 6:30-8:30PM

[Class ID # 3505-2](#) • \$19 • ATEC

## Pruning Trees and Shrubs

Woody plants like trees, shrubs, and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants.

Monday • Mar 20 • 6:30-7:30PM

Instructor: Ramsey County Master Gardeners

▶ [Online Class ID # 3502](#) • \$19

## Home Composting

Learn the basics and benefits of home composting, how to recycle kitchen waste, grow healthier plants, and create a more sustainable garden!

Saturday • Apr 15 • 10-11AM

Instructor: Ramsey County Master Gardeners

▶ [Online Class ID # 3516](#) • \$19

## POPULAR WITH SENIORS!

### Should I Stay or Should I Go?

Discuss lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks or should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Tuesday • Feb 7 • 9-10:30AM

Instructor: Vaughn Kavlie

[Class ID # S3521](#) • ATEC • \$15 Per Couple

### Plan Your Move

Take this senior housing workshop to learn about getting your home ready to sell and get you inspired for your next steps!

Instructor: Renee Miller

Thursday • Feb 2 • 9:30-10:30AM

[Class ID # S3535-1](#) • ATEC • \$15 Per Couple

Thursday • May 4 • 9:30-10:30AM

[Class ID # S3535-2](#) • ATEC • \$15 Per Couple

### Basic Home Repair - Plumbing

We will review the plumbing system, discuss all types of plastic and metal pipe and where used. You will take apart different types of faucets, replace pop-up drain assembly, and discuss the internal working parts of a toilet. You will be able to cut and glue plastic pipe and solder copper pipe and fittings.

Saturday • Apr 1 • 12:30-3PM

Instructor: Tod Novinska

[Class ID # 3550](#) • ATEC • \$59

### Basic Home Repair - Electrical

Attend this hands-on electrical class for beginners. Learn about different wire gauge, and a wire circuit including single pole and 3-way switches, outlet and light fixture. You will learn how to use testing tools, repair extension cords, and review procedures to rewire a lamp.

Saturday • Apr 1 • 9-11:30AM

Instructor: Tod Novinska

[Class ID # 3551](#) • ATEC • \$59







### "2-Left Feet" Social Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or is that true for someone you know? Learn fun moves and simple tips from a pro to ease you into dancing. A little bit of Swing, a touch of Foxtrot, a smattering of Waltz, a tweak of Rumba, and a jazzed up "high school prom Swing & Sway" are all it takes to get you on the dance floor!

Tuesday • May 2 • 7-9PM

Instructor: Monica Mohn

[Class ID # 2550](#) • \$49/couple • RAMS



### Ballroom Dance

Tired of watching? This course is for you! In just four sessions you'll experience the thrill of four classic ballroom dances! By the last week you'll find yourself whirling with the Waltz, rotating to the Rumba, floating through the Foxtrot, and tantalizing your partner with the Tango! With the expert guidance of three-time ballroom dance champion Monica Mohn, you'll be dancing before you know it. Couples only please.

Wednesdays • Mar 1 - 29 • 6-7PM

Instructor: Monica Mohn

[Class ID # 2551](#) • \$69/couple • RAMS

### Line Dance - Grease "You're the One that I Want" - A Tribute to Olivia Newton John

Spend the night moving and grooving to this iconic song; a great tune and fun moves! Be prepared for a fabulous night! No partner required.

Wednesday • Mar 22 • 7-8PM

Instructor: Monica Mohn

[Class ID # 2553](#) • \$19 • RAMS

### Party Line Dance

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

Tuesday • May 2 • 6-7PM

Instructor: Monica Mohn

[Class ID # 2554](#) • \$19 • RAMS

### Swing Dance Workshop

One day! One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Monica Mohn uses her competitive dance experience to make the swing easy, with patterns you can use for years to come. Couples only please.

Wednesday • Mar 8 • 7-9PM

Instructor: Monica Mohn

[Class ID # 2505](#) • \$49 • RAMS

# FREE FAMILY MOVIE NIGHT!

**ON THE BIG SCREEN AT ANPÉTU TÉČA EDUCATION CENTER**

**Friday, February 3rd, 2023**

Doors Open 6:45pm | Movie Starts 7:15pm

1910 County Rd B W, Roseville

Please bring your own chairs!

Concessions will be sold (cash only)



**Scan this QR code to RSVP and vote for which movie will be shown!**



Click on  
a class to  
register  
online!

## WATERCOLOR PAINTING!

### Beginner I

Instructor: Kevin Kroeber

Explore the wonder of watercolor painting by learning fundamentals and techniques of this exciting medium. This course is intended for the novice to beginner; you do not need prior experience to enroll in this class. There will be a set curriculum to help you understand and feel comfortable as you discover your artistic journey using watercolors. This 5 session course will begin with a few painting exercises and finish with two completed paintings.

Thursdays, Jan 19 - Feb 16 • 3-5PM

[Class ID # 1017-1](#) • \$95 • ATEC

Thursdays, Mar 30 - May 4 • 6-8PM

[Class ID # 1017-2](#) • \$95 • ATEC

No class 4/6

### Beginner II

Instructor: Kevin Kroeber

In this class, you will continue with beginning watercolor exercises that were learned in the Beginner I class. Complete 3-4 paintings. Open to any student who has taken the first beginning class and anyone who has a general knowledge of watercolor painting.

Thursdays, Jan 19 - Feb 16 • 6-8PM

[Class ID # 1026-1](#) • \$95 • ATEC

### Intermediate

Instructor: Mary Degen-Hefelfinger

If you have some experience with watercolor, join this class to develop your skills! You will learn techniques, see demonstrations, receive guided instruction, and participate in a class critique. Work on a different topic each week!

Mondays, Jan 23 - Mar 13 • 3-5PM

[Class ID # 1018-1](#) • \$139 • ATEC

Mondays, Jan 23 - Mar 13 • 6-8PM

[Class ID # 1018-2](#) • \$139 • ATEC

Mondays, Mar 27 - May 15 • 3-5PM

[Class ID # 1018-3](#) • \$139 • ATEC

Mondays, Mar 27 - May 15 • 6-8PM

[Class ID # 1018-4](#) • \$139 • ATEC

### Indoor Succulent Gardens

Instructor: Caponi Art Park

Large spirals built into the Great Salt Lake and an entire crater worked into an observatory, the Earthworks movement has left its mark on the Southwest. We will embody this spirit, but on a scale fit for your coffee table. Using repurposed materials and beautiful small succulents, we will explore the history of Earthworks, and elements of art and landscape design to create succulent gardens that bring joy and life into your home!

Wednesday • Jan 18 • 6:30-9PM

[Class ID # 1081-1](#) • \$45 • ATEC

Wednesday • Apr 12 • 6:30-9PM

[Class ID # 1081-2](#) • \$45 • ATEC



### Ceramic Fairy Door

Instructor: Maegan M.L. Goedken

Come build your very own ceramic fairy door! We use imagination and clay to create one or more fairy doors to display as you please. Come only with your apron and imagination; clay, underglaze and tools will be provided for an evening of clayworks and fun. Pots and Whatnots will fire your pieces in their kiln and you will pick up when complete.

Wednesday • Mar 22 • 6-8PM

[Class ID # 1038-1](#) • \$55 • ATEC

Wednesday • Apr 19 • 6-8PM

[Class ID # 1038-2](#) • \$55 • ATEC



### Introduction to Glassblowing

Instructor: Stone Arch Glass Studio

This class is great for beginners with or without any experience! Learn safety fundamentals, tool and torch usage, solid rod welding and gathering, color application, shaping, and more. Create small trinkets, marbles, paper weights, plant rods, or anything else that can be thought of with the skills learned!

Thursday • Jan 26 • 5-7PM

[Class ID # 1025-1](#) • \$39 • Stone Arch Glass Studio

Friday • Mar 3 • 5-7PM

[Class ID # 1025-2](#) • \$39 • Stone Arch Glass Studio





Click on  
a class to  
register  
online!

### Spring Basket

Embrace spring and learn to weave this charming basket that is perfect as a centerpiece, hot cross buns or an heirloom basket for egg hunts! Woven using both natural and dyed wood, there will various color choices. Receive instructions to create your basket measuring approximately 12 in. x 7 in. x 7 in. Supply fee of \$27 and an optional swinging wooden handle for \$7 payable to the instructor in class.

Tuesday • Mar 29 • 6-9PM  
Instructor: Ellie Lida  
[Class ID #1067](#) • \$35 • ATEC

### Register Today!

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- 3) Or scan this QR code!



### Pottery - Wheel Throwing

Learn the basics of creating pottery on the wheel! Create cylinders, bowls, vases, and platters. Supply fee of \$20 payable to the instructor.

Tuesdays • Jan 17 - Mar 21 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055-1 Wheel](#) • \$189 • RAHS  
No class 3/14

Tuesdays • Mar 28 - May 30 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055-2 Wheel](#) • \$189 • RAHS  
No class 5/23

### Pottery - Hand Building

Learn the basics of creating pottery and sculpture! Create cylinders, bowls, vases, and platters. Use molds, coils, paper patterns, and slabs to build forms. Supply fee of \$20 payable to instructor.

Tuesdays • Jan 17 - Mar 21 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055-1 Hand Building](#) • \$189 • RAHS  
No class 3/14

Tuesdays • Mar 28 - May 30 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055-2 Hand Building](#) • \$189 • RAHS  
No class 5/23

### Birch Tree Resist Paintings

Learn how to paint the perfect woodland scene, featuring birch trees and accompanying leaves, using a few simple techniques and materials! You will be guided, step-by step, through the painting process and be introduced to the art terms and techniques related to this project. Friends and family will be impressed by everything you learn and create in this one-time nature-themed workshop!

Wednesday • Feb 8 • 6:30-9PM  
Instructor: Caponi Art Park  
[Class ID #1082](#) • \$29 • ATEC



### Glass Mosaic Table or Sign

Glass mosaic sounds like a fancy, difficult art form - however in this class, you will learn how it can be fun and easy while creating a table top or sign! Look through the idea book, browse the patterns and stencils, and choose from dozens of colors of pre-cut glass. The first night is for designing your project and gluing the glass. You will have some homework. The second night is for grouting and learning about supplies and mosaic. Sign ideas include Welcome, house number, last name, state of MN. Tables are 16"x16" and 16" tall. Signs vary in size. Supply fee of \$16-40 (signs) and \$65 (table) payable to instructor.

Wednesdays • May 3 & 10 • 6-9PM  
Instructor: Lindsey Guetter  
[Class ID #1062](#) • \$49 • ATEC

### Felted Vases, Vessels, and Bowls

Learn the fascinating art of seamless 3D wet felting! Using wool and a variety of natural fibers, felt a small vessel to hold trinkets, chocolates or brighten up any shelf. Choose bright or natural colors, then "sculpt" your vessel into any shape from organic to contemporary. You can even make it reversible! We'll be working with water, so dress for mess and bring a lunch or snack, three hand towels, an old bath towel, sharp scissors, and a plastic bag to for wet items. Materials fee of \$25, payable to the instructor, includes all fibers and supplies. Please note: physical stamina is needed for felting.

Saturday • Feb 11 • 10AM-3:30PM  
Instructor: Leslie Granbeck  
[Class ID #1012](#) • \$49 • ATEC





## SEW WITH MARY PASS!

### Introduction to Sewing

Learn how to thread your sewing machine, how to read a pattern, sewing terms and equipment, and basic sewing techniques to sew a tote bag in class. Perfect for those with little or no sewing experience! Some supplies are needed for this class, including a sewing machine.

Wednesdays • Jan 25 - Feb 8 • 6:30-8:30PM  
[Class ID #1020](#) • \$55 • ATEC

### Beginning Apparel Sewing

Build on your sewing skills and learn how to read and use a pattern to create a garment of your choice in class! Classes consist of group instruction and demonstrations to further explore terms, techniques, and materials as well as time to work on your own project with instructor guidance. Week 1, bring sewing machine and basic supplies. Week 2, students will meet at a local fabric store. Week 3-6, bring sewing machine, supplies, and project materials. Students should be comfortable threading and using their sewing machine.

Wednesdays • 2/22 - 3/29 • 6:30-8:30PM  
[Class ID #1021](#) • \$75 • ATEC

### Continued Apparel Sewing

Develop your sewing skills and use a pattern to create a garment of your choice in class. Students who have completed Beginning Apparel Sewing or have previous sewing experience will receive support and guidance with their project while learning additional techniques, methods, and tips.

Wednesdays • 4/12 - 5/17 • 6:30-8:30PM  
[Class ID #1039](#) • \$75 • ATEC

### Organic Wire Sculptures

Taking inspiration from the natural surroundings or images of plants and wildlife, participants will create their own 3D wire form by bending and shaping metal wire! Finished projects will consist of 3D shaped wire mounted on a base, culminating in a uniquely organic sculpture you will be proud to share with your family and friends.

Wednesday • Mar 1 • 6:30-9PM  
 Instructor: Caponi Art Park  
[Class ID #1083](#) • \$29 • ATEC

### Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
- 3) Or scan this QR code!



### Hand-Made Cards

We will be making 25 hand-stamped All Occasion cards (5 cards of 5 designs)! Designs may include birthday, thank you, sympathy or blank. Included with the class will be all materials to make 25 cards, plus envelopes. Tools, stamps and ink are provided for you! Bring your own adhesive/glue, or some will be available for you to purchase the night of class.

Wednesday • Feb 15 • 6-9PM  
 Instructor: Elizabeth Hawley  
[Class ID #1002-1](#) • \$39 • ATEC

Wednesday • May 24 • 6-9PM  
 Instructor: Elizabeth Hawley  
[Class ID #1002-2](#) • \$39 • ATEC

## JOIN THE

## ROSEVILLE COMMUNITY EDUCATION ADVISORY COUNCIL!

We are looking for people who participate in our programs, are key stakeholders, or have a strong interest in Community Education to provide insight, input and guidance for our programs! Meet 4 times per year – a light dinner is provided. **Upcoming meetings: January 3, March 28, & May 2, 2023 from 5:30-7pm at Anpétu Téča Education Center.**

Interested in joining? Scan this QR code to fill out a short application!



Questions? Contact Jenni Kostecki at [jennifer.kostecki@isd623.org](mailto:jennifer.kostecki@isd623.org)



## Medicare

Instructor: Greg De Keuster

Topics will include Parts A, B, C & D of Medicare, application process, estimated costs, supplements, MAPD, and the right time to sign up. This is an ideal course for people that are turning 65 or over 65, and coming off their employer medical plan.

Wednesday, Mar 8 • 6:30-8PM  
[Class ID # 3522-1](#) • \$15 • ATEC

Wednesday • May 10 • 6:30-8PM  
[Class ID # 3522-2](#) • \$15 • ATEC



## Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
- 3) Or scan this QR code!



## Learn Online with Janice Novak!

### Soothe Those Achy Joints

Tuesday • Feb 7 • 6-7:30PM  
 ▶ [Online Class ID # 4539](#) • \$39

### Overcome Your Carbohydrate Cravings

Monday • Feb 23 • 6-7:30PM  
 ▶ [Online Class ID # 4523](#) • \$39

### Metabolism Boosters & Busters

Thursday • Mar 2 • 6-7:30PM  
 ▶ [Online Class ID # 4525](#) • \$39

### Vitamins & Herbs: Facts & Fallacies

Tuesday • Mar 14 • 6-7:30PM  
 ▶ [Online Class ID # 4528](#) • \$39

### Women, Weight, & Hormones

Thursday • May 4 • 6-7:30PM  
 ▶ [Online Class ID # 4529](#) • \$39

### Posture and Osteoporosis - Building Better Bones

Tuesday • Apr 25 • 6-7:30PM  
 ▶ [Online Class ID # 4526](#) • \$39

## Beyond Surviving: Celebrating and Developing a Thriving Lifestyle

Life work is challenging enough, and the pandemic has made it much more difficult. In this uplifting session we will recognize and celebrate the ways we move beyond survival to thrive. Through practical exercises, you will identify your individual coping style, practice self-care techniques and take away tools to continue your self-care journey.

Wednesdays • Feb 8 & 15 • 6:30-7:30PM  
 Instructor: Kate Hanson  
[Class ID # 4520](#) • \$19 • ATEC

## Get Certified - HeartCert CPR

### CPR/AED Only

This CPR/AED class gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive. This American Red Cross course certifies individuals in CPR/AED for adults, children and infants is nationally recognized and valid for two years.

Saturday • Jan 21 • 9-11:30AM • ATEC  
[Class ID # 4500 - Jan - CPR/AED Only](#) • \$95

Saturday • Apr 22 • 9-11:30AM • ATEC  
[Class ID # 4500 - Apr - CPR/AED Only](#) • \$95

### First Aid Only

First Aid covers any emergency that does not require the use of CPR. Topics covered in this American Red Cross course include recognition and treatment for heart attacks, stroke, diabetic emergencies, allergic reactions as well as first aid treatments to wounds, fractures, burns and other common injuries.

Saturday • Jan 21 • 11:30AM-2:30PM • ATEC  
[Class ID # 4500 - Jan - First Aid Only](#) • \$95

Saturday • Apr 22 • 11:30AM-2:30PM • ATEC  
[Class ID # 4500 - Apr - First Aid Only](#) • \$95

### CPR/AED with First Aid

This class combines the CPR, AED & First Aid into one class. Class will cover content from both courses.

Saturday • Jan 21 • 9AM-2:30PM • ATEC  
[Class ID # 4500 - Jan - CPR, AED & First Aid](#) • \$119

Saturday • Apr 22 • 9AM-2:30PM • ATEC  
[Class ID # 4500 - Apr - CPR, AED & First Aid](#) • \$119





Click on  
a class to  
register  
online!

### Seniors Fall Prevention

Falls can be preventable if we are aware of the risk factors and take action to minimize them. Join us and learn tips and tricks to be safer and ways you can set up your home for success.

Tuesday • Apr 18 • 1:30-2:30PM  
Instructor: Penny Thomsen  
[Class ID # S4506](#) • ATEC • **FREE!**

### FallProof! Workshop

The ability to improve your balance and reduce fall risks is in your hands. And it is never too late. Mia Bremer is a Master Balance and Mobility Specialist who teaches FallProof! This program was developed at the Center for Successful Aging at California State Fullerton where Mia has taught the program to professionals across the country. This workshop will teach you why our risk for falling increases as we age, as well as exercises and strategies we can use to reduce those risks. This is an interactive workshop – you will be practicing skills and taking home useful information that can save you from a trip to the floor. You will also learn what to do if you end up there!

Tuesday • Jan 31 • 9:00-10:30AM  
Instructor: Mia Bremer  
[Class ID # S4560](#) • ATEC • \$25

### 5 Ways to Prevent Senior Hospitalizations

Setting yourself up at home for success can prevent many reasons why we end up hospitalized.

Monday • Mar 20 • 1:30-2:30PM  
Instructor: Penny Thomsen  
[Class ID # S4505](#) • ATEC • **FREE!**

### Hypnosis - Stop the Obsessions

Instructor: Mary Fischer


Choose between quitting smoking, vaping, and chewing tobacco or losing weight and stopping the cravings. You will be relaxed and in control at all times. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class. Check in starting at 5:45pm. \$69 for weight loss OR quitting smoking, \$138 for both.

Thursday • Apr 27 • 5:45-9PM  
[Class ID # 4509-1](#) • ATEC

### Learn from the Alzheimer's Association


#### Alzheimer's Series: Healthy Living for Your Brain and Body

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.

Wednesday • Feb 15 • 6:30-7:30PM  
 [Online](#) [Class ID # S4551](#) • **FREE!**

#### Alzheimer's Series: Driving, Doctor Visits, Legal and Financial Planning

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.

Monday • Mar 13 • 6:30-7:30PM  
 [Online](#) [Class ID # S4552](#) • **FREE!**

#### Alzheimer's Series: Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Thursday • Apr 13 • 6:30-7:30PM  
 [Online](#) [Class ID # S4550](#) • **FREE!**

### Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
- 3) Or scan this QR code!







### How Wills & Trusts Can & Cannot Help You

Explore the purposes for estate planning, basic plans for married couples and single individuals, and reviews wills and trusts in detail! We will also review powers of attorney, guardianships, health care directives, and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability, and will avoid probate and unnecessary fees and delays.

Thursday • Feb 9 • 6-7:30PM • ATEC  
Instructor: Amanda Hespen  
[Class ID # 1515-1](#) • \$25

Tuesday • Apr 18 • 6-7:30PM • ATEC  
Instructor: Amanda Hespen  
[Class ID # 1515-2](#) • \$25



### Write Your Own Will

Whether you are married, single, or divorced, it is important to have a will to make sure your wishes are honored. Learn about estates and wills while preparing your own legal will during class. You will receive all of the tools needed to complete this important document, including instructions, a professionally prepared form, witnesses, and a notary public. This class is tailored to people who have an estate of less than \$2 million and do not own a business. Spouses must register separately.

Tuesday • Apr 11 • 6-9PM • ATEC  
Instructor: Jesse Griffin  
[Class ID # 1510](#) • \$65

### Work Remotely & Become a Digital Nomad

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more.

Saturday • Mar 4 • 11AM-2PM  
Instructor: Gina Henry  
▶ [Online Class ID # 1531](#) • \$49

### Navigating Social Security

Your Social Security decision could be the biggest financial decision you make in your life. Three out of four people unknowingly take a reduction in their Social Security income. This class will familiarize you with the various Social Security filing strategies and will enable you to know what questions to ask, prior to filing, to help you make the best decision for your retirement.

Thursday • Feb 23 • 6-7PM • ATEC  
Instructor: Jonathan Rice  
[Class ID # 1508-1](#) • \$15/person or \$19/couple

Tuesday • Apr 25 • 6-7PM • ATEC  
Instructor: Jonathan Rice  
[Class ID # 1508-2](#) • \$15/person or \$19/couple

### Retirement Roadblocks: 7 Financial Risks to Avoid

Retirement obstacles can be easier to avoid when you know what lies ahead! While the road to financial freedom in retirement may have its twists and turns, having the knowledge ahead of time can help straighten the path.

Tuesday • Feb 28 • 6-7PM • ATEC  
Instructor: Jonathan Rice  
[Class ID # 1509-1](#) • \$19

Thursday • Apr 27 • 6-7PM • ATEC  
Instructor: Jonathan Rice  
[Class ID # 1509-2](#) • \$19



### Charitable Planning Tools for Your Legacy

In 2018 the Individual and Married Standard Deduction amounts essentially doubled to \$12,000 and \$24,000. For many families this eliminated the “tax-incentive” to charitable giving. In this class we will become familiar with charitable legacy tools such as: Charitable Lead Trusts, Charitable Remainder Trusts, Private Foundations, Donor Advised Funds and Life Insurance gifting. We will answer questions like: How do I get the next generations involved? Which provides tax relief now? Later to my estate? Which gives me the most control? Questions are welcome in this open-forum seminar.

Monday • Mar 20 • 6:30-8PM  
Instructor: Steve Ledin  
▶ [Online Class ID # 1517](#) • \$29



### How to Pay for the Nursing Home, An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for family. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What if my spouse goes into a nursing home and exhausts our money?

Monday • Feb 13 • 6:30-8PM • ATEC  
Instructor: Steve Ledin  
[Class ID # 1515](#) • \$29

### How to be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn where your student will fit best academically, socially and financially. Which schools will offer the largest merit scholarships? How do you apply for grants and how does the FAFSA work? Learn how to get an education, not a debt!

Wednesday • Jan 18 • 6:30-8:30PM  
Instructor: Bob & Betsy Fine  
[▶ Online](#) Class ID # 1528 • \$19/family

### Job Search Strategies that Bring Results!

Job searching is no fun! Benefit from creating a thoughtful, strategic approach. Get the inside scoop on how employers prefer to find talent. We'll cover search activities that are known to be effective, and you will come away with a game plan!

Tuesday • Mar 21 • 6:30-7:30PM  
Instructor: Jennifer K Rogers  
[▶ Online](#) [Class ID # 1520](#) • \$39

### The Special Needs Trust: Estate Planning for Grandparents, Parents and Families with Special Needs Members

With an ever changing benefit system, you will be happy to learn that your estate plan include provisions for the care of a child, grandchild or family member with special needs without adversely affecting their benefits or programs. Discuss how to properly protect your assets and provide for the future benefit of your loved one.

Wednesday • 1/17 • 6:30-8PM • ATEC  
Instructor: Steve Ledin  
[Class ID # 1516](#) • \$29/couple

## NEW CLASS!

### LinkedIn: Impactful Profiles & Harnessing Powerful Networking!

Most recruiters and employers start with LinkedIn when reviewing applicants and when seeking hard-to-find talent. Review the components of an impactful profile with us, and learn how to use LinkedIn as the powerful networking tool that it is. Learn how to make connections the right way, how to find valuable new contacts, and understand the goldmine of information within a company profile. This will be a hands-on session, so have your laptop with you!

Tuesday • Apr 18 • 6:00-7:15PM • ATEC  
Instructor: Jennifer K Rogers  
[Class ID # 1513](#) • \$39

### Four Successful Strategies to Protect the House, Farm, Cabin & More

Our family has cabin, homestead, hunting land, farm or second home. How do we protect this family legacy and move its use and enjoyment into the future? Various sources and forces threaten its very existence, like the nursing home and Medicaid, estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, etc. We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset!

Wednesday • Apr 26 • 6:30-8PM • ATEC  
Instructor: Steve Ledin  
[Class ID # 1514](#) • \$29

### Get Paid to Teach English

Learn how Gina has taught her way around the world & paid for vacations and travel to over 98 countries! Teaching English is a great way to go on vacation for free or even work remotely at home. If you speak English, you can teach conversational English! Learn the best paying jobs, qualifications, certification programs & specific hiring organizations!

Saturday • Feb 11 • 11AM-2PM  
Instructor: Gina Henry  
[▶ Online](#) Class ID # 1530-1 • \$49

Saturday • May 20 • 11AM-2PM  
Instructor: Gina Henry  
[▶ Online](#) Class ID # 1530-2 • \$49

Click on  
a class to  
register  
online!

# ESPAÑOL

## Adult Conversational Spanish: Beginner

Learning a language is a lifelong journey and now you are on your way! Participants will practice with real-world conversational components and build phrases in Spanish enabling them to carry on small conversations related to giving and 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. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries.

Instructor: Future Language Professionals

Mondays • Feb 20 - Mar 27 • 6-7PM

▶ [Online Class ID # 4030 - Mondays](#) • \$145

Tuesdays • Feb 21 - Mar 28 • 6-7PM

▶ [Online Class ID # 4030 - Tuesdays](#) • \$145

## Adult Conversational Spanish: Intermediate

¿Quieres hablar más Español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities in the language which will include expressing recommendations and comparisons. Real life scenarios will be introduced, and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more 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.

Wednesdays • Feb 22 - Mar 29 • 6-7PM

Instructor: Future Language Professionals

▶ [Online Class ID # 4031 - Wednesdays](#) • \$145

## Adult Conversational Spanish: Advanced

¿Quieres ampliar tu Español? Then this is the course for you! Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions.

Thursdays • Feb 23 - Mar 30 • 6-7PM

Instructor: Future Language Professionals

▶ [Online Class ID # 4032 - Thursdays](#) • \$145

## How to Travel Free & Safely

We're ready to get back to our travels! Where can we go, how do we stay safe, and how do we make our travel free? If you are near retirement, changing careers, a student, or someone who wants to make additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities. You will receive Gina's 100-page digital book *How to Travel Free & Safely*.

Saturday • Feb 4 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4000-1](#) • \$49

Saturday • Apr 1 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4000-2](#) • \$49

## Register Today!

1) Call 651-604-3770

2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)

3) Or scan this QR code!







### Cut the Cable Bill - Streaming Live TV

Thinking about getting rid of another monthly bill? TV lovers have more budget-friendly options these days than they may realize. This class will teach you how to ditch cable and satellite TV - and save a bundle - without giving up your favorite shows or features. Learn how to use the devices you have to watch your favorite shows, rent/buy movies, view photos on your flatscreen TV and much more!

Tuesday • Jan 31 • 5:30-7:30PM

Instructor: Sara Reimann

▶ [Online Class ID # 5531](#) • \$35



### Backing Up Your Computer Before It's Too Late

We all know we're supposed to back up our data, it's essential for peace of mind, but one copy of a file on your computer does not make a backup. People produce hundreds and sometimes thousands of files every year but fail to take adequate steps to preserve their data. The reason is, backing up takes some effort. Thanks to new software, hardware, and services, it's easier than ever. In this class, we take a look at the types of backups available, as well as the tools you'll need to pull it off, with as little work as possible. Don't risk your important documents and irreplaceable photos!

Tuesday • May 2 • 5:30-7:30PM

Instructor: Sara Reimann

▶ [Online Class ID # 5541](#) • \$35



### Mac Basics

Your Mac includes macOS, the world's most advanced desktop operating system. macOS includes features and apps you'll use each day, and it enables your Mac, iPhone, iPad, iPod touch, and Apple Watch to work together. During this class, you will learn about the desktop, customizing your Mac, Apple ID and iCloud, using your Apple devices together, exploring other Apps, finding music and apps, creating files, protecting your data, exploring the Mac hardware and much more!

Tuesday • Feb 28 • 5:30-7:30PM

Instructor: Sara Reimann

▶ [Online Class ID # 5510](#) • \$35

### A Parent's Guide to TikTok

Have you heard about the latest new app called TikTok? In this fun class, we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know!

Tuesday • May 23 • 12-1PM

Instructor: Nickie Welsh

▶ [Online Class ID # 1545](#) • \$29

### Grow Your Business with Instagram

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

Tuesday • May 16 • 12-1PM

Instructor: Nickie Welsh

▶ [Online Class ID # 1544](#) • \$29

### How To Create Your Own YouTube Channel

In this fun beginner class, you'll learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience!

Tuesday • Jun 6 • 12-1PM

Instructor: Nickie Welsh

▶ [Online Class ID # 5503](#) • \$29

### Writing Resumes & Cover Letters: Learn What Works!

Has it been a long time since you have dusted off and updated your resume? Or, do you apply to jobs but never get an interview invitation? Do you know what is meant by ATS? This session will meet you where you are and will cover how to structure and enhance your resume to get results! Inside information about what employers are looking for and how ATS resume review systems work will be shared.

Tuesday • Jan 31 • 12-1PM

Instructor: Jennifer K Rogers

▶ [Online Class ID # 5504](#) • \$39

# Defensive Driving Courses

## 55+ Defensive Driving Refresher 4-Hour

Learn about defensive driving and receive a 10% discount on your car insurance for 3 years! The Refresher 4-Hour class is for those who have taken the National Safety Council's 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. Preregistration is required at least two weeks prior to the class date. No senior discounts apply. Minnesota Safety Council Instructor.

Wednesday • Jan 18 • 9AM-1PM

▶ [Online](#) Class ID # SZ5020-1 • \$31

Wednesday • Jan 18 • 1:30-5:30PM

Class ID # S5020-1 • \$31 • ATEC

Saturday • Jan 28 • 9AM-1PM

Class ID # S5020-2 • \$31 • ATEC

Tuesday • Jan 31 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5020-2 • \$31

Wednesday • Feb 1 • 1:30-5:30PM

Class ID # S5020-3 • \$31 • ATEC

Wednesday • Feb 8 • 1:30-5:30PM

Class ID # S5020-4 • \$31 • ATEC

Wednesday • Feb 15 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5020-3 • \$31

Tuesday • Feb 21 • 9AM-1PM

▶ [Online](#) Class ID # SZ5020-4 • \$31

Thursday • Feb 23 • 1:30-5:30PM

Class ID # S5020-5 • \$31 • ATEC

Thursday • Mar 2 • 1:30-5:30PM

Class ID # S5020-6 • \$31 • ATEC

Wednesday • Mar 8 • 5-9PM

Class ID # S5020-7 • \$31 • ATEC

Thursday • Mar 9 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5020-5 • \$31

Tuesday • Mar 21 • 9AM-1PM

▶ [Online](#) Class ID # SZ5020-6 • \$31

Thursday • Mar 23 • 1:30-5:30PM

Class ID # S5020-8 • \$31 • ATEC

Wednesday • Apr 5 • 1:30-5:30PM

Class ID # S5020-9 • \$31 • ATEC

Saturday • Apr 15 • 9AM-1PM

Class ID # S5020-10 • \$31 • ATEC

Wednesday • Apr 26 • 1:30-5:30PM

Class ID # S5020-11 • \$31 • ATEC

Thursday • May 18 • 1:30-5:30PM

Class ID # S5020-12 • \$31 • ATEC

Wednesday • May 31 • 1:30-5:30PM

Class ID # S5020-13 • \$31 • ATEC

**Register by phone**  
**651.604.3520**

**Register online at**  
**[isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)**



## 55+ Defensive Driving 8-Hour

Improve your driving skills and get a discount on your personal auto insurance. The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It's taught by experienced, professional traffic safety instructors, including officers of the Minnesota State Patrol. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. Preregistration is required at least two weeks prior to the class date. No senior discounts apply.

Tue/Wed • Jan 10 & 11 • 1:30-5:30PM

▶ [Online](#) Class ID # SZ5021-1 • \$35

Wed/Thu • Jan 25 & 26 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5021-2 • \$35

Tue/Wed • Feb 7 & 8 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5021-2 • \$35

Thu/Fri • Feb 16 & 17 • 1:30-5:30PM

▶ [Online](#) Class ID # SZ5021-4 • \$35

Tue/Wed • Mar 14 & 15 • 1:30-5:30PM

▶ [Online](#) Class ID # SZ5021-5 • \$35

Wed/Thu • Mar 29 & 30 • 5:30-9:30PM

▶ [Online](#) Class ID # SZ5021-6 • \$35







## How to Publish Your Book Without Going Broke

In the first session, learn how to prepare your manuscript for publishing, the business of selling books, and tips on promotion. The second session will be a hands-on learning experience of preparing your manuscript and cover in Microsoft Word, setting up a Kindle Direct Publishing account, uploading your files and publishing your book on Amazon. Updated Guide book included.

Thursday Mar 30 & Tuesday Apr 4 • 6:30-8PM  
Instructor: Todd Anderson & June Gossler-Anderson  
▶ [Online Class ID # 5002](#) • \$49

## Twenty-Five African American Artists You Should Know

This class is the first in a series of four classes that will review the work and lives of 100 African American artists from four periods in history: The Eighteenth and Nineteenth Century; Harlem Renaissance and the WPA period; Early Contemporary from 1950; and Contemporary since 1980. While these artists may not be familiar names they are widely collected by museums and major private collectors. During this session we will learn how to tie the names to the art and recognize the style of their art, important characteristics of their art practices and major influences on their art.

Wednesday • Jan 25 • 6:30-8:30PM  
Instructor: Suzanne Roberts  
▶ [Online Class ID # 5001](#) • \$19

## Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
- 3) Or scan this QR code!



## Self Defense Fundamentals

Find strength and confidence in learning self-defense fundamentals. Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself.

Instructor: Becky Danaher

Monday • Mar 6 • 6-8PM  
[Class ID # 5006-March Adult](#) • \$55 • ATEC

Monday • May 1 • 6-8PM  
[Class ID # 5006-May Adult](#) • \$55 • ATEC

## Raising Backyard Chickens

Discuss the joy, benefits and the challenges of keeping chickens in an urban setting! Topics will include but not be limited to: Breeds, Nutrition/ Feeds, Housing, Getting Started, Welfare Issues and Bio-Security. Participants will receive a certificate that is accepted by Minneapolis Animal Control - a prerequisite for issuing a permit to keep chickens. This class will be held online with Zoom.

Monday • Mar 13 • 6:30-9PM  
Instructor: Wayne Martin  
▶ [Online Class ID # 5017](#) • \$19



## Native American: Beyond Land Acknowledgement

The practice of Indigenous land acknowledgment is growing in popularity. You may have seen a land acknowledgment delivered at a conference, concert, or public gathering. In Beyond Land Acknowledgment, staff from Native Governance Center will explain what land acknowledgment is and why it's important to go beyond a simple statement. They'll walk you through the action planning approach, equipping you with tools you can use to make an impact either individually or in your workplace setting. Expect an interactive and engaging presentation filled with real-life examples. The event is geared toward beginners and open to all: come with your questions! Attendees will participate in breakout sessions and a live Q&A with the presenters.

Monday • Mar 6 • 6:30-7:30PM  
Instructor: Native Governance Center  
▶ [Online Class ID # 5016](#) • \$19

## Strategies for Simple Living & Being

Food and nutrition have become a major concern of public health and climate change. In this class, we will examine the pattern of eating and growing food through both cultural and scientific lenses to ensure climate justice. This class will discuss the cultural etiquette of eating and how people in Nepal and India use their knowledge to choose food for body energy and health. This class will be two days; the first day will be a presentation, information sharing, and group conversation. The second day will be a group discussion surrounding common problems and solutions through the exchange of ideas.

Wednesday • Feb 22 • 7-9PM  
Instructor: Narayan P. Dhakal  
[Class ID # 5011](#) • \$19 • ATEC



Click on  
a class to  
register  
online!

### Introduction to Flyfishing

Join us for a one-day session to discover the enjoyment of fly fishing! Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike, and muskie on a fly? Or saltwater fish like redfish, bonefish, permit, and tarpon? After taking this class, you'll be ready to catch all those, and more, with a fly rod. You'll finish the class knowing about fly rods and reels, lines and leaders, casting, selection, knots, safety, clothing and gear. Children ages 10-15 are welcome with a parent or other participating adult.

Saturday • May 20 • 8:30AM-4:30PM  
Instructor: Minnesota Flyfishers - Lew Beccone  
[Class ID # 5012](#) • \$75 • ATEC



### Community Experience of Sustainability

Climate change coupled with social, cultural and economic injustices has become a major problem in the United States. In this class, we will look at the theories and concepts embedded in natural resource management and conservation. We will discuss solutions that involve a balanced approach between culture, nature conservation and economic development. Discuss how cultural values and modern technology can aid in solving complex social, economic, and environmental problems.

Wednesday • Jan 25 • 7-9PM  
Instructor: Narayan Dhakal  
[Class ID # 5013](#) • \$19 • ATEC

### Beyond Point and Shoot with iPhone Photography

Even if you have taken hundreds of photos with your iPhone, you might not know the many tools that you can use to improve your photos and videos. In this class, you will learn more ways to take photos and explore the modes of the Camera app. And we will also explore flash, zoom, burst photos, Live photos, and using the timer to take a family pictures. And we will explore the various modes including Portrait, Pano and Night Mode.

Monday • Mar 20 • 6-8PM  
Instructor: Don Frederiksen  
[Class ID # 5015](#) • \$29 • ATEC

### Bookmarker Book Club

Read the novel listed and then join us for conversation and companionship!

#### *The Guernsey Literary and Potato Peel Pie Society*

Tuesday • Jan 24 • 9:30-11AM  
[Class ID # S5050](#) • ATEC • **FREE!**

#### *This Tender Land*

Tuesday • Mar 21 • 9:30-11AM  
[Class ID # S5051](#) • ATEC • **FREE!**

#### *Sacajawea*

Tuesday • May 23 • 9:30-11AM  
[Class ID # S5052](#) • ATEC • **FREE!**



### I Didn't Know my iPhone Could do That!

Many people use their iPhones to make calls, send text messages and take a few photos. However, our Apple iPhones offer many useful features that are largely hidden from everyday users. Learn and explore 8 useful functions that are found on your iPhones, including Magnifier, Emergency SOS, Dictation, Medical ID, and more. Bring your fully-charged iPhone.

Tuesday • Jan 24 • 6-8PM  
Instructor: Don Frederiksen  
[Class ID # 5014](#) • \$29 • ATEC

### Financial Adulting: Making a Plan

Do you understand the basics of financial health and want to become more engaged and proactive in your financial journey? Learn how to create a financial plan that incorporates risk and investment planning.

Tuesday • Feb 28 • 6:30-8PM  
Instructor: Nam Pham  
[Class ID # 1543](#) • \$19 • ATEC

### Effective Communication with Young People

Would you like to improve how you communicate with the teen in your life? In this 90-minute workshop, you will learn the 4 tools of the Coach Approach: OARS (Open-ended questions, Affirmations, Reflections, Summaries). We will review examples of each, and you will have time to practice them. You will leave feeling encouraged and inspired to begin communicating in a way that allows your teen to feel seen, heard, and understood.

Monday • Feb 6 • 7:00-8:30PM  
Instructor: Heidi Fryman-Van Rossum  
▶ [Online Class ID # 4579](#) • \$19



**SESSION 1: January 3-31**

Mon-Thurs • 6-7PM

Fri • 5:45-6:45PM

Sat • 9-10AM

Class ID 3000-January • \$65

No class 1/16

**SESSION 2: Feb 1-28**

Mon-Thurs • 6-7PM

Fri • 5:45-6:45PM

Sat • 9-10AM

Class ID 3000-February • \$65

**SESSION 3: Mar 1-31**

Mon-Thurs • 6-7PM

Fri • 5:45-6:45PM

Sat • 9-10AM

Class ID 3000-March • \$65

**SESSION 4: Apr 1-29**

Mon-Thurs • 6-7PM

Fri • 5:45-6:45PM

Sat • 9-10AM

Class ID 3000-April • \$65

No class 4/7, 4/8

**SESSION 5: May 1-31**

Mon-Thurs • 6-7PM

Fri • 5:45-6:45PM

Sat • 9-10AM

Class ID 3000-May • \$65

No class 5/27, 5/29

Classes are held in person & livestreamed on Zoom. Once you register for the class, you can choose which way to participate. Each day you will receive an email with the link for the Zoom class - come in person, or dance in your living room! In-person classes are held at Anpétu Téca Education Center.

**You can also drop in to any singular session for just \$10!**

**JAZZERCISE DANCE MIXX***Mondays, Wednesdays, Saturdays*

A high intensity 60 minute mix of dance-based cardio and strength training for a calorie-crushing total body workout. Not only will you rock it to fresh pulse-pounding music, we also target the 3 major muscle groups – upper body, abs and legs – so, you'll feel it where you need it!

**STRENGTH60***Tuesdays*

Strength60: A hardcore mix of standing and floor work targets the major muscle groups to build strength and carve your curves. Weights, tubes and natural resistance engage your muscles while red-hot playlists distract you from the burn.

**DANCEHiiT***Thursdays*

DanceHiiT: Our signature dance-based class format with a metabolism-boosting twist. Alternate between high and low intensity dance-based cardio intervals (HIIT) for 40 minutes followed by 20 minutes of strength training and stretch. This class will have you working at your maximum to burn calories long after class is over.

**INTERVALFUSION45 AND DANCEMIXX45***Alternating Fridays*

IntervalFusion45: We pump up the power in this circuit-based 45 minute class to work every angle of your body. Focused muscle pumping sets will challenge your strength, and the amplified dance moves will crank up your cardio.

DanceMixx45: Our signature class format packed into 45 minutes. Set to your favorite top hits, this full-body workout combines high intensity, dance-based cardio with strength training and stretching. The perfect way to start your weekend.

## SilverSneakers® Class Schedule



<b>SilverSneakers</b>	<b>9-9:45AM</b>	<b>M, W, F</b>	<b>\$12 Drop-in fee</b>
<b>YogaStretch</b>	<b>9-9:45AM</b>	<b>T, TH</b>	<b>\$12 Drop-in fee</b>
<b>Strength Training</b>	<b>10-10:45AM</b>	<b>T, TH</b>	<b>\$12 Drop-in fee</b>
<b>Strength &amp; Stretch</b>	<b>10-11AM</b>	<b>M, F</b>	<b>\$12 Drop-in fee</b>
<b>Soma Yoga</b>	<b>10-11AM</b>	<b>W</b>	<b>\$12 Drop-in fee</b>

SilverSneakers and Renew Active are benefits offered by various insurance companies to allow older adults to take greater control of their health! Both SilverSneakers and Renew Active offer you the chance to increase your physical activity, take steps toward a healthier lifestyle, and participate in social opportunities. SilverSneakers and Renew Active members can attend any fitness classes on this page sponsored by Roseville Area Schools Community Education for free!

To see if you qualify for SilverSneakers or Renew Active, contact your insurance provider. Then, make sure to sign up for SilverSneakers or Renew Active by calling 651.604.3770 or stopping by the Anpétu Téča Education Center front desk (1910 County Rd B W in Roseville). For those not covered by insurance, the drop-in rate is \$12 per singular session, or the rate for an entire series is listed for each class below.

### Soma Yoga

Somatics is the study of the self from the perspective of one's lived experience, encompassing the dimensions of body, psyche and spirit. - Thomas Hannah

Join us for a gentle floor-based yoga that works from the inside out. It works to dissolve chronic, muscular pain using the principles of somatics and gentle body and mind movement.

Wednesdays • Jan 18 - Mar 29 • 10-11AM

[Class ID #3052-1](#) • \$109 • ATEC

Wednesdays • Apr 5 - May 31 • 10-11AM

[Class ID #3052-2](#) • \$89 • ATEC

### YogaStretch - Gentle Core Strengthening

Our most gentle class - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work!

Tues/Thurs • Jan 17 - Mar 30 • 9-9:45AM

[Class ID #3054-1](#) • \$209 • ATEC

No class 2/2

Tues/Thurs • Apr 4 - May 30 • 9-9:45AM

[Class ID #3054-2](#) • \$169 • ATEC

### Strength Training

Do you want a healthy, strong, lean, and toned body? This is the class for you. Exercises are modified to accommodate all levels and are designed to hit all major muscle groups to improve muscular strength and endurance. Hand weights are provided. Please bring a floor mat.

Tue/Thurs • Jan 17 - Mar 30 • 10-10:45

[Class ID #3053-1](#) • \$159 • ATEC

No class 2/2

### SilverSneakers

The SilverSneakers Fitness Program can open the door to better health, greater independence, and a more fulfilling life. It is an equipment-based, multi-level, total-body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers playball, and a chair for standing and/or seated support. Exercises will work all major and minor muscle groups, addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. SilverSneakers is a class for everyone. All equipment is provided.

Mon/Wed/Fri • Jan 18 - Mar 31 • 9-9:45AM

[Class ID #3050-1](#) • \$289 • ATEC

No class 2/3, 2/20, 3/24

Mon/Wed/Fri • Apr 3 - May 31 • 9-9:45AM

[Class ID #3050-2](#) • \$209 • ATEC

No class 4/7, 4/28, 5/1, 5/26, 5/29

### Strength and Stretch

This is a floor work class based on deep breathing, flexibility, alignment, and building and maintaining core strength. You'll leave stronger, stretchier, and lighter in both body and mind. Please bring a yoga mat.

Mon/Fri • Jan 20 - Mar 31 • 10-11AM

[Class ID #3051-1](#) • \$179 • ATEC

No class 2/3, 2/20, 3/24

Mon/Fri • Apr 3 - May 22 • 10-11AM

[Class ID #3051-2](#) • \$119 • ATEC

No class 4/7, 4/28, 5/1

Tue/Thurs • Apr 4 - May 30 • 10-10:45AM

[Class ID #3053-2](#) • \$169 • ATEC





Click on  
a class to  
register  
online!

## Zumba

Zumba exercise classes are “fitness-parties” that blend upbeat world rhythms with easy-to-follow choreography and fitness toning moves for a total-body workout. All ages and levels are welcome in this energetic and fast-paced class. We will modify moves to suit all fitness needs. So, what are you waiting for? Join the party!

Instructor: Jan Campbell

Tues/Thurs • Jan 10 - Feb 9 • 5:45-6:45PM  
[Class ID #3015-T&TH](#) • \$99 or \$12/drop-in • ATEC

Tuesdays • Jan 10 - Feb 7 • 5:45-6:45PM  
[Class ID #3015-T](#) • \$49 or \$12/drop-in • ATEC

Thursdays • Jan 12 - Feb 9 • 5:45-6:45PM  
[Class ID #3015-TH](#) • \$49 or \$12/drop-in • ATEC

Tues/Thurs • Mar 7 - Mar 30 • 5:45-6:45PM  
[Class ID #3016-T&TH](#) • \$79 or \$12/drop-in • ATEC

Tuesdays • Mar 7 - Mar 28 • 5:45-6:45PM  
[Class ID #3016-T](#) • \$39 or \$12/drop-in • ATEC

Thursdays • Mar 9 - Mar 30 • 5:45-6:45PM  
[Class ID #3016-TH](#) • \$39 or \$12/drop-in • ATEC

Tues/Thurs • Apr 25 - May 25 • 5:45-6:45PM  
[Class ID #3017-T&TH](#) • \$99 or \$12/drop-in • ATEC

Tuesdays • Apr 25 - May 23 • 5:45-6:45PM  
[Class ID #3017-T](#) • \$49 or \$12/drop-in • ATEC

Thursdays • Apr 27 - May 25 • 5:45-6:45PM  
[Class ID #3017-TH](#) • \$49 or \$12/drop-in • ATEC



## Fencing with MN Sword Play

Ages 6 to 106! Classical fencing emphasizes the practice of the sword as an art, a science, and a recreational activity. Learn the basics of fencing with minimal rules and lots of play. You will learn at a comfortable pace and fence with others of all levels in a fun, safe, active environment. Fencing equipment provided.

Instructor: Maria Benford

Saturdays • Jan 21 - Mar 11 • 10:30-11:30AM  
[Class ID #3012-1](#) • \$95 • ATEC  
No class 1/28, 2/25

Saturdays • Mar 18 - Apr 29 • 10:30-11:30AM  
[Class ID #3012-2](#) • \$95 • ATEC  
No class 4/8



## T'ai Chi Chih for Life

T'ai Chi Chih is a slow-moving meditation that is fun, easy, and enjoyable to learn and do. Reported benefits include stress reduction, balanced blood pressure, increased balance, improved immune system, faster injury recovery. Gentle movements can be done by anyone regardless of age or physical capabilities. Comfortable clothing recommended.

Instructor: Ev Hanson-Florin

Tuesdays • Jan 17 - Mar 14 • 5:30-6:30PM  
[Online Class ID # 3008 - Session 1](#) • \$69

Tuesdays • Mar 21 - May 23 • 5:30-6:30PM  
[Online Class ID # 3008 - Session 2](#) • \$69  
No class 4/4

## Register Today!

1) Call 651-604-3770

2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)

3) Or scan this QR code!



# COME SWIM IN THE NEW POOL!

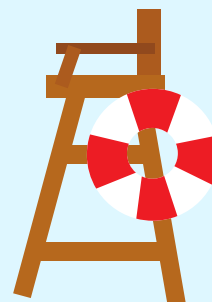
Roseville Community Education is now offering open swim, lap swim, swim lessons, water exercise classes, and junior lifeguard courses in the new pool at Anpétu Téča Education Center! The water is always a warm 86 degrees. Come check it out!

Registration is **NOW OPEN** for sessions in January through March, 2023! To register and learn more, visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com), call 651-604-3770, visit us at 1910 County Rd B W in Roseville, or scan this QR code!

## OPEN & LAP SWIM HOURS STARTING JANUARY 3, 2023



	Lap Swim	Open Swim
<b>Mondays</b>	11:00am-12:30pm	9:30-10:45am
<b>Tuesdays</b>	7:45-9:00am, 12:15-1:30pm	9:30-10:45am
<b>Wednesdays</b>	11:00am-12:30pm	----
<b>Thursdays</b>	7:45-9:00am, 12:15-1:30pm	9:30-10:45am
<b>Fridays</b>	11:00am-12:30pm	9:30-10:45am, 3:00-5:00pm



## ADULT WATER EXERCISE CLASSES

Join us for H2O Joint Power, Water T.A.B.A.T.A., Swimnastics, Aqua Stretch & Tone, and H2O Cardio from January to May 2023! Register for one month, multiple months, or even just try out a one-time drop-in session! Aquatics exercise engages your full body to promote heart health, lung health, endurance, and muscle strength! The pool provides a gravity-reduced environment that is easy on the body and joints.

## RED CROSS SWIM LESSONS

Roseville Community Education is offering Red Cross swim lessons for ages 5-14. These lessons increase your child's safety and confidence in the water. Swimming also provides children with an opportunity for fun and recreation! We offer the following levels: Beginner 1, Beginner 2, Advanced Beginner A, Advanced Beginner B, Intermediate, and Swimmer.



## PRE-K & TOTS LESSONS

Help your toddler stay safe in the water and learn to swim! Choose between classes where a parent is in the water (ages 9 months - 5 years old) or child-only classes (ages 3 - 5 years old).

## JUNIOR LIFEGUARD COURSE

This course is for youth ages 14+ who are able to swim proficiently and/or have passed all of the Red Cross swim levels. The course is designed to build a foundation of knowledge and skill for future lifeguards! This is both water-based and land-based learning. Learn First-Aid and CPR, rescue techniques, water safety, situational awareness, and personal health!





# Roseville Area Senior Program

## Roseville Area Senior Program (RASP)

Anpétu Téča Education Center  
1910 County Road B West  
Roseville, MN 55113

651-604-3520  
rasp@isd623.org  
www.isd623.org/RASP



## MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.

This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

New Participants:  
**651-318-9091**

Current Participants:  
**651-604-3524**

## DROP-IN LOUGE

Visit our drop-in lounge! We have a comfortable area for you to visit with friends, play games, put a puzzle together, read a book, or use the computer. You can also get a cup of hot coffee or tea! The lounge is open Monday through Friday from 8am-4pm and is in room C123.

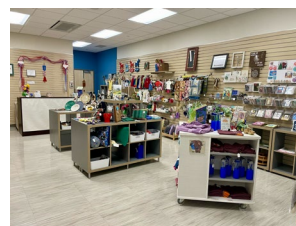


## EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

We are happy to be able to bring in-person groups, activities, and classes back. Don't worry, the online classes won't be going away, we know many of you enjoy that option. In the spirit of life-long learning, we offer a variety of formal and informal groups and classes. Whether you like to learn new skills, gather to meet friends, or make new ones there is something for everyone. Activity or class fees may apply.

## GIFT & CRAFT SHOPPE

Visit the Gift & Craft Shoppe at Anpétu Téča Education Center! Shop hand-crafted gift items, ceramics, wood crafts, jewelry, pottery, and more. Remember them for all your gift needs. They are in room C119 and are open Monday through Friday, 9:30AM-3:30PM.



## VOLUNTEERS

Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, special interest group leaders, special event help, fundraising, and more. There is a place to make your own special contribution. Contact us if you have time to share.

## SEASONS NEWSLETTER

The SEASONS newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly newsletter by mail or email, please contact the RASP office. You can also access the SEASONS newsletter online at [www.isd623.org/rasp](http://www.isd623.org/rasp).

# Roseville Adult Learning Center

**WE'RE HERE FOR YOU. NO FEES. ENROLL ANYTIME.**

## Roseville Adult Learning Center Offers:

English Language Skill Development  
High School Diploma Programs  
GED Preparation  
Career Pathways  
College & Post-Secondary Preparations

## Our Program Features:

Free Classes!  
Licensed Teachers  
One-on-One Assistance  
Small Group Settings  
Morning & Evening Classes

## ADULT BASIC EDUCATION (ABE)

### Adult Diploma, GED Preparation and Review

ABE is a group of individualized programs designed to help adult learners complete a high school diploma, pass the GED (General Education Development Diploma) tests, review for college entrance, and improve reading, writing, and math skills. Diploma students meet the same eligibility requirements as high school diploma graduates.

### Eligibility

You must be 17 years of age or older and no longer in a traditional high school program. To take the GED tests, you must be 19 years old or meet specific conditions for an age waiver.

### Dual Enrollment - Credit Recovery

This program is designed to help learners who have not passed one or more credits needed to graduate. Dual enrollment is an option for any student, who maintains full-time enrollment at their high school. Students must be referred to the Dual Enrollment Program by their high school counselor. Orientation required. Schedule through your counselor.

## DISTANCE LEARNING/BASIC SKILLS

New distance learning opportunities are available. Connect with the Roseville Adult Learning Center to see if you qualify. For basic skills, brush-up, in reading and math, accuplacer tests, and college preparation. You can do much of your work online, at home, or anywhere you have web access.

## ENGLISH LEARNER

English Learner (EL) is a program for adults seeking to improve their English language communication skills. Students work together in classroom settings. English classes are offered at many different levels. The curriculum focuses on helping learners successfully navigate systems of public schools, city, county and state governments, colleges and work cultures.

We have an Adult Diploma program built into the upper levels of our EL program. Once students achieve a reading level appropriate for studying high school topics, they can join these classes. Students will gain the academic skills to complete a high school diploma, prepare for college or post-secondary training and the world of work. We also have periodic citizenship classes.

**In order to enroll in EL:** You must be 18 years or older and not attending a public high school.

**Mornings:** Mon-Fri, 9AM-1PM

**Evenings:** Mon, Tues, Weds, Thurs, 6-8:30PM



## ADPÉTU TÉČA EDUCATION CENTER

1910 County Road B West  
Roseville, MN 55113

651.604.3553 • [www.isd623.org/ralc](http://www.isd623.org/ralc)



# READY TO JUMSPSTART YOUR CAREER?



**Certified  
Nursing Assistant**



**Translating  
and Interpreting**



**Apprentice and  
Manufacturing Ready**

## CAREER PATHWAYS... NOW ENROLLING!

The Roseville Adult Learning Center (RALC) is offering pathways towards employment in many career fields! There is no cost to join these programs.

- Certified Nursing Assistant (CNA)
- Translating and Interpreting
- Apprentice and Manufacturing Ready

For more information, please call 651.604.3512 or email [tim.obrien@isd623.org](mailto:tim.obrien@isd623.org)

## Community Education Programs for Adults with Developmental Disabilities

To provide inclusive opportunities for adults with disabilities to build and maintain friendships, learn, serve and become active members of the community!



- Volunteer Opportunities
- Arts & Crafts
- Outdoor Activities
- **AND SO MUCH MORE!**
- Special Presentations
- Cooking Classes
- Organized Games
- Twin Cities Tours
- Musicals
- Dances

To be put on the quarterly class brochure mailing list or for more information, call 651.748.7250 or visit [www.isd622.org/communitybridge](http://www.isd622.org/communitybridge)

# FRIENDSHIP CONNECTION

Friendship Connection is a school-age care program for students in grades K-8! Our program philosophy encompasses creating a quality, caring, learning environment for children that compliments the school day.

To register for Friendship Connection, contact your child's school Friendship Connection site, or contact the main office at Anpétu Téča Education Center: **651.604.3505** or online at [www.isd623.org/friendship](http://www.isd623.org/friendship)

**Monday-Friday, 6:30AM-6:00PM**  
**Non-School Days (Except major holidays)**  
**School Year & Summer**



## SCHOOL YEAR 2022-2023 RATES

Site	Consistent Schedule Option		Contact
	<i>Before School</i>	<i>After School</i>	
Brimhall	\$13.30/day	\$12.30/day	651.633.4327
Central Park	\$12.30/day	\$13.30/day	651.481.0745
Edgerton	\$13.30/day	\$12.30/day	651.771.9835
E. D. Williams	\$13.30/day	\$12.30/day	651.482.0421
Falcon Heights	\$12.30/day	\$13.30/day	651.641.0035
Harambee	\$13.30/day	\$12.30/day	651.379.2566
Little Canada	\$12.30/day	\$13.30/day	651.482.0420
Parkview	not available	\$17.40/day	651.487.4391

We also offer a Pick Your Days schedule! Find rates for this option and learn more at [isd623.org/friendship](http://isd623.org/friendship)

## We're Hiring! Join Our Team to Educate and Inspire Youth.

- Work with youth in Pre-K - 8<sup>th</sup> grade before and after school!
- Act as a role model for a diverse youth population!
- Must be 18+ years old and have a high school diploma
- Experience working with school-age youth necessary



To learn more about this position and apply, please visit [www.isd623.org/careers](http://www.isd623.org/careers) and apply for the "Out of School Time Youth Worker" position, scan this QR code, or call **651.604.3591** for more information!





# EARLY CHILDHOOD

Giving your family a great start!

**Providing educational support for parents and all children from birth to kindergarten entry.**

We want to journey with you on the road to school success by offering day classes, evening and Saturday classes, drop in and play classes, early childhood screening, Pre-K classes for 3-5 year olds, parenting classes, home visits, and more! Most class fees are based on a sliding fee scale.



## ECFE CLASSES

Early Childhood Family Education (ECFE) provides support and educational opportunities for all children from birth to kindergarten entry. We offer classes, parenting discussions, home visits, and more!

Registration is NOW OPEN for Winter/Spring 2023!

View all class options online at [www.isd623.org/ECFE](http://www.isd623.org/ECFE)

Register online or by phone at 651.487.4378, ext 1



## PRE-K CLASSES



Our 2023-24 Pre-K registration information will be available at [www.isd623.org/PreK](http://www.isd623.org/PreK) starting January 23, 2023.

We are also hosting Pre-K site visits and Pre-K Information and Registration events for families in February!

Call 651.604.3578 for more information about class registration, site visits, and financial assistance.

Pre-K is for children age 3 or 4 by September 1, 2023.

## EARLY CHILDHOOD SCREENING

Early Childhood Screening is a quick way to check and see how your child is growing, developing, and learning. During the screening, your child will complete a variety of activities that show their communication, cognitive, and motor skills. Screening is completed at age 3-4 years old and is required for Pre-K and kindergarten entry. Call 651-487-4378 ext. 2 or email [ecfe@isd623.org](mailto:ecfe@isd623.org) for more information.

ROSEVILLE AREA SCHOOLS  
COMMUNITY EDUCATION



# YOUTH ENRICHMENT

**Youth Enrichment offers classes, activities, events and field trips at Roseville elementary schools year-round!**

**We offer opportunities in:**

- Art
- Science
- Language
- Sports
- Technology
- Math
- Creative Play
- Adventure
- Cooking
- Literature



**These Youth Enrichment booklets went home in backpacks at each elementary school in December! The booklets highlight all opportunities available at your child's school. You can also browse all opportunities online at [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)**

**Register Today!**

- 1) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)**
- 2) Call 651-604-3770**
- 3) Or scan this QR code!**



**Scholarships are available! We believe every student should be able to participate. Call 651.604.3770 for information.**



# Teen Driver's Education

Roseville Area High School - 1240 County Road B2 W, Roseville  
Sessions run Monday - Thursday

1/9 - 1/25 **No class 1/16	1/17 - 2/1	2/1 - 2/16	2/13 - 3/1 **No class 2/20	2/22 - 3/9	3/14 - 3/29
Online	In Person	Online	In Person	Online	Online
3:30-6:30PM	3:00-6:00PM	3:30-6:30PM	3:00-6:00PM	3:30-6:30PM	3:30-6:30PM
# 6501 - Jan Online	# 6500 - Jan In Person	# 6501 - Feb 1 - 16 Online	# 6500 - Feb In Person	# 6501 - Feb 22 - Mar 9 Online	# 6501 - Mar Online

3/20 - 4/4	4/3 - 4/18	4/17 - 5/2	5/9 - 5/24	5/15 - 5/31 **No class 5/29
In Person	Online	In Person	Online	In Person
3:00-6:00PM	3:30-6:30PM	3:00-6:00PM	3:30-6:30PM	3:00-6:00PM
# 6500 - Mar In Person	# 6501 - Apr Online	# 6500 - Apr In Person	# 6501 - May Online	# 6501 - May In Person

Roseville Area Schools Community Education is in partnership with Safeway Driving School to offer Driver's Education classes. Safeway has been graduating safe teen drivers in the Twin Cities area for over 50 years. Classroom and behind-the-wheel lessons emphasize defensive driving techniques tailored for the inexperienced teen driver while targeting to influence the invincible teen attitude. All of Safeway's instructors are licensed by the Minnesota Dept. of Public Safety. (Must be under the age of 18.)

**Classroom instruction** prepares the student to take the Minnesota permit test and begin the responsibility of driving. The 30 hours of classroom is structured into 10 independent lessons. Students can take the class at age 14 but cannot take their permit test until age 15. After class is completed, students who are 15 years old are eligible to take their permit test. The permit test is not provided during the class. Parents/guardians will be required to complete Safeway's Account Verification. Safeway will be sending out an email before class begins that gives detailed information about how to login to the student's Safeway account to verify and complete contact information and to review and acknowledge the Service Agreement. Classroom is conducted through distance learning using a secure Zoom platform. The State of Minnesota requires a face-to-face platform, which requires that students have a video camera and audio capabilities on their devices. Students will be required to be in front of the camera and interactive for the full three-hour class. Safeway will be emailing the classroom handouts and 2022 MN Driver's Manual in pdf format for printing. Materials will also be available for pick-up at the Roseville Community Education office or Safeway's Roseville office.

**Behind-the-wheel instruction** includes six hours of driving in three, two-hour private lessons. All driving is done in a Safeway car on city streets, highways and freeways with a responsible, licensed Safeway instructor. Students have one year after completing classroom to finish their behind-the-wheel lessons. Safeway's website has a description of the curriculum and scheduling information.

**Parent involvement** is required to produce safe, responsible teen drivers. It is critical that parents practice regularly with their student drivers. The state requires that students have a minimum of 50 hours of practice (15 hours at night). The practice time must be recorded on a state-approved Supervised Driving Log and presented at the road test.

**Parent classes** are offered monthly. This class is not required but qualifies the parent to receive a certificate that allows their student reduced practice time (from 50 to 40 hours). Parents can sign up for a Parent Class on Safeway's website. At a minimum, Safeway strongly encourages parents to review its parent information and watch the online Parent Class Videos at [www.safewaydrivingschool.com](http://www.safewaydrivingschool.com).

**Cost** of the teen package is \$415 and includes the classroom and behind-the-wheel lessons. Pay in full upon registration or choose the payment plan: \$235 payable to Community Education upon registration and \$170 (two payments of \$85 each) payable to Safeway at the behind-the-wheel lessons.

**For information on the program or curriculum, call Safeway Driving School at 651-351-9150.**



## Roseville Community Education

1910 County Rd B W  
Roseville, MN 55113

**NONPROFIT**

U.S. Postage

**PAID**

Roseville, MN  
Permit # 3248

**WINTER/SPRING 2023**



*Roseville Area Schools*

# COMMUNITY EDUCATION

*Quality Teaching & Learning for All... Equity in All We Do*

**Roseville Community Education provides classes, activities, events, and resources for all ages! Check out what's inside this catalog!**

- Follow Our Social Media - pg. 2
- Flaming Spoon Café - pg. 3
- New Location for Cooking Classes - pg. 5
- Free Family Movie Night - pg. 8
- Join our Advisory Council - pg. 11
- New Aquatics Opportunities - pg. 24



**To register for adult or youth enrichment classes:**

- 1) Visit [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com) to register online
- 2) Call us at 651.604.3770 to register by phone
- 3) Or scan this QR code with your phone!

**Get started today. A lifetime of learning is waiting for you!**